ABSTRACT


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Stress constitutes a whole process which involves stimulation, events, and responds, individual interpretation that cause the pressure appearance out of the individual capability to overcome (Rise, 1994). A referee always faces a direct pressure from the surrounding. In 2010 on the PSSI internal Association football match, happened a great deal of heat between a referee and a player. The player was disappointed in the referee’s decision that became the problem causing the match of the 23 years old group stopped and disturbed the smoothness time of the game set in Blitar PSSI Association. This pressure toward the referee had become the stressing main problem that cause the feeling of being afraid to fail, of physical aggression, time formation matter and international conflict (Rainey, 1995).

The purpose of this study is to know the level of stress experienced by the football referee when being of it in Blitar PSSI Association and to know the factor which cause the stress experienced by the referee.

Explanatory is the kind of this research. The purposes are involved explaining the causing factors of the referee’s stress as the way they are. In analyzing the data, the researcher used numeral analysis. This research was performed from May, 20 to 02 June 2014 in Blitar PSSI Association at Kelud Street (west of Soepriadi Stadium). By having 30 referees as the samples.

From the result of the study, it shows stress experienced by the football referee in Blitar PSSI Association, which is most dominant is physical aggression factor in value about 0.935.