**Questionnaires FIVB Online**

4 Questionnaires et un guide d’entretien

***Questionnaire Lifestyle*** (Likert de 1 à 7) ; 32 questions ; 9 dimensions :

* Obsessive passion (6)
* Harmonious passion (6)
* Passion criteria (4)
* Lack of mental fatigue (3)
* Perceived competencies (3)
* Meaningfulness (3)
* Career management (3)
* Social support (3)
* Satisfaction (1)

**LIFESTYLE ASPECTS**

Refereeing is an activity that you enjoy, that is important for you, and on which you spend a significant amount of time.

***Thinking about your refereeing and using the scale below, please indicate your level of agreement with each statement.***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Do not Agree at All** | **Very Slightly Agree** | **Slightly Agree** | **Moderately Agree** | **Mostly Agree** | **Strongly Agree** | **Very Strongly Agree** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. | Refereeing is in balance with the other activities in my life. |  |  |  |  |  |  |  |
| 2. | I have difficulties controlling my urge to referee. |  |  |  |  |  |  |  |
| 3. | The new things that I discover from refereeing make me appreciate it even more. |  |  |  |  |  |  |  |
| 4. | I have almost an obsessive feeling about refereeing. |  |  |  |  |  |  |  |
| 5. | Refereeing reflects the qualities I like about myself. |  |  |  |  |  |  |  |
| 6. | Refereeing allows me to have a variety of experiences. |  |  |  |  |  |  |  |
| 7. | Refereeing is the only thing that really turns me on. |  |  |  |  |  |  |  |
| 8. | Refereeing is well integrated in my life. |  |  |  |  |  |  |  |
| 9. | If I could, I would do nothing else but refereeing. |  |  |  |  |  |  |  |
| 10. | Refereeing is in harmony with the rest of me. |  |  |  |  |  |  |  |
| 11. | Refereeing is so exciting that I sometimes lose control over it. |  |  |  |  |  |  |  |
| 12. | I have the impression that my refereeing activity controls me. |  |  |  |  |  |  |  |
| 13. | I spend a lot of time refereeing. |  |  |  |  |  |  |  |
| 14. | I like refereeing. |  |  |  |  |  |  |  |
| 15. | Refereeing is important for me. |  |  |  |  |  |  |  |
| 16. | Refereeing is a passion for me. |  |  |  |  |  |  |  |
| 17. | During the course of a season, I often get tired / fed up of refereeing. |  |  |  |  |  |  |  |
| 18. | I often feel tense because of refereeing. |  |  |  |  |  |  |  |
| 19. | I often feel I can no longer take the stress associated with refereeing. |  |  |  |  |  |  |  |
| 20. | There are often times when I doubt my refereeing skills. |  |  |  |  |  |  |  |
| 21. | I am often unsure about my decisions. |  |  |  |  |  |  |  |
| 22. | I am often ashamed of my refereeing performances. |  |  |  |  |  |  |  |
| 23. | Refereeing has certainly increased my overall self-confidence. |  |  |  |  |  |  |  |
| 24. | I often feel that refereeing has a positive influence on my life. |  |  |  |  |  |  |  |
| 25. | Refereeing is often frustrating. |  |  |  |  |  |  |  |
| 26. | I often feel overloaded by my programme of refereeing appointments. |  |  |  |  |  |  |  |
| 27. | I often feel tired because of refereeing and lack energy for others things. |  |  |  |  |  |  |  |
| 28. | I have enough time for both refereeing and other interests. |  |  |  |  |  |  |  |
| 29. | I get a lot of support from my employer to allow me to pursue my refereeing. |  |  |  |  |  |  |  |
| 30. | I perceive a lot of solidarity and mutual help among the referees in my FA. |  |  |  |  |  |  |  |
| 31. | I feel my family is encouraging me in my refereeing commitments. |  |  |  |  |  |  |  |
| 32. | So far I am satisfied with my refereeing career. |  |  |  |  |  |  |  |

***Five Facets Mindfulness Questionnaire - FFMQ*** (Likert de 1 à 5) ; 39 questions ; 5 dimensions :

* Observe (8)
* Describe (8)
* Act with awareness (8)
* Non judgement (8)
* Non reaction (7)

 **FIVE FACET MINDFULNESS QUESTIONNAIRE**

**Description:**

This instrument is based on a factor analytic study of five independently developed mindfulness questionnaires. The analysis yielded five factors that appear to represent elements of mindfulness as it is currently conceptualized. The five facets are observing, describing, acting with awareness, non-judging of inner experience, and non-reactivity to inner experience. More information is available in:

Please rate each of the following statements using the scale provided. Write the number in the blank that best describes your own opinion of what is generally true for you.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** |
| never or very rarely true | rarely true | sometimes true | often true | very often or always true |

\_\_\_\_\_ 1. When I’m walking, I deliberately notice the sensations of my body moving.

\_\_\_\_\_ 2. I’m good at finding words to describe my feelings.

\_\_\_\_\_ 3. I criticize myself for having irrational or inappropriate emotions.

\_\_\_\_\_ 4. I perceive my feelings and emotions without having to react to them.

\_\_\_\_\_ 5. When I do things, my mind wanders off and I’m easily distracted.

\_\_\_\_\_ 6. When I take a shower or bath, I stay alert to the sensations of water on my body.

\_\_\_\_\_ 7. I can easily put my beliefs, opinions, and expectations into words.

\_\_\_\_\_ 8. I don’t pay attention to what I’m doing because I’m daydreaming, worrying, or otherwise distracted.

\_\_\_\_\_ 9. I watch my feelings without getting lost in them.

\_\_\_\_\_ 10. I tell myself I shouldn’t be feeling the way I’m feeling.

\_\_\_\_\_ 11. I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.

\_\_\_\_\_ 12. It’s hard for me to find the words to describe what I’m thinking.

\_\_\_\_\_ 13. I am easily distracted.

\_\_\_\_\_ 14. I believe some of my thoughts are abnormal or bad and I shouldn’t think that way.

\_\_\_\_\_ 15. I pay attention to sensations, such as the wind in my hair or sun on my face.

\_\_\_\_\_ 16. I have trouble thinking of the right words to express how I feel about things

\_\_\_\_\_ 17. I make judgments about whether my thoughts are good or bad.

\_\_\_\_\_ 18. I find it difficult to stay focused on what’s happening in the present.

\_\_\_\_\_ 19. When I have distressing thoughts or images, I “step back” and am aware of the thought or image without getting taken over by it.

\_\_\_\_\_ 20. I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.

\_\_\_\_\_ 21. In difficult situations, I can pause without immediately reacting.

\_\_\_\_\_ 22. When I have a sensation in my body, it’s difficult for me to describe it because I can’t find the right words.

\_\_\_\_\_ 23. It seems I am “running on automatic” without much awareness of what I’m doing.

\_\_\_\_\_24. When I have distressing thoughts or images, I feel calm soon after.

\_\_\_\_\_ 25. I tell myself that I shouldn’t be thinking the way I’m thinking.

\_\_\_\_\_ 26. I notice the smells and aromas of things.

\_\_\_\_\_ 27. Even when I’m feeling terribly upset, I can find a way to put it into words.

\_\_\_\_\_ 28. I rush through activities without being really attentive to them.

\_\_\_\_\_ 29. When I have distressing thoughts or images I am able just to notice them without reacting.

\_\_\_\_\_ 30. I think some of my emotions are bad or inappropriate and I shouldn’t feel them.

\_\_\_\_\_ 31. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.

\_\_\_\_\_ 32. My natural tendency is to put my experiences into words.

\_\_\_\_\_ 33. When I have distressing thoughts or images, I just notice them and let them go.

\_\_\_\_\_ 34. I do jobs or tasks automatically without being aware of what I’m doing.

\_\_\_\_\_ 35. When I have distressing thoughts or images, I judge myself as good or bad, depending what the thought/image is about.

\_\_\_\_\_ 36. I pay attention to how my emotions affect my thoughts and behavior.

\_\_\_\_\_ 37. I can usually describe how I feel at the moment in considerable detail.

\_\_\_\_\_ 38. I find myself doing things without paying attention.

\_\_\_\_\_ 39. I disapprove of myself when I have irrational ideas.

***Competitive State Anxiety Inventory*** – **CSAI-2** (Likert de 1 à 4) ; 27 questions ; 3 dimensions :

* Cognitive anxiety (9)
* Somatic anxiety (9)
* Low confidence (9)

**COMPETITIVE STATE ANXIETY INVENTORY – 2**

**(adapted from CSAI-2 of Martens, Vealey & Burton, 1990)**

A number of statements that referees have used to describe their feelings before a match or a tournament are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate *how you feel right now –* at this moment, about your upcoming matches. There are no right or wrong answers. Do *not* spend too much time on any one statement, but choose the answer which describes your feelings *right now*. Thank you !

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Not at all | Somewhat | Moderately so | Very much so |
| 1. | I am concerned about the upcoming competition. | 1 | 2 | 3 | 4 |
| 2. | I feel nervous. | 1 | 2 | 3 | 4 |
| 3. | I feel at ease. | 1 | 2 | 3 | 4 |
| 4. | I have self-doubts.  | 1 | 2 | 3 | 4 |
| 5. | I feel agitated.  | 1 | 2 | 3 | 4 |
| 6. | I feel comfortable. | 1 | 2 | 3 | 4 |
| 7. | I am concerned that I may not do as well in this tournament as I could.  | 1 | 2 | 3 | 4 |
| 8. | My body feels tense.  | 1 | 2 | 3 | 4 |
| 9. | I feel self-confident. | 1 | 2 | 3 | 4 |
| 10. | I am concerned about not getting good appointments. | 1 | 2 | 3 | 4 |
| 11. | I feel tense in my stomach.  | 1 | 2 | 3 | 4 |
| 12. | I feel secure.  | 1 | 2 | 3 | 4 |
| 13. | I am concerned about making a mistake under pressure.  | 1 | 2 | 3 | 4 |
| 14. | My body feels relaxed.  | 1 | 2 | 3 | 4 |
| 15. | I am confident that I can meet the challenge.  | 1 | 2 | 3 | 4 |
| 16. | I am concerned about my refereeing poorly.  | 1 | 2 | 3 | 4 |
| 17. | My heart is racing.  | 1 | 2 | 3 | 4 |
| 18. | I am confident about refereeing well.  | 1 | 2 | 3 | 4 |
| 19. | I am concerned about reaching my goals.  | 1 | 2 | 3 | 4 |
| 20. | I feel my stomach sinking.  | 1 | 2 | 3 | 4 |
| 21. | I feel mentally relaxed.  | 1 | 2 | 3 | 4 |
| 22. | I am concerned that others will be disappointed with my refereeing.  | 1 | 2 | 3 | 4 |
| 23. | My hands are clammy.  | 1 | 2 | 3 | 4 |
| 24. | I am confident because I mentally picture myself reaching my goals.  | 1 | 2 | 3 | 4 |
| 25. | I am concerned I won’t be able to concentrate.  | 1 | 2 | 3 | 4 |
| 26. | My body feels tight.  | 1 | 2 | 3 | 4 |
| 27. | I am confident of coming through under pressure.  | 1 | 2 | 3 | 4 |

***Concentration skills*** (Likert de 1 à 5) ; 15 questions ; 1 dimension

**Self-Help Test**

**CONCENTRATION SKILLS**

The following questions refer to your ability to concentrate while officiating. There are no right or wrong answers. Just write the number that best describes you for each statement.

1 = Almost never 4 = Frequently

2 = Rarely 5 = Almost always

3 = Sometimes

\_\_\_\_\_\_\_\_ 1. If I blow a call, I have difficulty putting it out of my mind.

\_\_\_\_\_\_\_\_ 2. When I officiate, I am good at quickly analysing what’s happening in the game.

\_\_\_\_\_\_\_\_ 3. It is easy for me to keep irrelevant thoughts from entering my mind when I am officiating.

\_\_\_\_\_\_\_\_ 4. I am good at blocking out the noise of spectators and focusing on the action.

\_\_\_\_\_\_\_\_ 5. While officiating, I get confused when many things happen quickly.

\_\_\_\_\_\_\_\_ 6. When I officiate, I find myself distracted by my own thoughts.

\_\_\_\_\_\_\_\_ 7. I am good at analysing what I need to focus on during an event.

\_\_\_\_\_\_\_\_ 8. When officiating, I focus on the moment and don’t think about what has happened or might happen.

\_\_\_\_\_\_\_\_ 9. I can maintain my concentration, even during hassles with coaches and players.

\_\_\_\_\_\_\_\_ 10. I am good at analysing what I need to do before starting an officiating assignment.

\_\_\_\_\_\_\_\_ 11. When officiating, I can focus on my assignment and forget all my other problems.

\_\_\_\_\_\_\_\_ 12. When officiating, I can keep my concentration, even when I get anxious.

\_\_\_\_\_\_\_\_ 13. When officiating, I can keep my concentration even when my fellow official is doing a poor job.

\_\_\_\_\_\_\_\_ 14. When officiating, I have no trouble staying focused on the action during the entire event.

\_\_\_\_\_\_\_\_ 15. After a break in the action. I have trouble regaining my concentration.

***Career management skills;*** Open-ended interview guide (summarized on a 6-Likert scale) ; 30 questions; 8 dimensions

* Motivation
* Self-efficacy
* Stress management
* Coping with obstacles
* Preparation
* Social intelligence
* Coordination with job/education
* Coordination with family life

**INTERVIEW GUIDELINE**

Welcome the candidate and brief explanation of the interview process (“We will begin with the presentations, and then we will tackle some questions about the way you manage your life as a referee”). (13 retained questions in red)

(PERSONAL PRESENTATION)

1) Could you please briefly introduce yourself, by indicating your name, your age, your place of origin and your professional activity?

(MOT)

2) Could you tell us a bit about what pushed you to become involved in refereeing at the beginning?

3) What is it that you like about being a Volleyball or BVB referee today?

4) What are your personal goals as a Volleyball or BVB referee today?

5) Where do you think you need to improve if you want to reach your goals?

(EFF)

6) Could you tell me what your strong points as a referee?

7) How confident are you about your ability to reach your goals?

8) How do you perceive your promotion opportunities as a referee within your NATIONAL FEDERATION?

(STR)

9) How intense is the stress linked with your function as a referee?

10) How do you prepare yourself to cope with stress on the field of play?

11) How stressful is your life as a referee, if you think in general terms?

12) What helps you to cope with these stressful aspects of your refereeing career?

(COP)

13) How easy has it been for you to reach this point of your career?

14) What kind of obstacles have you found so National Federationr in the course of your career as a referee?

15) How did you overcome those obstacles?

*15Bb) If no obstacle:* If you were to deal with any major barrier obstructing your progression as a referee (injury, lack of promotion opportunity ...), how do you think you would overcome that?)

16) In your opinion, how have your experiences as a referee changed your character and personality?

(PREP)

17) How do you deal with your personal training programme?

18) How hard is it to concentrate on your refereeing task in the mid of your daily and weekly tasks?

19) What is your normal way to prepare yourself for a refereeing mission?

20) What kind of personal techniques do you use to achieve the optimal focus before a match?

(SOC)

21) How do you achieve a good teamwork within your referee team?

22) How do you generally relate to the players before a match?

23) What kind of leader are you during a match?

(JOB)

24) What kind of possibilities do you have of managing your refereeing tasks with your job / educational training?

25) How do you perceive the support you get from your colleagues / your boss / your clients about your refereeing commitments?

26) What kind of advantage / disadvantage does refereeing represent for you financially?

(NATIONAL FEDERATIONM)

27) Can you tell us something about your National Federationmily background (marital status, children, etc.)?

28) How is your National Federationmily life influence by your refereeing commitments?

29) What kind of support do you get from your National Federationmily to meet the refereeing demands that are placed on you?

CONCLUSION

30) To complement all the topics we covered together, is there anything you would like to add to end our interview?