

RACE WALKING JUDGE PSYCHOLOGY



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Definition of Psychology

- ▶ Taking its etymological roots psychology means psique=mind and logos=treated or study, i.e. The study of the mind; but this definition leaves aside all the currents study of psychology.

Because of the various branches of study found in the science of psychology it is important to specify the definition on the basis of which the present theme will be worked out.

- ▶ Therefore ***Psychology is defined*** as the science that studies the behaviour, the mental process and the personality of the human being (Compton, C. 2007)

The race walking Judge's role is to ensure that a competitor comply with the race walk definition indicated in IAAF Rule 230 (IAAF, 2016)

- ▶ The Judging Guide specifies that “each race walking judge must observe all competitors during the race, making sure he is in a position of good visibility to evaluate that each competitor is in accordance with the.
- ▶ To carry out its works independently of the materials and their placement, there is another element that plays a transcendental role in the duty of race walking judge and is the **psychological aspect** with which it counts and puts into practice its job in the competitions.

Although the duty of race walking judge carries a great weight during the competition, **the psychological aspect of race walking Judge** has not yet been studied by the psychology of the sport. The **purpose** of the present presentation is to provide general knowledge of the main psychological aspects of the race walking Judge involved in the race.



Cognitive theory emphasizes that behaviour is established not only by environment in which the individual develops, but also and primarily by their attitudes, beliefs and expectations, i.e. y their **mental process**.

Mi doctor me dijo que tengo un problema.. le dije que no veo nada malo



Mental process = are cognitive processes defined in general as receivers and information manipulators.

Taking into account the most relevant aspects of knowledge and its use are distinguished four large blocks in which **the mental process are grouped**:

- 1) Perception or receipt of information.
- 2) Memory or storage of information.
- 3) Beliefs and ordering of information.
- 4) Disposition of the information to execute an Action = the making and execution of decisions

1) *Perception* or receipt of information

Is the active process by which people interpret **sensory signals**, organizing them and giving them meaning.

1.1) Sensory signals or ***sensations*** is the process that captures informations through the senses.

In **judging** *race walking* the main sense used to capture the informations is **the view**.

It also uses the theory of discrimination, to differentiate what the Judge must observe, among all the stimuli which are presents in a competition.

This discrimination is carried out by **the attention**.



1.2) Attention: is the cognitive process that seeks and selects the stimuli that are of interest, both **external** for example, (walkers' technique), and **internal stimuli** (individual thoughts) and allow the race walking Judge Juez to concentrate on them.



Another psychological aspect that are also present in this first moment (**of perception**) when the race walkjng Judge is acting, is: **1.3) *la motivation*** that refers = to those things that impel a person tp carry out certain behaviours.



If we imagine the race walking Judge job as a real work, returning to *the motivation*, we can apply, what a series of studies shows, regarding **the meaning that people give to the work.**

a) **Work is a job**, the motivation here is the economic reward.

b) **Work is a career**, their motivation is success, people work to achieve personal prestige, power, recognition and promotion, which will achieve efficiently performing their work.

c) **Work is a vocation**, it is characterized by providing internal benefits to the person, a sense of personal satisfaction for the performance of their work, this is their motivation.

Cameron K. (2010)

What is the motivation of a person, to be race walking Judge?

The answer to this question become very important in the work of race walking Judge. According to their performance will know the answer.

Whoever makes the judgement **by vocation** performance will be: continuous improvement, will show interest in developing experience in each competition, regardless of the level or categories of it; will seek to acquire his performance as Judge in the meetings of competences, you will share experiences with colleagues and you can even make proposals finalized to assist race walking in the future, and increase the attractiveness to more people in the World.



2) Memory or storage of information

Is the cognitive process that **allows us to store the information** that is received, which has been given attention, this process **is composed of 3 main stages.**

3 main stages:

2.1) Encoding to enter information into memory. For example when seeing the technique of each of the walkers the Judge is codifying: *going well, is at risk, going bad.*

2.2) Storage to keep the information in memory. For example the Judge is observing the bib of the walkers who are considering penalizing during the race, and storing in his memory the information. Is highly recommended to annotate with symbols, to have better storage.

2.3) Recovering information from the memory, for later use. For example when seeing again the walker to be penalized the Judge recovers from his memory the observation that made earlier in the competition.

3) Beliefs and ordeninf of information = Reasoning.

3.1) **To reason is** to establish a relationship between different ideas or concepts to obtain conclusion or form **judgements**.

3.2) Good ideas are not enough to reason; one must **think of coherent and ordered ideas**, in order to be able to obtain a conclusion or solution to a situation.

3.3) The main mental process that provide the ideas to reason, is **the learning** that has acquired the person.

3.4) In the reasoning also participate **the emotions** that can influente or help to reasoning, depending on the intensity as they manifest in each person.

3.1) To reason is to establish a relationship between different ideas or concepts to obtain conclusion or form **judgements**.

- ▶ In the reasoning of race walking Judges, also the **moral judgment** that every human being has and that determines the good or the bad, based on the **ethical principles**.
- ▶ Hence the importance of retaking **the Code of Ethics** of race walking Judges in their teaching and reaffirming it in their practice.
- ▶ Because his judgments must **be sustained, in the professional ethics** of his role as race walking Judge

3.2) Good ideas are not enough **to reason**; one must **think of coherent and ordered ideas**, in order to be able to **obtain a conclusion or solution to a situation**.

- ▶ Race Walking Judge **must be very clear what is his work** during the competition, perchè le sue idee sono la base delle sue conclusioni. For what you will have to **be aware** of your ideas.
- ▶ **Consciousness is** the reflexive knowledge that accompanies certain human activities and for which the person not only acts, but knows that **he acts and analyzes his own behaviour**.
- ▶ **For example:** the race walking Judge can think: this walker is at risk, but the race is just started and the race is of 50 Km., what margin i give for the yellow paddle, or immediately requires even the red card; **what is my conclusion**.

3.3) The main mental process that provide the ideas to reason, is **the learning** that has acquired the person.

* **In the learning process** a skill or behaviour is acquired, modified debugged through experience.

* Learning is not observed directly, but **through the execution** in which it is manifested, so that the level of the learning is taken according to the level of execution. If race walking Judge acquired an adequate learning its execution will be optimal and if continues acquiring learning in each competition, its level of learning will be superior, in a way that will obtain a **consistent level in its task as race walking Judge**.

* Therefore, **Judges courses and competency meetings**, should not be designed solely to introduce knowledge, but also to place them in positions that allow judges to **construct a well-structured knowledge of the race walking judgement**, starting from the own knowledge of their cognitive process that intervene in this learning process.

3.4) In **the reasoning** also participate *the emotions* that can influence or help to reasoning, depending on the intensity as they manifest in each person.

* **Emotions are** *short term affective reactions to significant environmental stimuli.*

* **For example:** if **race walking Judge** give great importance to young competitions or, of national or state level, he can *manage his emotion with intelligence*, so that his reasoning is affected as little as possible by emotions.

* **The emotional intelligence** is the set of skill that support the assessment, evaluation, expression and precise regulation of emotions. So the race walking Judge need to learn the emotional intelligence.



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* **Emotional intelligence** allows us to become aware of our own emotions, to understand the feelings of others, to tolerate the pressures and frustrations when acting and to emphasize the ability to work in a team and adopt an empathic and social attitude.

* There are **four basic the emotions** from which all others are created: **joy, sadness, anger and fear** (some authors add *surprise* and *disgust*).

* Usually people **don't stop to connect with our emotions**, and how emotions influence us.

When race walking Judge acts in the competition, he feels certain emotions, which he must try to identify, putting a name to them, so that, **they remain clear in his thought**. Having the name of the emotion, he will try to determine why it feels it. This is the process that is done **to train the emotional intelligence**.

For example the Judge may feel an emotion and call it “nerves”, that not gives you the correct information, correct question would be, “why am I nervous?”. An answer maybe is that I want to judge well.

Then I'm afraid to do it wrong.

“Why am I afraid?”. In this way we put the emotions in the field of reason and that allow you to manage the emotions.

*Triste=Sad; Alegre=Joyful; Vengativo=Revengeful; Nojado=Unfriendly;
Deprimido=Depressed; Contento=Happy; Con Miedo=Fearfully;
Con Dudas=Doubtfully*



During their work **the emotional state** of race walking Judge could be **influenced** by the **stress** generato da

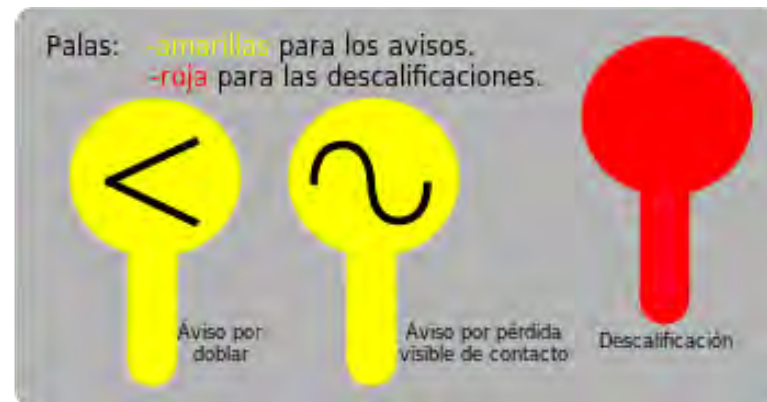
external agents such as:

- reaction of the walker
- reaction of the coach of the walker
- reaction of the media
- reaction of the public

hence the importance of training the race walking Judge in his emotional intelligence.

4) Disposition of information to execute an Action = the making and execution of decisions

Finally, according to the information stored, reasoned, and based on which a conclusion or solution to a situation is generated: a decision is made and executed



Adequate decision-making, combined with effective execution, will provide the race walking Judge with a better performance

SUGGESTIONS

- ▶ In the preparation of the race walking Judges it is important to return to the psychological aspect, giving them cognitive elements important that influence their work during the race.
- ▶ The above is for the purpose of learning to identify which internal (thought) or external (public, press, etc.) stimuli act as distractors of their attention and which help them to improve the attention, during their judging.
- ▶ Because attention is an indispensable function for the correct functioning of cognitive processes and alterations in care may seriously alter the actions that the judge executes.

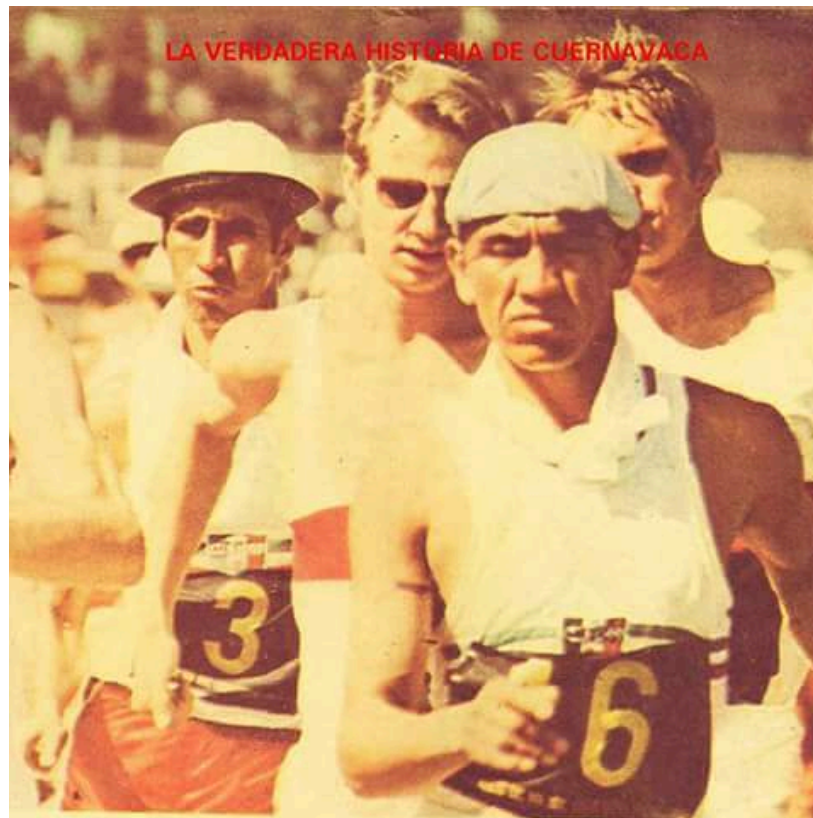
SUGGESTIONS

- ▶ Race walking Judge must understand that his work carries great importance in the effort that the walkers realize during the competition; so that the walking Judge must be sure of his judgment and the security will obtain it of the elements that take into account to execute its conclusion.
- ▶ It is necessary that meetings of the race walking Judges must be carried out at the end of each competition, so that the knowledge of their errors and successes is clear and they can assimilate the information, to turn it into experience and learning that will put into practice in the subsequent competitions.

SUGGESTIONS

In the process of recovering the memory, the judge must put the idea of not prejudging a walker, if in any previous competition violated the rules.

You must learn to reason your judgments.



SUGGESTIONS TO DEVELOPE THE “EMOTIONAL INTELLIGENCE” IN RACE WALKING JUDGE

- ▶ As already mentioned in the presentation emotional intelligence lies, that a name is given to the emotion you are feeling, and try to find out why you have that emotion.
- ▶ * **An obstacle** to achieve emotional intelligence is **high self-esteem** i.e.: when the person is given a very high value in such a way that is considered more qualified or worthy than, (Fredrickson, B., 2015).
- ▶ High self-esteem in a race walking Judge will affect his judgment when he is acting in the competition. For example, if the Judge considers himself the best in the group, he will not stop at his emotions, which he naturally feels during his trial. He will only guide his execution according to his idea, "I am the best of the group" and this way he can have a greater probability of error in his performance. Here also help the constructive comments that are given in the meetings at the end of the competitions, so that the Judge learns from himself, taking the comments of the other Judges, regarding his performance.

SUGGESTIONS TO DEVELOPE THE “EMOTIONAL INTELLIGENCE” IN RACE WALKING JUDGE

- ▶ In emotional intelligence, the race walking Judge is connected with the emotion he feels at the moment of judging a walker, giving a name to that emotion and must make a brief analysis in his thought, to try to understand if that emotion is influencing in his judgment.
- ▶ For example, if you see a Champion walking in violation of the rules, it is important for you to identify with a name the emotion you feels at the moment and try to have as clear as possible if that emotion influences your decision to sanction or not the technique of that Champion. *This exercise can be done in a few seconds.*
- ▶ When the present emotion is recognized, the judge's name for that emotion will help you analyze the reason for this emotion. On the other hand, not knowing what happens to you on an emotional level can cause your judgment to be highly influenced by your emotion and not by your reasoning.

SUGGESTIONS TO DEVELOPE THE “EMOTIONAL INTELLIGENCE” IN RACE WALKING JUDGE

- * When naming an emotion, *the race walking Judge can confuse his emotion.*
- * For example, if you think "I'm angry that coaches tell me that a specified athlete walks with bad technique, I will not do what other marketers tell me". But perhaps it could happen that in judgieng I feel my fear, because that walker is a Champion of the place where it is the competition, and for fear of the reaction of the spectators, I will not act accordingly.
- * With the practice of naming the emotion and trying to detect the why of it; the race walking Judge will be able to improve these actions.

SUGGESTIONS TO DEVELOPE THE “EMOTIONAL INTELLIGENCE” IN RACE WALKING JUDGE

Emotions are not judged, they feel.

- ▶ The function of emotions is to give information to the person, what he is feeling.
- ▶ *Emotions are not good or bad*, they are internal information source, which can help the person to be self-conscious.
- ▶ For example, if the race walking Judge is clear that he is afraid of punishing a walker, he may think, "It is bad to feel afraid" but that does not help. However if you try to find in your thinking the reason for that fear, you will have better certainty at the time of its execution, either to give a yellow paddle or red card or not to give any paddle or card to that walker.

SUGGESTIONS TO DEVELOPE THE “EMOTIONAL INTELLIGENCE” IN RACE WALKING JUDGE

Help to write by hand, the analysis of emotions

- ▶ If in the competition are many the athletes that participate, perhaps the race walking Judge is impossible to detect all his emotions; so it is recommended, after the competition and meeting with the other judges, calmly write by hand the analysis of the emotions that he felt during the competition, so that he develops his emotional intelligence in the next competitions. It has been shown that handwriting can favorably influence the development of emotional intelligence at the physiological level, the structure responsible for emotions (amygdala) (Hewitt, A. 2009)

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