



## Mental toughness and Corona anxiety in the Iranian Football Premier League referees

### Poster Presentation

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### Abstract

**Introduction:** Mental toughness is a specific personal capacity to provide a high mental or objective performance despite challenges, stressors, or hardships. One of the groups that faced challenges, stressors, and coronary anxiety after the onset of the coronavirus epidemic was referees in various sports, especially football; this study aimed to investigate the relationship between psychological strength and corona anxiety in the Iranian Football Premier League referees during the Covid-19 epidemic.

**Methods:** This study was a descriptive correlational study. The study population included all referees working in the Iranian Football Premier League in 1399, of which 51 people participated in this study voluntarily. Subjects were asked to answer online the questionnaires of "Persian version of sports mental toughness questionnaire (SMTQ)" and "Corona anxiety scale Alipour et al. (2020)".

**Results:** The results of the correlation matrix showed that Mental toughness factors (confidence, stability, and control) are negatively and significantly related to coronary anxiety factors (psychological and physical symptoms) ( $p < 0.01$ ). Mental toughness factors can also explain 54% of the variance changes in corona anxiety in the Iranian Football Premier League referees.

**Conclusion:** There is a negative relationship between mental toughness and corona anxiety in football referees, which reduces coronary anxiety. These findings are important to pay attention to mental toughness in the confrontation of football referees with anxiety factors in the epidemic of Covid-19 and also provide appropriate solutions by psychologists to increase Mental toughness in the Iranian Football Premier League referees to see better judgment than referees.

### Keywords

COVID-19; Football Referees; Corona anxiety; mental toughness

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