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**EXTENDED
ABSTRACT**

The Impact of Social Support on Motivation Level Among Football Association of Malaysia (FAM) Referees

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I. INTRODUCTION

This study examines the role of social support in influencing motivation levels among FAM referees. It aims to identify the importance of social support, measure motivation levels, and analyze the relationship between both variables to enhance referee performance and well-being [1].

II. METHODS

This study involved 130 FAM referees selected through convenience sampling. Data were collected using structured questionnaires. Descriptive statistics analyzed social support and motivation levels, while linear regression via Jamovi examined the impact of social support on motivation.

III. RESULTS AND DISCUSSION

A. Social Support

Referees reported high overall social support, with Family support rated highest ($M = 5.84$), followed by Friends ($M = 5.72$) and Significant Others ($M = 5.71$). Younger or less experienced referees particularly benefited from emotional and practical support, suggesting varying support needs across experience levels.

TABLE I
DESCRIPTIVE OF SOCIAL SUPPORT

Variables	Mean	Standard Deviation (SD)
Family	5.84	1.57
Friends	5.72	1.54
Significant Other	5.71	1.48

B. Motivation Factor

Referees demonstrated high motivation levels, especially in Identified Regulation ($M = 6.02$), Integrated Regulation ($M = 6.00$), Introjected Regulation ($M = 5.87$), Intrinsic Regulation ($M = 5.82$) and External Regulation ($M = 5.74$). The lowest motivation factor is Amotivation ($M = 2.43$). Most were motivated by personal achievement and meaningful engagement, while newer referees focused on learning, and experienced ones were driven by identity and long-term goals.

TABLE II
DESCRIPTIVE OF MOTIVATION LEVEL

Variables	Mean	Standard Deviation (SD)
Identified Regulation	6.02	1.35
Integrated Regulation	6.00	1.35
Introjected Regulation	5.87	1.41
Intrinsic Regulation	5.82	1.52
External Regulation	5.74	1.52
Motivation	2.43	1.61

C. Impact of Social Support on Motivation Level

A statistically significant and strong relationship was found between social support and motivation levels. Family support had the strongest positive impact on motivation, reinforcing the crucial role of personal networks in enhancing referees' psychological well-being and sustained engagement in officiating roles.

TABLE III
LINEAR REGRESSION FOR SOCIAL SUPPORT ON MOTIVATION LEVEL

Overall Model Test						
R	R ²	Adjusted R ²	F	df1	df2	p
0.809	0.654	0.652	242	1	128	<0.001

IV. CONCLUSIONS

This study highlights the crucial role of social support, especially from family, in sustaining high motivation levels among FAM referees, emphasizing its importance for referee well-being and performance.

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