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Association of doping awareness among sportspersons of Punjab in relation to different sports

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Abstract

The present study was designed to examine the association of doping awareness among sportspersons in Punjab with regards to different sports. A sample of one thousand (N=1000) players from different sports i.e. handball, football, hockey, kabaddi (P.S) and kabaddi (N.S) from Punjab was selected for the present study. Out of 1000, two hundred (N=200) subjects were selected randomly from each game to fulfill the purpose of the present study. To obtain the required information to assess the association of doping awareness among sports persons of Punjab, doping awareness questionnaire was constructed by the researcher. The Chi² was employed to examine the association of different sports with regard to doping awareness among sportspersons of Punjab. Descriptive statistics was also carried out. The level of significance was set at 0.05. The results of the present study indicated that the hockey players found statistically significantly high doping awareness association as compared to their handball, football, kabaddi (P.S) and Kabaddi (N.S) counterparts.

Keywords: Doping, awareness, high, low, sports

Introduction

Sports contests have progressively more attracted a massive number of athletes to participate both at amateur and professional level. In challenge to win big rewards, finance, trophies and reputation, some players do not hesitate to use such illegal drugs and doping substances at their disposal to achieve their sports target to enhance sports performance Alaranta et al., (2006). While at International and national level various anti-doping agencies are working and made many strict regulations to control the doping and many efforts are also put to make the athletes, coaches, teachers and sports promoters aware about doping and their consequence. As many cases of use of illegal substances and methods has reported in Punjab since last few years. Even sportspersons belongs to different sports in Punjab implicated with doping have claimed lack of knowledge or awareness on doping substances. Ama et al., (2003) conducted the study on African amateur footballers restrictedly in Yaoundé; Cameroon investigated the athletes' uses and awareness of lawful and unlawful substances". Further they pointed that footballer's knowledge about doping was vague. Few activities and an epidemiological study on doping among the footballers were recommended by them. Kamenju (2014) identified the influence of demographics on Kenyan college teacher athletes about awareness, perception and attitude to performance-enhancing substance use in sports. He found inadequate knowledge of the college athletes and it was recommended that College athletes should be educated on doping in order to create awareness, change perceptions and their attitudes to PES use in sports at all levels of competitions.

In order to protect players of Punjab as well as India from breaching the NADA and WADA code intentionally or unintentionally it is essential to educate or aware them on doping issue. An indispensable aspect of doping prevention is the assessment of athlete's awareness of doping so as to influence on individuals orientation to doping in sports. An athlete who is aware of the negative effects of drugs is likely to change his attitude towards doping for better. Therefore, an attempt has been made by the researchers to assess the association of doping awareness among sports persons in Punjab state in relation to their different sports.

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Methodology

The present study was designed to assess the association of doping awareness among sports persons of Punjab in relation to type of sports. A Sample of one thousand (N=1000) players from various sports i.e. handball, football, hockey, kabaddi (P.S) and kabaddi (N.S) from Punjab was selected for the present study. Out of 1000, two hundred (N=200) subjects were selected purposively from each game for present study. To obtain the required information to assess the doping awareness among sports persons of Punjab, doping awareness

questionnaire was constructed by the researcher. The test Chi² was used to examine the association of different selected games with regards to doping awareness among sportspersons of Punjab. Descriptive statistics was also carried out. The level of significance was set at 0.05.

Results: The association of doping awareness with regard to different sports among the players of Punjab has been presented in table-1:

Table 1: Association of doping awareness among players of Punjab state in relation to their different sports

Variable	Group	Handball	Football	Hockey	Kabaddi (P.S)	Kabaddi (N.S)	Chi-square value	Df	p-value
Doping Awareness	Low	92(46%)	82(41%)	70(35%)	106(53%)	102(51%)	17.50*	4	0.002
	High	108(54%)	118(59%)	130(65%)	94(47%)	98(49%)			

*Significant at 0.05

Degree of freedom 995

Table-1 shows that the mean groups of doping awareness of different games categories namely Handball, Football, Hockey, Kabaddi (P.S) and Kabaddi (N.S) had reported mean value percentage as 46%, 41%, 35%, 53% and 51% respectively, which indicates that more number of players belongs to the game kabaddi (P.S) had reported low doping awareness percentage followed by kabaddi (N.S), handball, football and hockey counterparts. However, high groups of doping awareness percentage of different games category namely handball, football, hockey, kabaddi (P.S) and kabaddi

(N.S) had reported the mean value percentage as 54%, 59%, 65%, 47% and 49% respectively, which indicates that more number of players belongs to the game hockey had reported high doping awareness percentage followed by football, handball, kabaddi (N.S), and kabaddi (P.S) counterparts. Statistical test values $\chi^2=17.50$, and p-value (sig.) =.002 revealed significant ($p<0.05$) association with regard to doping awareness in relation to different sports. The graphical representation of mean values of doping awareness of high and low doping awareness groups of different sport players of Punjab state have been depicted in figure-1:

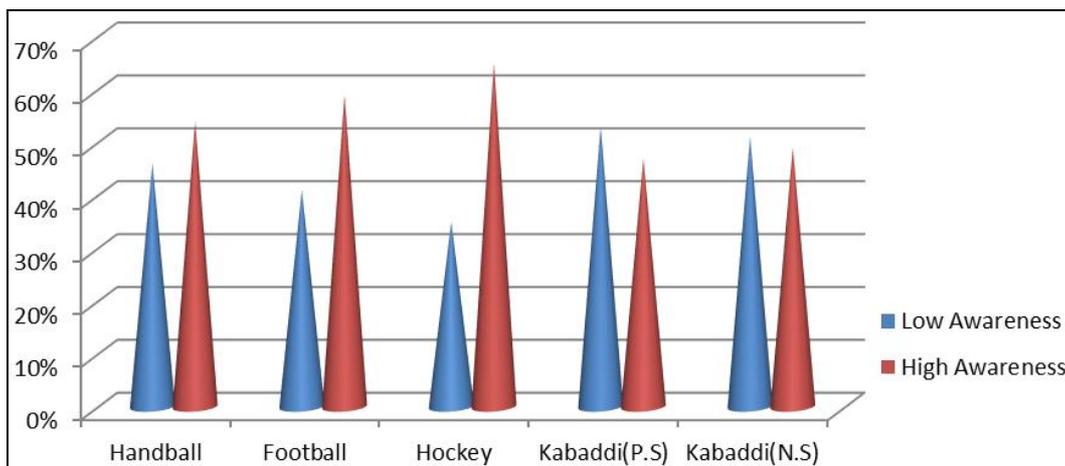


Fig 1: Graphical representation of Mean Scores of High and Low Doping Awareness groups of different Sport Players of Punjab State

Discussion: It has been noticed from table-1 that statistically significant association between doping awareness in relation to different sports were found among sportspersons of Punjab. It is also evident from the results of present study that hockey players of Punjab had reported high association with doping awareness as compared to their counterparts Handball, Football, kabaddi (PS) and kabaddi (NS). The outcome of the study might be due to the fact that the Hockey game is most popular game in Punjab followed by kabaddi (PS). So many school as well as college level hockey academies were situating in Punjab which has providing hockey coaching at their best level. Hockey is National sports of India also and Punjab had produced many national and international players, who had been the members of the Olympic medal winning teams of India since 1928 to till date. On the whole we can say hockey players are providing good infrastructure, environment and opportunities to grow. Therefore, Hockey game players are highest associated with doping awareness.

Secondly, the football and handball being the most popular sports in the world and their players have exhibited significantly better doping awareness than the players of other games. The results of the study conducted by Kamenju (2014) revealed similar results by indicating significant differences between different types of sports namely; track and field and ball games players. However, study conducted by Feinberg (2009) on Polish athletes indicated low awareness among athletes. Ama et al. (2003) also revealed that the knowledge of doping awareness among Cameroonian soccer players was vague and insufficient.

Conclusions: It is concluded that statistically significant association ($p<0.05$) found among players of different sports in Punjab with regard to doping awareness. The hockey players of Punjab state demonstrated significantly better doping association with regard to variable doping awareness when compare to football, handball, kabaddi (P.S) and

Kabaddi (N.S) however almost similar level of doping awareness reported between football and hockey than kabaddi (P.S) and kabaddi (N.S) counterparts.

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