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Awareness of university athletes towards doping

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Abstract

Aim: The aim of the study was to find out the awareness of university athletes towards doping.

Methods: This is a survey study, 100 athletes were contacted for the present study, out of these, 70 male and 30 female were randomly selected for the present study for the collection of data. The questionnaire was developed WJ Kamenju which was used for collection the data. The questionnaire comprises of 8 questions of awareness. The respondents gave on 'Yes' or 'No' answers. The questionnaire was answered when the sportsman in resting time and fresh and happy mood. The results were assessed using Microsoft excel software and the simple percentage was used to analyze the data.

Result: 100 athletes were taken as sample and it shows that out of 100 athletes Only 45% male and 21% female, are familiar with the world Anti-Doping code while 23% male and 9% female are not familiar with the world Anti-Doping code. In response to question number 2, only 5% male and 4% female knew that sportsperson who is using performance-enhancing substances while 65% male and 26% female does not know any sportsperson who is using performance-enhancing substances. In response to question number 3, only 5% male and 4% female have the knowledge that some of their peer sportsperson are using performance-enhancing substances while 65% male and 26% female does not have any knowledge that some of their peer sportsperson are using performance-enhancing substances. In response to question number 4, 67% male and 28% female agreed that the sportsperson should be ensure they don't breach the Anti-Doping regulations while 3% male and 2% female have disagree that the sportsperson should be ensure they don't breach the Anti-Doping regulations. In response to question number 5, 68% male and 29% female agreed that Sportspersons should be educated on Anti-Doping regulations regularly while 2% male and 1% female disagree that Sportspersons should be educated on Anti-Doping regulations regularly. In response to question number 6, 62% male and 25% female agreed that the Athletes should be tested for Performance Enhancing substance/ drugs at all levels of Competition while 8% male and 5% female disagree that the Athletes should be tested for Performance Enhancing substance/ drugs at all levels of Competition. In response to question number 7, 41% male and 17% female have learnt about Performance-Enhancing Drugs while 29% male and 13% female have not learnt about Performance-Enhancing Drugs. In response to question number 8, 53% male and 21% female have considered their Awareness on Doping and Performance Enhancing substance to be Adequate while 17% male and 9% female does not considered their Awareness on Doping and Performance Enhancing substance to be Adequate.

Keywords: Doping, athletes, official investigations, harder, anti-doping

Introduction

Food plays an important role in enhancing sports performance and motivating an athlete. Foodborne doping is the violation of anti-doping regulations set by World Anti-Doping Code (WADC) by consuming prohibited drugs, endurance and strength booster substances etc. (Chen w, 2023). Determining the usage of doping is extremely difficult and almost an impossible task. Being publicly disapproved, doping is mostly concealed behavior. Therefore, people who do dope will often lie when asked if they are even when anonymity is assured. In mega sport events, there are various ways to estimate doping usage, including: (1) blood test, (2) urine test, (3) official investigations (governmental, WADA, NADO s, police, other), ((4) surveys using direct or indirect questioning (Christiansen AV, 2023) [2].

Education should be given about doping throughout the athlete's sports career and begins as early as possible, as a part of multi-component anti-doping, it must be given before the first competition. (Varfolomeeva ZS, 2023) [3].

The most common logic and important factor for anti-doping policy is that the use of performance-enhancing drugs (PEDs) is dangerous for athlete's health as it have severe effects on an athlete's body. The chronology starts with "soft" drugs (e.g., tobacco and alcohol) and proceeds to "harder" drugs (e.g., marijuana, cocaine, and heroin; Kandel. Other than this it causes numerous detrimental health-related problems (i.e., hypertension, diabetes, blood clotting, insomnia, and anxiety). (Stankovic DV, 2022) [4]. Drugs are substances that "act on biologic systems at the chemical (molecular) level and alter their functions," encompassing a wide range of everyday substances such as medicines, poisons, foods, and drinks. Enhancement drugs are substances that are used to improve or enhance physical or cognitive abilities beyond what is considered normal or natural. These drugs are often used by athletes, students, and professionals seeking an edge in their performance (Daniel C, 2023) [5].

The use of prohibited substances to improve athletes' performance is a pivotal issue in sports, and much evidence has now been accumulated that anti-doping rules violations (ADVR) are widely committed by the athletes of all levels (young, amateur and elite athletes) intentionally or non-intentionally (Zhumabayeva G, 2022) [6].

The use of prohibited drugs or methods to contemptuously enhance athletes' performance is one of the biggest threats to fair sports competition as it is cheating and is contrary to the spirit of sport. This study assessed the knowledge, attitude, and practice of doping among athletes of the Amhara region, Ethiopia (Mohammed SA, 2022) [7].

Methodology

Subjects: For the purpose of the study, 100 athletes were contacted for the present study, out of these, 70 male and 30 female were randomly selected for the present study for the collection of data. The questionnaire was developed W. J. Kamenju which was used for collection the data. The questionnaire comprises of 8 questions of awareness. The respondents gave on 'Yes' or 'No' answers. The questionnaire was answered when the sportsman in resting time and fresh and happy mood. The results were assessed using Microsoft excel software and the simple percentage was used to analyse the data.

Study Design – Observational Study.

Sample Size – 100 subjects.

Sampling Technique - Convenient sampling.

Eligibility Criteria:

Inclusion criteria – Subjects should meet these criteria to be included in the study.

- Age group 18-28 years.
- University athletes.
- Both males and females

Exclusion criteria – Subjects with following criteria should not be included

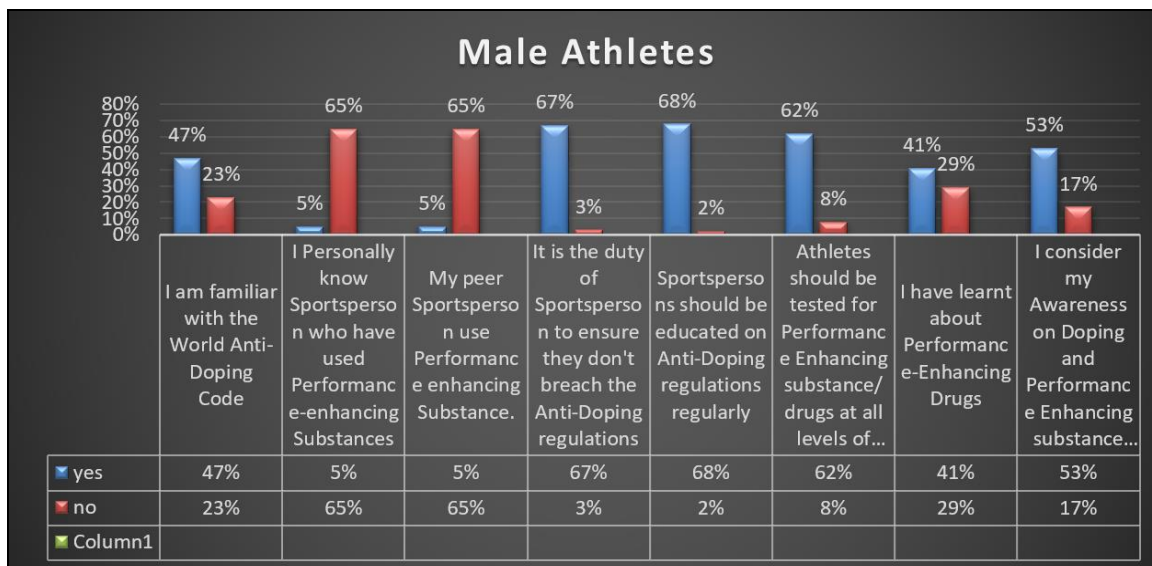
- Age less than 18 & more than 28.
- University non-athletes.

Result

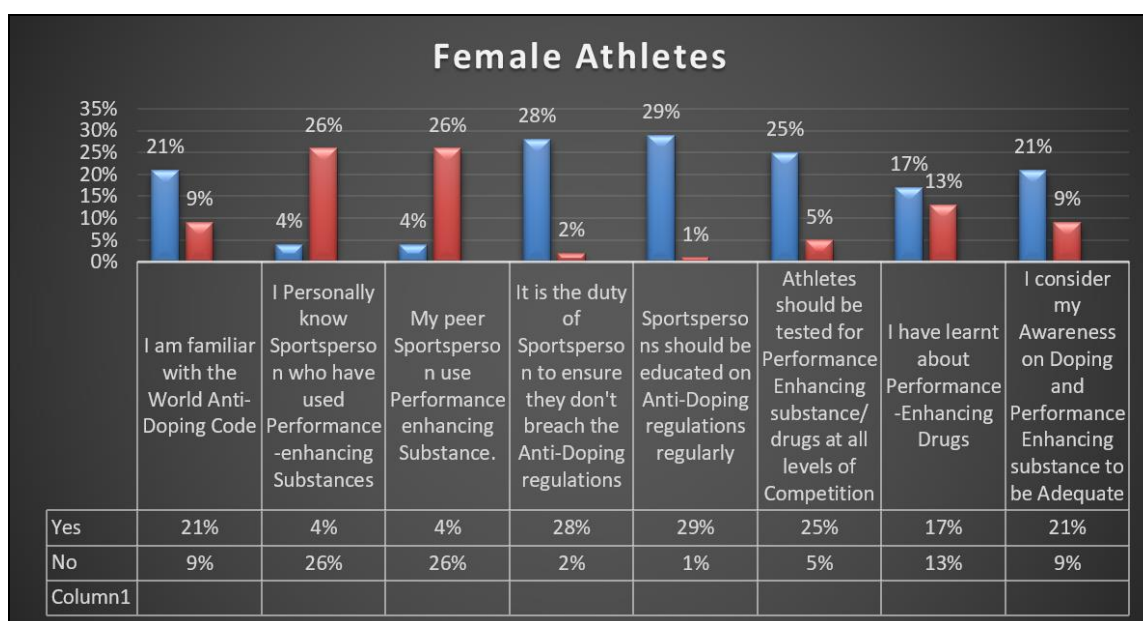
100 athletes were taken as sample and it shows that out of 100 athletes Only 45% male and 21% female, are familiar with the world Anti-Doping code while 23% male and 9% female are not familiar with the world Anti-Doping code. In response to question number 2, only 5% male and 4% female knew that sportsperson who is using performance-enhancing substances while 65% male and 26% female does not know any sportsperson who is using performance-enhancing substances. In response to question number 3, only 5% male and 4% female have the knowledge that some of their peer sportsperson are using performance-enhancing substances while 65% male and 26% female does not have any knowledge that some of their peer sportsperson are using performance-enhancing substances. In response to question number 4, 67% male and 28% female agreed that the sportsperson should be ensure they don't breach the Anti-Doping regulations while 3% male and 2% female have disagree that the sportsperson should be ensure they don't breach the Anti-Doping regulations. In response to question number 5, 68% male and 29% female agreed that Sportspersons should be educated on Anti-Doping regulations regularly while 2% male and 1% female disagree that Sportspersons should be educated on Anti-Doping regulations regularly. In response to question number 6, 62% male and 25% female agreed that the Athletes should be tested for Performance Enhancing substance/ drugs at all levels of Competition while 8% male and 5% female disagree that the Athletes should be tested for Performance Enhancing substance/ drugs at all levels of Competition. In response to question number 7, 41% male and 17% female have learnt about Performance-Enhancing Drugs while 29% male and 13% female have not learnt about Performance-Enhancing Drugs. In response to question number 8, 53% male and 21% female have considered their Awareness on Doping and Performance Enhancing substance to be Adequate while 17% male and 9% female does not considered their Awareness on Doping and Performance Enhancing substance to be Adequate.

Table 1: Shows Mean and standard deviation of age of athletes

Variable	Mean	SD	N
Age	22.09	2.19	100



Graph 1: shows the male athletes response towards the awareness of university athletes towards doping.



Graph 2: Shows the female athletes response towards the awareness of university athletes towards doping

Discussion

The study suggests that regular and frequent anti-doping sessions should be conducted, starting from lower levels of sporting activity, to improve athletes' knowledge and awareness. By implementing such sessions at grassroots levels, authorities can ensure that athletes receive essential information about anti-doping practices from the early stages of their careers (Anup Krishnan, 2018) [8].

Doping is a complex issue influenced by various factors, including societal pressures, individual motivations, and access to resources. It is not solely determined by gender or performance climate. Both male and female athletes can face pressures to perform at high levels and may resort to doping as a means to gain a competitive advantage (Kipchumba, 2022) [9].

WADA can diversify its education program and deterrent planning according to the type of sport to reduce athletes' attitudes toward doping use. Although some studies show that doping education deters attitudes toward doping use, some studies also show that athletes tend to use doping even though they know about it (Erdem Ayyildiz, 2023) [10].

According to Chirico, athletes typically seek to indulge in

doping to (re)gain personal significance, developing moral disengagement and dissociation strategies to justify their conduct. ASPs trained in anti-doping skills should be better equipped to identify possible at-risk individuals and prevent doping abuse. In order to do so, ASP needs doping education not only about substances' health effects and legal framework but also about socio psychological factors influencing doping behavior (Carlos García-Martí, 2022) [11].

Conclusion

The results of the present study indicated that there is very low knowledge about the Sports Performance Enhancing substances or we can say doping. The study also indicated that university athletes know about doping but proper awareness of most of popular way of doping among the male and female athletes have almost no knowledge. The highest percentage of athletes with knowledge of banned substances was the male athletes, and furthermore their intake was higher than the female athletes. The blood doping and erythropoietin are two substances which have different names for the same illegal methods but athletes do not know about it and different percentages was found in the male and female athletes about

the knowledge of the same illegal way and method this show that they never study and learn the literature of doping methods. Such unclear awareness of doping by athletes has been found in this study. It is also come out in this study very few athletes were known about the physical and mentally side effects of these Drugs. The study also indicated that lack of preventive measures to stop drug use and awareness programme regarding drug use in Sports and its adverse effects on health in India. As per the results of the study showed in both tables it indicates that there is clear lack of knowledge about performance enhancing drugs and doping in athletes of state level, national level and even at international level, athletes too short of proper knowledge about some common doping methods. Drugs and PES which were asked about are very common and Indian athletes often use them, but they are unaware that it is a ban substances in an any sports competition and it can affect their career when representing in state, national and at international level competition. There is urgent need to increase the awareness and the knowledge of Indian athletes in the prevention of the usage of prohibited substances. Furthermore, it is necessary to provide educational programmes not only for the athletes but also to the physicians, coaches and other personnel in the athletes' team, and a professional development plan should be implemented to ensure that the information remains accurate and up-to-date.

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