

Awareness of Sportsmen towards Doping: A Brief Report

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Abstract: *The study was conducted to examine the awareness towards doping. The study examined the awareness towards Doping substances use by amateur male and female sportspersons of Rohtak District. Total 50 amateur male sportspersons and 50 female sportspersons were randomly selected, who were ready to give their response and participated in the present study. After giving their consent at their training center the data were recorded and collected. The data was collected with the help of W. J. Kamenju's questionnaire, which have comprises 11 questions of Awareness in part 'B'. Simple percentage methods were used to interpret and tabulated the data. The results of study showed that the male sportsperson more awareness than female sportspersons towards doping.*

Keywords: Doping, Performance Enhancing Drugs, Awareness, Sports

1. Introduction

Win in competition in sports at any cost is primary goal for every sports person. Now a day every sportsperson want to achieve high performance, either fixing the competition or by using the illegal and unethically mean and methods which are not allowed in sports. It is well known that using of doping in sports affects every sportsperson while it is amateur sportsmen as well as professional sportsmen. It is also notable that over the past some decades the sportsperson have been competing on a par with their counterparts at the various level of sports at National and International level. It is very dangerous thing that at low level sports many sportsperson do not know the hazardous effects of doping. The lack of data on the use and awareness of drugs by sportspersons prevents us from knowing the reality. As per the present situation, it is necessary to collect such data before preventive measures can be implemented, as appropriate.

There are many studies and researches which prove that there are many fatal results of performance enhancing Doping used in sports. But sportsperson put their life in danger for winning in sports at any cost even in lieu of their health and sometime life also without knowing what will be happen after stopping this practice. So there is a lack of awareness programmes regarding the using of drug in sports.

Today we see every-person want to name, fame and job and in developing country like India where is shortage of job, everyone want to winning for name, fame and job, on the cost of fatal health risk. Today in the sports doping refer to the use of such mean and methods which artificially enhanced performance of sportsperson for a short period. They use the illegal mean and methods because they want to win at all cost here either their health or ethic of sports. Therefore some athletes, winning at any costs includes taking performance-enhancing drugs. Some may appear to achieve physical gains from such drugs, but at what cost? The long-term effects of performance-enhancing drugs haven't been rigorously studied. And short-term benefits are tempered by

many risks. As to see the problems of present time selected this study and want the real position that the sports people at begging stage have the knowledge of doping. The investigators also want to know that have the sportsperson knowledge of difference between Doping and sports enhance substance which is legal manner.

In 2013 Ratko Pavolovic and Kemal Indrizovic conduct a study on 100 students in terms of statistics on the use of Doping, knowledge and awareness about the negative effects of doping are insufficient. It is therefore the needs for additional education on this issue is needed to the students those are the future of sports. Mazen El-Hammadi and Bashar Hunien were carried out a cross-sectional study in 2013 on a group of students enrolled in the College of Pharmacy at International University for Science and Technology (IUST) during the academic year 2011–2012. Taking into account the rapid growth of this public health problem among non-competing athletes, it seems vital to involve pharmacists in the anti-doping efforts. The findings of this study are the need to provide pharmacy students with advanced theoretical background and practical training concerning doping. Jaime Morente-Sanchez and Mikel Zabala were performed a literature search using combinations of the terms Doping, Sport, Elite-Athletes, Beliefs, Knowledge, Drugs and Performance Enhancing Substance (PES) in 2013. A total of 33 studies were subjected to comprehensive assessment using articles published between 2000 and 2011. And they conclude that current generations of athletes are more familiar with anti-doping rules than earlier generations, but there is still a lack of knowledge. There is also a lack of knowledge about dietary supplements and the possible side effects of PES.

2. Objectives of Study:

The aim of this study is to investigate the use and awareness of drugs by sportsman in Distt-Rohtak, Haryana

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3. Methodology

The researcher were contacted 87 sportsman for the present study, out of these, 25 male and 25 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. For the easiness of students the questionnaire also translated into Hindi, because most of sportsman difficult to understand English. The 'B' part of questionnaire comprises 11 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.

4. Results of the Study

The sportsmen, who are selected for study as subjects, gave the proper instructions and explain them purpose of the study. The subjects were asked, if they are mentally and physically fit to give the proper response.

Table 1: Awareness of sportsman towards Doping

Sr. No.	Details of the Questions	Male (25)		Female (25)	
		Yes	No	Yes	No
1.	I am familiar with the World Anti-Doping Code.	11 (44%)	14 (56%)	5 (25%)	20 (75%)
2.	I Personally know Sportsperson who have used Performance-enhancing Substances.	16 (64%)	9 (36%)	7 (28%)	18 (72%)
3.	My peer Sportsperson use Performance enhancing Substance.	17 (68%)	8 (32%)	7 (28%)	18 (72%)
4.	It is the duty of Sportsperson to ensure they don't breach the Anti-Doping regulations.	19 (76%)	6 (24%)	22 (88%)	3 (12%)
5.	Sportspersons should be educated on Anti Doping regulations regularly	22 (88%)	3 (12%)	23 (92%)	2 (8%)
6.	Athletes should be tested for Performance Enhancing-substance/ drugs at all levels of Competition.	15 (60%)	10 (40%)	16 (64%)	9 (36%)
7.	I have learnt about Performance-Enhancing Drugs.	3 (12%)	22 (88%)	1 (4%)	24 (96%)
8.	I consider my Awareness on Doping and Performance-Enhancing substance to be Adequate.	22 (88%)	3 (12%)	23 (92%)	2 (8%)

As studied Table 1 the male players have more Awareness towards Doping, table show that 11 male players have know about Anti Doping Code as compare to female players which have only 5. In response to "I personally know Sportsperson who have used Performance-enhancing Substances" the female players (9) was less than male sportsman (16). When asked about using of performance enhancing substance by their friends, the response of male players is more compare to female sportsperson; it means more male players used performance enhancing substance than female sportsperson.

In response to Qu. No. 4 the results was very drastic, because both male and female sportsperson agreed to not used of Doping due to their health risk. The answers of Qu. No. 5 were also showed that very high no. male and female sportsperson want to proper knowledge and education of that substance which increased the sports performance. 15 Male and 16 Female are agreed to sportsman should be tested for performance enhancing substances, it mean testing system of doping is not proper or systematic. As per question no 7 the data showed very few sportsmen have learnt about performance enhancing Drugs. Last question showed that a high no. of sportsman want to Govt. or others agencies, educate the sportsman and provide proper knowledge about Doping.

Table 2: Awareness of sportsman about banned Substance which used in Doping

The substances/drugs that can enhance sports performance						
Sports performance substances which Banned	Total		Male		Female	
	Y	N	Y	N	Y	N
Alcohol	18	32	15	10	3	22
Erythropoietin	0	50	0	25	0	25
Blood Doping	8	42	6	19	2	23
Stimulants	3	47	3	22	0	25
Caffeine	11	39	7	18	4	21
Anabolic Steroid	35	15	21	4	14	11
Cocaine	9	41	8	17	1	24
Amphetamines	3	47	2	23	1	24

I am aware of the effects of the drugs/substances I have ticked in above. Yes [14] No [36]

Table-2 Showed that Male Sportsman have more aware from different substances of Doping compare to female sportsperson. From the above substances the sportsman have more knowledge about Anabolic Steroid, than other banned substances, they also agreed that these substances improved the sports performance. In the both categories have zero knowledge about Erythropoietin and Amphetamines, sportsman refused that these substance is improved the Sports performances. It is also notable, when asked about they have knowledge the physical effects of banned substances, majority of sportsman give their answers were 'No', it means most of sportsman do not know the physically and mentally effects of sports performance substances.

5. 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 sportsman know about doping but proper awareness of most of popular way of doping among the male sportsman was found less and female sportsperson have almost no knowledge. The highest percentage of sportsman with knowledge of banned substances was the male sportsman, and furthermore their intake was higher than the female sportsperson. The blood doping and erythropoietin are two substances which have different names for the same illegal methods but sportsman do not know about it and different percentages was found in the male and female sportsperson 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 sportsman has been found in this study. It is also come out in this study very few sportsmen 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 Haryana.

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