



Email:editorijless@gmail.com

Volume: 4, Issue 4, 2017 (Oct-Dec)

INTERNATIONAL JOURNAL OF LAW, EDUCATION, SOCIAL AND SPORTS STUDIES (IJLESS)

<http://www.ijless.kypublications.com/>

ISSN:2455-0418 (Print), 2394-9724 (online)

2013©KY PUBLICATIONS, INDIA

www.kypublications.com

Editor-in-Chief

Dr M BOSU BABU

(Education-Sports-Social Studies)

Editor-in-Chief

DONIPATI BABJI

(Law)

©KY PUBLICATIONS



INVESTIGATION OF ATHLETES' ATTITUDES AND OPINIONS ABOUT REASONS OF DOPING AND USING OF DOPING

Cemal GUNDOGDU¹, Evrim CELEBI², Sakir TUFEKCI¹

¹Inonu University, Faculty of Sports Sciences, Malatya 44280, Turkey.

²Firat University, Faculty of Health Sciences, Elazig 23119, Turkey



ABSTRACT

This research was conducted to determine the attitudes and opinions of national team's athletes about doping. The descriptive research was carried out with 73 athletes who in the Turkey Athletics national team and agreed to participate the research. A questionnaire was used as data collection tool. The most appropriate marking about doping such as "I agree" and "I disagree" has been requested from the athletes. X-square test was used in the analysis of data. When considering the opinions of the athletes about causes of preferring doping in sport, it was determined that the primary effects of some reasons such as getting higher performance (78.1%), attractive financial incentives (64.4%) and providing social statuses. On the other hands, athletes have expressed their views. For %89.0 of athletes; doping causes unfair competition in sport, for 78.1% of athletes; doping damages the health, for 64.4% of athletes; doping is a serious problem for sports world, for the half of the athletes (50.7%); using doping should be released, for 57.5%; doping can be used as long as unnoticed, and for 58.9%; it can be used for success of their countries in international organizations.

Keywords: Sportsman, notion, drug abuse

Introduction

Phenomenon of doping is not a new problem for public opinion of sport. Historical evidences demonstrate that people outperform with using performance-enhancing agents even at very old ages (1). In primitive communities the psychology of the gaining and resulting in this, sell oneself on to the environment which the one live in; hold its own place also in modern times and at the same time it provides economic and social statue earnings. The psychology of outclassing to opponents and winning in sport competitions brings about more often and more intense trainings. Even it is not valid for all athletes, some athletes had started taking some stuffs to increase their physical and mental performances. In later times, some performance-enhancing methods were supplementary to these stuffs (2,3). International Olympic Committee (IOC), World Anti-Doping Agency (WADA) and International Sport Federations (IF) forbade and accepted this performance-enhancing matters and methods as "Doping" to protect athletes' healths and also for competing on equal terms (4).

Doping is the use of substances or/and methods which damage athletes' health and inhibits competition fairly by taken from outside to provide increase performance or increase substance ,which in athlete's body, over the normal level. Prohibited substances and methods is defined as by World Anti-Doping Agency (WADA) in updated published list every year (5). The main reason for the prohibition of doping, it is contrary to the fundamental principles of sport. Protecting athletes

from obtaining unfair advantages and serious adverse effects on health are occurred the other causes. Doping is not only has ethical and health issues but also it has legal sanctions. Many drugs, such as anabolics is prohibited in sports except using medical purposes (6).

Today sport also influence a wide audience, in addition to financial incentives cause the inevitable success. This case directs athletes to use some substances or methods that will affect the competition result beyond the performance gained workout(7). Even if in time the detection of serious side effects of doping prompt to athletes to find more natural ways even though noteworthy increase doping rate and using of drugs unconsciously in sport area in our country (8). This research is made to determine the attitudes and opinions of athletics national team about doping.

Materials and Methods

This descriptive type of study was carried out with 73 athletes in Turkey Athletics National Team who agree to participate in research. Data was collected with a questionnaire consist of 19 questions to obtain athletes’ personal information and knowledge level of athletes and also their attitudes and opinions about doping. Have been asked to the athletes marking of the appropriate options the statements relating to doping “agree” and “disagree”. Cronbach’s α value of the questionnaire was 0.86. Data were evaluated by statistical packages and expressed as a number and percentage. Square test was used in the analyses of data. $P < 0.05$ was considered statistically significant.

Results

The average age of the athletes participating in the study were found to be 22.2 ± 4.3 . 52.1% of the athletes were male, 47.9% female and 65.8% of university graduates. The average duration ,which athletes’ dealing with sport, was 7.4 ± 3.4 years.

Table 1. The distribution of views on the reasons for the choice of doping in sport of track and field athletes.

	Agree		Disagree	
	N	%	N	%
Athletes use doping to achieve higher performance	57	78.1	16	21.9
Athletes use doping to overcome the fear of losing	43	58.9	30	41.1
Athletes use doping to appease the excitement	32	43.8	41	56.2
Athletes use doping because of the excessive desire to win	45	61.6	28	38.4
Athletes use doping because of attractive financial incentives	47	64.4	26	35.6
Athletes use doping to provide social status and to maintain this status	46	63.0	27	37.0
Athletes use doping in order to have a good life standards	41	56.1	32	43.8
Athletes use doping to gain club supports	37	50.7	36	49.3

When athletics athletes preference doping reasons is investigated “athletes use doping to achieve higher performance” 78.1% of the athletes expressed; “athletes use doping to overcome the fear of losing” 58.9% of the athletes expressed; “athletes use doping because of the excessive desire to win” 61.6% of the athletes expressed; “athletes use doping because of attractive financial incentives” 64.4% of the athletes expressed; “athletes use doping to provide social status and to maintain this status” 63.0% of the athletes expressed; “athletes use doping in order to have a good life standards” 56.1% of the athletes expressed and “athletes use doping to gain club supports” 50.7% of the athletes expressed “agree”. “Athletes use doping to appease the excitement” 56.2% of the athletes expressed “disagree” (Table 1).

Table 2. Distribution of opinions about athletics athletes’ reasons to prefer doping according to the demographic variables

	Age	Gender	Education Level	Sport age
Athletes use doping to achieve higher performance	0.426	0.187	0.378	0.980
Athletes use doping to overcome the fear of losing	0.004*	0.441	0.891	0.779
Athletes use doping to appease the excitement	0.358	0.526	0.984	0.641
Athletes use doping because of the excessive desire to win	0.654	0.085	0.835	0.030*
Athletes use doping because of attractive financial incentives	0.108	0.794	0.280	0.671
Athletes use doping to provide social status and to maintain this status	0.141	0.609	0.160	0.191
Athletes use doping in order to have a good life standards	0.046*	0.210	0.310	0.641
Athletes use doping to gain club supports	0.001*	0.729	0.070	0.404

When examined the athletes’ opinions about the reasons preference of doping by age, it is observed that there are differences in three statements ($p < 0.05$, Table 2). According to this, 26.7% of the athletes in the 14-19 age group agreed to “Athletes use doping to overcome the fear of losing” expression, this ratio was 67.2% in the group 20 and over aged. 33.3% of the athletes in 14-19 age group, 62.1% of athletes in 20 and over aged gave “agree” answer to “Athletes use doping in order to have a good life standards” expression. 13.3% of athletes in 14-19 age group, 60.3% of athletes in 20 over aged group agreed to “Athletes use doping to gain club supports” expression.

It is determined that preference doping does not differ according to gender and educational level of athletes (Table 2).

The views of athletes were found to be significantly different when compared to sports age ($p < 0.05$, Table 2). 43.5% of athletes, who deal with sport during 1-5 years, 70.0% of the athletes deal with sport over 5 years agree to “Athletes use doping because of the excessive desire to win” expression.

Table 3. The distribution of triathletes’ opinions and attitudes about doping

		Agree	Disagree	
The using of doping leads to unfair competition in sport	65	89.0	8	11.0
Doping is a serious problem for the sport world	47	64.4	26	35.6
Doping is a huge loss for health	57	78.1	16	21.9
Using of doping is not appropriate behavior for sports ethics	46	63.0	27	37.0
Using doping in sport should be released	37	50.7	36	49.3
I can use doping for success of my country in an international organization	43	58.9	30	41.1
I can use doping unless it will not realize	42	57.5	31	42.5

When examined attitudes and opinions of athletes who participate to the research, about doping; athletes agreed to “The using of doping leads to unfair competition in sport” (89.9%), “doping is a serious problem for the sport world” (64.4%), “Doping is a huge loss for health” (78.1%),

“Using of doping is not appropriate behavior for sports ethics” (63.0%), “Using doping in sport should be released” (50.6%), “I can use doping for success of my country in an international organization” (58.9%) and “I can use doping unless it will not realize” (57.5%) expressions (Table 3).

Table 4. The distribution of athletes' attitudes and opinions about doping according to the demographic variables

	Age	Gender	Education Level	Sport age
The using of doping leads to unfair competition in sport	0.029*	0.902	0.085	0.233
Doping is a serious problem for the sport world	0.156	0.473	0.961	0.341
Doping is a huge loss for health	0.618	0.704	0.133	0.559
Using of doping is not appropriate behavior for sports ethics	0.353	0.609	0.524	0.191
Using doping in sport should be released	0.418	0.290	0.512	0.740
I can use doping for success of my country in an international organization	0.923	0.213	0.101	0.192
I can use doping unless it will not realize	0.339	0.590	0.758	0.008*

When athletics athletes' attitudes and opinions were examined, about doping according to demographic variables, expression "The using of doping leads to unfair competition in sport" has created significant differences according to age ($p < 0.05$, Table 4). 73.3% of students in the 14-19 age group participated that expression, this rate was 93.1% in 20 years and older athletes group. The distribution is similar to other statements, according to the age. Likewise, athletes' opinions did not differ according to gender and educational level ($p > 0.05$). Sport age has created significant differences in "I can use doping unless it will not realize" expression. 34.8% athletes who has 5 years and less than sport age, 68.0% athletes who has 6 years and more than sport age, agree with this expression ($p < 0.05$).

Discussion

The desire of athletes about to be forefront; and doping practices is considered as a supplement on the road to achieve this success for athletes; because of the desire to improve athletes' performance is longing and also economical, social returns of athletic success. Considering the athletes', who participated in research, views about the reasons of preference of doping, more than half of the athletes to be in varying rates; athletes consider the use of doping to achieve higher performance, athletes use doping to overcome the fear of losing, the excessive desire to win, attractive financial incentives, to provide social status and to maintain this status, to have a good life standards and to gain club supports (Table 1). In the study of Morente and Zabala (2013) said that; improving the performance, financial gain, improving the prevention of nutritional deficiencies were among the first causes in the use of banned substances (9). Alaranta and so on (2006) stated that in their study, the vast majority of the athletes believed that prohibited substances and methods have performance enhancing impact (10). For the Eroz's study (2007) two thirds of athletes use doping to achieve high performance, close to three quarters use doping because of excessive desire to win, Ozel (1999) stated that in his study more than half athletes use doping to increase performance in sports (11,12). It is observed that age and the duration of dealing with sport create significant differences, when athletes' opinions about the causes of the preference of doping took in consideration according to the demographic variables. The majority of athletes, who agreed the expressions: "athletes use doping to achieve higher performance" "athletes use doping in order to have good life standards" "athletes use doping to gain club supports", were in 20 over age group. The rate of supporting the "Athletes use doping because of the excessive desire to win" idea is higher than for athletes, who made an effort about sports more than 5 years (Table 2). These results can be interpreted as athletes take a more positive attitude towards doping because of social and financial gains become more effective as soon as age increasing. In Dincer's study (2010), unlike our research

findings, athletes' views about the causes of doping in sport has not been creating differences according to sport age (13).

In sports, which express that athletes develop their physical and mental performance by natural training methods within the framework of ethical standards; using of doping substances impairs athlete's physical and mental structure, corrupts the profile of champion and record holder athletes by eroding moral values and prepare ground for unfair advantage. When analyzed athletes' attitude and opinion regarding to the doping who participate the research it is observed that the majority of athletes consider that doping leads unfair competition and there is huge damage to health. More than half of the athletes stated that doping is a serious problem for sports world and using of doping is not appropriate behavior for sport ethics. But it is quite thought-provoking that more than half of the athletes stated that the use of doping should be released in sport, to the success of country in an international organization and doping can be used unless it is not realized (Table 3). Today's sport understanding pushes the limits of sporty performance, plays a significant role in country publicity, in economy and also cross-country political activities; accordingly, aims of reaching athletes to the top spot as mentally and physically could have ensured to develop a positive attitude about doping (12). They do not agree strongly that "athletes should not feel guilty for violating the rules and receiving performance-enhancing drugs" expression in study of Sanchez et al. (2015) (15). The study of Orr et al.(2010) has stated that one of the five athletes can use performance-enhancing drugs unless doping test fails to show up positive (16).

When athletics athletes' attitudes and opinions, about doping, compared with according to demographic variables, it can be seen that the expression of "doping in sport leads to unfair competition" showed significant differences according to age and the vast majority of athletes in the 20 aged over group stated that they participate in this expression (Table 4). While the view of doping causes unfair competition does not differ by age in study of Over by et al. (2013) there is a significant difference according to gender and it is determined that female athletes support this view more than male athletes. Another demographic variable that impacts on the athletes' attitudes and opinions about doping is sport age (17). Two-thirds of athletes ,whose sport ages are 6 years and more, stated that they can use doping unless are it will not realize, this rate is one- third and much lower in 5 years and less sport age athletes (Table 4).

As a result athletics athletes stated the opinion about priority of the preference doping ; to achieve higher performance, attractiveness of causes such as gaining financial incentives and social status, when it is analyzed with other dimensions; doping leads unfair competition in sports, great harm for health and doping is a serious problem for sport world. While athletes' attitudes and opinions are creating differences according to age and duration of dealing with sport, distribution by gender and educational level were found to be similar. On the other hand there is another important finding in this research: more than half of athletes stated that using of doping should be released in the sport, for country's success in international organisations and expression of doping can be used unless it will not realize.

Because of sports today becoming commercial sector, sporting successes bring financial incentives to athletes and to trainer, desire of gain turned into the ambition and this ambition directs athletes to use all kinds of methods to provide athletes to result. Therefore we believe that being in the first place the athletic director and coaches; training, which will be given to the athletes about doping, create awareness about the protection of value of sport and promotion of health and contributed to the positive change of attitude about doping.

Applicable Remarks

Education about doping for sports administrators, trainers and athletes be considered, athletes be administered doping tests more frequently, and legal arrangements and sanctions against those who sell doping products or make others use them be increased to make the struggle against doping more effective.

References

- [1]. Kurdak SS. Doping and drug use in sport. Bağırgan publications: 1996.
 - [2]. Songun Y. Katkat, D. Budak D. Assessment of Doping Control Applications of National Sports Federations in Turkey. Ankara University Sport Sciences Faculty Journal. 2015;13 (2), 93-102.
 - [3]. Tarakcioğlu S. Dogan B. Gene Doping in The Context of Ethics in Sports. Hacettepe Journal of Sport Sciences 2013; 24(1): 45-54.
 - [4]. Unal M. Unal D. History of Doping in Sport. İstanbul Medical Sciences Journal. 2003; 66(4): 261-267.
 - [5]. TDKM. Hacettepe University Turkey Doping Control Centre, 2016 [cited 2016 12 June]. Available from: <http://www.tdkm.hacettepe.edu.tr/>
 - [6]. Dedeoglu A. What is the doping? [cited 2016 12 June]. Available from: <http://www.potaforum.net/doping-hakkinda-hersey-t1414.html>
 - [7]. Senel O. Guler D. Kaya I. Ersoy A. Kurkcu R. The level of knowledge on how to use ergogenic aids among elite class Turkish athletes in different individual branches. Spormetre Physical education and Sport Sciences Journal. 2004; 2(2): 41-47.
 - [8]. Cetin E. Dolek BE. Orhan O. Determination of Gazi University physical education and sport department's students' knowledge and usage status of the ergogenic aids and doping, Spormetre Physical education and Sport Sciences Journal, 2008; 6(3): 129-132.
 - [9]. Morente SJ. Zabala M. Doping in sport: a review of elite athletes' attitudes, beliefs, and knowledge. Sports Med. 2013; 43(6), 395-411.
 - [10]. Alaranta A. Alaranta H. Holmila J. Palmu P. Pietila K. Helenius I. Self-Reported Attitudes of Elite Athletes Towards Doping: Differences Between Type of Sport. Int J Sports Med. 2006; 27(10): 842-846.
 - [11]. Eroz F. Determination of sportmen's knowledge level about doping and ergogenic help and views who have done athletics, wrestling, judo and barbell at national level. Dumlupınar University, Social Sciences Institute, Master Thesis, 2007.
 - [12]. Ozel R. Determination that doping methods and prevalence in weightlifters. Gazi University, Health Sciences Institute, Master Thesis, 1999.
 - [13]. Dincer N. The determining of knowledge level related to doping in elite athletes. Selcuk University, Health Sciences Institute, Master Thesis, 2010.
 - [14]. Bayraktar B. Kurtoglu M. Sports performance, effective factors, evaluating and increasing. Journal of Clinical development. 2009; 22(1): 16-24.
 - [15]. Morente-Sánchez J. Freire-SantaCruz C. Mateo-March M. Zabala M. Attitude towards doping in Spanish Sport Sciences university students according to the type of sport practised: Individual versus team sports. Science & Sports, 2015; 30(2): 96-100.
 - [16]. Orr R. Macniven R. Grasmayr M. Bauman A. Baseline study of knowledge and awareness of anti-doping in the sporting community: Pilot survey results. Journal of Science and Medicine in Sport, 2010; 12 (2), 217.
 - [17]. Overbye M. Knudsen ML. Pfister G. To dope or not to dope: Elite athletes' perceptions of doping deterrents and incentives. Performance Enhancement & Health, 2013; 2 (3), 119-134.
-