



Survey on Awareness, Perception and Attitude towards Doping of University Level Players

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ABSTRACT

The main aim of the study was to check awareness, perception and attitude towards doping of university level football players. For this purpose total 1200 university level players of 18-25 years were randomly selected from all over India. The data were collected with the help of standardised questionnaire developed by Mr. Vipul Vardhaman Goundaje and Dr. S.S. Vidhate. The questionnaire consists of total 55 questions. All these 55 questions were divided into three different parts, they are - awareness towards doping which consist of 18 questions, perception towards doping consist of 17 questions and lastly attitude towards doping which consist of 20 questions. Each question has five responses these are Strongly Disagree (SD), Disagree (D), Unknown (U), Agree (A) and Strongly Agree (SA). Weightage was given from 1-5 respectively. Different weightage given for different dimensions. Percentage was used as a statistical tool to analyse the data. The result of the study revealed that 83.08% university level players of India have bad awareness towards doping, 72.5% university level players of India have well level of perception towards doping and 56 % university level players of India have good attitude towards doping.

Key Words: - Awareness, Perception, Attitude, Doping and University.

Introduction:-

Doping in sports means use of banned substances for enhancing player's performances. In today's modern era, every person in all fields is seen to see how to get maximum benefit or success in minimum time and minimum effort. Man is seen using any means to achieve this success. Increasing expectations, aspirations and fame in daily life is one of the main reasons has become. We can see the impact of this in the field of sports as well. In ancient times, humans used to do many types of physical activities for sustenance, and from that, various words such as strength, power, exercise, sports, etc. were used and became customary. Due to this, sports gained a unique importance in the life of a person and different types of sports competitions were started. Players focus more on getting maximum performance, fame, money in less time. So they use some options that make it easier for them to achieve their desired goals. In such alternatives, you see player's using various performance-enhancing drugs and substances, which are termed as doping in the field of sports. Doping is defined as a specific form of taking some prohibited substance or drug to achieve a specified goal (Petroczi & Aidman, 2008). Nowadays these drugs are widely used in many levels of sports and exercise participation (Goulet et al., 2010; Ntoumanis et al., 2014). Doping use is increasing worldwide and is therefore considered a major global public health problem. Hence in 1999 the World Anti-Doping Agency (WADA) was formed (Pitsch&Emrich, 2012). Despite the ban on sports performance-enhancing drugs for players, doping is still used by elite and professional players. Players are seen resorting to doping on the advice of coaches and trainers with a strong desire to excel in their careers. They ignore the fact that the performance-enhancing substances and drugs used in doping can be harmful to their health in the long run, which can even end their sports careers.

In fact, the use of drugs to improve sports performance has been found not only in modern times (Sanchis-Gomar et al., 2013) but also in the past. The word "doping" originated in English in 1889, when a drug containing opium was abused in horses. Roman gladiators and Greek Olympic athletes competing in the Circus Maximus were recorded abusing a mixture of mushrooms, plants, wine, and herbs as early as B.C. 776. A variety of plants and their extracts were abused to increase speed and endurance as well as to reduce pain and re-participation of injured athletes in sports competitions (Baron, Martin, & AbolMagd, 2007). Stimulants such as caffeine, heroin, strychnine, and cocaine. Abuse was common among athletes. Amphetamines replaced strychnine as the stimulant of choice in the 1930s. Later, in the 1950s, the Soviet Olympic team used male hormones. The International Olympic Committee (IOC) began a determined effort to detect drug use in sports in the 1960s when a Danish cyclist died during the Rome Olympics (Brekhsman, 1980). The fall of the Berlin Wall exposed the East German government's performance enhancement program. A police raid at the Tour de France in 1998 found a wide range of banned substances, including erythropoietin.

From the ancient Olympic Games to the modern Olympic Games, the goals and major awards in sports served to encourage players and coaches in sports. But from the current situation, you will notice that the main goals behind playing sports are sidelined, instead of these days, you can see the main goals like jealousy, greed, and fame among the players and sports coaches. This is changing the core concept of the game.

There are two main types of doping. Some drugs are banned in both in and out of the competition because of their performance enhancing activity. While some are banned during the competition only.

- Performance enhancing substances or drugs
- Physiological Methods: Physiological methods are divided into two subtypes.

i. blood doping ii. Gene doping

Performance-enhancing substances or methods are classified into three different categories by the International Olympic Organization.

Permanent Bans, In-Competition Bans and Specific Sport Bans

In view of the growing impact of doping, it is important to understand more about the awareness, perceptions and attitudes of athletes towards doping in order to develop effective prevention programs. Very few studies have been done so researchers have planned studies.

Methodology: This study was conducted to find out the awareness, perception and attitude towards doping of university level players. Questionnaire consists of 55 questions. All the 55 items were divided into three different dimensions. i.e awareness, perception and attitude towards doping. Each dimension has different number of questions. e.g. awareness consist of 18 main questions, including sub question all total it has 77 questions, perception consist of 17 questions and lastly attitude consist of 20 questions. This is a 5 scale questionnaire. Each question has five responses these are Strongly Disagree (SD), Disagree (D), Unknown (U), Agree (A) and Strongly Agree (SA). Score were assigned from 1-5 respectively.

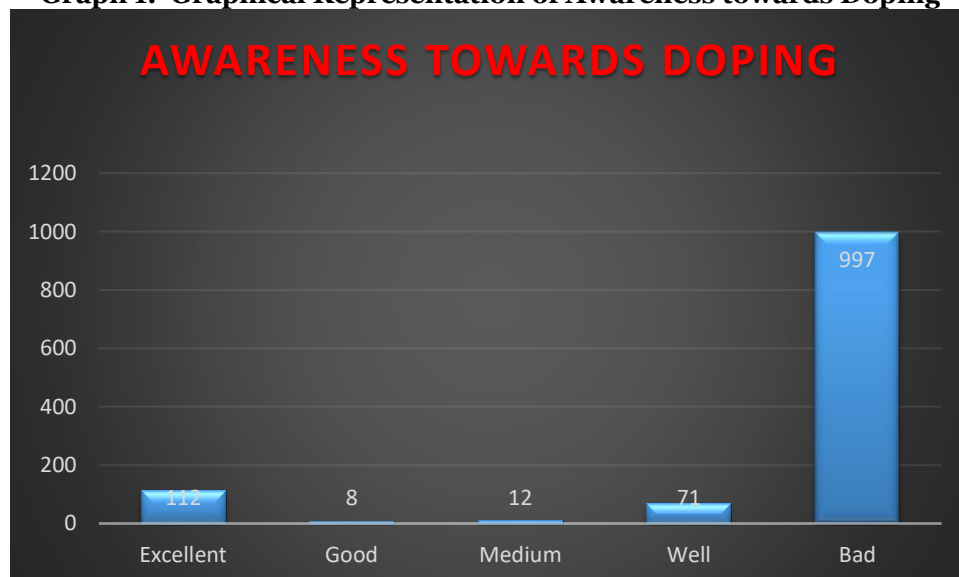
Methods: Awareness, perception and attitude towards the doping were the variables which were measured with help of standardised questionnaire developed by Mr. Vipul Vardhaman Goundaje and Dr. S.S. Vidhate. Percentage was used as a statistical tool to analyze the data.

TABLE NO. 1: WEIGHTAGE GIVEN TO AWARENESS TOWARDS DOPING

Item No.	SD	D	U	A	SA
1.	1	2	3	4	5
2.	1	2	3	4	5
3.	1	2	3	4	5
4.	1	2	3	4	5
5.	1	2	3	4	5
6.	1	2	3	4	5
7.	1	2	3	4	5
8.	1	2	3	4	5
9.	1	2	3	4	5
10.	1	2	3	4	5
11.	1	2	3	4	5
12.	1	2	3	4	5
13.	1	2	3	4	5
14.	1	2s	3	4	5
15.	1	2	3	4	5
16.	1	2	3	4	5
17.	1	2	3	4	5
18.	1	2	3	4	5

Table No. 2: Range and Percentage of Awareness towards Doping

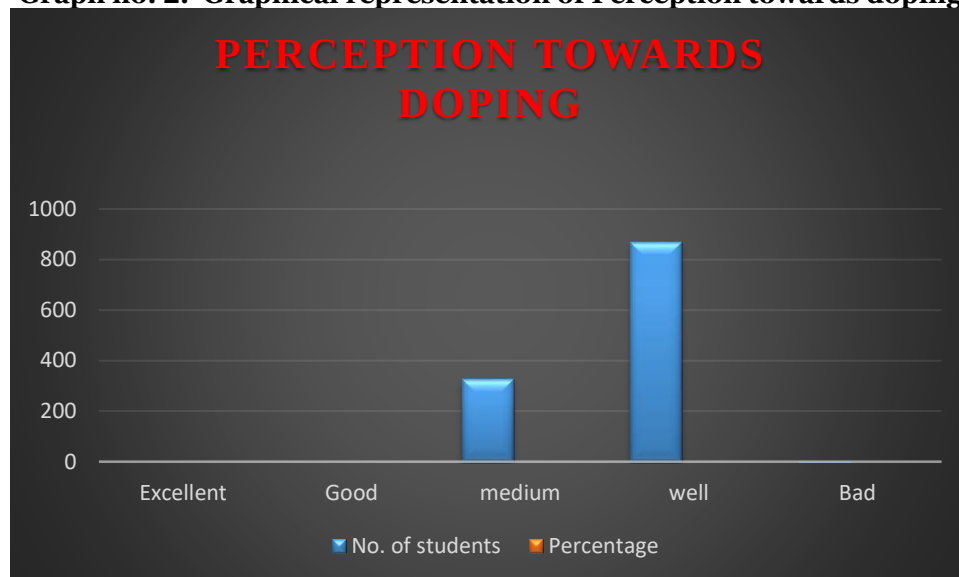
Range	Response	No. of students	Percentage
80 and above	Excellent	112	9.33%
70-79	Good	8	0.67%
60-69	Medium	12	1%
50-59	Well	71	5.92%
Below 50	Bad	997	83.08%
	Total	1200	100%

Graph 1: Graphical Representation of Awareness towards Doping**TABLE NO. 1: WEIGHTAGE GIVEN TO PERCEPTION**

Item No.	SD	D	U	A	SA
1.	1	2	3	4	5
2.	5	4	3	2	1
3.	1	2	3	4	5
4.	5	4	3	2	1
5.	5	4	3	2	1
6.	1	2	3	4	5
7.	1	2	3	4	5
8.	5	4	3	2	1
9.	1	2	3	4	5
10.	1	2	3	4	5
11.	5	4	3	2	1
12.	5	4	3	2	1
13.	5	4	3	2	1
14.	5	4	3	2	1
15.	5	4	3	2	1
16.	5	4	3	2	1
17.	5	4	3	2	1

Table No. 2: Range and Percentage of Perception towards Doping

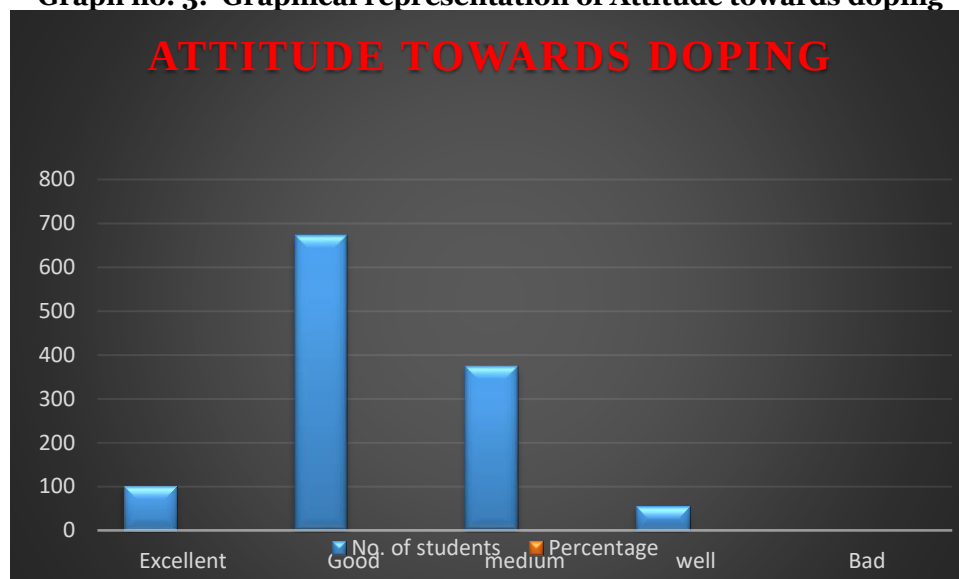
Range	Response	No. of students	Percentage
95 and above	Excellent	0	0%
80-94	Good	1	0.087%
60-79	medium	327	27.25%
40-59	well	870	72.5%
Below 40	Bad	2	0.16%
	Total	1200	100%

Graph no. 2: Graphical representation of Perception towards doping**TABLE NO. 1: WEIGHTAGE GIVEN TO PERCEPTION**

Item No.	SD	D	U	A	SA
1.	5	4	3	2	1
2.	5	4	3	2	1
3.	5	4	3	2	1
4.	5	4	3	2	1
5.	5	4	3	2	1
6.	1	2	3	4	5
7.	1	2	3	4	5
8.	5	4	3	2	1
9.	5	4	3	2	1
10.	1	2	3	4	5
11.	1	2	3	4	5
12.	1	2	3	4	5
13.	5	4	3	2	1
14.	5	4	3	2	1
15.	5	4	3	2	1
16.	5	4	3	2	1
17.	1	2	3	4	5
18.	5	4	3	2	1
19.	5	4	3	2	1
20.	5	4	3	2	1

Table No. 2: Range and Percentage of Attitude towards Doping

Range	Response	No. of students	Percentage
75 and above	Excellent	101	8.42%
60-74	Good	672	56%
45-59	medium	373	31.08%
30-44	well	54	4.5%
Below 30	Bad	0	0%
	Total	1200	100%

Graph no. 3: Graphical representation of Attitude towards doping**Conclusion:**

Result of the study found that-

- 9.33 % university level players of India have excellent level of awareness towards doping.
- 0.67% university level players of India have good level of awareness towards doping.
- 1% university level players of India have moderate level of awareness towards doping.
- 5.92% university level players of India have well awareness towards doping.
- 83.08 % university level players of India have bad awareness towards doping.
- 0% university level players of India have excellent level of perception towards doping.
- 0.087% university level players of India have good level of perception towards doping.
- 27.25% university level players of India have medium level of perception towards doping.
- 72.5% university level players of India have well level of perception towards doping.
- 0.16% university level players of India have bad perception towards doping.
- 8.42% university level players of India have excellent attitude towards doping.
- 56 % university level players of India have good attitude towards doping.
- 31.08% university level players of India have moderate attitude towards doping.
- 4.5% players of university level players of India have well level of attitude towards doping.
- 0% university level players of India have bad level of attitude towards doping.

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