



Research Article

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The relationship between age and athletes' view of the phenomenon of doping

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Abstract

The purpose of this study was to investigate the relationship between age and athletes' attitude to doping. A 40-question researcher-made questionnaire was used to collect the data. The face and content validity of the questionnaire was confirmed by a survey of professors related to the research subject and its reliability was reported to be 0.79 using Cronbach's alpha. The statistical population of the study consisted of all athletes in Kermanshah province that to the large number of samples, cluster random sampling method was used. Finally, 700 questionnaires were returned, out of which 431 were used. Data were analyzed using SPSS software. Descriptive statistics (mean, standard deviation, percentage, tables, graphs, etc.) for analysis of data as well as inferential statistics (one-sample t-test, independent t-test and analysis of variance) and Kolmogorov-Smirnov test was used to determine the normality of the data distribution. The results showed that there is a difference between the new generation of athletes and the older generation in terms of doping. Therefore, the athlete should consult with experienced people (those who use these substances) and a physician, and be aware of the side effects of these supplements by attending training and science classes. Avoid using them whenever possible.

Keywords: Different age groups, Attitude, Doping, Athletes, Kermanshah province.

INTRODUCTION

Doping means using unauthorized drugs or methods to improve sports performance. The World Anti-Doping Agency (2009) ^[12] reported that there are two important factors and criteria for whether something is doping. The first factor relates to the nature and amount of advantage an athlete derives from this material. The second, and perhaps most important, factor is the amount of risk and potential injury to the athlete through exercise and exercise. The World Anti-Doping Agency is an organization whose mission and task is to determine precisely what even doping behavior is.

Doping in sport is a well-known phenomenon that has been largely studied from a medical perspective, although socio-psychological approaches are also key factors in the fight against doping. This phenomenon has evolved in recent years and further understanding is needed to develop an effective program to prevent it. From a psychosocial approach, attitudes and beliefs are considered as indicators of ethical doping, which are related to the prohibition of narcotic substances and banned drugs for their greater tendency toward doping. Current research shows that low (low) moral abilities are also closely related to immoral behavior in sport (Bredemeier & Shields, 1994) ^[3]. Therefore, the question arises as to why prevention programs have so far ignored aspects of moral abilities and immoral behavior?

Based on previous research, a statement was issued by the World Doping Organization that in addition to socio-psychological, medical and analytical research, anti-doping research and research should also include ethical and behavioral research on athletes' beliefs and attitudes. Towards the use of banned substances in sports, they should also be included. Unlike other areas, there is very little research on these attitudes, beliefs, or knowledge about elite athletes toward the use of PES. One reason for this is that access to the community is not easy. Also, athletes may be reluctant to discuss the issue, even if their confidentiality and anonymity are guaranteed by researchers (McNamee, 2009) ^[8]. As a result, access to reliable information about doping behavior is hampered by the fact that athletes are required to accept the fact that this behavior can jeopardize their sporting future (Petruczie and Aidman, 2009) ^[11]. Since research and research play a vital and important role in the World Anti-Doping Organization's anti-doping

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strategies, their training programs are focused on enhancing the best anti-doping culture in basic sports (World Organization Anti-Doping, 2009) ^[12].

In the absence of realistic information on the use of PEDs among elite athletes, a better understanding of their attitudes and reasons should allow us to develop and expand effective anti-doping training programs (McNamee, 2009) ^[8]. But less is heard about the attitude of elite athletes. Therefore, the purpose of this review is to collect and analyze the recent and recent research (years 2000 to 2011) that describes the attitudes, beliefs and knowledge of elite athletes in the field of doping in sports, in order to understand and Understand the infrastructures previously provided and help develop practical strategies to combat doping in sport. According to previous research (Beckhau S *et al.* 2007) ^[2], the general deficiency in the scientific work describing athletes' attitudes toward doping can be due to the persuasive athletes in discussing this issue with researchers.

Prattie Wattel *et al* (2004) ^[10], Conducted a survey of elite sports students in France (n =485). Almost all respondents (90%) indicated that doping was a malicious, foul and dangerous activity. In another study, 74% of athletes indicated that use of banned substances is dangerous to health (Alaranta *et al.* 2006) ^[1]. De Hon *et al* (2011) ^[6] Evaluated attitudes of Dutch elite athletes (n =433) towards different anti-doping agents. In this study, 91% of respondents stated that they would feel guilty if they deliberately used banned substances. Similar results were reported by Bladworth *et al* (2012) ^[4] who interviewed five English elite athletes and divided them into 12 fixed groups. Respondents generally referred to doping as abnormal, and considered doing so as a deterrent to growth. Mottram *et al* (2008) ^[9] also reported that the majority of respondents (507 person) believed that performance enhancers pose a health hazard and that they are used against the spirit of vitality and ethics in sport.

In a comprehensive study of 458 athletic students in France, three groups of participants were categorized according to their attitudes towards doping, health and performance:

1) those students who described doping as ineffective and dangerous (first category 242 person and 52.8%); 2) those students who considered doping as dangerous but as a performance enhancer; Students (second category 103 person; 22.5%) and 3) those students who considered doping as dangerous but considered it as a necessary complement to athletic and non-athletic achievements (third category 113 person; 24.7%), (Peretti-Watel *et al.* 2004) ^[10]. A follow-up study was conducted on four talented athletes regarding their attitude toward doping. In answer to this question, to what extent do you agree or disagree with the following question:

You must use supplements to succeed in the sport.

45.4% of young athletes disagreed and 33% strongly disagreed.

Overall, respondents also believed that no performance enhancers should be allowed to be consumed. Alaranta *et al* (2006) ^[1] found that attitudes to their own reports that were evaluated and evaluated by five Finnish elite athletes; 90% believed that banned drugs had performance-enhancing effects. Also, 7.3% of athletes indicated that they would use performance enhancing substances if permitted to use them (9.2% of men versus 7.3% of women, $p = 0.05$). Interestingly, 96.9% of athletes indicated that it would not be possible to reach the highest international levels in sports without consuming energy. Similar results were presented by Dascombe *et al* (2010) ^[5], as (63.6) 87% of athletes in the study used dietary supplements while (45.7) 63% indicated that consumption These supplements violate doping laws.

Given the importance that sport has for young people in many areas of social, cultural, health and so on, it must be possible for athletes to exercise in a healthy and psycho-social environment in addition to capacity- Develop their ethical, behavioral, social and emotional well-being and also avoid doping problems such as physical problems and sanctions to see successful athletes in the international arena. The purpose of this study is to collect and analyze more recent publications describing the attitudes, beliefs and knowledge of elite athletes about doping in sport. This research is needed to better understand the unsecured infrastructures in previous work and to help develop scientific strategies to effectively combat doping.

METHODOLOGY

The present study is a descriptive-survey and field study. A 40-question researcher-made questionnaire was used to collect the data. The face and content validity of the questionnaire was confirmed by a survey of professors related to the research subject and its reliability was reported to be 0.79 using Cronbach's alpha. The statistical population of the study consisted of all athletes in Kermanshah province. Finally, 700 questionnaires were returned, out of which 431 were used. Finally, 700 questionnaires were returned, out of which 431 were used. Data were analyzed using SPSS software. Descriptive statistics (mean, standard deviation, percentage, tables, graphs) as well as inferential statistics (one-sample t-test, independent t-test and analysis of variance) were used for data analysis. Data were analyzed using Kolmogorov-Smirnov test.

FINDINGS

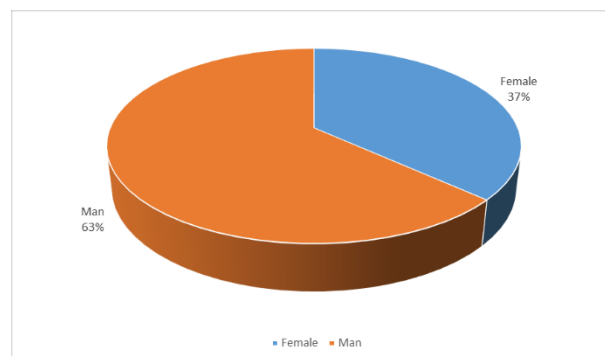
- Gender

As shown in Table 1, out of the returned questionnaires, 431 questionnaires were accepted, of which 273 were male and 158 were female.

Table 1: Frequency distribution and percentage of respondents by gender

Percentage	Abundance	Gender
63/3	273	Man
36/7	158	Female
100%	431	Total

As shown in the table above, the majority of respondents were male (63.3%) and the rest were women (36.7%).



Graph 1: Percentage of respondents by gender

Table 2 shows the frequency distribution of the subjects by age.

Table 2: Percentage of respondents by age

Percentage	Abundance	Age
14/8	64	Less than 20 years
57/8	249	20 to 30 years
23	99	30 to 40 years
4/4	19	More than 40 years
100%	431	Total

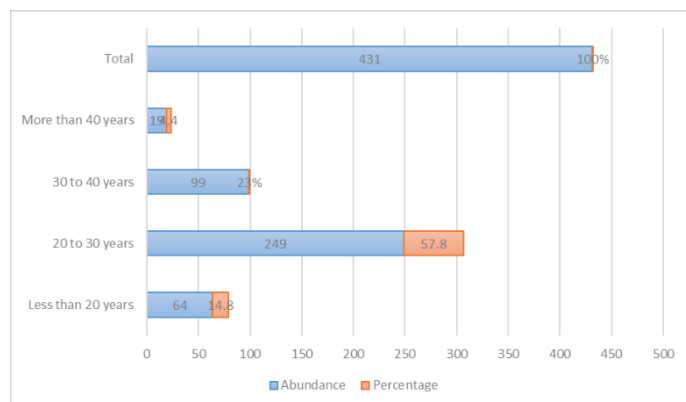


Chart 2: Frequency distribution and percentage of respondents by age

As can be seen in the table above, the highest percentage of respondents is between 20-30 years old with 57.8% and the lowest percentage is over 40 years old with 4.4%.

- What sport are you interested in?

Table 3 shows the frequency distribution of the subjects studied by sport interest.

Table 3: Frequency distribution and percentage of respondents in terms of sport interest

Percentage	Abundance	Sports interest	Percentage	Abundance	Sports interest
0/9	4	Wushu	13/5	58	Bodybuilding
0/5	2	Parkour	0/5	2	weightlifting
0/5	2	Judo	½	5	TRX
1/9	8	Tennis	6/7	29	Karate
2/1	9	badminton	0/5	2	Pilates
0/2	1	Zurkhaneh	8/6	37	Volleyball
2/6	11	physical readiness	7/7	33	Soccer
0/5	2	rugby	11/4	49	Ship
0/9	4	Boating	4/2	18	body building
0/5	2	skate	0/2	1	Kung Fu
0/2	1	water polo	2/1	9	Track and Field
0/5	2	Liver	3/5	15	basketball
6	26	Kickboxing	7/9	34	Swim
0/9	4	Shooting	3/5	15	boxing
½	5	Futsal	½	5	Handball
0/5	2	Aerobic	½	5	Thakra Sepak
½	5	Gymnastics	0/5	2	riding bike
100%	431	Total	5/1	22	Taekwondo

As shown in the table above, the highest percentage of respondents were interested in bodybuilding with 13.5% and the lowest water polo

and kung fu with 0.2%.

The frequency distribution of the subjects surveyed by income is shown in Table 4.

Table 4: Frequency distribution and percentage of respondents in terms of income

Percentage	Abundance	Income
46/6	201	Less than a million
18/3	79	One to two million
26/5	114	Two to three million
8/6	37	More than three million
100%	431	Total

As shown in the table above, the highest percentages of respondents were less than one million with 46.6 percent and the lowest percentages were over three million with 8.6 percent.

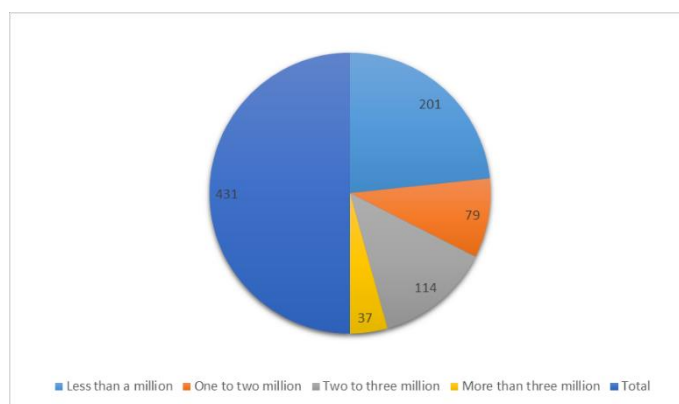


Chart 4: Frequency distribution and percentage of respondents in terms of income

To what extent is it common in any of the following doping sports in Iran?

Table 5 shows the frequency distribution of the subjects surveyed by doping prevalence.

Table 5: Frequency distribution and percentage of respondents according to the doping prevalence

Average	Standard deviation	the most	The least	Sport
5/41	2/82	10	1	Soccer
7/46	2/32	10	1	Ship
6/76	2/35	10	1	boxing
5/18	2/72	10	1	riding bike
9/21	1/93	10	1	Bodybuilding
8/59	2/06	10	1	weightlifting
6/06	2/76	10	1	Track and Field
4/75	2/61	10	1	Swim
5/09	2/71	10	1	Boating
4/21	2/69	10	1	Wushu
2/65	2/78	10	1	Shooting
4/61	2/95	10	1	Volleyball
4/52	2/34	10	1	basketball
4/32	2/42	10	1	Handball
3/88	2/67	10	1	Karate

As can be seen in the table above, most respondents considered doping more prevalent in bodybuilding, weightlifting, wrestling, boxing, and doubles sports than others (given that the above average sports scores were above 5.5. And the least common type of doping is shooting sport.

In Table 6, the differences between different age groups in terms of attitude towards doping are presented.

Table 6: Analysis of variance analysis of attitude toward doping among age groups

The significance level	Test statistic (F)	Degrees of freedom	age categories
0/008	3/696	5	Between groups
		427	Within groups
		430	Total

According to the above table, the significance level of the test was 0.008 which is less than the error of 0.05, so the result of analysis of variance for attitude toward doping showed significant difference between different age groups of athletes in Kermanshah province. Therefore, attitudes toward doping were not similar across age groups.

CONCLUSION

The results showed that the significance level of the test was 0.008 which is less than the error value of 0.05. As a result of analysis of variance analysis of attitude toward doping category there was a significant difference between different age groups of athletes in Kermanshah province. It showed that the attitudes towards doping were not similar in the age groups. These results are consistent with the findings of McNamee (2009) [8] study, although self-esteem of adolescent athletes increases during adolescence, yet "to control the effects that may weaken their moral and autonomous decisions." Are vulnerable » and Mottram *et al* (2008) [9], who conducted a study of four athlete's in relation to their attitude toward doping, found that 45.4% of young athletes opposed and 2% strongly opposed using supplements. They were successful in sports and also with the results of the Lentillon-Kaestner *et al* (2012) [7] study interviewing all young elite cyclists, they concluded that they used dietary supplements because they could improve their performance; They had been doping and acknowledged that they themselves tended to use these energetic substances, which they saw as a necessity to continue their career, which after becoming known as a professional athlete. In the analysis of this section it should be stated that one of the factors that can influence supplement consumption is media advertising, as well as various media advertising that the ideal body for men is muscular, This exacerbates the problem; for example, by promoting the beauty of limbs, it affects young girls and boys and causes athletes to tend to these substances. One way to avoid relying solely on media advertising is to have an athlete consult with experienced people (those who use these materials) and a physician and attend training and science classes in which to practice. They should be aware of the side effects of these supplements and avoid using them whenever possible.

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