THE RELATION BETWEEN AWARENESS, ATTITUDE AND THE AMOUNT OF DOPING SUBSTANCES AND ILLEGAL SUPPLEMENTS IN BODY BUILDERS OF SANANDAJ, IRAN

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Introduction

Today, sport has become a critical social indicator and athletes try to win competitions. This issue caused increasing doing substances abuse particularly anabolic- androgenic steroids. Doping means administering or consuming any external substance or physiologic materials to body at abnormal doses through normal individuals exclusively focusing on achieving unusual and unfair sport efficacy (1). Regarding all advantages of sport, recently too much attention of authorities, coaches and athletes to the competitions’ results and peripheral issues such as improving body appearance by increasing muscles mass, is introduced as a problem leading to increased nutritional disorders and doping among adolescents and youth. Moreover, various promotions of inducing muscular body as the ideal body for males also contribute to this problem (2). Unfortunately, despite sports federations’ efforts in maintaining sportsmen reputation and prestige, drug abuse, with increasingly growth of body buildings gyms, has dangerously emerged and exposed the young population to terrible side effects even death. On the other hand, it has attacked sports culture and respect. The adverse effects of these drugs include disruption of hormonal order due to consuming hormonal substances and central nervous system disorder followed by consuming brain stimulant (3). Athletes, nowadays, compete at the highest level and are often under the pressures of proponents, politicians, coaches, parents, organizations and gyms to achieve sport triumphs. All these pressures cause them to seek for physiologic supremacy, nutritional and mental biomechanics at any cost. Hence, these factors lead athletes to doping (4). Doping is not only drug abuse, but also is related to different cultural, social and moral dimensions. Using drugs and illegal ways are considered as unethical act inconsistent with fair competition; while violate the values and threaten the athletes’ health (5). Consuming various food supplements including daily vitamins, herbal supplements as well as performance-enhancing supplements is also considerably increasing (6). Along with developing amateur and professional sport in addition to considerable improvement of social and economic status (position) of professional athletes, doping unfortunate phenomenon has increasingly intensified causing lots of challenges including the positive doping test of nine members of
weight lifting national team and one-year suspension of weightlifting federation, depriving two boxers of national team in Sydney Olympic as well as several positive tests of national team wrestlers (7). There have been adopted different coping with doping ways of which can name doping test in competitions, out of competition experiments and training target groups through corresponding organizations. It seems that training is the most effective, efficient and inexpensive anti-doping methods. According to aforementioned problems and the significance of training as the appropriate approach, enhancing knowledge level, athletes and coaches’ attitude and performance through proper training can be regarded as the basic of organizations’ anti-doping measures. Therefore, formulating a practical and comprehensive curriculum based on audience attitude and knowledge status can be regarded as a solution. To effectively formulate training programs, it is initially required to identify main audience groups and to determine their attitudes in different domains (8). Many studies investigated the knowledge level of doping drugs consumers on these substances side effects, throughout the world, and showed that athletes were not sufficiently considerate and aware of using these drugs; furthermore, they attempted consuming regardless of the obtained bad physical and behavioral side effects (9). Several studies demonstrated that probably anabolic steroids are the best known drugs in sport applied by athletes (10). Moreover, the published data of the reliable Olympic international committee revealed that steroids are the most abundant diagnosed substance of the total positive doping samples (10). Many studies show that these drugs cause physical and behavioral disorders as well as emerging violating behaviors besides negative side effects (10). Overseas research studying drugs prevalence, ergogenic supplements, athletes and non-athletes awareness and attitude toward doping and its side effects show that athletes are more exposed to using such substances. Drugs consumption pattern is varied in different sports of which body builders and power lifters are more prone to drug consuming in comparison to other athletes (11). These drugs contained a broad range of substances such as anabolic steroids, diuretics, weight loss drugs, stimulants (psychotropic drugs, alcoholic drinks, energetic drinks, human growth hormone, erythropoietin) (12). Considering the aforementioned and the significance of the issue, the present research is conducted focusing on studying the relation between awareness, attitude and the amount of ergogenic substances and illegal supplements in body builders of Sanandaj, Iran.

Research methodology
The research methodology is correlational-descriptive. The participants were all body builders of Sanandaj (603 individuals) working out in 41 gyms of which 174 individuals cooperated with scholars. Research tool was a researcher made questionnaire containing 24 and 4 closed and open questions, respectively about athletes’ awareness and attitude toward illegal supplements and ergogenic drugs. This questionnaire was a self-report tool designed in Likert five-point scale. The scale internal validity was assessed by using Cronbach’s alpha coefficient. The results demonstrated internal consistency including awareness subscale 0.81 and attitude 0.87 which were acceptable. Moreover, to evaluate consumption of doping substances and supplements, there were some research-made questions designed at the first section of the questionnaire (demographic information section). The data were analyzed through descriptive and inferential statistics including mean, standard deviation, frequency, Kolmogorov Smirnov, correlation coefficient through using SPSS 20 software.
Findings

Research results showed that 90 of 174 male body builders were older than 26; and the less numbers were in the age range of 18-20.

48% individuals do not consume ergogenic substances and sport supplements. However, it must be mentioned that the remaining 52% use different doses. 11% highly use illegal supplements and doping drugs. Furthermore, the highly-consumed sport supplements and energetic drugs were steroids, proteins, keratins and carbohydrates in body builders’ perspectives.

Table 1. The relation between aggression and its components with illegal supplements and doping substances in body builders

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Illegal supplements and doping substances</th>
<th>Correlation coefficient</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awareness</td>
<td>2.47</td>
<td>0.62</td>
<td>0.056</td>
<td>0.46</td>
<td></td>
</tr>
<tr>
<td>Attitude</td>
<td>3.31</td>
<td>0.20</td>
<td>0.358</td>
<td>0.001</td>
<td></td>
</tr>
</tbody>
</table>

As Table 1 shows, athletes’ mean awareness of illegal supplements and doping substances and side effects was less than average i.e. the athletes have low awareness level; whereas, their attitudes toward doping substances as enhancing motivation, self-reliance and winning likelihood was more than average. There was no significant relation between awareness with consuming illegal supplements and doping substances; whereas, the research results showed that there is a significant relation between attitude and consuming illegal supplements and doping substances ($r= 0.358$, $p= 0.001$).

Discussion and conclusion

This research results are totally consistent with previous results. The low level of athletes’ awareness of sport supplements and doping substances and side effects as well as high positive attitude of these drugs as a substance increasing winning chance, are serious threatening factors which must be considered by authorities. According to research results, it seems that training is the most effective, efficient and inexpensive ways of coping with illegal supplements and doping substances consumptions particularly in body builders. Considering the abovementioned problems and the importance of training as the proper approach, improving knowledge level, attitude and performance of athletes and coaches through appropriate training can be regarded as the main, basic interventions of eradicating of such substances among athletes.
References


