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A survey on psychological effect of doping on university players

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Abstract

The use of performance-enhancing drugs in sport has become an increasing problem across a wide range of sports. To study the psychological effect of doping on university player's in Punjabi University Patiala, sample was selected from students of Punjabi University Patiala, who were categorise are according to games. The required data were collected from 50 respondents (6 Judo players, 8 Boxing players, 9 Athlete, 8 Wrestlers, 9 Volley Ball players and 10 other players). Crosstab technique of SPSS was used to analyse available data and to reach at the conclusion of the study. On the basis of analysis and it can be realized that out of total 50 respondents, most of respondents (68 per cent) said that doping is not necessary to be competitive.

Keywords: a survey, psychological effect, doping, university players

Introduction

The use of performance-enhancing drugs in sport has become an increasing problem across a wide range of sports. It is defined as any substance or drug that, when taken, gives an athlete an unfair advantage relative to a "clean" athlete. The banning of these drugs promotes a more level playing field which most if not all sporting organizations seek to achieve. Recently, the use of 'the suit' in swimming, which gives athletes an advantage in the way of hydrodynamics, has been banned from international competition due to the unfair advantage it delivered. The drugs taken by athletes differ widely based on the performance needs of the sport. In sports where physical strength is favoured, athletes have resorted to anabolic steroids, known for their ability to increase physical strength and muscle mass. The drug has been used across a wide range of sports from football and basketball to weightlifting and track and field.

Many sports organizations have banned the use of performance enhancing drugs and have very strict rules and consequences for people who are caught using them. The International Amateur Athletic Federation, now the International Association of Athletics Federations, was the first international governing body of sport to take the situation seriously. In 1928 they banned participants from doping, but with little in the way of testing available they had to rely on the word of the athlete that they were clean. Progression in pharmacology has always outstripped the ability of sports federations to implement rigorous testing procedures but since the creation of the World "Anti-Doping Agency" in 1999 more and more athletes are being caught. "World Anti-Doping Agency" (WADA) is an Anti-Doping Convention of the Council of Europe in Strasbourg was opened for signature on 16 December 1989 as the first multilateral legal standard in this field. It has been signed by 48 states including the Council of Europe non-member states Australia, Belarus, Canada and Tunisia. The Convention is open for signature by other non-European states. It does not claim to create a universal model of anti-doping, but sets a certain number of common standards and regulations requiring Parties to adopt legislative, financial, technical, educational and other measures. In February 2011, the United States Olympic Committee and the Ad Council launched an anti-steroid campaign called Play Asterisk Free aimed at teens. The campaign first launched in 2008 under the name "Don't Be an Asterisk".

Objectives of the Study

To study the psychological effect of doping on university player's in Punjabi University Patiala.

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Sample design

Sample was selected from students of Punjabi University Patiala, who were categorise are according to games. The required data were collected from 50 respondents (6 Judo players, 8 Boxing players, 9 Athlete, 8 Wrestlers, 9 Volley Ball players and 10 other players). In the present study convenient sampling technique was followed, while getting questionnaires filled from different University Players.

Sample unit

The player of different games of Punjabi University Patiala were taken as the sample unit.

Data collection

The study entirely based on primary data. The primary data was collected through structured questionnaires duly filled by University Players.

Statistical techniques

Crosstab technique of SPSS was used to analyse available data and to reach at the conclusion of the study. Data was also analysed, interpreted and evaluated with required statistical tools like tabulation, graphic presentation, and percentage.

Results and Discussion

An analysis of total 50 respondents (6 Judo players, 8 Boxing players, 9 Athlete, 8 Wrestlers, 9 Volley Ball players and 10 other players) was made with the help of crosstab technique of SPSS under study. The analytical Table 1.1 exhibited that, out of total 50 respondents, most of respondents (68 per cent) said that doping is not necessary to be competitive whereas only 10 per cent believed that doping is necessary to be competitive. Eighty eight per cent boxing players believed that doping is not necessary to be competitive. Majority of respondents (88 per cent) disagree with statement “Doping is not cheating since everyone does it”. Seventy five per wrestlers believed that doping is a cheating. Out of total respondents, 44 per cent players each agree and disagree with the statement that Only the quality of performance should matter, not the way to achieve it. Sixty two per cent boxing players said that only the quality of performance should not matter, but the way to achieve it is also important. So, it was clear from the analyses that majority of players believed that doping is not necessary to be competitive; doping is a cheating; and only the quality of performance should not matter, but the way to achieve it is also important.

Table 1.1: Games wise responses of University Players towards Doping

Games of Respondents	Doping is necessary to be competitive			Doping is not cheating since everyone does it			Only the quality of performance should matter, not the way players achieve it			Total
	Agree	Disagree	Strongly Disagree	Agree	Disagree	Strongly Disagree	Agree	Disagree	Strongly Disagree	
Judo	2 (33)	3 (50)	1 (17)	2 (33)	3 (50)	1 (17)	4 (67)	1 (17)	1 (16)	6 (100)
Boxing	0 (0)	7 (88)	1 (12)	1 (12)	3 (38)	4 (50)	3 (38)	5 (62)	0 (0)	8 (100)
Athlete	2 (22)	6 (67)	1 (11)	2 (22)	4 (45)	3 (33)	4 (45)	4 (44)	1 (11)	9 (100)
Wrestling	0 (0)	4 (50)	4 (80)	0 (0)	6 (75)	2 (25)	4 (50)	4 (50)	0 (0)	8 (100)
Volley Ball	0 (0)	6 (67)	3 (33)	0 (0)	4 (45)	5 (55)	4 (45)	2 (22)	3 (33)	9 (100)
Others	1 (10)	8 (80)	1 (10)	1 (10)	4 (40)	5 (50)	3 (30)	6 (60)	1 (10)	10 (100)
Total	5 (10)	34 (68)	11 (22)	6 (12)	24 (48)	20 (40)	22 (44)	22 (44)	6 (12)	50 (100)

Note: (i) Source: Primary data collected.

(ii) The figures in brackets show the percentages.

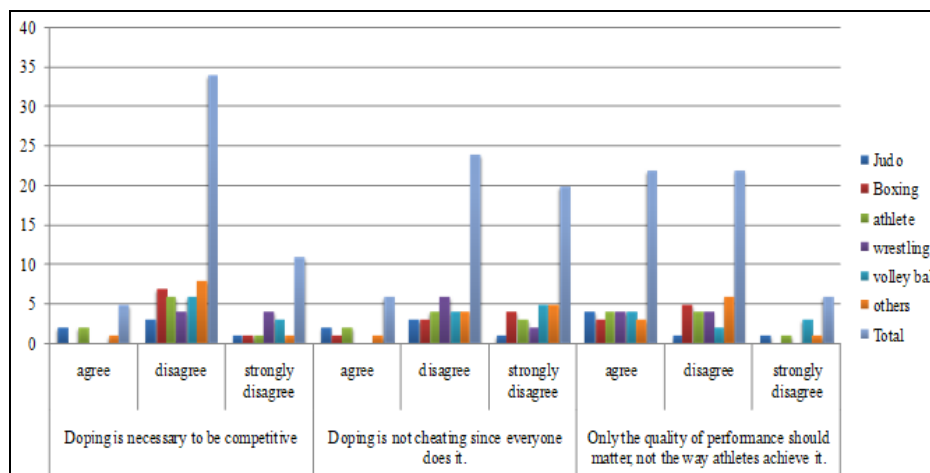


Fig 1.1: Games wise responses of University Players towards Doping

Table 1.2: Games wise responses of University Players towards Doping

Games of Respondents	Health problems related to hard training and injuries are just as doping side effects				Doping is a health risk for players				Total
	Strongly Agree	Agree	No Opinion	Disagree	Strongly Agree	Agree	No Opinion	Disagree	
Judo	2 (33)	3 (50)	1 (17)	0 (0)	4 (67)	2 (33)	0 (0)	0 (0)	6 (100)
Boxing	0 (0)	7 (88)	1 (12)	0 (0)	3 (38)	5 (62)	0 (0)	0 (0)	8 (100)
Athlete	3 (33)	2 (22)	2 (22)	2 (23)	3 (33)	4 (45)	0 (0)	2 (22)	9 (100)

Wrestling	2 (25)	4 (50)	2 (25)	0 (0)	0 (0)	8 (100)	0 (0)	0 (0)	8 (100)
Volley Ball	4 (45)	3 (33)	0 (0)	2 (22)	4 (45)	3 (33)	2 (22)	0 (0)	9 (100)
Others	0 (0)	7 (70)	1 (10)	2 (20)	1 (10)	8 (80)	0 (0)	1 (10)	10 (100)
Total	11 (22)	26 (52)	7 (14)	6 (12)	15 (30)	30 (60)	2 (4)	3 (6)	50(100)

Note: (i) Source: Primary data collected.
(ii) The figures in brackets show the percentages.

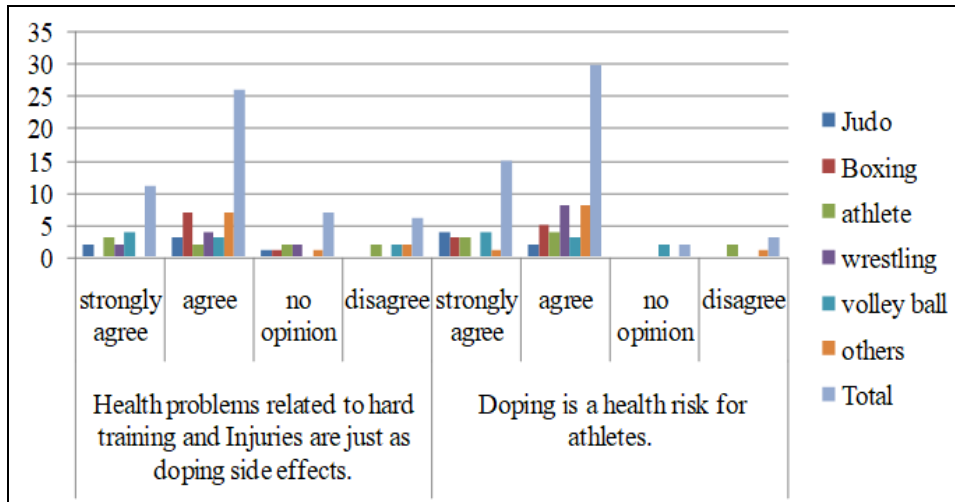


Fig 1.2: Games wise responses of University Players towards Doping

The analytical Table 1.2 shows that out of total respondents, majority of respondents (52 per cent) believed that health problems related to hard training and injuries are just as doping side effects. Forty five per cent volley ball players and 88 per cent boxer agreed with this statement; and only 23 per cent athlete disagree with the statement that health problems related to hard training and injuries are just as doping side

effects. Most of players (60 per cent) believed that doping is a health risk. Sixty two per judo players and 100 per cent wrestlers said that doping is a health risk; and only 6 per cent players believed that doping is a not health risk. Hence, it was clear from the analyses that majority of respondents believed that health problems related to hard training and injuries are just as doping side effects; and doping is a health risk.

Table 1.3: Games wise responses of University Players towards Doping

Games of Respondents	Doping is a threat to fair play in sports				I am in favour of a complete ban on doping for players				Total
	Strongly Agree	Agree	No Opinion	Disagree	Strongly Agree	Agree	No Opinion	Disagree	
Judo	4 (67)	2 (33)	0 (0)	0 (0)	4 (67)	2 (33)	0 (0)	0 (0)	6 (100)
Boxing	2 (25)	6 (75)	0 (0)	0 (0)	3 (38)	5 (62)	0 (0)	0 (0)	8 (100)
Athlete	2 (22)	5 (56)	0 (0)	2 (22)	5 (56)	2 (22)	0 (0)	2 (22)	9 (100)
Wrestling	2 (25)	6 (75)	0 (0)	0 (0)	4 (50)	4 (50)	0 (0)	0 (0)	8 (100)
Volley Ball	4 (45)	3 (33)	2 (22)	0 (0)	7 (78)	0 (0)	2 (22)	0 (0)	9 (100)
Others	4 (40)	5 (50)	0 (0)	1 (10)	7 (70)	2 (20)	0 (0)	1 (10)	10 (100)
Total	18 (36)	27 (54)	2 (4)	3 (6)	30 (60)	15 (30)	2 (4)	3 (6)	50 (100)

Note: (i) Source: Primary data collected.
(ii) The figures in brackets show the percentages.

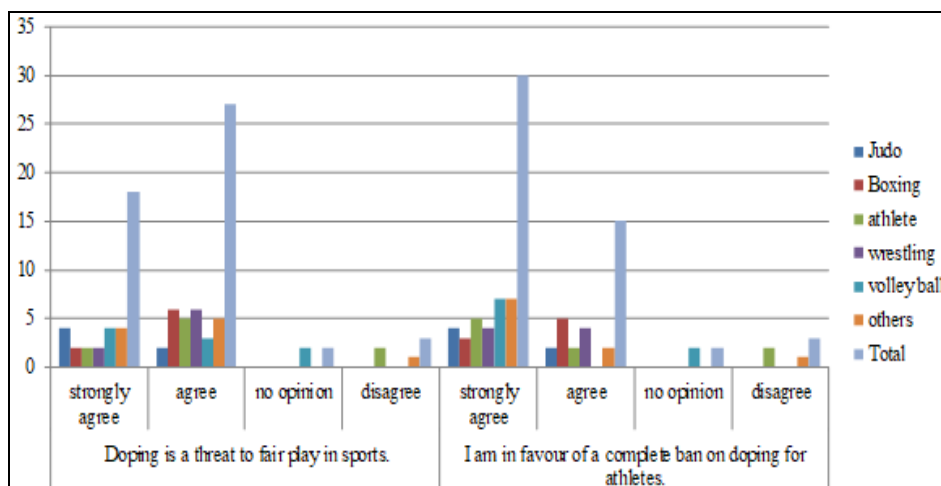


Fig 1.3: Games wise responses of University Players towards Doping

The analytical Table 1.3 exhibited that out of total 50; most of respondents (36 per cent and 54 per cent) believed that doping is a threat to fair play in sports. Sixty seven per cent judo players; 75 per cent each of boxer and wrestlers said that doping is a threat to fair play in sports; but only 3 players disagree with the statement. A significant number of players (90 per cent) were having in favour of a complete ban on doping for players. Most of players were strongly agree in the favour of a complete ban on doping in sports; only 6 per cent players disagree in the favour of a complete ban on doping in sports.

Conclusion and Suggestions

The psychological effect of doping on university players (Judo players, Boxing players, Athlete, Wrestlers, Volley Ball players and other) were studied and analyzed by the researchers through the application of cross Tab technique of SPSS. On the basis of analysis and it can be realized that out of total 50 respondents, most of respondents (68 per cent) said that doping is not necessary to be competitive. Majority of respondents (88 per cent) disagree with statement "Doping is not cheating since everyone does it". Sixty two per cent boxing players said that only the quality of performance should not matter, but the way to achieve it is also important. Majority of respondents (52 per cent) believed that health problems related to hard training and injuries are just as doping side effects. Most of players (60 per cent) believed that doping is a health risk. Most of respondents (36 per cent and 54 per cent) believed that doping is a threat to fair play in sports. Most of players were strongly agree in the favour of a complete ban on doping in sports. So on the basis of analyses; we can suggest that WADA and others Government organisation should take strictly actin and doing complete ban on doping in sports.

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