

# A Comparison Study of University Students' Knowledge Levels about Doping Who Are Interested In Individual and Team Sport\*

Sefa LOK<sup>1</sup>, Erdal TASGIN<sup>2</sup>, Veysel TEMEL<sup>3</sup>, Özden TASGIN<sup>4</sup>, Neslihan LOK<sup>5</sup>

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1 Selçuk University Physical Education and Sports Academy, Konya, Turkey.

2 Selçuk University Institute of Health Sciences, Konya, Turkey

3 Karamanoğlu Mehmet Bey University Institute of Social Sciences, Karaman, Turkey

4 Karamanoğlu Mehmet Bey University Physical Education and Sports Academy, Karaman, Turkey

5 Selçuk University Konya Health Academy, Konya, Turkey

**Yazışma Adresi:** Sefa Lok, Alaaddin Keykubat Kampüsü, 42079, Selçuklu, Konya. E-mail: sefalok@gmail.com

## Abstract

This study is planned for the aim of comparing university students' knowledge levels about doping who are interested in individual and team sport. A kind of identification study was made at Karamanoglu Mehmet Bey University at fall term in 2008-2009 education-training years. 103 university students who agree to participate in study and do in sports actively and study in 1st, 2nd, 3rd and 4th class of Physical Education and Sports Department of physical education and sport at Karamanoglu Mehmetbey University composed the creation of study. Study data was gathered by survey method that leant against self-declaration of participants. In the survey form some questions which are specific to interrogation of socio-demographic features and a knowledge form which is leant against measuring knowledge level about doping were asked to the students. 35.9% of the students are girls and 64.1% of the students are boys who participate in the study and do sport actively Students age average is  $22.42 \pm 1.74$ , and it is found that 31.1% of it is 1st class student, 28.2% is 2nd class, 20.4% 3rd class and 20.4% 4th class students. It has found that 18.4% of the students have done sport for 1-3 years, 36.9% of them for 4–7 years, 27.2% of them for 8–11 years and 17.5% of them for 12–15 years. It has found that the dispersion of students' branches was 62.1% of team sport and 37.9% of individual sport. They have indicated that students' tends to the sport is via 65% by own attention, 14,6% intervention of family and friends, 8,7% media and 11,7% physical education teacher and trainer. It has found that the knowledge levels about doping of sportsmen, who are interested in individual sports, is different from the knowledge level of sportsmen who are interested in team sport and it is statically meaningful ( $p < 0.05$ ). Those interested in team sports was higher doping level of knowledge.

**Key words:** Individual sports, team sports, doping knowledge level.

## INTRODUCTION

In order to increase the performance, illegally and in a artificial way, giving a foreign agent to organism or implementation of physiological substances in abnormal amounts to a person during or outside the competition is considered to be doping (5). Doping is defined as by the International Olympic Committee (IOC) during the competition a sportsman's using banned substances or methods conscious or unconscious with the aim of increasing his physical and mental performance (4).

Many discussions came about, whether the use of doping to be effective or not. Some scientific research indicates the view that much more than physical effects of these substances they affect the sportsman physiologically. With double-blind (placebo) experiment a group of subjects given doping substances, and another group given same figure or amount inert substances and when compared their performance no difference observed (11).

Today, usage of doping is seen as a method to increase the sporting performance. Usage of illegal doping substances which are, non-compliance with

ethics of sports, in science of training, leads download in mobilization 10% threshold, protective reserve a lower level. The only factors that ensure the threshold level to lower level is the usage of doping (2).

In Turkey in many sports branch unconscious drug usage and the increase in doping rates is notable. Vardar and his friends (9) stated that in their research, they made the investigation on 242 athletes in Thrace Region, AAS and ephedrine containing medicines are used frequently among the sportsmen and there may be addiction and abuse problems among athletes who use these drugs (9).

The doping is defined as by the International Olympic Committee (IOC), during the competition a sportsman's using banned substances or methods with the aim of increasing physical and mental performance conscious or unconscious. Because of doping's both preparing ground for unfair competition and ruining the health of sportsman in the short and long-term and even causing probable risk of death it is contrary to sports ethics. For these reasons doping, prohibited by international sports organizations such as WADA (World Anti-Doping Agency) the, International

Olympic Committee (IOC), FIFA, UEFA, FIBA, IAAF (10). Almost all of doping substances cause side effects in the body in short or long-term (1).

Especially the most commonly used by sportsmen substance such as male hormone-like is known to cause diseases such as heart attack, formation of good and malignant tumors, liver dysfunction, infertility. Some of the sportsman, who uses these substances, during their sporting life or after leaving the sport, is known to die from the diseases which are come into existence usage of these substances (8, 3).

Many sportsmen try to improve their performance to obtain more than they archive with their own efforts (6). Therefore, researchs made for nutritional additives that increase working performance and ergogenic supports and substances are as old as sport itself. It is known since BC 500-400 years, some parts of the animals such as deer liver and lion heart are consumed with the hope of that it gives courage, speed and power (7, 11).

This research is planned to determine the opinions and thoughts about the usage of doping on the physical education and Sports College students who are interested in individual and team sports.

## MATERIAL and METHOD

Type and location of the research: Descriptive types of study was made at fall term in 2008-2009 education and training year in Karamanoglu Mehmet Bey University.

Working group of research: 103 university students who participate in study and doing sports actively and study in 1st, 2nd, 3rd and 4th class of Physical Education And Sports Department in Karamanoglu Mehmetbey University, composed the creation of study.

Data collection methods and materials: Study datas were gathered by survey method that leant against self-declaration of participants. In the survey form some questions which are specific to interrogation of socio-demographic features and a knowledge form which is leant against measuring knowledge level about doping” were asked to the students. In the analysis used of data, number, percentage distribution and Chi Square.

## Limitations of research

1. It is limited with Physical Education And Sports Department of physical education and sport at Karamanoglu Mehmetbey University

2. It is limited with the students who are doing sports actively.

## Hypothesis

When determined the information level about doping of students who are doing sports actively, It thought that there may be differences among the students who are dealing with individual and team sports.

## RESULTS

35.9% of the students are girls and 64.1 % and are boys who participate in the study and do sport actively. Students age average is  $22.42 \pm 1.74$ , and it is found that 31.1% of it is 1st class student, 28.2% is 2nd class, 20.4% 3rd class and 20.4% 4th class students. Monthly income level of the students found that 36.9% of the students 500 TL and less, , 59.2% of them between 501–1500 TL and 3.8% of them 1501 TL and above. It has found that 18.4% of the students has done sport for 1-3 years, 36.9% of them for 4–7 years, 27.2% of them for 8–11 years and 17.5% of them for 12–15 years. It has found that the dispersion of students’ branches are 62.1% of team sport and 37.9% of one of the branch of the individual sport. They have indicated that students’ tends to the sport is via %65 by own attention, %14,6 intervention of family and friends, 8,7% media and 11.7% of them physical education teacher and trainer. In the evaluation of the branch of the students who participate in the study and do sports actively and the information case of using stimulants in sports, the difference between those who interested in individual sports and who interested team sports, found meaningful. To the question of using stimulating in sports, 17.47% of the those who are interested in individual sport answered yes, 8.73% answered partly yes, and 10.69% answered no. 19 .43% of Those who interested in team sports answered yes , 30.07% partly yes, and 13.61% of them answered no.

**Table 1.** Evaluation of their having enough information about the doping with their branches.

Sports	Yes		Partly Yes		No		Total
	n	%	n	%	n	%	
<b>Individual sport</b>	19	18.4	9	8.74	11	10.67	39
<b>Team Sport</b>	19	18.4	19	18.46	26	25.23	64
<b>Total</b>	38	36.8	28	27.2	37	35.9	103

**Table 2.** Evaluation of their knowledge case about time most using stimulant in sport with the students' branches.

Sport	Yes		Partly Yes		No		Total
	N	%	N	%	n	%	
Individual Sport	18	17.47	9	8.73	11	10.69	39
Team Sport	20	19.43	31	30.07	14	13.61	64
<b>Total</b>	<b>38</b>	<b>36.9</b>	<b>40</b>	<b>38.8</b>	<b>25</b>	<b>24.3</b>	<b>103</b>

**Table 3.** Evaluation of their knowledge case about the disadvantages of the doping to the health with the students' branches.

Sports	Yes		Partly Yes		No		Total
	N	%	n	%	n	%	
Individual sport	25	24.28	1	0.97	13	12.6	39
Team sport	41	39.82	13	12.63	10	9.7	64
<b>Total</b>	<b>66</b>	<b>64.1</b>	<b>14</b>	<b>13.6</b>	<b>23</b>	<b>22.3</b>	<b>103</b>

In the evaluation of the branch of the students who participated in the study and do sports actively, and the information cases about the damage of doping to health it has found meaningful the difference between who interested in individual sports and those who interested in any team sports.

In the comparison of information, case of the branches of the students who are doing sports actively, who participate to the survey, and information case about usage of narcotic analgesic, the difference between who deals with individual and who deals with any of the team sport, was found meaningful.

In the comparison of information, case of anabolic androgenic steroid usage and the branches of the students who participate in the study and are interested in team sport the difference was found meaningful between who are interested in team sport and who are interested in individual sports When compared information case of who are interested in individual sports about usage of narcotic analgesics 22.33% answered yes, 10.68% partly yes, and 4.85% answered no and 34.95% of who are interested in team sport answered yes, 16.5% partly yes and 15.54% answered no.

**Table 4.** Evaluation of their knowledge case about students' the most using narcotic analgesics

Sports	Yes		Partly Yes		No		Total
	N	%	N	%	n	%	
Individual Sports	8	7.76	12	11.65	19	18.44	39
Team Sports	9	8.74	40	38.85	15	14.56	64
<b>Total</b>	<b>17</b>	<b>16.5</b>	<b>52</b>	<b>50.5</b>	<b>34</b>	<b>33.0</b>	<b>103</b>

**Table 5.** Evaluation of their knowledge cases about the most using anabolic androgenic steroids with students' branches.

Sports	Yes		Partly Yes		No		Total
	N	%	N	%	n	%	
Individual Sport	23	22.33	11	10.68	5	4.85	39
Team Sport	36	34.95	17	16.5	11	10.68	64
<b>Total</b>	<b>59</b>	<b>57.28</b>	<b>28</b>	<b>27.18</b>	<b>16</b>	<b>15.54</b>	<b>103</b>

## DISCUSSION

In our research, it was found that individual and team sports' students do not have enough information about doping. The 24.28% percentage of the students who are interested in individual sports and the 39.82% percentage of the students who are interested in team sports have declared that doping is harmful to the health. In total, 64.1% of students have seen that the doping is harmful for health. The 22.32% percentage of the students has seen the doping is not harmful for health.

When examined the branch and case of having information about doping of the students who were participate in the study and do sports actively, the differences between students who interested in individual sports and team sports, found meaningful. The 18.4% percentage of the students who are interested in individual sports answered yes, 8.74% of them partly yes and 10.6% answered no. The 18.4% percentage of the students who are interested in team sports answered yes, % 18.46 partly yes and it was found that 27.2% of them does not have enough information about the doping. These results show that the students do not have enough information about the doping.

In a survey in soccer players, with the usage of amphetamine (stimulant), 3-4% performance

increased, at runners 1.5% increased and at swimmers 0.6-1.2% performance increased were reported. Coaches, physical education teachers, sports managers and federations must accurately inform about the doping to athletes, sudden changes in athletes' performance should be observed usage of drugs to increase the performance, should be prevented before it become a habit and a need.

Yıldırım (12) compared the doping usage trends between amateur and professional soccer players in his thesis study, it has found that doping usage is not widespread and usage trend of doping between amateur and professional soccer players is not significantly different from each. As a result, it was determined that the individual and team sports' students have not enough information about doping.

Remember however, the easiest and healthiest way to improve performance, regular and proper training, adequate rest, in proper violence of motivation, adequate and balanced diet and scientific approach in all stages of sporting activities.

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