

FACTORS INFLUENCING DOPING IN SPORTS AMONG ATHLETES IN KOGI STATE: HEALTH IMPLICATIONS

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Abstract

Doping is the use of drug for the purpose of improving performance in general and sports performance in particular. Rejection or acceptance of the use of banned substances by athletes is determined by various factors. Against this background, this study examined factors that influence doping in sports and the health implications among athletes in Kogi State. Descriptive research of the survey type was used. The population consists of all the 600 athletes in Kogi State. A sample of 150 athletes was randomly selected for this study. Three null hypotheses guided the study. A self-designed questionnaire was used to collect data from the respondents. Data collected was analysed using inferential statistics of Chi Square to test the hypotheses. The findings revealed that financial and material gains, desire to achieve high performance fame and athletic success in a short time and improving recovery rate from injuries are factors influencing doping in sports among athletes in Kogi State. Based on the finding of the study, it was recommended that athletes and coaches should be educated on the negative health implications of doping in sports.

Keyword: Doping, Sport, Health, Athletes.

Introduction

The importance of drugs to the well-being and sustenance of human health when it is used based on prescription cannot be overemphasized. In the world of sports and exercise, the use of performance enhance drugs is most commonly referred to as “doping” (Piffaretti, 2011). Doping, defined as the use of drugs or other substances for performance enhancement has become an important topic in virtually every sport and has been discovered in athletes of all ages and at every level of competition (Reardon & Creado, 2014). Even though the problem of doping has been popular in the past decades, it stretches through the course of history over a much longer period of time. The human race has always held the beliefs that the usage of certain substances results in significant intensity enhancement and duration of particular physical activities (Mitic & Radovanovic, 2011).

Doping is now a global problem that follows international sporting events worldwide. International sports federations, led by International Olympic Committee (IOC), have for the past half Century attempted to stop the spread of this problem with little effects. It was expected that, with educational programmes, testing, and supportive medical treatment, this substance abusing behaviour would decrease. Unfortunately, this has not been the case. In fact, new more powerful and undetectable doping techniques and substances are now being abused by professional athletes, while sophisticated networks of distribution have developed (Baron, Martin & Abol Magd, 2007).

In a bid to improve performance and/or aid recovery, various drugs have been used, both openly (legally) and in a clandestine manner against the rules of governing bodies, by a broad array of athletes. The World Anti-Doping Agency, (WADA) strictly regulates the use of drugs in competitive sport. WADA produced and regularly updates the World Anti-Doping Code that includes a prohibited drug list. This list dictates what is and is not acceptable, from a doping perspective, within sport. The list has various sub sections with some drugs banned both “in” and “out” of competition, while others are banned ‘in’ competition only (Angell, Chester, Sculthorpe, Whyte, George & Somauroo, 2012). Despite strict rules, development of advanced drug system

testing and punishments being in place in an attempt to limit doping offences, both deliberate and inadvertent doping in sports is increasing in elite, amateur and school sports (Plelke, 2015).

According to the 2013 World Anti-doping Agency (WADA) report, the number of abnormal test findings recorded by anti-doping authorities worldwide has increased by more than 20% since 2012 (Muwonge, Zavuga & Kabenge 2015). One bio-chemical analysis of 7,289 blood samples collected globally from 2,737 track and field athletes both out of and during competition from 2001 to 2011 found a 14% mean period prevalence of blood doping, with a range of 10% to 48%, depending on the nationality of the athletes. (Sottas, Robinson, Fischetto, Dolte, Alonso & Saugy, 2011). In the general population, a meta-analysis of studies done in the African region for the period between 1970-2013, found a 2.4% lifetime prevalence of anabolic - androgenic steroid use (Sagoe, Molde, Andreasse, Torshelm & Pallesen, 2014).

In a bid to deter athletes from using banned performance enhancing drugs therefore, athletes have been subjected to impromptu in - and out of competition screening tests for these substances overtime, and those athletes who test positive are given heavy punishment or fines. However, despite the rigorous testing procedures the decades of doping scandals that have nevertheless prevailed have shown that the tests are no guarantee of a drug free race. It is difficult to name a tour de france, an Olympic competition or even commonwealth competition in recent years that has gone unmarred by doping accusations. Ewen Call away, in a nature feature article, appropriately termed it "an endless cycle" where anti-doping agencies try to thwart on cheating strategy while another emerges (Ewen, 2011 & Muwange et al, 2015).

In spite of numerous studies in the field of doping in sport, there have only been a few attempts of comprehensive studies on the factors influencing doping in sport and the health implications among athletes. However, an empirical studies by Nic-Badea, (2016) revealed material/financial gain, desire to achieve high performance and Fame

in a short time, team influence, family pressure, improving recovery rate from injury as factors influencing doping among athletes.

Parnabas et al., (2013) submitted that athletes doped in order to win the competition, to gain finances as well as favours and attain social status in the community. Angell, et al., (2012) asserted that improving performance in sports and improving recovery rate from injury as another reasons for doping by athletes. A study by Tangan and Breivik, (2001) as cited by Kaoche, (2019) indicated that athletes use performance enhancing drugs in order to increase self-confidence, financial gain and social recognition among themselves. Malik and Meenu, (2016) argue that desire to relax, desire to achieve high performance and success in a short time, the belief that others are doping, influence of peers, motivation, lack of social support, desire to please coaches, parents and the public as well as media influence athletes to dope.

Bae et al., (2017) found out that the need to perfect performance as required by coaches and financial/material gain influenced Korean athletes participating in the Rio 2016 Olympic Game have a friendly attitude towards doping. Sanchez, March and Zabala, (2013) also found out in their research that Spanish cyclist considered sports achievement, external pressure, fame and conditions of contract by sponsors as reasons for doping by athletes. Mitic and Radovanovic, (2011) highlighted that individual's moral values and role models of an athlete determine the use of performance enhancing drugs in sports. Finally, scholars have added that female athletes dope to change their physical appearance because they required a gain in body weight as shameful In the surrounding community (Kaoche, 2019).

Doping substances have numerous negative health consequences for athletes. Studies by Lindqvist, et al., (2014) indicated that hypertension, heart failure and sudden cardiac arrest, illusions and hallucinations, lowered spermatogenesis in male athletes, pregnancy miscarriages and stillbirth in female athletes are some of the negative consequences of doping Also, Lippi and Banfi, (2011) argue that the use of Anabolic

Androgenic steroids results in thrombosis, reduced glucose tolerance and malfunctioning of the vital human organs such as the liver and the heart.

Lindqvist et al., (2014) noted that Human Growth Hormones challenge the athletes using with imparted bone growth, disorderly eating pattern, hypoglycemic diabetes, colon, breast and prostate cancers, headache and hypertension among others as the health consequences of doping. Bird, et al., (2015) opined that diuretics as a catalyst for production of excessive urine provides athletes with the risk of high loss of water and mineral salts such as potassium, calcium and sodium through dehydration process.

Statement of the Problem

The incidence of doping has increased worldwide, particularly developing countries like Nigeria as depicted by recent trends. Sport is a big business today, unlike its early beginnings when it's was mainly for entertainment, the economic aspect has become the most important focus. Emphasis of the management of sports is now on winning and athletes are hired and fired for inability to perform optimally due to huge amount of money spent on them. It is not surprising therefore, in a bid to avoid been fired athletes now indulge in doping to improve their performance and achieve success. Globally, reports on doping by athletes is increasing and this has become a worldwide problem.

Limited information on factors influencing doping and the health implications on athletes through studies provided a significant gap in carrying out a research on this topic in Nigeria and Kogi State. In view of this, the study examine the factors influencing doping and the health implications among athletes in Kogi State.

Purpose of the Study

The purpose of the study is to investigate the factors influencing doping in sports among athletes in Kogi State and its health implications. The specific objectives of this study were to determine whether:

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- i. financial and materials gain significantly influence doping in sports among athletes in Kogi state,

- ii. desire to achieve high performance, Fame and athletic success in a short time significantly influence doping in sports among athletes in Kogi state,
- iii. improving recovery rate from injury significantly influence doping in sports among athletes in Kogi state and

Research Hypotheses

The following hypotheses guided the study:

- i. Financial and material gains will not significantly influence doping in sport among athletes in Kogi State.
- ii. Desire to achieve high performance, fame and athletic success in a short time will not significantly influence doping in sport among athletes in Kogi State.
- iii. Improving recovery rate from injury will not significantly influence doping in sport among athletes in Kogi State.

Methodology

This section presents the research design together with the population, sampling procedure, the sample size, instrumentation, validation and reliability of the instrument and data analysis.

Research Design: The descriptive research design of the survey type was used for the study. Descriptive survey entails the collection and use of data systematically from a given population to describe certain characteristic features of the population (Nworgu, 2006). The design is considered appropriate for the study due to the fact that the study intends to collect data from small groups on factors influencing doping among athletes in Kogi state and its health implications with the aim of generalizing it to larger population.

Population: The population for this study are 600 athletes in Kogi State. They are made up of male and female.

Sample and Sampling Technique: A sample of 150 (one hundred and fifty) athletes were selected using stratified and simple random sampling techniques. The researcher stratified the state on the basis of 3 senatorial district while 5 local governments were randomly selected from each senatorial districts. Then simple random techniques was used to select 10 athletes from each local government giving a total of 150 athletes from 15 local governments in 3 senatorial districts.

Research Instrument: A self-designed questionnaire after a comprehensive review of literature was structured to collect data from the respondents.

Validity of the Instrument: The questionnaire was validated by three experts in the department of Human Kinetic and Health Education, Kogi State University, Anyigba. The validators checked the instrument for conformity to research purposes and offer useful suggestions. All their suggestions and corrections were used to effect changes in the questionnaire before the final copy was produced for final administration.

Reliability of the Instrument: The reliability of the instrument was ascertained through test-retest method and the scores were correlated using Spearman Brown Correlation co-efficient. The reliability coefficient of 0.72 was obtained.

Data Analysis Techniques: Inferential statistics analysis of Chi Square was used to analyze the data collected based on the formulated hypothesis.

Results

This section presents the results of the analysis of data from the respondents

Hypothesis 1: Financial and material gains will not significantly influence doping in sport among athletes in Kogi State.

Table 1:

Influence of Financial and Material Gains on Doping in Sport among Athletes in Kogi State.

	N	df	X ² -cal value	p. value	Alpha level	Remark	Decision
Influence of Financial / material gains on Doping in sport	150	148	3.415	0.002	0.05	Sig	reject

From Table 1, the result of the analysis shows that the calculated chi square value is 3.415, with degree of freedom of 148, while the probability value is 0.002 at 0.05 alpha level of significance. Since the P-Value is less than 0.05 level of significance, the null hypothesis of no significant influence of finance on doping by athletes in Kogi State is hereby rejected. This implies that financial and material gains significantly influence doping in sport among athletes in Kogi State.

Hypothesis 2: Desire to achieve high performance fame and athletic success in a short time will significantly influence doping in sport among athletes in Kogi State.

Table 2:

Influence of Desire to Achieve High Performance Fame and Athletic Success in a Short Time on Doping in Sport.

	N	df	X ² -cal value	p. value	Alpha level	Remark	Decision
Influence of Desire for fame on Doping in sport	150	148	3.614	0.0001	0.05	Sig	reject

P < 0.05

Table 2 reveals the chi square analysis of the influence of desire for fame and success in short time on doping in sport among athletes in Kogi State. The table shows that the calculated chi square value is 3.614, with degree of freedom of 148, while the probability value is 0.0001 at 0.05 alpha level of significance. Since the P-Value of 0.0001 is less than 0.05 level of significance, the null hypothesis of no significant influence of desire for fame and success on doping among athletes in Kogi State is hereby rejected. This implies that the desire for fame and success in short time significantly influence doping in sport among athletes in Kogi State.

Hypothesis 3: Improving recovery rate from injury will not significantly influence doping in sport among athletes in Kogi State.

Table 3:

Influence of Improving Recovery Rate from Injury on Doping in Sport.

	N	df	X ² -cal value	p. value	Alph a level	Remar k	Decisio n
Improving rate of recovery form injury on Doping in sport	150	148	2.756	0.0003	0.05	Sig	reject

P <0.05

Table 3 presents the chi square analysis on influence of improving recovery rate from injury on doping in sport among athletes in Kogi State. The table shows that the calculated chi square value is 2.756, with degree of freedom of 148, while the probability value is 0.0003 at 0.05 alpha level of significance. Since the P-Value is less than 0.05 level of significance, the null hypothesis of no significant influence of improving recovery rate from injury on doping among athletes in Kogi State is hereby rejected. This implies that improving recovery rate from injury significantly influence doping in sport among athletes in Kogi State.

Hypothesis 4: Doping in sport will not significantly have negative health consequences among athletes in Kogi State.

Discussion of Findings

Finding from Hypothesis one revealed that financial and material gains significantly influence doping in sport among athletes in Kogi State. This findings is in line with Nica-Badea, (2016) who opines that one of the basic reason that influence the intention to use banned substance to enhance performance of athletes, is the quest for financial and material gains. 60.6% respondents in his study said the chance to have financial and material gains was the reason why they indulged in doping in sport. Also, Parnabas, et.al, (2013) envisaged that athletes doped in order to win the competition, to gain finances as well as favours and attain social status in the community

It was also revealed from Hypothesis two that desire to achieve high performance, fame and success in a short time influence doping in sport among athletes in Kogi State. This finding is in agreement with Nolte, Steyn, Fletther and King, (2014), Mitic and Radovanovic, (2011) and Nica-Badea, (2016) who noted that training hard and preparing thoroughly for competitions and games is sometimes not enough, and many athletes then see the taking of banned substances as the only solution to enhance their performance in order to have desire performance, fame and athletic success in a short time. Also, Piffaretti, (2011) affirmed that too many athletes deliberately resort to prohibited substances to achieve high performance and athletic success in a short time because they cannot or will not accept their natural limits. In addition, Malik and Meenu, (2016) gave some reasons why athletes dope to include desire to relax, desire to achieve high performance, success in a short time, the belief that others are doping, influence of peers, motivation, lack of social support, desire to please coaches, parents, the public and the media.

Further finding from Hypothesis three revealed that improving recovery rate from injury significantly influence doping in sport among athletes in Kogi State. Thus, finding is in accordance with Piffaretti, (2011) and Muwonge et al, (2015) who concluded that injuries are part and parcel of elite sport, and lengthy physical

restrictions and problem can lead athletes to take banned substances in an attempt to accelerate the healing process. Furthermore, Angell, Chester, Sculthorpe, Whyte, George and Somauroo, (2012) asserted that improving performance in sports and improving recovery rate from injury is another reasons for doping by athletes.

Conclusion

Based on the findings of this study, it was concluded that; financial and material gains; Desire to achieve high performance fame and athletic success in a short time and Improving recovery rate from injury significantly influence doping in sport among athletes in Kogi State. While there are lots of negative health implications of Doping in sport among athletes of Kogi State.

Recommendations

The following recommendations were proffer based on the findings of the study.

- i. There is need for anti-doping educational programmes to educate athletes, coaches and doctors whose relationship with the athletes may either act to encourage doping behaviour.
- ii. Also, additional advocacy should be made to ensure the introduction and implementation of a comprehensive sports education curriculum in schools where information about doping can be emphasized at an early stage.
- iii. Coaches and team doctors should educate athletes about the potential short and longtime health implications of doping in sport.

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