

Sports Drugs and Doping and Its Impact on College Athletes

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Abstract

A drug is any chemical agent that affects living matter. Doping is the “administration or use of drugs or banned method” for the purpose of artificially improving athletic performance. It is a major problem facing sports and Olympic Games. Simply, doping is cheating. Doping can be split up into physical methods, such as blood doping and the use of performance enhancing drugs. Athletes may obtain banned medicines from physicians, pharmacists, retail outlets, health and lifestyle magazines, gymnasiums, coaches, family members, fellow athletes, the internet and the black market. Banned drugs, including anabolic steroids, are widely advertised in lifestyle magazines and gymnasiums and there are no controls on mail order and internet sales. Anabolic Androgenic Steroids (AAS), Diuretics, Stimulants, Narcotics, Cannabinoid, Glucocorticosteroids, Alcohol, Beta Blockers , Chemical and Physical Manipulation Sports doping, drugs in sport, illegal steroids, blood doping, banned stimulants and supplements and many other familiar terms denote the illegal use of certain pharmaceutical and chemical substances to improve sports and exercise performance. Use of drugs and doping by athletes is a significant problem. Participation in sports may encourage use of drugs that enhance athletic performance, especially anabolic steroids (AS). Because, to our knowledge, no other intervention has successfully altered substance abuse by athletes, we developed and assessed the efficacy of a team-centered, specific education program designed to reduce adolescent athletes' intentions to use and use of AS and alcohol and other illicit drugs. Use of alcohol and other illicit drugs and associated harmful activities can be prevented with a specific, team-centered education. School athletic teams provide an optimal environment in which to provide drug prevention and health promotion education.

INTRUDUCTION

A drug is any chemical agent that affects living matter. Doping is the “administration or use of drugs or banned method” for the purpose of artificially improving athletic performance. It is a major problem facing sports and Olympic Games. Simply, doping is cheating. Doping can be split up into physical methods, such as blood doping and the use of performance enhancing drugs.

OBJECTIVES

1. To trace out the history of drug abuse in sports.
2. To classify different drugs used in sports.
3. To understand the side effects of drugs and doping.
4. To sort out remedy for drug abuse by athletes.

HOW ATHLETES OBTAIN BANNED DRUGS

Athletes may obtain banned medicines from physicians, pharmacists, retail outlets, health and lifestyle magazines, gymnasiums, coaches, family members, fellow athletes, the internet and the black market. Banned drugs, including anabolic steroids, are widely advertised in lifestyle magazines and gymnasiums and there are no controls on mail order and internet sales.

DRUGS AND DOPING

1. **Anabolic Androgenic Steroids (AAS)**
2. **Diuretics**
3. **Stimulants**
4. **Narcotics**
5. **Cannabinoid**
6. **Glucocorticosteroids**
7. **Alcohol**
8. **Beta Blockers**
9. **Chemical and Physical Manipulation**

SIDE EFFECTS OF PROHIBITED SUBSTANCES AND METHODS

The World Anti-Doping Agency is a foundation initiated by the International Olympic Committee based in Canada to promote, coordinate and monitor the fight against drugs in sports. National Anti-Doping Agency (NADA) was set up as registered society under the Societies Registration Act of 1890 on November 24, 2005 with a mandate for Dope free sports in India. The primary objectives are to implement anti-doping rules as per WADA code, regulate dope control programme, to promote education and research and creating awareness about doping and its ill effects. The side effects associated with anabolic androgenic steroids are extremely serious and are divided into general, male specific and female specific.

General Side Effects:

- Greasy skin and acne
- Infertility
- Hypertension
- Liver and kidney dysfunction
- Aggressive behavior

Male specific Effects:

- Breast development
- Testicular atrophy
- Diminished male hormone production
- Diminished sperm production
- Impotence
- Alopecia
- Prostate cancer

Female specific Effects:

- Male pattern hair growth and baldness
- Menstruation disturbances
- Decreased size of breast
- Deeper voice (hoarseness)

COLLEGE LEVEL ATHLETES AND DRUG ABUSE

College athletes make up one of the largest groups of drug abusers nationwide. Young people (ages 18 to 24) are already at a heightened risk of addiction. Those who are enrolled in a full-time college program are twice as likely to abuse drugs and alcohol as those who don't attend college. Starting out in competitions produces some natural social anxiety for many athletes. The temptation to drink is strong because college athletes overwhelmingly find that alcohol and drugs makes socializing easier. Not all college students immediately start binge drinking and doing drugs, but routinely drinking to have stress for performing better leads many students toward abuse.

Why College Students Turn to Drugs

The high rates of drug abuse among college students can be attributed to a number of factors, including:

1. Stress. As students are facing the high demands of performance, job, poverty at home, moreover coursework, part-time jobs, internships, social obligations and more, many turn to drugs as a way to cope.
2. Course load. More students than ever are taking stimulants, to help them stay active long enough during the periodization especially during the competitive phase. All too often, these prescription drugs are obtained without a legitimate prescription.
3. Curiosity and anxiety. College athletes are exploring many new aspects of their lives in personal and professional realms.
4. Peer pressure. College athletes who are surrounded by other people experimenting with recreational and performance-enhancing drugs are more likely to try these substances for themselves.

Drugs of Choice on College Campuses

Trends change over time and no drug is immune to college experimentation. However, there are a few substances that are consistently abused among college athletes. These include:

1. Alcohol makes up the vast majority of substance-related problems on college campuses. Consumption of alcohol helps in carbohydrates loading moreover drinking is often socially acceptable.
2. As legislation tips in favor of Marijuana legalization, more college students are turning to pot as their drug of choice. On some campuses, marijuana use outweighs even that of alcohol.
3. Popularized in the 90s, Ecstasy has made resurgence in recent years in its pure form, known as MDMA or molly. College students fall well within the target age range for the "party drug," which is most often abused by teens and 20-somethings. MDMA is most common at raves and concerts.

CONCLUSION

Sports doping, drugs in sport, illegal steroids, blood doping, banned stimulants and supplements and many other familiar terms denote the illegal use of certain pharmaceutical and chemical substances to improve sports and exercise performance. Use of drugs and doping by athletes is a significant problem. Participation in sports may encourage use of drugs that enhance athletic performance, especially anabolic steroids (AS). Because, to our knowledge, no other intervention has successfully altered substance abuse by athletes, we developed and assessed the efficacy of a team-centered, specific education program designed to reduce adolescent athletes' intentions to use and use of AS and alcohol and other illicit drugs. Use of alcohol and other illicit drugs and associated harmful activities can be prevented with a specific, team-centered education. School athletic teams provide an optimal environment in which to provide drug prevention and health promotion education.

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