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# Survey on Awareness, Perception and Attitude towards Doping of University Level Football Players

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**Abstract:** *The main aim of the study was to check awareness, perception and attitude towards doping of university level football players. For this purpose total 250 players of 18-25 years were randomly selected from the universities located in Maharashtra. The data were collected with the help standardised questionnaire developed by Mr.Vipul Vardhaman Goundaje and Dr. S.S. Vidhate. The questionnaire consists of total 55 questions. All these 55 questions were divided into three different parts they are - awareness towards doping which consist of 18 questions, perception towards doping consist of 17 questions and lastly attitude towards doping which consist of 20 questions. Each question has five responses these are Strongly Disagree (SD), Disagree (D), Unknown (U), Agree (A) and Strongly Agree (SA). Weight age were given from 1-5 respectively. Percentage was used as a statistical tool to analyse the data. The result of the revealed that 0% football players of university located in Maharashtra have high level awareness towards doping, 4% football players of university located in Maharashtra have high level perception towards doping and 0% football players of university located in Maharashtra have high level of attitude towards doping.*

**Keywords:** Awareness, Perception, Attitude, Doping and University

## I. INTRODUCTION

Doping in sports means used of banned substances for enhancing player's performances. In today's modern era, every person in all fields is seen to see how to get maximum benefit or success in minimum time and minimum effort. Man is seen using any means to achieve this success. Increasing expectations, aspirations and fame in daily life is one of the main reason has become. We can see the impact of this in the field of sports as well. In ancient times, humans used to do many types of physical activities for sustenance, and from that, various words such as strength, power, exercise, sports, etc. were used and became customary. Due to this, sports gained a unique importance in the life of a person and different types of sports competitions were started. Players focus more on getting maximum performance, fame, money in less time. So they use some options that make it easier for them to achieve their desired goals. In such alternatives, you see player's using various performance-enhancing drugs and substances, which are termed as doping in the field of sports.

Doping is defined as a specific form of taking some prohibited substance or drug to achieve a specified goal (Petroczi & Aidman, 2008). Nowadays these drugs are widely used in many levels of sports and exercise participation (Goulet et al., 2010; Ntoumanis et al., 2014). Doping use is increasing worldwide and is therefore considered a major global public health problem. Hence in 1999 the World Anti-Doping Agency (WADA) was formed (Pitsch & Emrich, 2012). Despite the ban on sports performance-enhancing drugs for players, doping is still used by elite and professional players. Players are seen resorting to doping on the advice of coaches and trainers with a strong desire to excel in their careers. They ignore the fact that the performance-enhancing substances and drugs used in doping can be harmful to their health in the long run, which can even end their sports careers.

From the ancient Olympic Games to the modern Olympic Games, the goals and major awards in sports served to encourage players and coaches in sports. But from the current situation, you will notice that the main goals behind

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playing sports are sidelined, instead of these days, you can see the main goals like jealousy, greed, and fame among the players and sports coaches. This is changing the core concept of the game.

There are two main types of doping. Some drugs are banned in both in and out of the competition because of their performing enhancing activity. While some are banned during the competition only.

- Performance enhancing substances or drugs
- Physiological Methods: Physiological methods are divided into two sub types.

i. blood doping ii. Gene doping

Performance-enhancing substances or methods are classified into three different categories by the International Olympic Organization.

Permanent Bans, In-Competition Bans and Specific Sport Bans

In view of the growing impact of doping, it is important to understand more about the awareness, perceptions and attitudes of athletes towards doping in order to develop effective prevention programs. Very few studies have been done so researchers have planned studies.

## II. METHODOLOGY

This study was conducted to find out the awareness, perception and attitude towards doping of university level players. Questionnaire consists of 55 questions. All the 55 items were divided into three different dimensions. i.e. awareness, perception and attitude towards doping. Each dimension has different number of questions. e.g. awareness consist of 18 mains question, including sub question all total it has 77 questions, perception consist of 17 questions and lastly attitude consist of 20 questions. This is a 5 scale questionnaire. Each question has five responses these are Strongly Disagree (SD), Disagree (D), Unknown (U), Agree (A) and Strongly Agree (SA). Score were assigned from 1-5 respectively.

**Methods:** Awareness, perception and attitude towards the doping were the variables which were measured with help of standardised questionnaire developed by Mr.Vipul Vardhaman Goundaje and Dr. S.S. Vidhate. Percentage was used as a statistical tool to analyze the data.

**TABLE NO. 1: WEIGHTAGE GIVEN TO ALL THREE DIMENSIONS**

| SL NO. | SCORING | WEIGHTAGE |
|---|---|---|
| 1 | Strongly Disagree (SD) | 1 |
| 2 | Disagree (D) | 2 |
| 3 | Unknown (U) | 3 |
| 4 | Agree (A) | 4 |
| 5 | Strongly Agree (SA). | 5 |

**Table No. 2: Range and Percentage of Awareness towards Doping**

| Range | Response | No. of students | Percentage |
|---|---|---|---|
| 77-139 | Strongly Disagree | 10 | 4% |
| 140-200 | Disagree | 70 | 28% |
| 201-262 | Unknown | 55 | 22% |
| 263-323 | Agree | 115 | 46% |
| 324-385 | Strongly Agree | 0 | 0% |
| | **Total** | **250** | **100%** |

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Graph 1: Graphical representation of awareness towards doping

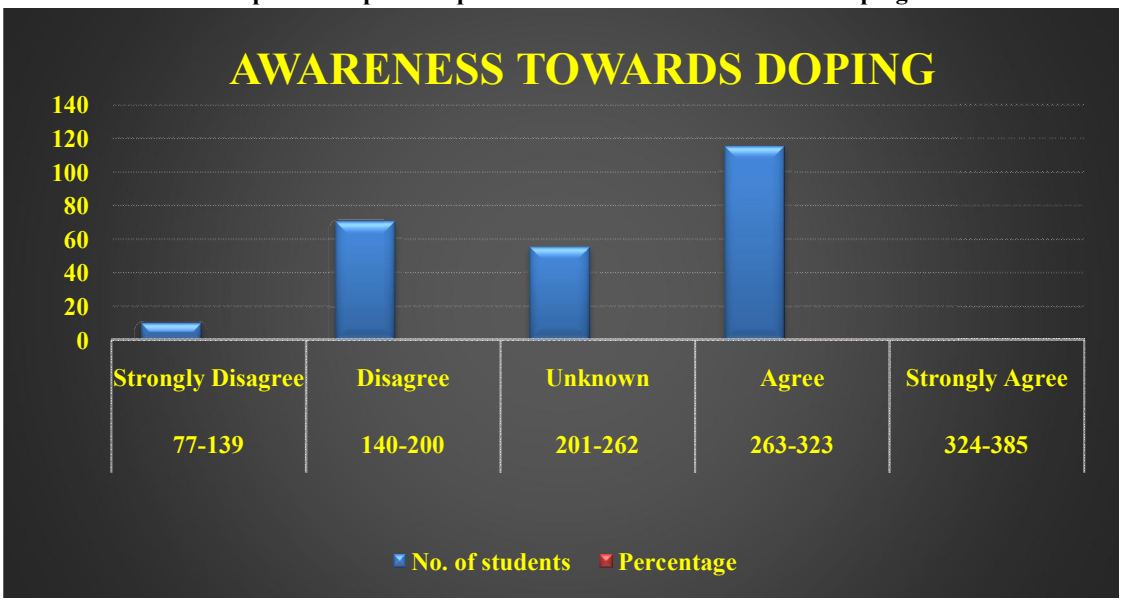


Table No. 2: Range and Percentage of Perception towards Doping

| Range | Response | No. of students | Percentage |
|---|---|---|---|
| 17-31 | Strongly Disagree | 0 | 0% |
| 32-48 | Disagree | 11 | 4.4% |
| 49-58 | Unknown | 126 | 50.4% |
| 59-71 | Agree | 103 | 41.2% |
| 72-85 | Strongly Agree | 10 | 4% |
| | **Total** | **250** | **100%** |

Graph no. 2: Graphical representation of Perception towards doping

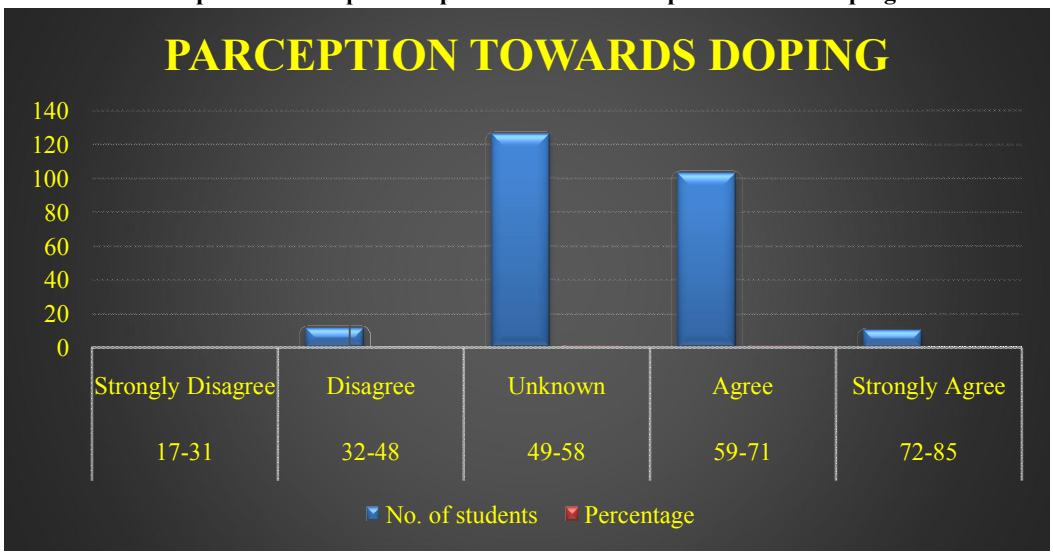

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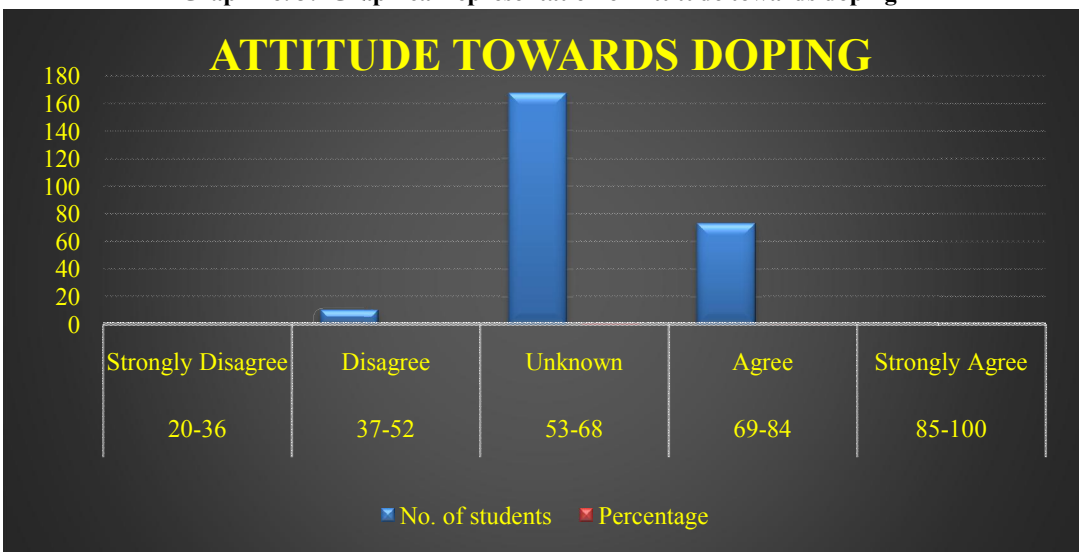
**Table No. 2: Range and Percentage of Attitude towards Doping**

| Range | Response | No. of students | Percentage |
|---|---|---|---|
| 20-36 | Strongly Disagree | 0 | 0% |
| 37-52 | Disagree | 10 | 4% |
| 53-68 | Unknown | 167 | 66.8% |
| 69-84 | Agree | 73 | 29.2% |
| 85-100 | Strongly Agree | 0 | 0% |
| | **Total** | **250** | **100%** |

**Graph no. 3: Graphical representation of Attitude towards doping**




## III. CONCLUSION

Result of the study found that-

- 4 % football players of university located in Maharashtra have very low level of awareness towards doping.
- 28 % football players of university located in Maharashtra have low level of awareness towards doping.
- 22 % football players of university located in Maharashtra have no awareness towards doping.
- 46 % football players of university located in Maharashtra have moderate level of awareness towards doping.
- 0% football players of university located in Maharashtra has high level awareness towards doping.
- 0% football players of university located in Maharashtra has very low level of perception towards doping.
- 4.4 % football players of university located in Maharashtra have low level of perception towards doping.
- 50.4% football players of university located in Maharashtra have no perception towards doping.
- 41.2% football players of university located in Maharashtra have moderate level of perception towards doping.
- 4 % football players of university located in Maharashtra have high level perception towards doping.
- 0 % football players of university located in Maharashtra has very poor level of attitude towards doping.
- 4 % football players of university located in Maharashtra have poor level of attitude towards doping.
- 66.8 % football players of university located in Maharashtra have no idea about doping.
- 29.2 % football players of university located in Maharashtra have poor level of attitude towards doping
- 0% football players of university located in Maharashtra has high level of attitude towards doping.

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