

Knowledge of Narcotic and its use among Sports Persons in Maharashtra

Mayur M. Shinde, T. K. Bera

College of Physical Education, Bharati Vidyapeeth Deemed University, Pune,
Maharashtra, India.

Abstract

The purpose of study was the Knowledge of Narcotic and its Use among University sports persons in Maharashtra and also to examine the extent to which University sports persons in Maharashtra have actually Knowledge and used Narcotic drugs. The descriptive survey research design was used in this study. A total of 830 University sports persons were randomly sampled from University sports persons in Maharashtra. A developed standard questionnaire designed by the researcher was used to collect relevant data for the study. The data collected were analyzed using descriptive statistics percentage. The results showed that University sports persons have some extant Knowledge of Narcotic drugs, some extant Knowledge of effects of Narcotic drugs and University sports persons more use of Narcotic drugs. It was therefore recommended that the Universities in Maharashtra should intensify its campaign and public enlightenment program to educate the University sports persons and handlers on the health consequences of effect of Narcotic drugs.

KEYWORDS: Narcotic drugs, Knowledge, University sports persons.

INTRODUCTION

The use of drugs to enhance performance in sport has been reported during the ancient Games held in 668 BC (Holt, Erotokritou-Mulligan and Sonksen 2009). A drug is a chemical substance that, when absorbed into the body, can alter normal bodily function. Many drugs have been banned in sport if they are deemed to provide an unfair advantage pose a risk or are seen to violate the spirit of sport. There are many different drugs and supplements used by athletes to enhance performance. Some of the more common classes are blood doping, anabolic steroids, stimulants, growth hormones, amino acids, and proteins (Johnson 1998). Several of these products although initially believed to be ineffective have been shown to be good at increasing strength, decreasing fatigue, and building muscle. However, some of these drugs are banned for athletes and referred as doping. Despite of ban on these drugs they are readily available through prescription, supplements, local gyms and the internet.

The International Olympic Committee (IOC), and more recently, the world Anti Doping Agency (WADA) have been leading the way in the battle against drugs in sport. It has been reported that the driving force to use these drugs by athletes was desire to achieve success, glory and wealth (Bloodworth *et al.*, 2012). Further, various studies have demonstrated that body appearance is a bigger priority than competing in sports for non-competent young sportsperson in schools and clients of gymnasiums, as a result of which they make use of doping agents (Kindlundh *et al.*, 1998; Striegel, 2006; Baker *et al.*, 2006; Mallia *et al.*, 2013). Moreover, doping agents have been misused in approximately 1% of population of America and Sweden (Tokish *et al.*, 2004; Sjoqvist,

Garle and Rane 2008). Also, it was estimated that around 5% of high school students of the United States had already used doping agents for enhancing their growth (Saugy *et al.*, 2006).

Doping in sports means use of banned substances or drugs. It is banned by both national and international sports governing bodies, and the World Anti-Doping Agency (WADA), which runs an extensive testing programme and initiatives designed to foster anti-doping attitudes (Bloodworth and McNamee, 2010). In spite of ban on use of performance enhancing drugs, doping in sporting events is widespread across the world (Morente-Sánchez and Zabala, 2013). Most of the time drugs are used by sportsperson to enhance performance, personal appearance or to reduce pain (Ehrnborg and Rosen, 2009; Petroczi and Aidman, 2008). The first record of using performance enhancing drug is as early as 668 B.C. (Holt, ErotokritouMulligan and Sonksen, 2009). Though drugs used by sportsman are useful tools in sports medicine but many of the drugs used by them pose a high health risk. In fact, drugs may not be the problem as long as they are being used in a legal prescribed manner, under the supervision of trained medical professionals.

Earlier studies reported that the main motive of use of performance enhancing drugs are gaining an edge on competitors, increasing muscular strength and endurance, and reducing recovery time from injuries (Nocelli, Kamber, Francois, Gmel & Marti, 1998; Petroczi & Aidman, 2009). Further, doping in sports person may be due to improve body image and desire to win (Ehrnborg and Rosen, 2009; Petroczi and Aidman, 2009).

The use of performance enhancing drugs such as narcotics is increasing rapidly despite of ill effects on health and well being. Although sports authorities publish list of banned drugs every year, however, it is not known whether the sportsmen are aware of the banned drugs. Hence, the researcher has planned this study entitled “*Knowledge of Narcotic and its Use among University sports persons in Maharashtra*”.

The use of performance enhancing drugs in adolescents appears to be prevalent may be due to the characteristics and physiological effects (Knotts 2000; Yusuf, 2010). Most athletes take drugs to enhance their physical performance in an attempt to prevent them falling behind other competitors, even if it does mean damaging their health and risking their sports careers. other athletes may use drugs to help them wind down and relax, to cope with the pressures and stress associated with a constant battle to win all the time, to boost their own self esteem and confidence, to mask the pain of certain sports injuries, to control and reduce weight, and to hide the use of any other banned substances. In many sporting events such as cycling, track and field events, swimming and weight lifting competitions these drugs are used to enhance performance.

Following types of drugs and methods are used by athletes to enhance performance:

Lean mass builders are used by athletes to increase the growth of muscle and lean body mass, to reduce recovery time after an injury, and are sometimes used to reduce body fat. Examples of lean mass builders include anabolic steroids, beta-2 antagonists and various human hormones. Stimulants are used by athletes to increase alertness, improve concentration, increase aggressiveness, decrease fatigue and shorten reaction time. Relaxants are used in such sports as archery where a steady hand is requires, and also by those athletes feeling excessive nervousness or discomfort which is hard to overcome. Examples of relaxants often used include alcohol, beta blockers and marijuana. Diuretics are often used in sports such as wrestling where a certain weight restriction needs to be met, as they remove water from the athlete’s body. in many cases

masking drugs are used by athletes in order to disguise the use and prevent the detection of illegal classes of drugs in sport. One method of performance enhancement used by athletes is blood doping. this involves removing red blood cells from the blood and replacing those weeks later to increase the overall number of red blood cells in the blood. This increases the amount of oxygen that the body can therefore carry and is extremely beneficial in long distance running. Painkillers are often used by athletes in order to mask the pain of an injury and so as they can continue to compete and perform beyond that of their normal pain threshold.

Despite the side effects of narcotics sports person may use it to stop the pain resulting from injury. This can be dangerous as these substances merely hide the pain. An athlete who continues to exercise on the injured part risks further damage to that part. Scientists have discovered narcotic receptors in the brain, along with natural pain killing substances produced by the body called endorphins. Narcotics behave like endorphins and act on or bind to, the receptors to produce their associated effects.

Narcotics also have other effects on athletes such as addiction, loss of balance and coordination, nausea and vomiting, loss of sleep and depression, breathing becomes slower, decreased heart rate, decreased ability to concentrate and constipation.

The use of performance enhancement drugs may probably due to the pressure placed on athletes in all forms, from family, peers, media, coaches, and fans. The pressure placed on athletes to win and set personal bests has resulted in increased drug use among various athletes. Therefore, in this study the investigator will attempt to find out the status of use of narcotics among athletes and their knowledge regarding use of narcotic drugs.

Objectives of the study

This study has been conducted with following objectives

- To assess the knowledge of narcotic drugs by University sports persons in Maharashtra.
- To assess the Knowledge of effect of Narcotic drugs by University sports persons in Maharashtra.
- To assess the use of Narcotic drugs by University sports persons in Maharashtra.

Methodology

The descriptive survey research design was used in this study. where the newly developed questionnaire on “knowledge about narcotic drugs” has been administered to the representative sample of the population (Maharashtra). This survey research has helped to enable information and describe present situation exists on the status of knowledge of narcotic drugs, Knowledge of effect of Narcotic drugs and use of narcotic drugs being practiced by the sports persons.

The population of this study includes all University sports persons in Maharashtra, who have represented, inter-university, all india inter-university sports competitions and have an experience of at least five years in the field. With the use of random sampling technique participants from different types of sports have been recruited for this study. The participants have been University sports persons (n=830), aged 18-27 years, participated in individual and team sports attended inter-university, all

india inter-university sports competitions. Data for this study were collected using a standard questionnaire designed by the researcher. The questionnaire was designed to assess the knowledge of narcotic drugs, Knowledge of effect of Narcotic drugs, use of narcotic drugs. While questionnaire was administered on the subject they Were briefed about the aim and objectives of the of the study. Further, they were assured about the confidentiality of their information. The data collected for the study were analyzed using both descriptive statistics of percentage.

Result

Table 1 to assess the knowledge of narcotic drugs by university sports persons in maharashtra.

narcotic drugs method	heard about narcotic drugs		Seen about narcotic drugs		Never heard about narcotic drugs		Use about narcotic drugs currently		Never use about narcotic drugs		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
Tablets	198	23.8	134	16.1	99	11.9	296	35.6	103	12.4	830	100
Syrup	123	14.8	134	16.1	253	30.4	23	2.7	297	35.7	830	100
Smoke	278	33.4	129	15.5	312	37.5	5	0.6	106	12.7	830	100
Via Injection	239	28.8	219	26.3	89	10.7	176	21.2	107	12.8	830	100
Creams	183	22	117	14.1	89	10.7	306	36.8	135	16.2	830	100
Powders	286	34.4	116	13.9	193	23.2	9	1	226	27.2	830	100

Table 1 show that there is a wide gap between having heard about, Seen about, never heard and actually using it. While large number of respondents heard about narcotic drugs method, Seen about narcotic drugs method and Use about narcotic drugs currently, only small number of respondents Seen about narcotic drugs method and never using substance narcotic drags. As table 1 shows players heard about narcotic drugs method by Tablets (23.8%), syrup(14.8%), Smoke(33.4%), Via injection(28.8%),creams(22%), powders (34.4%). players seen about narcotic drugs method by Tablets (16.1%), syrup(16.1%), Smoke(15.5%), Via injection(26.3%), creams(14.1%), powders (13.9%) . players use about narcotic drugs method by Tablets (35.6%), syrup(2.7%), Smoke(0.6%), Via injection(21.2%), creams(36.8%), powders (1%).university player use great extent of Tablets, creams and via injection.

Table 2 to assess the Knowledge of effect of Narcotic drugs by University sports persons in Maharashtra

	heard about narcotic drugs		never heard about narcotic drugs		use substance narcotic drugs		no response		Total	
	N	%	N	%	N	%	N	%	N	%
Reduce Tension	153	18.4	256	30.8	45	5.4	376	45.3	830	100
Recovery Injury	151	18.2	259	31.2	34	4.1	386	46.5	830	100
Reduce Pain	326	39.3	103	12.4	286	34.5	115	13.9	830	100
Continue Training Even After Serious Injury	339	40.8	96	11.6	149	18.0	246	29.6	830	100
Relive Pain And Create Relaxation	342	41.2	86	10.4	289	34.8	113	13.6	830	100
Damage Nervous System	81	9.8	328	39.5	24	2.9	397	47.8	830	100
Decrease Heart Rate	76	9.2	379	45.7	13	1.6	362	43.6	830	100
Overdoses Can Cause Death	65	7.8	389	46.9	0	0.0	376	45.3	830	100
Enhance Performance	184	22.2	216	26.0	159	19.2	271	32.7	830	100

Table 2 show that there is a wide gap between having heard about or never heard and actually using it. While large number of respondents no response and never heard about narcotic drugs, only small number of respondents heard about narcotic drugs and using substance narcotic drugs.

Table 3 to assess the use of narcotic drugs by university sports persons in maharashtra.

use narcotic	No of player	%
per day	32	3.9
per week	53	6.4
practices time	96	11.6
only hard practices time	36	4.3
injury time	73	8.8
match time	117	14.1
after competition	69	8.3
no use	227	27.3
No response	127	15.3
Total	830	100

Table 2 show that 27.3% sports person no use of narcotic drugs 14.1% sports person use of narcotic drugs at match time 11.6% sports person use of narcotic drugs at practice time 8.8% sports person use of narcotic drugs at injury time 8.3% sports person use of narcotic drugs at after competition 6.4% sports person use of narcotic drugs at per week

4.3% sports person use of narcotic drugs at only hard practices time and 15.3% sports person as no response.

Conclusion

Based on the finding of this study, the results showed that University sports persons have some extant Knowledge of Narcotic drugs, some extant Knowledge of effect of Narcotic drugs and University sports persons more use of Narcotic drugs. It was therefore recommended that the University in Maharashtra should intensify its campaign and public enlightenment program to educate the University sports persons and handlers on the health consequences of effect of Narcotic drugs.

Acknowledgement

The authors thank the authorities of College of Physical Education, Bharati Vidyapeeth Deemed University, Pune, PVP College kavathe Mahanakal, sangli and organising secretary & Director, Dep.of Physical Education & Sports, Swami Ramanand Teerth Marathwada University, Nanded for the help work.

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