

Dope Free Sports

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Abstract

Sports from art are now science. Over the years sports have evolved and are now considered as highly competitive & professional field. The rise in competition, popularity, thrill, excitement awards, incentive & glamour etc. has pushed somewhere the coaches, parents & athletes to win at any cost. The notion of winning at any cost has introduced unethical practices. In recent years doping cases have increased day by day & drug abuse occurs in all sports and at most levels of competition (local, state, national & international level). As we all know '*Doping*' refers to an athlete's use of prohibited drugs or methods to improve training, performance and sporting results. In simple language it's an unfair means/illegal substance to achieve result/ performance. In 2014, our country India was third in world's doping offenders list behind Russia and Italy, showing how deep the malaise has spread already. This paper briefly mentioned about 2010 CWG & Rio 2016 doping cases of Indian athletes. The presenter after going through several doping cases of Indian athletes / reviewing the literature feels the possible solution to bring down the cases of doping globally is through, "**Education, Awareness & Empowerment and Pledge for Drugs Free Sports**" and To bridge the gap it's important to introduce the pledge of saying no to drugs and stand committed to Drugs free sports. To accelerate the pace it's important to take all stakeholder along be it the parents, coaches, trainer, assisting staff and most importantly the, "ATHLETE".

KEYWORDS: doping, athletes, steroids, drug abuse, mental illness, unfair means, Pledge

The presenter has widely researched on available literature through documents, books and search of related websites. The search terms included Indian athletes case, doping, drug abuse, National Anti-doping Agency (NADA) & World Anti-Doping Agency (WADA). We retrieved few papers discussing drug abuse in athletes nationally & internationally. We reviewed the findings of each article, and reviewed the references of each paper for additional papers that had been missed in the initial search and that might include findings relevant to the scope of our review.

Sports from fun, leisure, enjoyable pastime activity have become structured, formal set of rules & regulation where the along with participation is the spirit of winning or outshining others. Sports from art are now considered science. Over the years sports have evolved and are now considered as highly competitive & professional field. The rise in competition, popularity, thrill, excitement awards, incentive & glamour etc. has pushed somewhere the coaches, parents & athletes to win at any cost. The notion of winning at any cost has introduced unethical practices.

In recent years doping cases are increasing day by day & drug abuse occurs in all sports and at most levels of competition (local, state, national & international level). As we all know '*Doping*' refers to an athlete's use of prohibited drugs or methods to improve training, performance and sporting results. In simple language it's an unfair means/illegal substance to achieve result/ performance. To give fair competitive sports platform to athletes all over the world, The World Anti-Doping Agency was founded with the aim of bringing consistency to anti-doping policies and regulations within sport organizations and governments right across the world. In India, The National Anti-Doping Agency was established by the Government of India, with the objective of acting as the independent Anti-Doping Organization for India having a vision of dope free sports.

A sportsman or a sportswomen may lead to drug abuse for a number of reasons, which may include for performance enhancement, to self-treat otherwise untreated mental illness, and to deal with stressors, such as pressure to perform, injuries, physical pain, and retirement from sport. Doping is not a recent phenomenon but it goes back to ancient times, prior to the development of organized sports. Performance-enhancing drugs have continued to evolve with time, with "advances" in doping strategies driven by improved drug testing detection methods and advances in scientific research that can lead to the discovery and use of substances that may later be banned. Many sports organizations have come to ban the use of performance-enhancing drugs and have very strict consequences for people caught using them.

India hosted commonwealth games 2010 and it was a shame that eleven Indian Athletes were tested positive. The list included Swimmer, Richa Mishra, wrestler Mausam Khatri, Beijing Olympian Rajiv Tomar, swimmer Amar Muralidharan and shot putter Saurabh Vij, Akash Antil (athletics), Gursharan Preet Kaur (wrestling), Joginder Singh (wrestling), Jyotsna Pansare (swimming) Rahul Maan (wrestling) and Sumit Sehrawat (wrestling). The athletes presented their cases but were banned for two years and again during the Rio games Indian athletes were in news for wrong reasons. Rio Olympics 2016 suffered a huge setback when wrestler Narsingh Yadav and shot-putter Inderjeet Singh were tested positive. In the year 2012, the National Anti-Doping Agency (NADA) tested 4,168 samples and reported 138 positive cases at 3.3 per cent. Last year, NADA tested 4,004 samples and came up with 225 positive cases at 5.6 per cent. It was an increase of three per cent from 2018.

The National Anti-Doping Agency (NADA) is the national organization responsible for promoting, coordinating, and monitoring the doping control program in sports in all its forms in the country.

The World Anti-Doping Code (Code) harmonizes regulations regarding anti-doping in sport across all sports and all countries of the world. The Code provides a framework for anti-doping policies, rules, and regulations for sport organizations and public authorities so that there may be a level playing field for all athletes worldwide. Drug abuse by athletes should be addressed with preventive measures, education & motivational interviewing. Bringing awareness and empowering athlete with knowledge would be the key ahead.

Recommendation

In 2014, our country India was third in world's doping offenders list behind Russia and Italy, showing how deep the malaise has spread already. India taking note of the growing number of cases started with nationwide awareness programmes and in 2018 India stands at No.6 in the world's doping offenders list behind. It's still not a dope free country and gap exists. To bridge the gap it's important to introduce the pledge of saying no to drugs and stand committed to Drugs free sports. Further the screening/ testing of athletes at national camps & national championships has to increase. To accelerate the pace it's important to take all stakeholder along be it the parents, coaches, trainer, assisting staff and most importantly the, "ATHLETE".

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