



Doping perception among sports science university students in Ethiopia with their sports participation background

Shumetie Agonafer¹, Dr. Ajita Singh²

¹ Ph.D. Research Scholar, Faculty of Medicine, Department of Sports Science, Punjabi University, Patiala, Punjabi, India

² Professor, Head Department of Sports Science, Faculty of Medicine, Punjabi University, Patiala, Punjabi, India

Abstract

Background: In recent times (21st century), the case of doping in Ethiopian athletes has become a serious issue, especially among beginner runners. And also, doping is not the only issue in sports. Still, also it is a concern of society, given that doping is a demanding issue that must be dealt with in the education of future sports science professionals. This study aimed to assess the doping perception among sports science university students in Ethiopia concerning their sports participation background.

Methods: A cross-sectional design of the study was functional. All the students (N=736) were part of the sample population due to their small numbers from each targeted governmental university with applied whole or census sample technique. A self-constructed questionnaire was prepared precisely for this study to manage 736 sports science university students. The Independent sample t-test was active to analyze the doping perception of students. The researcher also carried out descriptive statistics (mean, standard deviation, frequency, and percentage) in addition to inferential statistics.

Results: There was a significant variance ($P < .05$) between the sports science students regarding their experience or background in sports participation. The result shows that the sports science university students with sports participation experience or knowledge demonstrated better doping perception than those with no sports participation experience or background.

Conclusions: It is significant to deliver extra chances for proper education for university sports science students on doping, given concentration, and attending on the topic looks valuable. Besides this, education about doping for sports science students would be as actual against doping as educating an athlete. Moreover, short-term training should give to graduate students of sports science with the collaboration of ETH-ADA. As well as, ETH-NADA and universities should have to take agreement in between to work together, address the students' perception gap, and implement doping-free sports in the country.

Keywords: doping, perception, sports science, university, students, sports participation

Introduction

The word doping is accepted from the Dutch word 'dop,' the name of a mixed beverage made of grape skins utilized by Zulu warriors to enhance their ability to fight. The term got present around the turn of the twentieth century, initially referring to the illegal drugging of racehorses. However, improving performance through foreign substances or other artificial means is as ancient as the competitive sport itself [1]. Afterward, the significance of "dope" was stretched from a more extensive perspective to different beverages with stimulating properties. The articulation was brought into English Turf Sport around 1900 for illegal drugging of racehorses [2]. As indicated [3, 4], doping is the word utilized in the game when participants use disallowed substances or techniques to unjustifiably improve their exhausting performance or refer to a competitor's utilization of restricted medications or strategies to strengthen preparing and flourishing results. Correspondingly, [5] it is the admission of synthetic substances and the adoption of techniques that improve the performance of sportspersons. Moreover, [6] it is the utilization of prohibited substances in serious games. In another manner, [7, 8] explained that athletes' medications to improve their athletic performance are illegal substances. Moreover, following this, the IOC is likewise characterized as the deliberate or unexpected utilization of disallowed substances or sedates (drugging) and restricted strategies on the current doping list [9, 10]. To

put it plainly, [11] it is an infringement (violation) of antagonism to doping.

Doping is performance-enhancing conduct that can be dangerous due to the negative physical and mental impacts related to the utilization of certain substances and the regular contention that doping is out of line. However, doping proceeds and might be expanding. Since a firm hypothetical or experimental comprehension of doping doesn't exist, the battle against doping is difficult. Inferable from the difficulty of the doping wonder, concurrent thought of physiological, clinical, pharmacological, mental, moral, and fundamental variables are required to be fruitful in this effort. Nevertheless, developing proof proposes that in doping circumstances, doping conduct is not the end yet an unfortunate task, which is increasing at a higher rate. In this way, models of doping ought to incorporate and antagonistic to doping approaches ought to consider mentalities or directions toward the particular objective end, notwithstanding the disposition toward the apparatus itself. The suitability of instruction as restricting needs to be clarified, as it has been demonstrated that explicit doping information is higher among doping clients than among their non-client partners. It is recommended that counteraction and location make a domain where the odds of identification and discipline for utilizing doping are awkwardly high, subsequently getting athletes far from using such methods, paying little heed to their thought

processes. Then again, discouragement in its objective, perfect sense is related to producing a domain where athletes never feel inspired to utilize illicit methods for performance improvement [12]. Therefore, the researcher aimed to assess the perception of doping among sports science university students in Ethiopia concerning their sports participation experience or background.

Methods

The current study used the study's cross-sectional design and simple random sampling technique (to select the targeted universities). A total of seven hundred thirty-six (N=736) first-degree (bachelor) graduated sports science university students were selected from the first, second, and the third-generation of Ethiopian governmental universities with an application of whole or census sample producers due to their small number in each of the targeted universities. The self-administered questionnaire was directed to gain the appropriate evidence from the graduate students regarding the variable of doping perception. The independent sample t-test was applied to compare the mean significant difference concerning their sports participation experience or background. The descriptive statistics (mean, standard deviation, frequency, and percentage) also remained supported. The significance level was secure at P< 0.05.

Result

Table 1: T-test on Sports Science University Students in Ethiopia with the variable Doping perception with their Sports participation Background.

Variable	Group	N	Mean	Std. Deviation	t-value	Df	p-value
Doping Perception	Participated	485	3.63	1.04	-0.351	734	0.026
	Not participated	251	3.60	1.03			

Table 1 shows that the mean and SD values of those with sports participation and not sports participation background regarding doping perception were reported as 3.63±1.04 and 3.60±1.03, respectively. The t- value -0.351 and p-value (sign.) 0.026 were to be found statistically significant (p<0.05). Whereas comparing the mean values of the groups, students who had a participation background in sports had better doping perception than students who had no sports participation background counterpart.

Discussion

As revealed in the table-1, there is a significant difference (P<0.05) among sports science university students in Ethiopia with the variable of doping perception with their sports participation experience or background. The findings of the result indicated that the sports science university students with sports participation experience or background in different sports activities displayed a significantly higher doping perception than those of sports science university students who did not have sports participation experience or background counterparts. This result might be because the sports science students with sports participation experience or background have better exposure to the different training and seminars regarding doping and its related issue. These enhanced the understanding of their doping perception. In line with this finding [13], sports competition experience made an individual without doping. And also, the discovery

of [14, 15] reported that the same students (who had) participated in sports had the correct perceptions about doping.

Conclusion

The researcher examined university sports science students' acknowledgment of certain truths regarding doping and discovered the necessity for education on doping in Ethiopia. This finding results raise some perceptions of areas of educational essential. Findings also indicate that sports science university students previously had a sufficient interest. Further education on doping for sports science students would effectively fight doping and advantage athletes. Other investigations in the future better incorporate all years of sports science students each year to sound the perception of students on doping very well.

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