



## Attitude towards doping among sports science university students in Ethiopia concerning the generation of university

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### Abstract

Doping is a concern in sports and society, given that it is a pressing issue that must be dealt with in the education of future physical education and sports professionals. The objective of this study was to ascertain the attitudes towards doping of students in the bachelor's in sports sciences at Ethiopian governmental universities. The researcher implemented a cross-sectional design of the study. Among the 26 universities that offer sports science programs in their institution, 13 were selected using a simple random sampling method. Seven hundred thirty-six participants were also selected to be part of the study with a whole or censuses sample due to the small number of graduated students in each targeted university. A standardized questionnaire set by Petrocozi and Aidman (2009) measured students' attitudes to doping. It analysed data with SPSS version 24. Test of statistically  $\chi^2=17.766$  and p-value (sign.) =.000 revealed significant ( $p<.05$ ) association with regarding attitude towards doping to their generation of the university. The results indicate that first-generation university sports science students greatly viewed doping. Therefore, concerned bodies should give attention to the students who attended their education in second and third-generation universities.

**Keywords:** attitude, doping; sports science; students, generation of university

### Introduction

Sport is an information and communication period today, and it makes a calling by requiring some investment and getting economic profit (Karahan,2018) <sup>[1]</sup>. Sports are quickly getting extremely fulfilling and gainful for athletes internationally. As the opposition advances at the nearby, national and global levels, increasingly youngsters are asking into sports for satisfaction and a profession (Ehrnberg & Rosén,2009; Potgieter, 2013) <sup>[2,3]</sup>. For the most part, sports are considered a significant proportion of friendship, solidarity, resilience, and fair play in an educational setting (Blank C. *et al.*,2017) <sup>[4]</sup>.

For their apparent advantages to well-being and personal satisfaction, governments and health authorities broadly support sports and physical movement. On the other hand, illegal medication use is thought to hurt well-being and antagonistically influence society. In sports, the utilization of illegal medications falls under the doping classification. Doping is utilized in sports and exercise settings for a few reasons, including the longing to win and to improve physical appearance (Nicholls A. *et al.*, 2017) <sup>[5]</sup>. Supported by (Mazzeo *et al.*, 2019) <sup>[6]</sup>, in ancient times, athletes have tried to improve their performance by taking mixtures of different kinds of plants.

Furthermore, Greek grapplers and Roman combatants endeavoured to improve their performance by eating explicit pieces of animal meat (Sukys, S. *et al.*, 2021) <sup>[7]</sup>. The inclination is, in fact, familiar. However, it has dangerously expanded during the last three or four decades while our general public was becoming performance-oriented (Backhouse, S. H., & McKenna, J. 2011) <sup>[8]</sup>.

Filip A. *et al.* (2020) <sup>[9]</sup> announced that athletes utilized substances or different techniques that detrimentally affect both physical and emotional wellness and attempt to upgrade their performance falsely during opposition or to get ready for a competition, despite sports. In any case,

doping hurts a sport's image without benefitting competitors (Pöppel, K. 2021) <sup>[10]</sup>.

Running powerhouse Ethiopia was recently recognized as one of five nations with an anti-doping program in "basic consideration." Kenya, Morocco, Belarus, and Ukraine were named issue nations by the head of WADA. It was now doping in Ethiopia in expanding quantities by coaches and specialists, especially from Eastern Europe. Whatever it is, the avoidance of doping should be coming to the forefront with corresponding to other anti-doping developments in the network. For this, sport science and physical training educators would be in an ideal situation to impact doping in sports. Information about doping may keep athletes from growing professional doping mentalities and help the development of the right perspectives and create an apposite attitude to it. However, in Ethiopia, no investigations inspected attitudes towards doping among sports science university students.

Consequently, this study was focused on attitudes towards doping among sports science university students in Ethiopia concerning their generation of the university.

### Methods

#### Research design and study participants

The cross-sectional design of the study was applicable. It uses a simple random sample from 13 universities among twenty-six governmental universities that offer the program of sports science under their institution selected. The subject of the study was also selected with the implantation of a whole or census sampling method due to the small number of 2020/2021 graduate bachelor's students from targeted universities; All students were voluntary in the study. Amongst the whole respondents, 292 (39.7%), 220 (29.9%) and 224(30.4%) were from first, second and third-generation universities, respectively.

**Instruments**

The instruments/tools used for gathering information from the subjects were taken up and modified from the Performance Enhancing Attitude Scale (PEAS) formulated by Petrocozi and Aidman (2009). The PEAS tool was measured on a seven points Likert scale ranging from 'strongly disagree (1) to agree (7) strongly. While considering the requirements of the study and making clear to the subjects, the statements were adapted, and the scoring scale was accustomed to a five-point scale. A higher score on the attitude scale shows a positive attitude towards doping (Petroczi & Aidman, 2009).

**Data analysis**

The collected data were coded and analyzed using Statistical Package for Social Services (SPSS) software version 24. Normality and reliability tests were also conducted. Inferential statistics such as chi-square ( $\chi^2$ ) to measure an association of students' attitudes towards doping. In addition, descriptive statistics of mean, frequency and percentage values were also carried out. The level of significance was set at  $P < 0.05$

**Results**

Table-1: Association of Attitude towards Doping among Sports Science University Students in Ethiopia with their Generation of University (n=736)

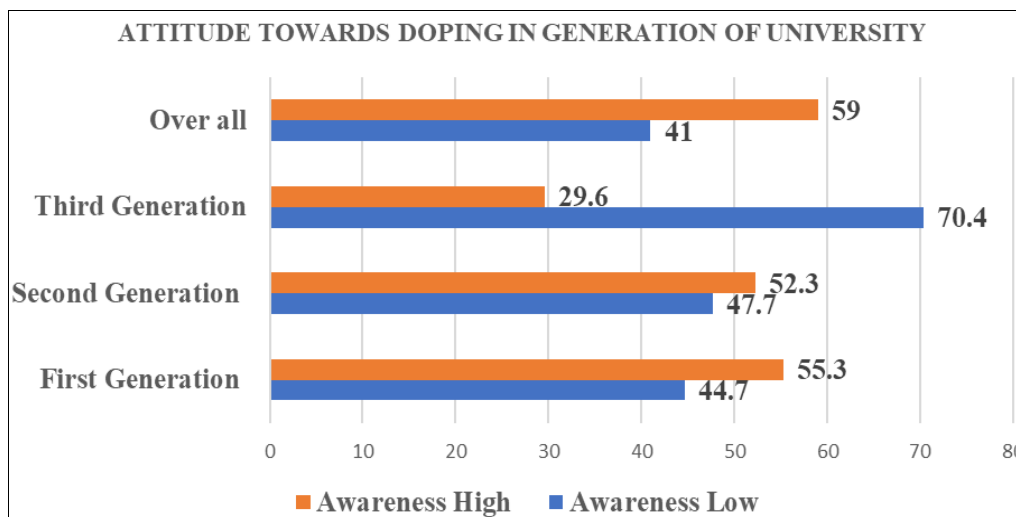
**Table 1**

Variable	Generation of University	Low	High	Total	$\chi^2$	DF	Sign.	R
Doping Attitude	First generation	131 (44.7%)	162 (55.3%)	293 (100%)	17.766	2	.000	.120
	Second generation	105 (47.7%)	115 (52.3%)	220 (100%)				
	Third generation	157 (70.4%)	66 (29.6%)	223 (100%)				
	Overall	302 (41.0%)	434 (59.0%)	736 (100%)				

\*\* Significant at ( $p < 0.05$ );  $\chi^2$ , chi-square value; R, Pearson correlation; DF, degree of freedom

The present study revealed that the mean value percentage of the first, second and third-generation university of sports science students were reported to be 131 (44.7%), 105 (47.7%), and 157(70.4%), respectively, with the variable; attitude towards doping, among low groups. That signifies more second and third-generation university sports science students had a low percentage compared to their first-generation sports science university counterparts. However, the high groups, first, second and third-generation universities, had reported the mean percentage value of 162(55.3%), 115(52.3%), and 66(29.6%), respectively. It

indicates that first-generation university sports science students had a great attitude towards doping compared to their second and third-generation university of sports science students. Test of Statistically  $\chi^2=17.766$  and p-value (sign.)=.000 revealed significant ( $p < .05$ ) association with regarding attitude towards doping to their generation of the university. The overall percentage is 434 (59.0 %) sports science university students with a high attitude towards doping and 302(41.0%) sports science university students with low attitudes towards doping.



**Fig 1:** The graphical representation of the percentage mean value of first, second, third generation university, and overall sports science university students in Ethiopia low and high groups of attitude towards doping

**Discussion**

The association of attitudes towards doping among sports science university students in Ethiopia (table-1) with their generation of the university was practical. The result of the study showed that first-generation university sports sciences students had a better attitude towards doping than second and third-generation university sports science students. It might be due to the reason that first-generation university sports science students are educated in well-infrastructure universities. In the same way, the first-generation

universities had better human resources and resources in their institution, which enabled the students to achieve better results in their academic achievement. A better performance would create a good attitude towards doping. Since students demonstrated healthier information and perception about doping in sports revealed a positive attitude towards doping. In line with this finding, Kaoche *et al.* (2020) [11] supported that first-generation university pharmacy students had better doping attitudes than others.

Additionally, Girelli L. *et al.* (2020) <sup>[12]</sup> explained that students who learned their education in a well-organized school had better attitudes towards doping than those who did not. Besides Kavussanu, M. *et al.* (2021) <sup>[13, 15]</sup>, athletes reported better doping attitudes than those who trained in better infrastructure colleges. Similarly, Rintaugu, E. G., & Mwangi, F. M. (2021) medical students who attended their learning high-rank universities demonstrated better attitudes than the others. Moreover, Hurst, P., Ring, C., & Kavussanu, M. (2021) <sup>[13, 15]</sup> addressed that athletes whom knowledgeable coaches coach demonstrate a positive attitude towards doping.

### Conclusions

According to the current finding of the study, the sports science university students who attended their education from the first-generation universities demonstrated a more positive attitude towards doing than the second and third-generation sports science students in Ethiopia. However, the overall attitude of sports science university students indicates that they were in a better position of attitude towards doping.

### Recommendations

From the study's conclusion, ETH NADA and universities must give attention to the students who attend their education in second and third-generation universities by preparing different seminars, workshops and conferences about doping in sports to build students' positive attitudes. Moreover, an investigation can be done on the attitude of doing among sports science university students in all years.

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