Doping is Bless or Curse in Sports

Muhammad A* and Jalil-U-Rahman B

*Department of Health & Physical Education, Govt College Sabirabad, Pakistan
BChairman Department of Sports Sciences & Physical Education, Gomal University, Pakistan

Abstract

The best athlete of the world in sports contests are certainly trained for extreme powers at their sports. The entire athlete utilizes all of their resources in getting the peak performance level, of being they know the sports rules, to which they must abide. Doping remains bless for athlete in primitives, while it is turned to curse at the back foot. The study examines the impacts of doping in relation to the history of doping, keeping in view the objectives, Doping is dangerous for young and vulnerable sportsman. Doping is contrary to the spirit of sports. In order to hand best results a likert type scale with three options and ten questions was constructed regarding 'Doping Is Bless or Curse in Sports' responded by the players and physicians of district karak.

Keywords: Doping; Sports; Health hazards; Athlete

Research Questions

The following questions are formulized as:

• Does doping is done for win?
• Does doping is done for any bodily resentment?

Introduction

Definitions of sports and doping!

"The word doping originates from ‘dop’, a term that conventionally refers to a stimulant drink" [1]. Doping means the application, ingestion, injection or consumption by any means whatsoever of any prohibited substance or prohibited method [2]. "Sports are institutionalized competitive activities that involve rigorous physical exertion or the use of relatively complex physical skills by participants motivated by personal enjoyment and external rewards." Drug or drink (illegal element) of any nature used by illegal technique (application, ingestion, injection or consumption) for the mental, physical and psychological evolvement in sports is called Doping in Sports.

Animals and humans organs were used for treatment of infirmities and for enhancement of routines [3]. In the era of 1400 BC, physicians of India and ancient Egyptian used testis tissues for weaknesses, healings and as an aphrodisiac [4,5].

From the primitive periods Greeks and Roman fighters used stimulants, brandy, wine, and mind blowing mushrooms, sesame spores for dazing lethargy, wounds and for improving stamina [6-8]. The legend myths and players of Africa and some other nations used plants like bufotein, fly-agaric (a mushroom), cola acuminita and cola nitida for running, fighting, strength improvement, enhancement of aggression, delaying fatigue and for psychomotor development of the physique in and outside of the competition [9-11].

Keywords: Doping; Sports; Health hazards; Athlete

Caffeine

Coffee which is extracted from caffeine has stimulating effects; researcher like Catten argued that during the civil war the Union Army used coffee for activeness in the whole night. Coffee was used in the past by number of people of varied classes demanded for a well functioned brain, and alcohols for people with laborious work [13].

In the last decade of 19th century caffeine as s stimulants were used with great deal in competition and some trainers reaped its benefits with special doping recipes for swimmers, runners, throwers, cyclists and etc. over the adversaries [9,10,13]. Similarly in today's era the practitioners (players) use strychnine pills, brandy and cocaine mixture, with more proceedings in the play the amount of drug is evolved too [6].

Due to poisonous effect of brandy and stimulants many of the players died, despite to it milk-punch, bubbly, brandy, belladonna, strychnine, morphine and hot drops are used by the players by the athletes [17].

Anabolic

Anabolic has direct effect upon muscular strength [4]. The anabolic steroids commenced in the start of 1950s by the soviet weight lifters [18]. The U.S team physician Dr. john Ziegler apparently stated that the soviet players used testosterone [19-21]. In 1958 Dr. John Ziegler and Ciba pharmaceutical company experiments showed that Dianabol and testosterone are used by players for efficiency and for divine powers. And the same started to use from 1960s vividly.
Stimulants

The practice of using drugs was at peak when the athlete started to use other variety of stuffs like alcohol, cocaine, strychnine, caffeine and nitroglycerine for the stimulants effects [9,10,12]. The same constituent was obtainable in form of tablets whole heartedly [22]. In the dawn of 1930s the same material was used source of disturbing the mental and the college students started to use it as for charging off sleep and to vibrant their thoughts [23].

The international sports studies claimed that amphetamines as an ergogenic aid was seen in World War II, both the forces used stimulants for releasing fatigue and enhancing endurance [24].

The research of the Air Surgeon’s Bulletin, suggested that for flying, longer stay, staying awake in air one pill of Benzedrine may be worthy. Japanese used amphetamines to stimulate psyche in suicide missions [25], likewise the Mandell [26] argued that amphetamines for getting pluckiness fearlessness.

Anabolic steroids

The use of anabolic steroids was not that much in 1960s Olympics, but the hush-hush after the astonishing successes of the soviet and American weight lifters and athletes emerged in 1964s Olympics, by which the steroids started to use in all strength and endurance sports [20,21,27-31].

By 1968, according to Connolly [27] and Francis [32], number of athlete used steroids, including sprinters, hurdlers, and middle-distance runners, according to Dr. H. Kay Dooley, a team physician for The US weightlifters, stated, “I don’t think it is possible for a weight man to compete internationally without using anabolic steroids. All the weight men on the Olympic team had to take steroids. Otherwise they would not have been in the running” [28]. It was time when steroids were not banned.

During the 1968 Olympic Games in Mexico City, athletes and coaches did not debate the morality or propriety of taking drugs; the only debate was over which drugs were more effective.

Bill Toomey, gold medalist in the decathlon at the 1968 Olympics and winner of the Amateur Athletic Union’s prestigious Sullivan Award, admitted he used drugs to aid his performance at the Mexico City Olympics [25].

Caffeine is used mostly in the field of sports as stimulant, found in the variable of plants, dietary sources (including coffee, tea, chocolate, cocoa, and colas), and non-prescription medications.

In 1970s a Laboratory inculcate that caffeine enhance endurance by increase in the amount of adrenaline in the blood which works in discharge of fatty acids from muscles. This benefits the more use of carbohydrates, production of glycogen and later on the adjournment of fatigue and injury.

Caffeine is methyl xanthine that remains naturally in many plants as cocoa, coffee beans, chocolate and tea leaves. The actions of caffeine are!

The central nervous system is badly affected as a adrenergic receptors antagonists.

Increases the muscles contractibility and increases permeability of the sarcoplasmic reticulum to calcium. Inhibit the role of hormones as neurotransmitters [32].
Likert nature having three choices (agree, disagree, undecided). The mass of these options was Agree = 1 Disagree = 2 and Undecided = 3.

The description of the questionnaire contained of 10 questions; in each question was valid and reliable through expert’s opinions. For gripping the most worthwhile conclusions the researcher personally meet the respondents & explained the confusion they had. The questions were based upon the following areas and then the data collected from respondents was analyzed using a computer program, Statistical Package for Social Sciences (SPSS, 18 Version). Collected data was transferred into the program and frequencies and percentages were made on the basis of data inserted in the database of SPSS (Table 1).

Table 1: Effects of doping.

<table>
<thead>
<tr>
<th>S/No</th>
<th>Areas</th>
<th>Agree</th>
<th>Disagree</th>
<th>Undecided</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Doping in Sports in past era</td>
<td>90%</td>
<td>10%</td>
<td>0%</td>
<td>100%</td>
</tr>
<tr>
<td>2</td>
<td>Effects of doping upon sociality</td>
<td>98%</td>
<td>0%</td>
<td>2%</td>
<td>100%</td>
</tr>
<tr>
<td>3</td>
<td>Doping effects on mental health</td>
<td>100%</td>
<td>0%</td>
<td>15%</td>
<td>100%</td>
</tr>
<tr>
<td>4</td>
<td>Doping effects on physical health</td>
<td>75%</td>
<td>10%</td>
<td>20%</td>
<td>100%</td>
</tr>
<tr>
<td>5</td>
<td>Doping disturbs worldwide peace</td>
<td>80%</td>
<td>0%</td>
<td>20%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Conclusion

Competition is a natural phenomenon that occurs among all animals and especially among humans whether it is field of play or general life. As in sports athlete seeks ways to improve their performance in competition but they got severely indulged in doping. For the time being their enactment is increased as it is our society that emphasizes and rewards speed, strength, size, aggression and, above all, winning. In order to nourish the body enactment for antagonism drugs are being used from the time past [37]. The only use of drugs i.e., was to have strength, productivity and to minimize the sense of fatigue [3].

As with other types of drug abuse, doping in sport is primarily a demand driven problem. But it devastates their life in the longer run. During usage doping is considered bless because of its effects during play but in the last the same is changed into curse as most of the substances in doping drugs have harmful effects to the wholesome health as mental, physical and to social health. It is responsibility of the Government to in address this issue, in that they need to be aware of the multifaceted problem of doping, and sport authorities need to ensure that ethical education and guidance for athletes are of the highest standard [38-43]. As the enormous economical revenue around the most famous sports events worldwide is linked to sponsors and media coverage, a provocative and radical solution for the immediate future might be the interruption of media coverage of those events where doping cases are commonplace. This perception is worse in adolescents, who might be persuaded that drug-taking is a necessary part of the route to achieve success in competition, sport and daily life. As the use of ergogenic aids, including those formally prohibited, is now commonplace not only in professional sports but also in the daily life of physically active individuals, recreational and elite athletes, the current approach to pursuing cheating in broadcasted sports is probably inadequate to control a social phenomenon emerged as a real public health issue.

The removal of doping controls would have major benefits: less cheating, increased solidarity and respect between athletes, more focus on sport and not on rules. Most of the ‘costs’ of abolishing doping controls depend on false beliefs.

References