

The psychology of athlete for using performance enhancing drugs

¹ Dr. Ishwar Singh Malik, ² Meenu

¹ Assistant Professor, Department of physical education, Ch. Devi Lal University, Sirsa, Haryana, India

² Research Scholar, Department of physical education, Ch. Devi Lal University, Sirsa, Haryana, India

Abstract

In the modern time the sports performance is a main issue for sports person. "Win at all cost" outlook make so much changes in their mind so they adopt illegal means and method to enhance the performance which is called doping. Such performance-enhancing drugs include anabolic steroids, beta-blockers, as well as stimulants used by athletes for various reasons: to increase strength, calm nerves, or block pain (Weinberg & Gould, 2007) [3]. In short, the physical or sports performance leads to satisfaction, pleasure, and remove psychological pressure, tension, stress, anxiety of the players. But on the other hand if the player is not performing well then it leads to many psychological problems like lack of self-confidence, pressure on mind, stress, depression, so to tackle with these psychological problems the athlete use, performance enhancing drugs.

Keywords: Doping, sports performance, confidence

Introduction

Drugs and methods to improve physical performance among athletes have been used since the beginning of sport history. Doping originated long ago, since the beginning of time. In the early history-mid-century, warriors all around the world ate hearts, brains and livers of animals in the belief that they would become more intelligent, swifter and stronger. In pre-history, West Africa tribesmen consume cola nitida to improve performance, China commanders ingested Ma Huang for various stimulation purposes. In Ancient America, citizens in Peru and Mexico ate coca leaves for endurance in competitions. In 3 BC, Greek athletes consumed special diets such as dried figs, wine, wet cheese, meat and a variety of mushrooms to improve performance in their Olympic Games. In Roman era, stimulants mixed with alcohol were consumed by roman gladiators to recover faster from tiredness and injuries. All these evidences are sufficient to prove that doping did not just begin but had its roots long time ever since the beginning of time.

These drugs get transferred and transformed into modern games by different names and through different methods. These Performance-enhancing drugs are used by people to improve their performance in the sports in which they engage. They may anabolic steroids, beta-2 agonists, selective androgen receptor modulators (SARMs), and various human hormones, most notably human growth hormone, as well as some of their precursors. Stimulants which are used to stimulate their body and mind to perform at optimal level by increasing focus, energy and aggression. Painkillers mask athletes' pain so they can continue to compete and perform beyond their usual pain thresholds. Sedatives are sometimes used by athletes in sports like archery which require steady hands and accurate aim, and also by athletes attempting to overcome excessive nervousness or discomfort. Alcohol, valium and marijuana are examples. Diuretics expel water from athletes' bodies. They are often used by athletes such as wrestlers, who need to meet weight restrictions. Masking

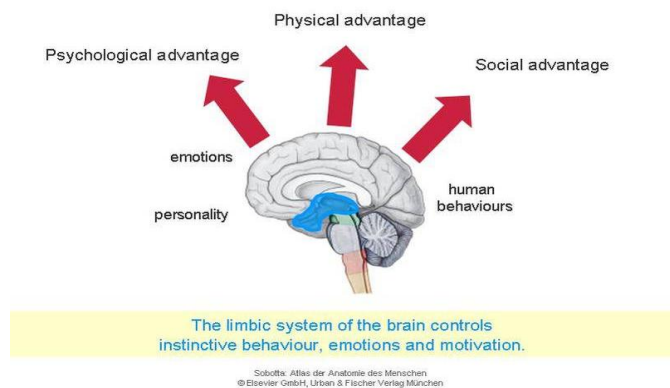
drugs are used to prevent the detection of other classes of drugs. These evolve as quickly as do testing methods – which is very quick indeed [2] – although a time-tested classic example is the use of epitestosterone, a drug with no performance-enhancing effects, to restore the testosterone/epitestosterone ratio (a common criterion in steroid testing) to normal levels after anabolic steroid supplementation.

The prevalence of doping is higher among sports competitors and increases with age and level of competition. Drug abuse is one of the biggest problems in sports. It can also be referred to as substance abuse or doping. Drug abuse involves the repeated and excessive use of chemical substances to achieve a certain effect. These drugs help in increasing muscle mass, strength, and resistance to fatigue. The utmost advantage of these drugs is their effect on the central nervous system, which makes athletes more aggressive in training and in competition. It is an unacceptable part of sports and it is illegal because of their adverse effects and performance enhancing actions, moreover, several prohibited drugs may have very high potential for addiction and abuse. Doping is a divisive and socially undesirable behaviour and it is an enormously secretive behaviour. The problem of drug use is very common in competitive sports.

Two major problems arise due to use of drugs are: health problem and unfair performance enhancement. Both these issues sometimes seen in conflict with the right of autonomy which implies that the athletes can use their body freely but for the sake of sports, another major issue need to be addressed while dealing with doping is 'spirit of sport'. Doping effect on Future Generation "An athlete's doping past May well come back to haunt on his or her children." – play the game magazine 2008 article written by Kristen Sparre. So what exactly can doping do to an athlete's child? We will touch on 2 main points—higher chances of miscarriages and sicknesses like allergies and skin problems. Miscarriages, Child Handicaps.

There are a number of factors that may contribute to an athlete misusing drugs. physical dependence, dissatisfaction with performance and progress, psychological dependence, desire to relax/socialise, belief that others are using drugs, problem of being easily influenced by others, lack of confidence, motivation, task, ego, emotional status, low social support. pressure to win from coach, parents, public, media, national pride these contributes an athlete's desire to win, the desire to please their coach and family, the glory of victory and the social and economic reward of sporting success often send the athlete in search of a competitive edge. Sometimes this search leads to the use of drugs.

Psychological effects and addiction: Motives of doping



In fact, the urge to win is one of the main reasons for doping behaviour in elite sports. According to Ehrnborg and Rosén (2009) elite athletes have a tremendous desire to win at all costs, as major physical, social and psychological pressures influence them. In a 1995 survey carried out on 198 Olympian or aspiring Olympian athletes, 98% of athletes said they would use a banned performance enhancing drug (PED) if they would not get caught and win. In addition, 50% still said they would take a PED if they could win every competition for the five following years and then die from the side effects (Bamberger & Yaeger, 1997). Much of the research on doping behaviour has so far concentrated on individual differences in attitudes towards drug use and towards drug testing programs. But it is not well understood, what are the underlying psychological factors for the use of performance enhancing substances in sports. Some studies analyzed the performance enhancement attitude with doping belief and sports orientation, while few researchers studied the social support determinants of the performance enhancing drugs. Hence, understanding player's attitudes and behavioural intentions towards performance enhancement is critical for anti-doping intervention strategies.

The present article deals with some of psychological variables which are directly or indirectly related to intake of drugs in sports. One of them is "doping confrontation confidence". That might have a link with intake of performance enhancing drug. Theory and research in sport science, as well as pedagogy in coach education, support that this would be a tremendously influential attribute of the coach in the battle against doping. First, we will develop a valid and reliable measure of coaches' doping confrontation confidence. Second, we will design and implement an intervention that will enhance this confrontation confidence. Self-confidence in

sports relies primarily on the athlete's ability to believe he can win and that he can be successful in his efforts. Consultants a self-confidence is one of the most important attributes an athlete can possess and should be fostered by both athletes and their coaches. Athletes use drugs to get in confidence, Lack of self-confidence indulge athletes into drugs. Confidence level of athletes of Drugs athletes were viewed negatively compared to non-users in term of self-controlled (Susan Backhouse). Coach, can do a lot to help athletes to build confidence, focus, self-esteem, motivation, and enjoyment of sports. Professional athletes are under a lot of pressure to be competitive, and some drugs may help them improve their performance. There are many reasons that athletes are driven to be the best besides the personal desire to succeed, most athletes stand to make a lot of money if they can improve their performance. Since athletes have relatively short careers, they have to achieve their peak performance level rather quickly. Athletes have been trying to improve their performance by taking different preparations for as long as they have been competing. This thirst for victory is usually the terrorizing factor that encourages the act of doping. Moreover, if winning is everything, then everyone will do anything to be able to win. However, coaches and trainers are sometimes are seen as the major obstacles to drug-free sports. They are usually the one who hands out drugs to the athletes. Therefore, athletes and coaches should also be educated.

Conclusion

In a nutshell, doping is harmful be it to the human body or to our personal reputation. It can seriously harm the body in many unexpected ways and it can also input male features into females and vice versa. In the context of our own personal reputation, we will also lose the trust of the people who believe in us and most importantly, the society. All these effects will adversely affect us in one way or another and it is best to stay away from them by controlling ourselves for high expectations from taking drugs in a sports event despite of the immeasurable thirst for victory. "WINNING ISN'T EVERYTHING, it's the only thing."

References

1. Donovan RJ, Egger G, Kapernick V, Mendoza J. A conceptual framework for achieving performance enhancing drug compliance in sport. *Sports Medicine*. 2002; 32(4):269-284.
2. David Baron A, David Martin M, Samir Abol Magd. Doping in sports and its spread to at-risk populations: an international review journal *World Psychiatry*. 2007; 6(2):118-123.
3. Robert Stephen Weinberg. Daniel Gould Foundations of sport and exercise psychology *Human Kinetics*, 2007
4. Radovanovic D, Jovanovic D, Rankovic G. Doping in nonprofessional sport. *Facta Universitatis, Physical education* 1998; 1(5):55-60. PubMed
5. Susan Backhouse, Jim McKenna, Simon Robinson. Andrew Atkin International Literature Review Attitudes, Behaviours, Knowledge and Education – Drugs in Sport: Past, Present and Future Prepared for World Anti-Doping Agency.