



Investigating the Level of Education of Individuals on the Proposed Inhibitory Response to Doping

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Abstract

Background and Aim: The purpose of this study was to investigate the relationship between education level and type of proposed inhibitory reaction to doping among athletes in Kermanshah province.

Methods: This research is a descriptive survey and field study. In order to collect data, a researcher-made questionnaire with 40 questions was used. The face and content validity of the questionnaire was confirmed by a survey of professors related to the research topic and its reliability was reported 0.79 using Cronbach's alpha. The statistical population of the study consisted of all athletes in Kermanshah province. 700 people were selected by cluster random sampling method and finally 431 healthy questionnaires were used. Data were analyzed using SPSS software

These can be licensed to access the university using the services of 81/5 Authenticates, can also be consulted by component specialists, and can also have doping restrictions between different groups. Statistics showed that you can be absent in the field of doping retrieval in matched training groups. Using the qualitative level, you can decide with your own eyes as a deterrent against doping among provincial athletes in Kermanshah province and agree that your homosexuals are opposed to doping.

Conclusion: As a spectacle that may have a high power internationally, it can allow you to be able to convert you to two people and thus be able to use them. And can use it among these people. , The most effective laboratory of emotions in power sources.

Keywords: Education, Inhibition Response, Doping, Athletes, Iran, Kermanshah Province

1. INTRODUCTION

Doping events have become an integral part of modern sport and the initial screams about doping have subsided. It is currently being investigated whether modern exercise can exist without doping (Muller, 2010). The spirit of sports is under threat from doping athletes (World Anti-Doping Agency, 2009). Doping means using unauthorized drugs or methods to improve sports performance. In 1963, the European Parliament's legal definition of doping was "abnormal consumption of abnormal substances in healthy individuals with the primary intention of enhancing dummy performance". It was not clear, however, what the definition included, which material categories or methods. Thus, in 1968, the International Olympic Committee attempted to define the term doping using a trace list of prohibited substances and methods (Motteram, 1999).

The World Anti-Doping Agency (2008) reported that there are two important factors and criteria for whether something is doping. The first factor relates to the nature and amount of advantage an athlete derives from this material. The second, and perhaps most important, factor is the amount of risk and potential injury to the athlete through exercise and exercise. The World Anti-Doping Agency (WADA) is an organization whose mission and task is to precisely determine what even conduct is considered to be doping. Doping is becoming more and more of an issue in elite sport, with doping and its prevention programs becoming more and more popular. In addition, the problem of doping is not confined to modern elite sport, which makes it difficult to solve it solely within the context of sport (Bet, 2001).

The spirit of sport is an ideal or perhaps an ethical principle that athletes, especially young people, should be encouraged to seek (Foot & Harrison, 1954). However, anti-doping prevention programs have so far been neglected. Most people affected by doping have often been athletes themselves. Zabala et al. (2009) previously identified dianabol as a doping athlete, an athlete's death from Amphetamine overdose was spread around the world at the Rome Olympics every year. Because many people feel that doping is largely a cowardly or fraudulent act, and that this leads to the introduction of alien substances, it is not clear why some people do so. They tend. Finally, the question arises to what extent there is a balance between these contradictory principles in modern sport (Walcott, 1995). The spirit of sport is under threat from doping athletes (World Anti-Doping Agency, 2009). Most prevention programs are based on health education and focus on transferring the knowledge necessary to change doping attitudes or reduce the tendency to confront it. (Goldberg et al., 2000). We believe that measures designed to examine the validity and beliefs of athletes and stimulate critical reflection on doping are more promising (Hanson 2009).

Given the importance that sport has for young people in many social, cultural, health and other contexts, there must be conditions for athletes to exercise in a healthy environment in terms of mental and social health, and in addition to moral capacities, Develop their behavioral, social and emotional well-being as well as avoid doping problems such as physical problems and sanctions so that we can see successful athletes in the international arena.

The purpose of this study is to determine whether there is a relationship between education level and the proposed inhibitory response to doping among athletes in Kermanshah province or not.

2. METHODOLOGY

This research is a descriptive survey and field study. A researcher-made questionnaire with 40 questions was used for data collection. The face and content validity of the questionnaire was confirmed by a survey of professors related to the research subject and its reliability was reported to be 0.79 using Cronbach's alpha. The statistical population of the study consisted of all athletes in Kermanshah province. Due to the large number of samples, cluster random sampling method was used. Finally, 700 questionnaires were returned, out of which 431 were used. Data were analyzed using SPSS software. Descriptive statistics (mean, standard deviation, percentage, tables, graphs) as well as inferential statistics (one-sample t-test, independent sample t-test and analysis of variance) were used for data analysis. Kolmogorov-Smirnov test was used.

3. RESULTS

As shown in Table 1-1, out of the returned questionnaires, 431 questionnaires were accepted which consisted of six sub-diploma, diploma, post-diploma, bachelor's, master's and doctoral degrees.

The frequency distribution of the subjects studied by education is shown in Table 1.

Table1: *Frequency Distribution and Percentage of Respondents by Education*

Percentage	Abundance	Education
8/4	36	Under the diploma
13	56	Diploma
14/4	62	Associate Degree
45/7	197	Masters
16/5	71	MA
2/1	9	P.H.D
%100	431	Total

As can be seen in the table above, the highest percentage of bachelor respondents is 45.7% and the lowest PhD level is 1/2%.

In Table 2. The relationship between the level of education and the type of proposed inhibitory response to the doping phenomenon is presented.

Table2: *Component Analysis of Variance of Proposed Inhibitory Responses to Doping Among Educated Groups*

The significance level	Test statistic (F)	Degrees of freedom	Education
0/001	6/819	5	Between groups
		425	Within groups
		430	Total

According to the table above, the significance level of the test was 0.001 which is less than the error value of 0.05. Therefore, the proposed inhibitory responses to doping were not matched in the study groups.

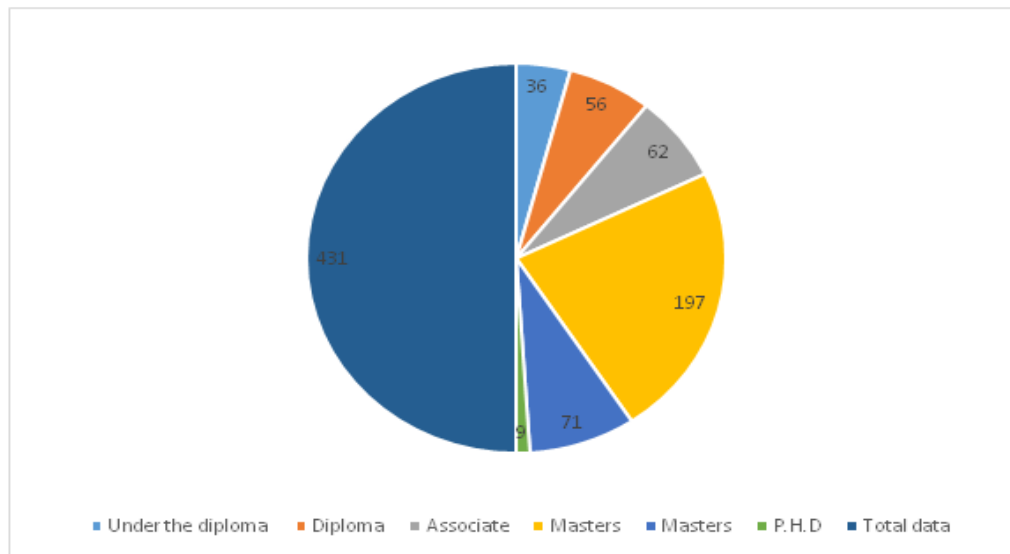


Figure1: *Percentage of Respondents by Education*

4. DISCUSSION AND CONCLUSION

The results showed that the significance level of the test is 0.001 which is less than the error value of 0.05. The ANOVA test showed significant differences between the different groups of athletes in Kermanshah province. Therefore, the proposed inhibitory responses to doping were not matched in the study groups. These results are consistent with research by Rahimi et al. (2008) in a study entitled "The Impact of Training on the Nutrient Abuse Percentage in Bodybuilding Athletes" that the implementation of educational programs can broaden the use of narcotic drugs. The effect of these programs is greater among lower age groups and those with lower education levels, and the results of Aurang et al. (2015) in a study titled "Determining Factors Affecting Tendency to Supplements and Ingredients in the Club" Of Kohgiluyeh and Boyer Ahmad Province »concluded that lack of awareness with 6.22% was the most and the least Officers had the least impact on athletic supplements and substances in sports clubs with 2.89%, and athletes sometimes use them because of lack of education or lack of information about the effects of these supplements. , Which results in irreparable complications and injuries for the individual, as well as the results of HashemiShahraki et al. (2008) in a study entitled "Investigating the Relationship of Attitude and Relationships with Parents with Anabolic Steroids in Athletic Male Athletes in Ahvaz." »They concluded that there is a relationship between attitude and education of subjects with anabolic steroids consumption. There is a lack of motivation, and the results of Patrick et al. (2014) in their studies found that risk factors for athlete supplement use include inexperience, poor education, lack of awareness, and blind imitation of professional athlete; Was. Level of education influenced the type of inhibitory response proposed to the doping phenomenon; Educated athletes were more familiar with doping and more aware of doping and its disadvantages and were more inclined to oppose doping and also favored doping and each had different strategies to combat doping. It is recommended that athletes improve their education because by continuing their education, the proposed inhibitory responses to doping can be effective, as well as by upgrading their level of education, sports science will be updated so athletes can achieve good results in the field. Reach out (national, international) and lead them to healthy exercise and regular exercise, replacing exercise and nutrition with doping.

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