



## Gender differences in athletes attitudes and familiarity with drugs and unauthorized training methods

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### Abstract:

The purpose of the present study was to investigate the differences between men and women regarding the level of familiarity with unauthorized drugs. A 40-question researcher-made questionnaire 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, etc.) for analysis of data as well as inferential statistics (one-sample t-test, independent sample t-test and variance analysis) and Kolmogorov-Smirnov test was used to determine the normality of the data distribution. The results showed that there was no significant difference between the two groups in terms of familiarity with unauthorized drugs. As a result, men are less familiar with unauthorized drugs than women.

### Introduction:

Doping The Dutch word for doping in sport dates back to two thousand years BC, where Homer has mentioned in his writings the use of protein-rich fungi by a group of ancient Greek athletes (1). In general, the use of external materials to increase athletic performance seems to be equivalent to the life of competitive sports. As a symbol of competitive sports, the first Olympic Games took place in Greece in 776 BC. The first recorded use of drugs in the 3rd century BC was mentioned in ancient Olympic games (2,3). It has been found that during this period, some athletes used special diets and stimulants such as hallucinogenic fungi and sesame seeds to increase efficiency (4,5,6,7). The ancient Egyptians used a special



beverage to improve their efficiency, which was used to prepare cattle gourds in some vegetable oil (8). The use of medicines during ancient times is also recorded. Chariot athletes fed certain horses into their horses to run faster, as many gladiators used special materials to win their fights (9). The use of motifs by medieval knights is also mentioned (8). Various herbs were also used in the Ancient Greek Olympics for their stimulating effects on speed and endurance. The use of Huang, an extract of Ephedra, was also used as a performance enhancer in China some 5,000 years ago. The term doping was also coined in the late 1800s when a potion containing opium was used in horses (10). The core of the Olympics is not just about conquering, but about healthy competition. Ethically, this principle has nothing to do with the reality of the sports world today (11). Athletes have been fooled by doping to improve performance where the millisecond difference can be a determining factor between the winner and the runner. The International Olympic Committee did not start the doping test until 1968 when a Danish cyclist Knud Enemark Jensen died in an accident at the 1960 Olympics, and it was later determined that the athlete had used amphetamine. In 1998, erythropoietin was discovered among many substances banned by police during the Tour de France. During the World Conference on Doping and Sport (1999), the World Anti-Doping Agency was set up to take the initiative to develop standards for a continuous doping control program.

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