

**ASSESSING THE KNOWLEDGE LEVELS AND VIEWS ABOUT
DOPING IN SPORTS OF FLATWATER AND WHITEWATER
CANOE TRAINERS IN TURKEY**

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Key words: Doping, canoe, trainer.

Abstract:

Purpose: The significance of our study is that it aims to help reclaim the amateur spirit under the guidance of trainers, emphasize the social importance of sports through prioritizing this amateur spirit over material gains, and prevent degeneration in sports by creating an ethical understanding of sports and promoting playing by rules

Methods: In order to determine the knowledge levels of the flatwater and whitewater canoe trainers about doping, the survey “Knowledge Levels and Views of Doping” was used. Besides, Personal Information Form was given to collect data related to demographic variables. To analyze the data, Percentage Frequency Distribution and Correlation and Regression tests were used.

Results: When the “Regression Distribution of Trainers’ View of Doping based on years in Coaching” was examined, it was found out that 13 (59 %) of the trainers with 1 to 3 years experience said that doping runs against sports ethics. The numbers for the other age groups for the same statement were found as follows: 7 (46.7 %) with 4-5 years of experience, 4 (66.7 %) with 6-7 years of experience, 2 (100 %) with 8-9 years of experience and 1 (20 %) with 10 years of experience.

Conclusions: Based on the findings of the study, it can be said that the trainers are not adequately knowledgeable about doping, but since they are well aware of its harms, they are against it. It was found out that there is not a significant difference ($p < 0.05$) between the attitudes of the trainers towards doping use and their ages, genders, fields, majors they graduated from and years of coaching experience.

Introduction

Although it is accepted that many athletes are aware of the negative outcomes of doping, the practice still prevails due to the irresistible attraction of glory and record breaking along with commercialization and

professionalization of sports. There is a strong correlation between doping and these factors. It can be said that lack of knowledge, unwillingness to train or improper preparation for the competition are among other important factors that lead to doping (2).

For a long while, the sports community worldwide has been fighting against doping substances that severely harm the olympic spirit. There has been an ongoing effort to find more efficient testing systems; besides, special campaigns have been informing athletes about the side effects. It is interesting that most of the athletes who dope are well aware of the harmful effects of such substances. So, why do they dope? Upon being asked this question, an Olympic athlete answered as: "I would not hesitate to use a drug which only I knew that could kill me after making me an Olympic champion." It is impossible for an ordinary person, or a sensible athlete, to understand such mentality. However, unfortunately, it seems that the issue takes a different shape at the professional level. Most of the time, people cannot help but fall prey to their ambitions and turn towards doping that has terrible side effects (3). For the past 20 years, the issue has gained a new dimension with the spread of substance abuse among individuals who are involved in sports for pleasure. However, the inclusion of cocaine in the substances abused has led to a confusion between the concepts of drug abuse for pleasure and for performance enhancement. With the 1980s, the media started to cover in detail the stories of drug abuse among athletes. Suspicions, scandals, tragedies and monetary penalties related to the issue have gained a lot of popularity and become a part of our daily life (4).

Aim

The significance of our study is that it aims to help reclaim the amateur spirit under the guidance of trainers, emphasize the social importance of sports through prioritizing this amateur spirit over material gains, and prevent degeneration in sports by creating an ethical understanding of sports and promoting playing by rules (16).

It was found out after a survey in the field that there is no research on canoe trainers' views and knowledge levels of doping. In this respect, it is significant to assess the views and knowledge levels of canoe trainers who will train elite athletes and trainers of the future. This study is believed to make a contribution in this regard. It aims to identify the degree of knowledge about doping of canoe trainers who has great influence on athletes (17).

Material-method:

Aiming to study Flatwater and Whitewater Canoe Trainers' knowledge levels and views of doping, our study is a descriptive survey research.

The universe of the research consists of Flatwater and Whitewater Canoe Trainers. The sampling of the research is made up of 50 flatwater and whitewater canoe trainers who participated in the Trainer Licensing and Visa Seminar organized by Turkish Canoe Federation.

In order to determine the knowledge levels of the flatwater and whitewater canoe trainers about doping, the survey "Knowledge Levels and Views of Doping" was used. Besides, Personal Information Form was given to collect data related to demographic variables. To analyze the data, Percentage Frequency Distribution and Correlation and Regression tests were used.

Findings

86% of the flatwater and whitewater canoe trainers are male (N=43) and 14 % female (N=7); 45 of them have college degrees, and 10 are graduates of Sports Trainer programs (Table 1).

Table.1 gender distribution of the trainers

Gender	Frequency (F)	Percent (%)
Female	7	14
Male	43	86
Total	50	100

As to the age distribution of the trainers, 24 % of them are between 18 and 25, 42 % 26 and 30, 26 % 31 and 35 and 8 % are above 35 (Table 2).

Table.2 age distribution of the trainers

Age	Frequency (F)	Percent (%)
between 18 and 25	12	24
26-30	21	42
31-35	13	26
above 35	4	8
Total	50	100

When their training experience is examined, it is seen that 46 % have between 1 and 3 years of experience, 28 % 4 and 5, 12 % 6 and 7, 4 % 8 and 9, and 10 % of them have 10 years or above experience (Table 3).

Table.3 flatwater and whitewater canoe trainers experience

Training Experience	Frequency (F)	Percent (%)
1-3 Year	23	46
4-5 Year	14	28
6-7 Year	6	12
8-9 Year	2	4
10 years or above	5	10
Total	50	100

When the “Regression Distribution of Trainers’ View of Doping based on years in Coaching” was examined, it was found out that 13 (59 %) of the trainers with 1 to 3 years experience said that doping runs against sports ethics. The numbers for the other age groups for the same statement were found as follows: 7 (46.7 %) with 4-5 years of experience, 4 (66.7 %) with 6-7 years of experience, 2 (100 %) with 8-9 years of experience and 1 (20 %) with 10 years of experience (Table 4).

Table.4 Regression distribution of trainers’ view of doping based on years in coaching

	Years of Training Experience					Total	p
	1-3 year	4-5 year	6-7 year	8-9 year	10 year and above		
Runs against sports ethics	n 13	7	4	2	1	27	0.50
%	59,1%	46,7%	66,7%	100,0%	20,0%	54,0%	
To be used	n 0	2	1	0	0	3	
%	,0%	13,3%	16,7%	,0%	,0%	6,0%	
Certainly should not be used	n 9	6	1	0	4	20	
%	40,9%	40,0%	16,7%	,0%	80,0%	40,0%	
Total	n 22	15	6	2	5	50	
%	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%	

The trainers were asked :”In your opinion, what kind of doping do athletes usually use?” It was seen that **34 %** of them answered anabolic steroids, **22 %** answered **All**, and **2 %** answered **Beta Blockers**. In the works of Pope et. al. (1988), Frankle (1988), Karakılıç and Koçak (1999) and Şirin (2001), athletes state they mostly use anabolic steroids. These findings are compatible with the research data.

To the question “What are the underlying psychological reasons of doping?”, 66 % answered Excessive Ambition to Win, and 4 % Improving Concentration. It can be said that commercialization of sports, material gains of success and the turn of desire to win into naked ambition play a great role in leading the athlete to do all it takes to get the result. Öztürk (2009), too, argues that athletes’ desire to enhance their performance is a strong one and that the economic and social promises of sportive success harm not only ethical codes but also health regulations.

Conclusion

Based on the findings of the study, it can be said that the trainers are not adequately knowledgeable about doping, but since they are well aware of its harms, they are against it. It was found out that there is not a significant difference ($p<0.05$) between the attitudes of the trainers towards doping use and their ages, genders, fields, majors they graduated from and years of coaching experience.

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Titlu: Evaluarea nivelului și a punctelor de vedere a specialiștilor privind dopajul în canotajul pe ape liniștite și curgătoare în Turcia.

Cuvinte cheie: dopaj, instructor canoe.

Rezumat: Scopul: importanța studiului nostru este că acesta este proiectat pentru a ajuta la recuperarea spiritului amator, sub îndrumarea formatorilor, pentru a conștientiza semnificația socială a sportului prin prioritizarea spiritului amator fără câștiguri materiale, și de a preveni degenerarea sportului în crearea unei înțelegeri etice a acestuia și promovarea unei întreceri corecte după reguli.

Titre: Évaluation des niveaux et points de vue des connaissances sur le dopage dans les sports du eaux calme et eaux vives canoe formateurs en Turquie.

Mots clés: dopage, canoë, formateur.

Résumé: Objectif: L'importance de notre étude est qu'elle vise à aider récupérer l'esprit amateur, sous la direction de formateurs, de souligner l'importance sociale du sport en donnant la priorité cet esprit amateur sur les gains matériels, et prévenir la dégénérescence du sport en créant une compréhension éthique du sport et de promouvoir le jeu par les règles.