

Original Research Article

Social Grievances and Drugs Rummage-Sale as Performance Enhancement Attitude of Mature Athletes – An Inferential Approach

ABSTRACT

Objective: The central objective of the present study was to determine the relationship between social grievances and drugs rummage-sale (performance enhancement attitude) of the mature athletes of Pakistan and examine their difference as well.

Methodology: The targeted population was mature national athletes belonging to national sports departments. The respondents were recruited through snowball and convenient sampling methods. Total 105 questionnaires were posted at the given addresses of athletes. However, 73 athletes (69.5%) returned the questionnaires. For achieving study objectives, quantitative approach was adopted wherein several statistical tests were performed including descriptive statistics, Pearson's correlation, and t-test analyses and implemented to draw the required study findings.

Results: The findings revealed that a strong association exists between social grievances and drugs rummage use. Therefore, the relationship was considered positive and highly significant among the constructs. On the other hand, the findings revealed no difference between social grievances and drugs rummage-use. The findings revealed that social grievance and drug rummage-sale positively contribute to enhance the sports performance of athletes.

Conclusion: It was concluded that athletes use drugs for several purposes such as enhancing performance, competing for highest sports level, gaining fame, and jobs opportunities. However, with these benefits, the athletes fell in diverse health complications as a side effect of drugs being taken for above said purposes.

Keywords: *Drugs rummage-sale; social grievances; athletes; sports performance; Pakistan.*

1. INTRODUCTION

Throughout the past, athletes have used a diversity of superior mealtimes and drinks to alter their figures into a greater and dominant adjusted sports performance [1]. The international sports community has perceived improved variety and exclamation about doping in sports. The usage of performance-improving drugs delivers additional benefits to athletes [2]. The competition of obtaining medals and attainment of prominence are boundless [3].

There are drugs and drugs, some of them are required for faster recovery after practice or competition and others help athletes to get faster to higher results and achievements but ruin their health as well.

A problem of international distinction with sports is that the authority of the World Anti-Doping Agency is being protected the athletes and further revised anti-doping rules [4]. The risk of doping is growing continuously in Pakistani sports performers, particularly, in power sports. Athletes are

unconscious of the dangerous properties of doping on their physiques which may also cause to death [3]. However, top athletes have to obey the anti-doping rules formed by the pharmacological organizations [5].

The desire to earn money and gaining fame might be the reasons of using drugs widely by the athletes in countries like Pakistan [3]. Due to lack of the testing instruments/laboratories of doping in developing countries like Pakistan, athletes use doping substances particularly during national championships of sports [3]. Physicians and athletes attempt to escape from drug constituents that might have possible hostile properties and prejudice performance or reasoning physical damage collectively with exercises [5].

Prior studies indicated that the athletes use frequently anti-asthmatic and anti-allergic medication and oral anti-bacterial above than their ages [6]. In sports, doping is a famous sensation that has been considered mostly from a biomedical vision and uniform, however, psychosocial methods have also crucial features in contest of drug use [7]. It is believed that the athletes may be at more risk through usage of drug substances to assist them in their sports performances [8]. Drugs are mostly expected to be definable related to working body muscles and their inappropriate usage in sports [9].

Nowadays, doping is banned in sports mostly to protect smooth playing fields to defend athletes' health, to reservation the reliability of sports, and to establish a valuable instance since the creation of the world Anti-doping Agency (WADA) in 1999. After the application of the first World Anti-Doping Code in 2004, the anti-doping instructions and struggles have experienced to decrease the implement of drugs regulation and coordination [10]. So, the insistent efforts to increase drug testing by WADA and the use of performance-improving substances by the athletes are both continued during sports competitions [11].

Numerous anti-doping programs precisely directing young athletes have been initiated. The distinctive components of these programs are its presence of entertaining pain killers [12]. The approach of athletes managing with the community and normative realities of great sports performance have an effect on their psychological views about drugs and their consideration. These psychological procedures provide both indoor and outdoor sports awareness where consciousness is essential for active anti-doping procedures [13].

Furthermore, the athletes plan life-cycle of performance improvements that assist them to additional active involvements in doping. In sports, the term doping means usage of banned constituents and medications by athletes to develop their sports performance and reveal related features to useful drug usage [14].

The coaches' blame of conscientiousness has a minor or feeble association with apprehension ended errors of fussiness and ego-involving environment beneath the motivational settings [15]. The clearer indication of doping and its organized investigations apprise the doping control [16]. In all types of sports competitions, several athletes become more prominent using the prohibited nutritional substances to enhance their sports performances [17].

The World Anti-Doping Agency has defined what anti-doping instruction or destruction resources are from where the drugs are approachable [18]. Therefore, anti-doping violations comprised of the occurrence of the forbidden ingredients in athletes' biological organism. The usage/practices of banned drug constituents, the athletes' prevention of doping control, illegal intrusion, or attempted practices of doping by the athletes should be strictly controlled to promote drug-free sports performances [18].

Subsequently, the worldwide contest in contradiction of doping in sports is effectively based on universal anti-doping

struggles [19]. The existing anti-doping perspective states the anticipation of anti-doping regarding the physical damage and prevention of athletes [20]. The knowledge of doping about sports performance depends on the doping practices, doping attitudes, and doping experience of athletes [21].

The following objectives of the present research are assumed to find the desired outcomes:

- i. To investigate the social grievances of the mature athletes of Pakistan.
- ii. To investigate the drugs rummage-sale (performance enhancement attitude) of the mature athletes of Pakistan.
- iii. To determine the relationship between social grievances and drugs rummage-sale (performance enhancement attitude) of the mature athletes of Pakistan.
- iv. To examine the difference between social grievances and drugs rummage-sale (performance enhancement attitude) of the mature athletes of Pakistan.

2. METHODS AND MATERAILS

The present study design was appraised on the quantitative approach. The targeted population was mature national athletes belonging to national sports departments. The respondents were approached through snowball and convenient sampling methods. Through snowball sampling, the researchers were able to find out the athletes who have experienced using drugs during their professional carrier.

The respondents were approached physically for provision of the required information on the topic. The questionnaire used for the collection of data was adapted and modified with the consent of the original authors [22]. The personal characteristics of the national athletes were arranged in specific domains such as age, sex, participated game, and drug usage experience.

The national athletes were approached through the snowball sampling method and got their contact numbers as well. The researchers communicated with the athletes personally and briefed them about the objectives of the present study. With the positive consent of the respondents, 105 questionnaires were posted at the provided addresses and requested to return within one week. However, 73 athletes (69.5%) returned the filled questionnaires. All filled questionnaires were edited in SPSS-26 guidelines. Furthermore, descriptive statistics, Pearson's correlation, and Independent sample t-test analyses were implemented for drawing study findings.

3. RESULTS AND DISCUSSION

The results of the present research were drawn to achieve the desired objectives. The mean age of the athletes was 32.69 years with 3.3 std. deviation and the age range was between 28 to 40 years. Whereas in age groups, 32 athletes were found within 28-31 years, 22 sportsmen were considered 32-35 years, 15 athletes were noted in 36-39 years, and only 4 sportsmen were having their ages in 40 years and above. The majority of the athletes have participated two and three times (52.1% & 32.9% respectively) in national games or championships in their sport carriers. All athletes selected for the present research were participated minimum one time and maximum four times in National Games or Championships. Overall 73 athletes participated in their particular sport within five chosen sports disciplines (athletics, 28; football, 08; cricket, 19; boxing, 11; and wrestling, 07).

Table 1. Personal characteristics of athletes

Construct	Sportsperson	Percentage (%)
Age figures (Mean Age 32.69±3.3 years)		
▪ 28-31 years	32	43.9%
▪ 32-35 years	22	30.1%
▪ 36-39 years	15	20.5%
▪ 40 years & above	04	5.5%
Participated in National Games/championships		
▪ Once	09	12.3%

▪ Two times	38	52.1%
▪ Three times	24	32.9%
▪ Four times & more	02	2.7%
Sport		
▪ Athletics	28	38.4%
▪ Football	08	11.0%
▪ Cricket	19	26.0%
▪ Boxing	11	15.0%
▪ Wrestling	07	9.6%

The descriptive values of the social grievance construct ranged from strongly disagree (1) to strongly agree (5). Therefore, 89% of athletes were agreed that they considered their failure in the

competition if they performed poorly. When athletes were asked about the setting of their sports goals, 83% agreed with the statement. The athletes were found neutral about their coach's anger or punishment when they did not perform well. During sports events or training, 92% of athletes were agreed that they were not relaxed till their perfection in the sport. The majority (75%) of athletes felt upset if they made mistakes physically or mentally during their sports competition. Therefore, 66% of athletes never keep in mind the standards set by their coaches as displayed in Table 2.

Table 2. Social Grievances

Sr.#	Item	Strongly Disagreed	Disagreed	Neutral	Agreed	Strongly Agreed
1	Perform poorly, feel failed.	0%	0%	11%	57%	32%
2	Higher sport goals than most people.	0%	2%	15%	45%	38%
3	Coach angry for performing low.	5%	18%	41%	23%	13%
4	During trainings, not relax until perfection.	0%	0%	8%	51%	41%
5	Upset, make physical or mental errors.	0%	4%	21%	35%	40%
6	Never feel, meet coach's standards.	0%	7%	27%	41%	25%
7	Strive for perfection.	0%	0%	0%	53%	47%
8	Performing successfully, coach point out mistakes.	0%	0%	5%	42%	53%
9	Fellow competitors think less upon mistakes.	0%	0%	31%	36%	33%
10	Higher sport performance than most people.	0%	0%	0%	39%	61%
11	Coach compliments on poor sport performance.	0%	0%	2%	31%	67%
12	Coach's standards, too high.	0%	14%	23%	44%	19%
13	In competition, do not make mistakes.	0%	0%	0%	56%	41%
14	My goals, perfect at sport trainings.	0%	0%	0%	78%	22%
15	Criticize myself upon made errors.	4%	11%	17%	39%	29%
16	Meet coach's expectations.	0%	0%	13%	59%	28%
17	Frustrated, make a small mistake.	0%	0%	26%	44%	30%
18	Extremely high sport goals.	0%	0%	14%	34%	52%
19	Coach expects to perform perfectly.	0%	0%	3%	42%	55%
20	Smallest mistake bothers, competing in contest.	2%	9%	47%	24%	18%
21	Always successful at sport contest.	0%	0%	18%	53%	29%
22	Analyze mistakes, improve them in future.	0%	0%	2%	64%	34%
23	Coach asks ever to perform better.	0%	0%	4%	58%	38%

The findings of Table 2 indicated that all athletes tried their best to perform in their sports events. Though, 95% of athletes claimed that their coaches pointed out their mistakes during the contest. Most (69%) of athletes agreed that their fellow athletes expected fewer chances of mistakes from them. All athletes were agreed that they expected excellent sports performance within their tasks. The majority (98%) of athletes were agreed that their coach praised their performance. Likewise, 63% of athletes replied that their coach set high standards for them.

The results in Table 2 revealed that all the athletes tried their best to avoid their mistakes during the sport contest/competition. The athletes claimed that they became well-trained through their trainings to achieve one of their goals. The majority (68%) of the athletes believed that even on good sport performance, they self-talked on their mistakes to minimize them. Most athletes (77%) agreed that they wanted to meet the expectations of their coach. Therefore, 74% of athletes became frustrated if they even made minor mistakes

during competition. The majority (86%) of athletes set high sports' goals as well.

Most (97%) of athletes reported that their coaches expected them to perform optimally. Fewer (42%) athletes agreed that even minor mistakes bothered them for competing in sports events. The majority (82%) of athletes claimed that they remained successful during their sports contests. Though, 98% of athletes analyzed themselves to improve their mistakes in the future. Likewise, 96% of athletes agreed that their coach asked them to perform better (Table 2).

The results in Table 3 displayed that the descriptive values ranged with six

parameters from strongly disagree (1) to strongly agree (6). The athletes claimed slightly disagreed (23%) and slightly agreed (17%) showed that doping is not necessary for performance enhancement. Whereas 36% and 25% of athletes were agreed and slightly agreed respectively and 36% disagreed within which they indicated the doping is not cheating. In their view, everyone is using it frequently. It was also apparent that athletes (89%) used drugs when they got injured and wanted to recover themselves soon for good performance. The majority of them thought that sports performance should be as par/excellent at every cost. It is not considered that how did they get success.

Table 3. Drugs Rummage-Sale (Performance Enhancement Attitude)

Sr.#	Item	Strongly Disagreed	Disagreed	Slightly Disagreed	Slightly Agreed	Agreed	Strongly Agreed
1	Doping ... competitive.	12%	32%	23%	17%	11%	5%
2	Doping ... not cheating.	3%	15%	21%	25%	22%	14%
3	Athletes lose time ... to make up the lost time.	0%	0%	5%	16%	44%	35%
4	Quality of performance matter ... not the way of achievement.	0%	0%	3%	23%	41%	33%
5	Athletes pressured ... to use enhancing drugs.	0%	1%	5%	16%	43%	35%
6	Athletes take drugs ... use to help them.	0%	0%	0%	10%	59%	31%
7	Athletes no guilty ... breaking rules while using drugs.	0%	0%	0%	19%	56%	25%
8	Risks ... to drugs are exaggerated.	0%	0%	0%	7%	57%	36%
9	No alternative career choices ... sport.	0%	0%	0%	15%	31%	54%
10	Drugs assist ... to train and compete.	0%	0%	0%	37%	43%	20%
11	Drug unavoidable part ... competitive sport.	0%	2%	7%	13%	29%	49%
12	Drugs ... overcome boredom.	5%	19%	26%	31%	11%	8%
13	Media ... talk less about drugs.	0%	0%	0%	17%	37%	46%
14	Media blow ... the drugs' issue.	0%	0%	0%	19%	30%	51%
15	Health problems ... bad drugs' side effects.	0%	0%	0%	12%	53%	35%
16	Legalizing performance increase ... beneficial.	0%	0%	0%	14%	39%	47%

The findings also highlighted that majority of athletes (78%) from competitive sports were assured to take performance drugs. Likewise, athletes (90%) who used drugs believed that they helped them during their sports competition. The majority (81%) of athletes did not feel hesitation to use/take drugs to enhance their performance. All the athletes were agreed that the drugs had life threaten risks (Table 3). The athletes revealed that the use of banned substances influence badly on their sports performance [23]. Research has shown the significant effects of drugs on sports performance specifically in power sports [20].

The results of present study in Table 3 revealed that vast majority of athletes (85%) got jobs through their sports performances and did not have any other job opportunities except sports. Enhancing performance through drugs motivated athletes (63%) to compete at the optimal level. The majority of athletes (78%) indicated drugs as an unavoidable part, especially of competitive sports. Similarly, an overwhelming majority of athletes (86%) also agreed that drugs overcome boredom when they felt free.

According to 83% of athletes, the media did not focus on drugs in their talk shows. The majority (81%) of the athletes claimed that the media should highlight the drugs' issues publicly. Most (88%) of the athletes agreed that the health problems faced by them are due to the side effects of drugs. The use of doping is growing gradually and constantly in Pakistani athletes belonging to power sports. Athletes are unconscious about the damaging effects of doping-usage on their physiques which may lead to death [3]. Besides the health risks, the performance-enhancing drugs are commonly in reach of athletes [17]. All the athletes were fully supported in that performance enhancements legally would be fruitful for the sports as well the athletes (Table 3).

Table 4. Relationship between Constructs

Constructs	Social Grievances	Drugs Rummage-Sale
Social Grievances	-	.624
		0.000
		N-73
Drugs Rummage-Sale	.624	-
	0.000	
	N-73	

Pearson's correlation coefficient module was performed to draw the outcomes between the constructs. The findings revealed in Table 4 that a strong association has existed between social grievances and drugs rummage use. Therefore, the relationship was considered highly significant among the constructs. A positive association of social grievances and drugs rummage-use was declared. Athletes use approachable drug substances that may boost their sports performance and training proficiencies [5].

The results presented in Table 5 indicated that the mean score of social grievances was measured (15.61±3.91), whereas, the mean value of drug rummage use was calculated (16.19±4.77). The findings revealed no difference between social grievances and drugs rummage-use. The findings revealed that social grievance and drug rummage-sale positively contribute to enhance the sports performance of athletes.

Therefore, both the constructs were found highly significant. Previously, the drugs were used in sports worldwide by the athletes in the form of strychnine, caffeine, cocaine, and even heroin for the drive of their performance-enhancement and they did not feel shy to use these substances [1].

Table 5. Difference between Constructs

Constructs	Mean ± SD	p-Value
Social Grievances	15.61 ± 3.91	0.000
Drugs Rummage-Sale	16.19 ± 4.77	0.000

4. CONCLUSION

The purpose of the current study was to determine the social grievances and drugs rummage-use (performance enhancement attitude) of mature athletes of Pakistan. It was concluded that athletes used drugs for multiple purposes such as enhancing performance, competing for highest sports level, gaining fame, and availing jobs opportunities. However with these benefits, the athletes fell in diverse health complications as side effects of drugs. They also opined that the media should play its role to highlight drugs' issues and their hazardous effects on the physique to control or minimize the usage of drugs.

CONSENT

As per international and university standards, respondents' written consent has been sought prior to data collection and preserved by the authors.

ETHICAL APPROVAL

It is not applicable.

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