

CHAPTER 5

5.1 INTRODUCTION

Here in the third most often reported source of knowledge are prevention education. The students agreed that early education and exposure to the risks of drug usage are essential components of prevention programmes. Many pupils, according to some students, lack the motivation to read, learn, or research on their own. They consequently believed that implementing mandatory programmes would be advantageous. Before the youth can really access the drugs, raise awareness in the classroom. Most answers pointed out the need for in-depth understanding of drug abuse's causes, impacts, and consequences.

The students believed that teaching pupils about chemistry, biology, and science would expose them to more information about drugs, how they are made, and how they affect the body system. Deep understanding of the effects of drug use would result from this. The students believed that a deeper comprehension of the benefits of drugs as a momentary solace from problems and a source of amusement when socialising, as opposed to the risks to one's health even with recreational usage, is necessary.

Students also suggested doing research to learn. There are some suggested class tasks that could assist students become more knowledgeable about how drugs affect their bodies. Students' attention and awareness could be raised by introducing experiments linked to the chemical behaviour of different medications in the body into interactive learning methods. It was suggested that inventive ways to provide drug misuse prevention messages to pupils included employing theatre, musical performances, and game applications.

It was also recommended to seek out mentorship opportunities with medical professionals that work with drug usage patients and to consult with past drug users to gain advice on how to steer clear of using drugs. A brief social work internship during the weekends or school breaks could integrate this idea. It was suggested that students would be able to witness for themselves how treatment is handled, the challenges faced,

and what facilities and services are available by volunteering at the rehab centres or participating in community events organised in collaboration with the rehab patients.

5.2 DISCUSSION OF FINDINGS

The findings of this study found that the awareness of substance abuse in sports is the issue of doping is still low among new athletes who are rising compared to other issues in the international press. In fact, issues such as doping will only appear, and many are reported seasonally i.e. on certain sports events involving international athletes only.

Here it is clear that athletes who are new to the meaning of sports and want to achieve success in a short time should be given an explanation and introduction from the beginning about the effects and consequences of substance abuse which can lead to addiction and the effects of addiction and destroy their careers and their lives if they get stuck.

Appropriately, articles and reports on the issue of doping need to be highlighted more and not only during sports games only because it can be a medium of education about sports which is important for society and the world's sports community.

In addition, the results of this study found that awareness of the most basic issue of doping is still poorly known by young athletes. This is because the focus of the content of the issue of doping itself is more on athletes who are involved in the issue of doping using drugs alone will be severely punished such as being suspended from sports for a period, fined, and disqualification from participation for a sports tournament. This is because, the use of drugs or medicines excessively and not following the correct procedure is an offense which very big in the sports arena. It is in line with the Theory

of Agenda Determination itself, i.e. The international media sets the agenda on the issue of doping which is clear towards the offence serious that will end with a certain punishment.

In the world of sports, the use of doping is prohibited because it has a negative impact on careers and the future of an athlete. This is because of the negative impact of use doping in the long term such as causing dependence, deterioration organs or nerves in the body, susceptible to disease, loss of inner career sports world. Ambition to win the competition as a result the concern that occurs in athletes behind the use of doping in the environment of athletes of various sports. In addition to the lack of knowledge of athletes about doping and its dangers in the future also result athletes are not afraid to use doping. Of course, this is the opposite of one of the purposes of sports itself is as a media to create human beings who act and behave humanely, respect and appreciate others, and form a noble attitude and behaviours, avoid greed, and form a strong human being who can benefit other humans and the surrounding environment. When an athlete uses doping then automatically the athlete denies the essence of sports.

The results of this study are also like the results of the study done by Pappa (2013) who found newspapers such as The Mail in its reporting also use punitive titles such as "ban my drug cheat rival". The title used in the reporting of the article wants to explain that the athletes who are detained and was convicted of a doping issue in 2003 and should be given a heavy sentence or commensurate for the offense they have committed. According to the research done by Pappa as well, athletes not only need to learn to be responsible and self-controlled, but at the same time the heavy punishment of athletes subjected to doping is considered as necessary measures for public health.

According to the Deputy President of MOM, Datuk Seri Norza Zakaria Taking lessons from the doping cases in the Malaysian Games (Sukma) and the Higher Education Institution Games (SUKIPT), the Malaysian Olympic Council (MOM) called for an awareness campaign on the issue of banned substances to be extended to athletes at the state level and IPT He does not deny that athletes' understanding at the lower level is still too low and take for granted the use of prohibited substances in sports.

Four doping cases involving Sukma 2016 athletes, and two for SUKIPT, show that no comprehensive explanation was given by the state sports association and the Ministry of Higher Education. He also hopes that all parties will learn a lesson so that similar cases do not repeat themselves in future games.

Based on the demographic info, most school athletes who are in the middle of schooling, which is 15 to 16 years old, are among the most followed by athletes 17-23 years old who have been involved in responding to this questionnaire. A total of 98 female athletes and 88 male athletes were involved and a total of 186 athletes from various races and religions. Among them there are athletes who train according to the hours required according to their training needs.

According to Gibbons, McConnell, Forster, Riewald, & Peterson (2003); Frontiera (2006); Serpa, Pataco, & Santos, 1991. A coach or team manager when interacting with athletes while managing the training program, either during off site competition or onsite competition has an impact on the athlete. The effect that athletes get is directly proportional, that is, if there is a positive relationship from the aspect of interaction between the needs and wishes of coaches, team managers and athletes, then satisfaction and performance will increase, athletes will achieve success. On the other hand, if there

is a negative relationship between the needs and wants of coaches, team managers and athletes, then the satisfaction and performance of athletes will decline. Athletes will experience failure. The process of interaction between coaches and athletes is a very important component to improve the performance and satisfaction of an athlete.

Because the number of hours of training and the type of regular and organized training will cause athletes to feel tired and somewhat burdened, this will cause them to tend to take prohibited substances to speed up the process of improving performance. Therefore, there is a possibility that athletes will use prohibited substances. This could happen if the athlete concerned there is no knowledge and information about the effects and consequences after taking prohibited substances later in life. They also could get addicted to drug in future.

To prevent athletes from engaging in the consumption of prohibited substances to improve their performance, the management of training programs carried out It should be a carefully planned process by the coach to train the athlete under his control in a certain period. This process starting from the preparation phase, the competition phase and the transition phase. There are four aspects that are studied which are based on management training program that includes these three phases, aspects These are aspects of training programs, aspects of strategy, aspects of facilities and facilities and aspects of trainer's knowledge. This shows that male and female athletes need all four aspects, namely the training program aspect, the strategy aspect, aspects of facilities and facilities as well as aspects of trainer knowledge in going through all three phases. The need for all these aspects is in line with the recommendation by Bompa (1999) that factors Direct and supporting factors greatly influence the training system by the coach.

Apart from that, the planned program should contain various activities so that athletes do not get bored (Frontiera, 2006; Cakioglu, 2005; Mohd Faithal, 2006), reminds athletes about factors safety, and finally training should be designed from activities which is easy and light and progressively improved for prevent injuries suffered by athletes. Based on (Frontiera, 2006; Greenleaf et al., 2001; Gibbons et al., 2003; Cakioglu, 2005; Ithnin, 2005), coaches should have skills and knowledge in Sports Science. These suggestions and recommendations are intended for athletes to be given maximum assistance during the competition phase without marginalizing the transition phase and the preparatory phase. These three phases very important for athletes in achieving a level of satisfaction based on goals that have been set. This factor causes athletes not to able to maintain their performance and had to start from transition and followed by the preparation phase. Therefore, para coaches should focus not only on management program for the competition phase but also for the preparation phase and transition phase.

National athletes also give a lot of advice to be more careful and careful when taking medicines or supplements to avoid getting involved with doping issues. Among them is the former goalkeeper of the national hockey squad, S Kumar who was also involved in a doping issue at one of the tournaments in Bangladesh. He had absolutely no idea that the chocolate drink he took from home contained the banned substance sibutramine which was the reason he was found positive by the World Anti-Doping Agency (WADA). Therefore, athletes need to ensure that the content of the medicine or supplement taken does not contain prohibited substances even if it is given by their coach.

Athletes can also consult and seek advice from experts such as doctors or physiologists as well as get information on the Internet to increase knowledge about doping. S. kumar who is also a hockey athlete also insists please follow the instructions or advice given to you, if it is not safe, do not take any medicine without detailed information he said in the webinar session 'What You Take It's Your Obligation' organized by the Malaysian Anti-Doping Agency (ADAMAS) in 2017.

He also advised athletes to be more alert and not be deceived by the dumping of medicines or supplements sold online because the content found in the product cannot be verified.

In restraining athletes from using athletes, the various challenges they go through encourage the emergence of the desire to overcome the challenges faced by athletes instantly, one of them with using doping. One of the sports branches whose athletes are detected doping is bodybuilding. In bodybuilding sports, a person athletes show the ability to shape a beautiful and muscular body, through certain movement styles to show muscular body parts and impressed the strength of the athlete (Agusta, et al. 1997: 81). Case example the use of doping in athletics is the use of nadrolone by athletes bodybuilding from Iraq at the Asian Games in 2006. The use of group doping This steroid aims to increase muscle mass.

5.3 LIMITATION

Based on the percentage of answers, average well defined from doping. It means that the athletes already know that doping is an act of misuse of substances or methods with a purpose to improve performance and athletes can answer well, which means that athletes already know some of the types of doping are testosterone, furosemide, amphetamine, and blood doping. The average athlete already knows the effects of doping in the body and the average athlete already knows the dangers of using doping for them. The average athlete already knows the procedures for doping tests, the athletes already know that doping tests are done by checking the athlete's urine and this can be done by authorized officers in each place and every moment. The average athlete already knows the policy made by authorized.

As an athlete it is necessary to know about doping because of this will affect the attitude and behaviour of the athlete himself, whether the attitude is good or not athletes' behaviour towards doping is influenced by athletes' knowledge about doping. Knowledge about doping can be obtained from books or the internet, but for to better understand and understand about doping there should be a seminar about it doping to better understand the specific methods and substances doping, its dangers to the body, and the latest policies regarding doping. For young athletes who are on the rise, they need to have a party that plays a role in providing enough knowledge so that athletes do not get side-tracked because they want to achieve excellent performance in a short time. The limitation now is that most athletes don't care about what kind of banned substances are out there that are created to boost performance quickly. They also have limited and lack information about substance used in sports and doping because they think their participation is only at a low level and does not have a serious impact on the sport, they

are involved in. These things cause no courage to enhance knowledge and information about doping and substance use that is banned by the ADAMAS and world sports agencies.

5.4 RECOMMENDATION AND IMPLICATION OF STUDY

Recommendation and implication of the study, the researcher would like to suggest that the study in the future related to the issue of doping among elite athletes and university athletes is done more widely and also on the local media and expanded to research on other mediums such as social media, radio and television. This study should give the researcher an idea to do further research on the information delivery system about substance abuse among athletes at the school, district, state, and national levels. The findings of the study can be compared with the findings of this study and the next contribute to the corpus of Sports Communication knowledge in Malaysia and internationally.

5.5 Conclusions

As conclusions in these research student athletes in sports schools must give knowledge about doping as early as possible so that they have input and awareness about it. At the same time they also should know that there is an official body responsible for monitoring the use of this prohibited substance among athletes. Here they also must understand that substance use can harm in long run and get addicted to it. The study is also expected to help in providing awareness to those responsible to increase knowledge, understanding, and awareness of the factors that contribute to the tendency to addiction to these banned substances in the long run for all students, coaches and Majlis Sukan Negara so that they include these topics in their coaching course for the coaches. At the same time all

the athletes should provide knowledge about doping or drug use in the sports and the awareness about dangers of drug use in long run. All these information should be done by giving a good attention to these so that these athletes do not have any doping issues in future. Finally, it is hoped that the findings of this study can also directly help the government's efforts in tackling the drug problem and provide benefits to all parties such in schools higher education sector concerned in planning various programs to curb drugs that can be eradicated.

