

Chapter 1

1.1 Introduction

The usage of drugs in sports is not a new phenomenon in the world of sports. Since the 3rd century BC, several drugs have been used to improve the performance of athletes. Doping is a problem nowadays has evolved into a more systematic doping scheme involving the full group in 2016, a state-sponsored doping operation was exposed involving Russian teams had resulted in the exclusion of up to 118 athletes taking part in the 2016 Olympic Games in Rio Malaysia has a diverse population. Many doping incidents among young aspiring athletes have been documented. At the 2016 Olympics, up to four medallists tested positive for doping.

Many doping instances among young aspiring athletes have been documented in Malaysia. At the 2016 Malaysian Games, which were aimed at young athletes under the age of 21, up to four medallists tested positive for doping. Two of them were sibutramine users, while the other two were a weightlifter on an anabolic-androgenic steroid (AAS) and a boxer with diuretic traces Athletes gradually develop a persistent desire to improve and win as their sports careers continue. As a result, it's probable that young athletes will turn to doping agents even before they reach their peak years, given the frequency of doping, particularly the use of AAS, among teenagers.

Inappropriate drug use in sport, including the use of lifestyle drugs for muscle building and weight loss, poses a serious health danger to users while also jeopardising their careers. Apart from purposeful doping, athletes may unknowingly dope if they self-medicate without consulting a health care professional. This is especially common among athletes who have medical training.

Athletes' usage of doping agents sends an unacceptably negative message about the culture of drug use in sports. Increased public prosecution of doping offenders and increased drug testing, according to some experts, could prevent athletes from doping.

However, a more effective method that approaches the root of the problem by emphasising proper education as the first line of defence against doping should be considered. To create an adequate instructional package for young athletes, it is necessary to first determine their knowledge level toward doping. This is because views can be used as a predictor of doping behaviour, and leniency toward doping has been connected to the usage of banned substances. A deeper understanding of athletes' drug-use knowledge, attitude, and practise could aid in the development of a more effective anti-doping policy.

The Malaysian Games were created specifically for competitors under the age of 21. In Malaysia, a sports school brings together promising student-athletes so that their athletic and academic abilities can be cultivated and developed under the supervision of dedicated coaches and academic teachers. Academic and athletic performance can be balanced and integrated through more structured and efficient monitoring.

From the standpoint of management and administration, the school adheres to the concept of a fully residential school with sports and academic facilities. Most secondary school students (Forms 1-5) aged 13 to 18 are admitted to sports schools through a process of talent discovery, talent search, talent scouting, and nomination by national sports associations and other organisations.

Therefore, admission to this sports school is only based on exam results and achievements in the sport he is involved in as well as recommendations from certain parties consisting of coaches who trained him before, so students who join this sports school are naive in high-performance sports and the most important is knowledge in drug use in sports or doping.

1.2 Background of the Study

The issue of illicit substance abuse such as drugs or doping is a bad thing on the sports stage local as well as international. In every sports tournament mainly involving competitive events big ones like the Olympics, the Commonwealth Games, and the Asian Games, are sure to come up with reports on the issue of doping among athletes. World-renowned athletes like Ian Thorpe, Usain Bolt, and Ryan Lochte have also been plagued by doping issues in their careers. It's like pressure for athletes to excel in the arena sports international (Alexander et al., 2019), hence it is not surprising to have it among those who use illicit substances to improve performance while in the international arena because of its lucrative rewards.

The fact is, internationally, the issue of doping is critical in sports physiology (Tayade et al., 2013). Substance abuse issues are also associated with doctors or medical practitioners other than the coach of an athlete. Doctors should try to advise athletes to take medication for medical purposes but also to participate in sports competitively (Colmain, 2006).

Most recently, the World Anti-Doping Agency (WADA) has banned the Russian state from participating anywhere in international sports tournaments for four years as the country was embroiled in a doping issue plaguing the country. The matter has had an

impact on his athletes especially on some major tournaments taking place such as the 2020 Olympics in Tokyo.

This doping issue is reported by the media almost every year. Reporting by the media on this issue covers various technical aspects such as featured themes, values as well as titles news used. Some media outlets are seen to be biased towards that reporting and done against an athlete because they have their different perspectives in these matters especially on an issue like doping. The real reality has been lost about doping reporting in the media (Pappa, 2013). As a result, athletes plagued with doping issues will face criticism from society until their careers and personalities were also scratched deep down in the drain.

In Malaysia, the drug problem is an increasingly serious social and security problem from time to time (Navaratnam & Spencer, 1976). It occurs regardless of race, age, religion, gender, educational level, employment status, and ideological understanding. What is worrying now, children, adolescents, and youths are also targeted because they are exposed to various negative influences from their environment (Ahmad, 2006).

Furthermore, the risk of recurrence is increasing as the current trend of drug use begins to shift from addiction to natural drugs such as marijuana, opium, heroin, and morphine to addiction to synthetic mixed drugs such as amphetamine (syabu), methamphetamine, horse pills, hallucinogenic pills and other more dangerous. It not only causes high dependence but also contributes to the difficulty of staying away from drugs. It also invites the increase of various other social symptoms such as illegal racing, snatches theft, burglary, rape, murder, domestic abuse, road accidents, robbery, threatening, skipping school, and so on.

This is because of the content of various mixtures of chemicals in the synthetic drug itself so that drug users increasingly lose their intellect and moral judgment (Ismail, Choo & Hoo, 19862; Habil & Ali Mohd, 2003).

There is no doubt that the use of drugs to increase the level of sports performance is increasingly being followed by athletes at the state, national or international levels. This condition not only causes bad side effects but can be fatal to athletes year after year.

1.3 Statement of the Problem

The purpose of the study is to understand the relation between drug knowledge and awareness among students in sports.

Researchers want to know more about how conscious pupils are of doping and how ignorant they are of competitive sports and illicit chemicals used to improve and enhance performance in a short period of time. Even if they are aware of the long-term implications, most students may use or be given prohibited substances to improve their performance. Due to a lack of knowledge and fast action, many athletes are disqualified for doping during the prime of their careers. This research is also necessary so that the appropriate parties can provide early doping education to students.

The research problem is Statistics on drug use issues and understanding of drug use in sports (Doping) and the drug's effects on students. In Malaysia, the problem of drug usage is getting worse (Taib, 1992 & Nazar Mohamed, 2006). Drug addiction is a global concern for Asian countries and large countries like the United States, according to Spencer and Navaratnam (1981); and Inkster and Comolli (2012), since it has several severe human, social, and economic consequences. Since the early twenty-first century, giant countries like the United States have demonstrated a large number of cases of

involvement and substance misuse, reaching thousands of millions of people today (Bliss & Ekmark, 2013). Similarly, Malaysia's drug addiction statistics continue to reveal a significant number of instances among secondary school pupils. This is clear in Figure 1 of the Annual Report on Drug Addiction, which displays the number of pupils at risk of consuming drugs in all Malaysian states. Existing drug treatment and rehabilitation programmes face an indirect threat as a result of this predicament. As a result, according to Mohd Nor and Nazar Mohamed (2009) and Nazar Mohamed and Marican (2014), drug users' recovery must be ongoing and include a variety of alternative approaches, particularly from an internal perspective, as well as moral and spiritual elements, in order to help them stay away from drugs in the future.

Recent proposals to punish athletes for taking drugs or to impose mandatory drug testing cannot be defended in ethical terms. Nor is it possible to distinguish consistently between ethical and unethical uses of restorative drugs, addictive drugs, painkillers, and recreational drugs. We oppose drugs in sports because they violate the majority notion of acceptable behaviour.

Athletes at risk are disqualified from participating in competitions if they are found to be positive for illicit drugs through randomized testing or "doping" tests. They will also be affected by pharmacological side effects in the short and long term. Gan (1993) and Stoppard (1999) categorise drugs based on five basic characteristics: they injure the central nervous system (brain and spinal cord), they are not used for medical purposes and their use is restricted, they are obtained illegally or unlawfully, they lead to protracted physical and psychological dependence, and they have negative effects or hazards on health and function in social users.

Research Questions

1.4.1 How students know about drug used and do drugs really enhance their performance?

1.4.2 What is the body responsible for monitoring the use of this prohibited substance among athletes?

1.4.3 Do sport school Athlete know about doping in sports?

1.4.4 Do school athletes know and awareness of the effects of drugs in the long run?

1.5 Objectives of the Study

1.5.1 1. To obtain information on awareness to students about the dangers of long-term drug use in sports

1.5.2. To study Students awareness about drug abuse in sports.

1.5. 3 To make sure student know and there is a body (ADAMAS) to guide them.

1.5.4 To make sure the sport school athlete has awareness about dangers of drug use in long run

1.6 The Significance of the Study

Many studies have been conducted on drug problems, but the focus of the study is only on ordinary addicts. (Fauziah 2008; Asbah Razali 2016; Muhammad Yazid Ismail 2009) short without thinking about the long-term effects of self, family, and society.

The study is 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

In addition, the results of this study are expected to be an important added value in studies related to the intake or use of prohibited substances to cause addiction in the future indirectly help the Ministry of Education in collaboration with AADK in designing appropriate programs to the continuous application of knowledge and

awareness to athletes and sports coaches who were initially born on the school, district, and state stage.

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.

1.7 Scope of the Study

This study uses a secondary source method that is to implement the library method by using e-books, the internet, articles, and survey to collect information from the students (age 13 – 25 years old) as respondents to related to the given title. Information that has been obtained through secondary sources can be expressed in the findings of research and discussion through qualitative methods that state the mind map and description of the mind map.

This study was conducted in 2 State Sports schools in the Federal Territory Kuala Lumpur and Selangor and Sports School, namely Bukit Jalil Sports School, Kuala Lumpur, and state sports school in Selangor. In addition, this study only involved sports schools that had athletes living in hostels only. This study aimed to look at the factors that influence the achievement of physical and behavioural performance among teachers (Coaches) and athletes in the schools involved. Accordingly, this study focuses on two factors that involve the knowledge of students (athletes) about the use of prohibited substances and the effects of their use for a long time. The study also examined the level of teacher performance seen in terms of

communication and collaboration, problem-solving skills, productivity, and quality.

1.10 Summary

The student athletes' understanding of doping was determined to be moderate, and they have a strong anti-doping stance. In this study, the use of doping drugs was admittedly minimal. regardless, work must be done to improve athletes' awareness so that they can make better decisions when faced with a doping situation. This research's findings may be valuable in developing more focused and comprehensive anti-doping awareness interventions to aid in the control of doping incidents in Malaysia, as well as at the grassroots level, such as in schools. While several strategies are linked to improved performance, almost all of them are harmful to the athlete's health in some way over the course of their lives. Because of the high value put on athletic achievement, the celebrity bestowed on elite athletes in today's culture, and the quick discovery of new performance-enhancing medicines, doping is expected to be a problem for many years. As a result, it is our obligation to instil a thorough understanding of Doping in the subordinate athletes, who will one day represent the country of the highest rank in the future, so that they do not regret it later. 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 concerned in planning various programs to curb drug feces can be eradicated.