

## CHAPTER 3

### 3.1 Introduction

As shown in the title, this chapter covers the dissertation research methodology. In more detail, in this section the author outlines the research strategy, research methods, research approach, data collection methods, sample selection, research process, types of data analysis, ethical and research considerations, project limitations.

### 3.2 Research Design

Qualitative versus Quantitative Techniques To meet the objectives of the dissertation, a Quantitative study was conducted. A key feature of Quantitative research is that it is mostly suitable for random samples, while the results are measurable (see table 3.1). Its fundamental advantage, which is also its fundamental difference from quantitative research, is that it offers a complete description and analysis of the research subject, without limiting the scope of the research and the nature of the participants' responses (Collis & Hussey, 2003)

However, the effectiveness of qualitative research is largely based on the skills and abilities of the researcher, while the results may not be considered reliable, as most come from the researcher's personal judgment and interpretation. Because it is more suitable for a small sample, it is also risky for qualitative research results to be considered to reflect the opinions of a wider population (Bell, 2005).

### 3.3 Research procedures

A typical qualitative research process comprises the following stages:

#### **Selecting the research area.**

This research will be taking place at students age 13-25 in Kuala Lumpur and Selangor state due to professional and personal interests in the area. The importance of this first stage in the research process is often underestimated by many students. If finding research area and research problem that is genuinely interesting to you it is for sure that the whole process of writing your dissertation will be much easier. Therefore, it is never too early to start thinking about the research area for my dissertation.

#### **Formulating research aim, objectives, and research questions or developing hypotheses.**

The choice between the formulation of research questions and the development of hypotheses depends on your research approach as it is discussed further below in more details. Appropriate research aims and objectives or hypotheses usually result from several attempts and revisions and these need to be mentioned in Methodology chapter. It is critically important to get your research questions or hypotheses confirmed by your supervisor before moving forward with the work.

**Conducting the literature review. Literature review is usually the longest stage in the research process.**

The literature review starts even before the formulation of research aims and objective; because you have to check if exactly the same research problem has been addressed before. Nevertheless, the main part of the literature review is conducted after the formulation of research aim and objectives. You have to use a wide range of secondary data sources such as books, newspapers, magazines, journals, online articles etc.

**Selecting methods of data collection.**

Data collection method(s) need to be selected based on critically analysing advantages and disadvantages associated with several alternative data collection methods. In studies involving primary data collection, in-depth discussions of advantages and disadvantages of selected primary data collection method(s) need to be included in methodology.

**Collecting the primary data.**

Primary data collection needs to be preceded by a great level of preparation and pilot data collection may be required in case of questionnaires. Primary data collection is not a compulsory stage for all dissertations, and you will skip this stage if you are conducting desk-based research.



**Data analysis.**

Analysis of data plays an important role in the achievement of research aim and objectives. Data analysis methods vary between secondary and primary studies, as well as, between qualitative and quantitative studies.

### **Reaching conclusions**

Conclusions relate to the level of achievement of research aims and objectives. In this final part of your dissertation, you will have to justify why you think that research aims, and objectives have been achieved. Conclusions also need to cover research limitations and suggestions for future research.

### **Completing the research.**

Following all of the stages described above and organizing separate chapters into one file leads to the completion of the first draft. The first draft of your dissertation needs to be prepared at least one month before the submission deadline. This is because you will need to have enough time to address feedback of your supervisor.

### **Pilot Study**

A pilot study involving 30 students from Local National University Of Malaysia was conducted to test the reliability of the five constructs developed. Four out of five constructs were within acceptable to good reliability range ( $0.6 \leq \alpha < 0.9$ ). Only one construct evaluating students' knowledge and perception about drug rehab programs had poor internal consistency ( $\alpha = 0.22$ ). Further examination of this construct brought to the conclusion that these items could not be removed, as most questions were contingency response items. The overall internal consistency of the SPQ ( $\alpha = 0.69$ ) was found to be within acceptable levels of reliability ( $0.6 \leq \alpha < 0.7$ ). In addition, the content

validity of the questionnaire was performed by a panel of two experts who have done extensive work using the qualitative or mixed methods research approach and were previously engaged in research projects related to drug misuse and relapse. Both experts evaluated the clarity and representativeness of the questions. Several items on drug rehab programs were rephrased and open-ended questions about the appropriate medium for sharing information on drug misuse and prevention education were extended.

### **3.4 Sampling Population**

Student aged 13-25 years old

#### **3.4.1 Population**

Students in schools and higher education students will answer the questionnaire (will provided)

#### **3.4.2 Sample**

Stratified random sampling is a method of sampling that involves the division of a population into smaller sub-groups known as strata. In stratified random sampling, or stratification, the strata are formed based on members' shared attributes or characteristics such as income or educational attainment. Stratified random sampling is also called proportional random sampling or quota random sampling. the population size is too large for which to complete research. To save time and money, an analyst may take on a more feasible approach by selecting a small group from the population. The small group is referred to as a sample size, which is a subset of the population that

is used to represent the entire population. A sample may be selected from a population through several ways, one of which is the stratified random sampling method.

### **3.5 Instrumentations**

Instruments with 4 section of questions will be given to respondent, section A is about the sociodemographic backgrounds of the respondents, section B is about their knowledge on doping and respondents also were asked about their attitude on doping using the performance enhancement respondents were asked about practice and experience in drugs and supplements use in sports. Question given in Bahasa Malaysia due to not all are good in English Language.

#### **3.5.1 The survey questions are:-**

*Antara bahan berikut, yang manakah disenaraikan dalam senarai larangan Agensi Anti-Doping Dunia?*

*Doping melibatkan penggunaan bahan terlarang secara tidak sengaja oleh atlet?*

*Doping melibatkan kehadiran bahan terlarang di bawah senarai terlarang dalam sampel air kencing atlet.*

*Doping melibatkan pengubahan pengumpulan sampel Urin doping?*

*Doping menyebabkan keengganan menjalani pengumpulan sampel doping ( Urin )*

*Apakah singkatan "Adamas"?*

*Doping adalah perlu untuk berdaya saing*

*Doping tidak salah atau dikira tidak menipu kerana semua orang melakukannya*

Atlet sering kehilangan masa depan dalam akibat kecederaan dan dadah boleh membantu menggantikan masa yang hilang

Hanya kualiti prestasi yang penting, bukan cara atlet mencapainya

Atlet ditekan untuk mengambil ubat-ubatan yang meningkatkan prestasi

Atlet, yang mengambil dadah rekreasi (untuk berhibur), menggunakannya kerana mereka membantu mereka dalam persaingan

Atlet tidak seharusnya merasa bersalah melanggar peraturan dan mengambil ubat penambah prestasi kerana mereka membantu mereka dalam persaingan.

Risiko yang berkaitan dengan doping sengaja dibesar-besarkan

Dadah rekreasi memberi motivasi untuk berlatih dan bersaing di peringkat tertinggi

Atlet tidak mempunyai pilihan kerjaya alternatif, tetapi sukan

Doping adalah bahagian yang tidak dapat dielakkan dalam sukan kompetitif

Dadah rekreasi membantu mengatasi kebosanan semasa Latihan

Tiada perbezaan antara dadah, tiang gentian kaca dan pakaian renang pantas yang semuanya digunakan untuk meningkatkan prestasi

Media sepatutnya kurang bercakap tentang doping

Media meletupkan isu doping di luar kadar sepatutnya.

Masalah kesihatan yang berkaitan dengan kepadatan latihan dan kecederaan sama teruk dengan doping

Menghalalkan bahan peningkatan prestasi akan bermanfaat untuk sukan



### **3.5.2 Distribution of Questionnaires Items**

All the questions will be answered by the respondents themselves through electronic media. They will be provided a Google form link to answer all the questions.

### **3.5.3 Classification of Questionnaire items**

Open ended questions, as the name suggests, respondent free to choose any given answer. Although the question may be asked in open ended fashion, Questionnaire Design above, the researcher may have given thought to choose the possible answers and have listed several alternatives on the questionnaire. The respondent would be unaware of these, and they are there for the greater efficiency of completing the questionnaire and the subsequent data processing. This would be an open-ended question but with a closed answer. The second style of question is called a closed question and here the replies have been anticipated so that the respondent is asked to choose one or other of the fixed response categories. The pre-defined answers which the researcher has built into the question will have been worked out by common sense, earlier qualitative research or by a pilot study. The responses would normally be read out (or shown on a card). Thus, closed questions are usually also prompted questions.

There are also attitudes questions. Attitudes are opinions or basic beliefs which people have about the products they use and what they are dealing with and it is attitudes that motivates people in their actions. Attitudes on a subject could be misguided and wrong, but this is hardly relevant since it is perceptions which count. The attitudes which people have will guide the way they act. The way people react to situations depends on their



attitudes and so they can be deemed to be favourable or unfavourable. Researchers need to measure these to find out what disposition is held and how it could affect the decision.

## CHAPTER 4

This chapter provides a finding of the research and data analysis of the instrument. Data analysis used the Statistical Package Social Science (SPSS) software version 25. In this chapter, two types of statistics will be used in this study: descriptive statistics and inference statistics. Descriptive statistics will be analysed in the form of frequency, mean, percentage, and standard deviation, while inference statistics will be analyzed using Pearson correlation, multiple correlation and One-way Anova . This study is limited to athlete in sport schools and higher level education in Kuala Lumpur Sport school SMK Seri Titiwangsa Kuala Lumpur, Bukit Jalil Sports Schools. Researchers found quite a several respondents who varied starting from differences in age, Sports,