

**AN EXPLORATORY STUDY ON EXPERIENCES OF
PERFORMANCE ENHANCING DRUGS (PEDS) AMONG
ATHLETES IN MALAYSIA**

SITI ROSMAWATI BINTI ABD RAFOR

UNIVERSITI SAINS ISLAM MALAYSIA

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ATHLETES IN MALAYSIA**

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Thesis submitted in partial fulfilment for the degree of
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UNIVERSITI SAINS ISLAM MALAYSIA

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AUTHOR DECLARATION

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I hereby declare that the work in this thesis is my own except for quotations and summaries which have been duly acknowledged.

Date: JULY 2023

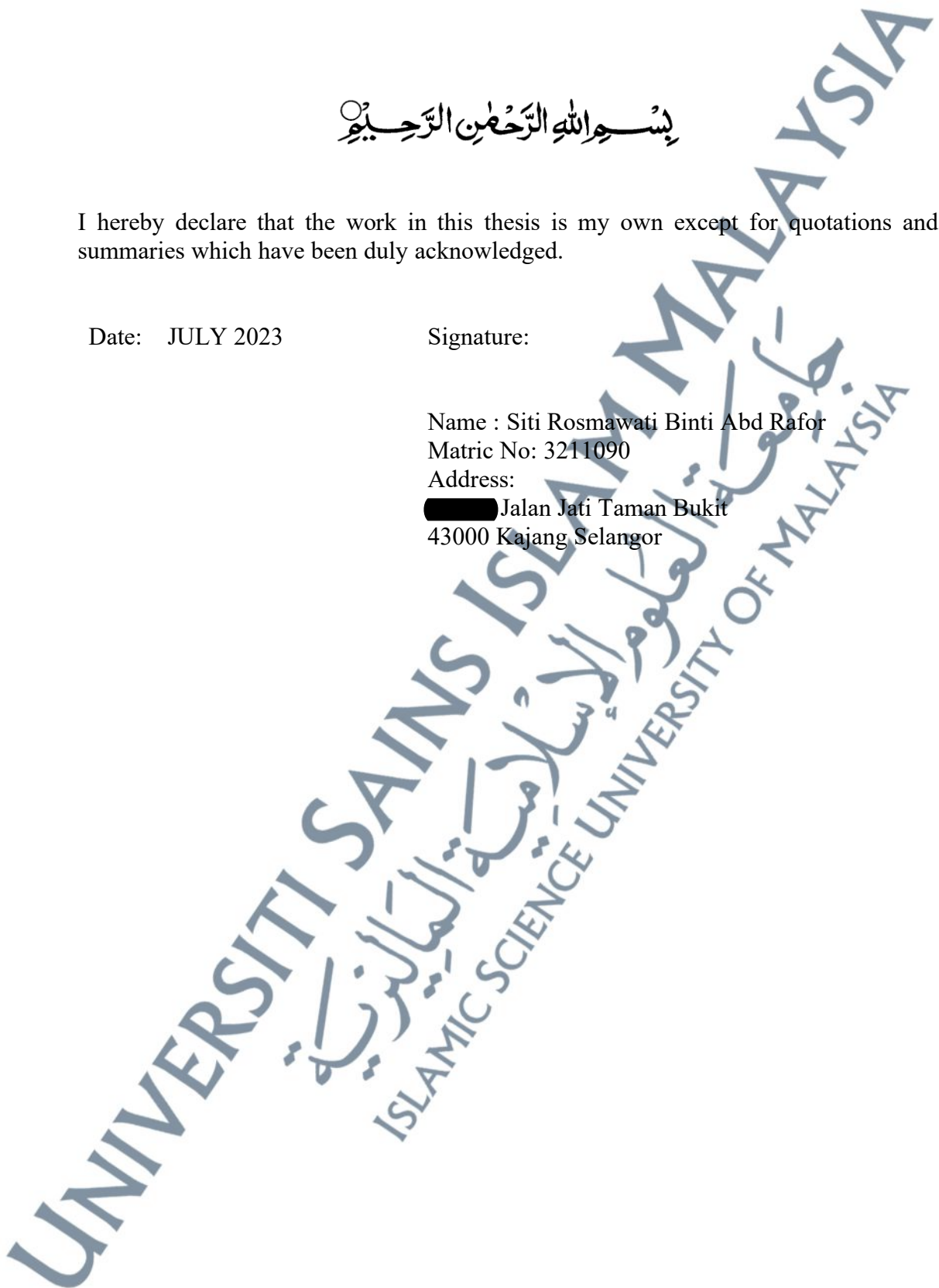
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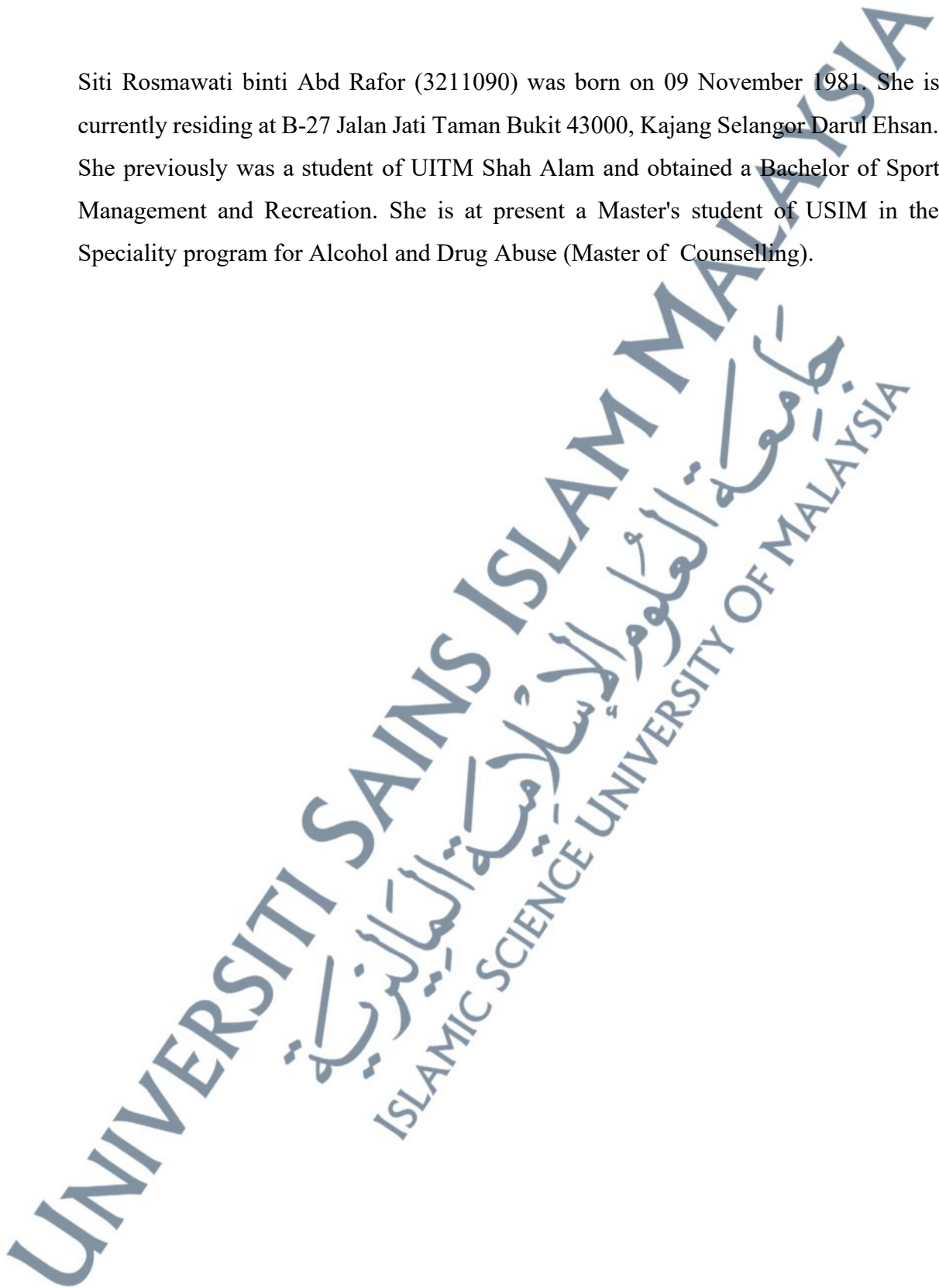
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ABSTRAK

Tujuan kajian ini adalah untuk meneroka punca dan kesan penggunaan dadah untuk meningkatkan prestasi Performance Enhancing Drugs (PEDs) dalam kalangan atlet di Malaysia. Kajian ini menggunakan kaedah kualitatif dengan mengaplikasikan pendekatan temu bual separa berstruktur. Bagi mendapatkan pemahaman yang lebih mendalam tentang pengetahuan atlet Malaysia tentang penggunaan bahan terlarang dan sejauh mana penggunaan bahan ini mempengaruhi keberkesanan mereka sebagai atlet, penyelidik telah menemu bual 5 orang atlet sebagai sumber utama kajian. Seramai 5 orang responden yang terlibat dalam kajian ini adalah atlet dan pegawai sukan yang pernah mewakili Malaysia dalam pelbagai sukan seperti ragbi, angkat berat, dan bina badan. Analisis tematik digunakan untuk mengekstrak makna daripada data temu bual. Dapatan kajian ialah penggunaan dadah untuk meningkatkan prestasi (PEDs) dalam kalangan atlet di Malaysia merupakan isu kompleks yang dipengaruhi oleh pelbagai faktor dalaman dan luaran. Kesan PEDs terhadap atlet Malaysia boleh menjadi ketara dan meluas. Walaupun mereka boleh meningkatkan prestasi olahraga dalam jangka pendek, mereka juga menimbulkan risiko kesihatan yang serius dan boleh membawa kepada pelanggaran peraturan anti-doping, kebimbangan etika dan kesan negatif terhadap atlet, sukan dan imej negara. Dapatan kajian ini mempunyai implikasi penting kepada pelbagai pihak berkepentingan, termasuk organisasi sukan, penggubal dasar, jurulatih, dan atlet sendiri. Ia menekankan keperluan untuk program pendidikan dan kesedaran komprehensif yang menyasarkan atlet di semua peringkat untuk tidak menggalakkan penggunaan PEDs dan menekankan kepentingan permainan adil dan kesihatan jangka panjang. Selain itu, organisasi sukan dan penggubal dasar harus melaksanakan protokol ujian dadah yang ketat dan menguatkuasakan hukuman yang ketat untuk atlet yang didapati menggunakan PEDs, untuk mengekalkan integriti pertandingan sukan. Adalah penting untuk terus memantau dan menangani cabaran yang berkaitan dengan PEDs untuk mengekalkan padang permainan yang sama rata untuk semua atlet dan mempromosikan cita-cita persaingan yang adil dan semangat kesukanan.

ABSTRACT

This study aims to investigate the causes and effects of Performance-Enhancing Drugs (PEDs) among Malaysian athletes. This research employs a qualitative methodology based on semi-structured interviews. To obtain a deeper understanding of Malaysian athletes' knowledge regarding the use of prohibited substances and the extent to which the use of these substances affects their performance as athletes, the primary source for this study was interviews with five athletes. Five athletes and sports officials who have represented Malaysia in various sports such as rugby, weightlifting, and bodybuilding are included in this research. Using thematic analysis, meaning was extracted from the interview data. The results of the study indicate that the use of performance-enhancing drugs (PEDs) by Malaysian athletes is a complex issue influenced by multiple internal and external factors. Given the potential internal factors that may encourage PEDs use, such as the desire for a competitive edge or an achievement-oriented mindset, it is essential to note that these factors are not unique to Malaysia and may also apply to athletes from other nations. Significant and pervasive effects of PEDs on Malaysian athletes have been documented. Although they can temporarily improve athletic performance, they pose significant health risks and can result in anti-doping rule violations, ethical concerns, and negative effects on athletes, sports, and the national image. This study's findings have significant implications for numerous parties, including sports organizations, policymakers, instructors, and athletes. It emphasizes the need for comprehensive education and awareness programs aimed at athletes of all levels to discourage the use of performance-enhancing drugs (PEDs) and emphasize the significance of fair play and long-term health. To preserve the integrity of sports competitions, sports organizations and policymakers should also institute stringent drug testing protocols and strict penalties for athletes caught using PEDs. To maintain a level playing field for all athletes and to promote the ideals of equitable competition and sportsmanship, it is essential to continue monitoring and addressing the challenges posed by PEDs.

ملخص البحث

يبين الرياضيين الماليزيين. يستخدم (PEDs) تهدف هذه الدراسة إلى التحقيق في أسباب وتأثيرات مواد تحسين الأداء هذا البحث منهجية نوعية تعتمد على المقابلات شبه المنظمة. من أجل الحصول على فهم أعمق لمعرفة الرياضيين الماليزيين فيما يتعلق باستخدام المواد المحظورة ومدى تأثير استخدام هذه المواد على أدائهم كرياضيين ، كان المصدر الأساسي لهذه الدراسة هو إجراء مقابلات مع خمسة رياضيين. تم تضمين خمسة رياضيين ومسؤولين رياضيين مثلوا ماليزيا في رياضات مختلفة مثل الرجبي ورفع الأثقال وكمال الأجسام في هذا البحث. باستخدام التحليل الموضوعي ، تم استخراج المعنى من بيانات المقابلة.

من قبل الرياضيين الماليزيين هو قضية معقدة تتأثر (PEDs) تشير نتائج الدراسة إلى أن استخدام عقاقير تحسين الأداء ، (PEDs) بالعديد من العوامل الداخلية والخارجية. بالنظر إلى العوامل الداخلية المحتملة التي قد تشجع على استخدام مثل الرغبة في ميزة تنافسية أو عقلية موجهة نحو الإنجاز ، من الضروري ملاحظة أن هذه العوامل ليست فريدة من نوعها في ماليزيا وقد تنطبق أيضًا على الرياضيين من الدول الأخرى.

على الرياضيين الماليزيين. على الرغم من قدرتها على تحسين (PEDs) تم توثيق التأثيرات الهامة والمنتشرة لألعاب الأداء الرياضي مؤخرًا ، إلا أنها تشكل مخاطر صحية كبيرة ويمكن أن تؤدي إلى انتهاكات لقواعد مكافحة المنشطات ومخاوف أخلاقية وتأثيرات سلبية على الرياضيين والرياضة والصورة الوطنية.

نتائج هذه الدراسة لها آثار كبيرة على العديد من الأطراف ، بما في ذلك المنظمات الرياضية وصانعي السياسات والمدربين والرياضيين. ويشدد على الحاجة إلى برامج تثقيفية وتوعوية شاملة تستهدف الرياضيين من جميع المستويات لتثبيط والتأكيد على أهمية اللعب النظيف والصحة طويلة الأجل. من أجل الحفاظ على (PEDs) استخدام عقاقير تحسين الأداء نزاهة المنافسة الرياضية ، يجب على المنظمات الرياضية وصانعي السياسات وضع بروتوكولات صارمة لاختبار العقاقير للحفاظ على تكافؤ الفرص لجميع الرياضيين (PEDs) وعقوبات صارمة للرياضيين الذين يتم القبض عليهم باستخدام وتعزيز المثل العليا للمنافسة العادلة والروح الرياضية ، من الضروري الاستمرار في مراقبة ومعالجة التحديات التي تطرحها (PEDs).

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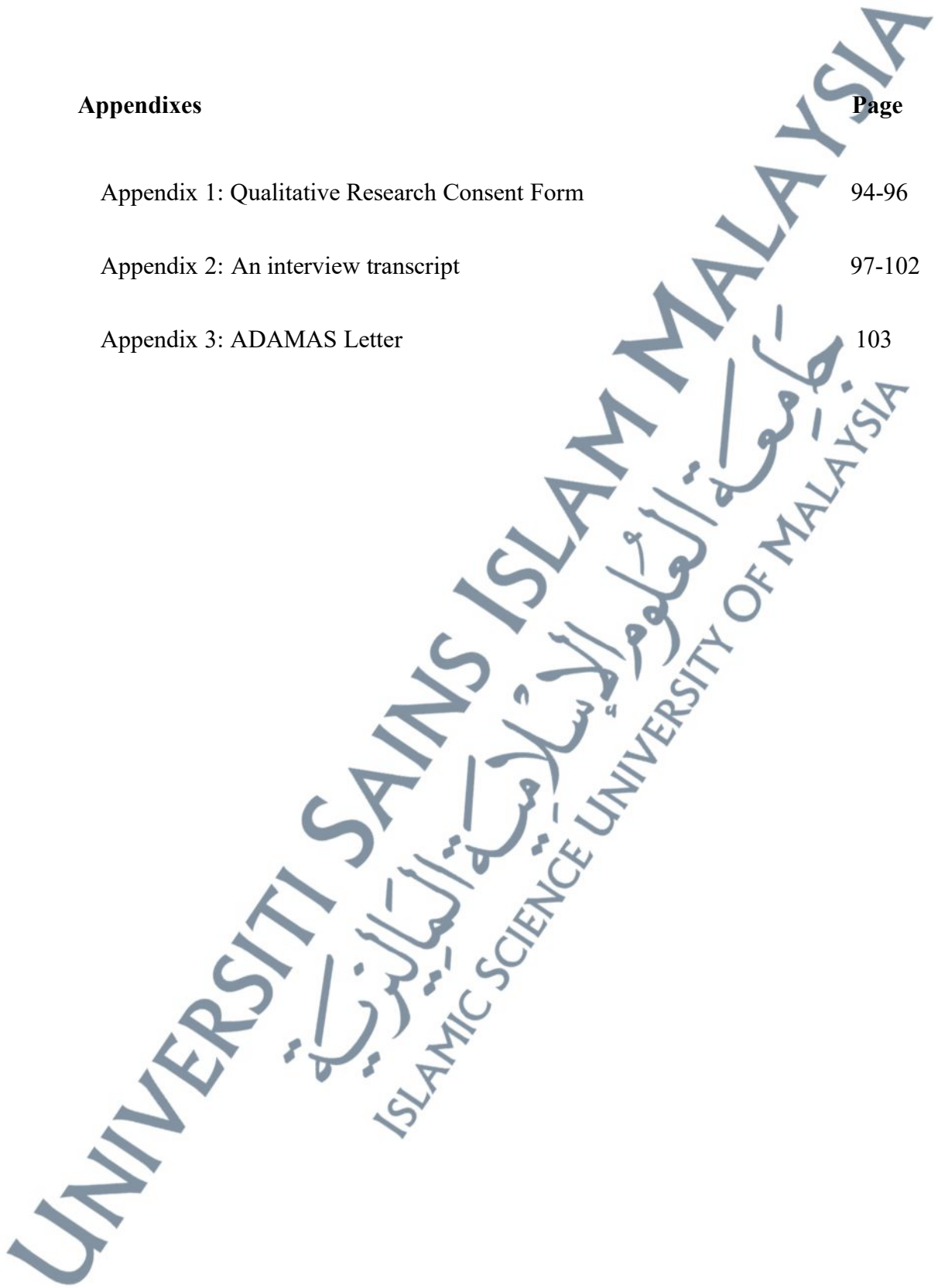
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GLOSSARY

1. **WADA** -World Anti- Doping Agency an independent agency working towards eradicating the improper use of drugs in sport.
2. **ADRVs** -The Anti-Doping Rule Violations (ADRVs) Report illustrates doping offences committed under the World Anti-Doping Code (Code) in a given year.
3. **PEDs** - Performance – Enhancing Drugs a substance (such as an anabolic steroid or human growth hormone) that is used illicitly especially to improve athletic performance.
4. **AAS** - Androgenic – Anabolic Steroids are drugs derived from testosterone, a hormone that is produced in the testes of males and, to a much lesser extent, in the ovaries of females.
5. **TUE** - Therapeutic Use Exemption ensures that athletes can be treated for medical conditions - even if the treatment involves using a prohibited substance or method – while avoiding the risk of being sanctioned.
6. **PEMS** - The term "performance enhancement Medicines" itself, according to the traditional meaning, has been subjected to changes many times. It is no longer limited to the literal meaning of the word "Steroids.".
7. **IOC**- International Olympic Community The IOC is the governing body of the National Olympic Committees (NOCs) and of the worldwide "Olympic Movement", the IOC's term for all entities and individuals involved in the Olympic Games.

8. **ADAMAS** - The Anti-Doping Agency of Malaysia. (ADAMAS) is the agency under the Ministry of Youth and Sports that carries out doping tests on athletes.
9. **MWF** -Malaysian Weightlifting Federations is the official governing body of weightlifting in Malaysia.
10. **NSAs** -National Sports Association is the national governing body of the Games so recognised by its own country by the authority of its National Olympic Committee (NOC) and/or National Sports Council (NSC) or agency as the only “NSA” controlling the said Game(s).
11. **DCOs** - Doping Control Officers is responsible for the urine and blood sample collection from athletes as part of an anti-doping program managed by the International Testing Agency.
12. **ISTI** - International Standard for testing and Investigations s is a mandatory International Standard developed as part of the World Anti-Doping Program.
13. **NGOs** - Non – Governmental Organizations is an organization established by a group of individuals that wishes to pursue goals and aspirations that relate to the public, social, or political good of a nation or the world.
14. **DNA**- is the molecule that carries genetic information for the development and functioning of an organism.
15. **KBS** -The Ministry of Youth and Sports is a ministry of the Government of Malaysia that is responsible for youth, sports, recreation, leisure activities, stadiums, youth development, and youth organisations in the country.
16. **MSN** - National Sports Council is is a government agency and statutory body under the Ministry of Youth and Sports of the Government of Malaysia which governs the sporting activities in Malaysia.

17. **HGH** -Human Growth Hormone is a protein produced in the body that's important not only during childhood but also throughout adulthood.
18. **KPI** - Key Performance Indicators is a quantifiable measure of performance over time for a specific objective.
19. **LO** - Local Organizing Committee is responsible for providing the Congress Organizers with important advice on every aspect of organizing the event including the program, logistics, sponsoring, venue, security and accommodation.
20. **ISN** - National Sports Committee Institute is an agency under the Ministry of Youth and Sports that is a leader in the development of progress and excellence in science, medicine and sports technology in the country.

ABBREVIATIONS

Abbreviations	Meaning
WADA	World Anti- Doping Agency
ADRVs	Anti- Doping Rule Violations
PEDs	Performance – Enhancing Drugs
AAS	Androgenic – Anabolic Steroids
TUE	Therapeutic Take Exemption
PEMS	Performance-Enhancing Medicines
IOC	International Olympic Community
ADAMAS	Anti – Doping Agency of Malaysia
MWF	Malaysian Weightlifting Federations
NSAs	National Sports Association
DCOs	Doping Control Officers
ISTI	International Standard for testing and Investigations
NGOs	Non – Governmental Organizations
DNA	Deoxyribonucleic Acid
KBS	The Ministry of Youth and Sports
MSN	National Sports Council
HGH	Human Growth Hormone
KPI	Key Performance Indicators
LO	Local organizing Committee
ISN	National Sports Committee Institute