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Knowledge and attitude of university track and field athletes towards drugs, alcohol and smoking

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Abstract
The subjects fell that drugs develop aggressive behaviour in the athletes, they opine that drug addiction in case of the parent may lead to possibilities of deformed children. The purpose of the study was to find out knowledge and attitude of university track and field athletes towards drugs, alcohol and smoking. For the purpose of the study 100 subjects were randomly selected who had participated in All India Inter University athletics meet held in Punjabi University, Patiala from 29.12.2015 to 03.01.2016. For the study the Chi-square has used as a statistical technique to find out the results. In respect of statement Nos. 1 and 13, the Chi-square values are not significant but in respect of all other statements the chi-square values are significant. A majority of subjects agreed upon the statements, 'drugs dependence can occur without the individual being conscious of it,' 'psychoactive drugs such as heroin, marijuana etc. alter individual's normal brain patterns,' 'cocaine, derived from the lead of coca bush is one of the earliest known stimulant drugs.

Keywords: drug, alcohol, smoking

Introduction
In the last two decades, there have been a number of studies on drug use during adolescence. Previous researchers provide a vital base for establishing prevalence of the rate and trends in adolescent drug use. However, as a result of the characteristics and physiological effects of some of these drugs, they have found wide patronage amongst athletes. The drugs under this category are referred to as performance enhancing drugs. These include any compounds taken to increase strength, power, speed or endurance or to change body weight or composition for the sake of boosting athletics performance.

For many years, the various performance enhancing substances and procedures offer an opportunity to gain that elusive competitive advantage. Cyclists, track and field athletes, swimmers and weight lifters are among those athletic groups most often implicated in using banned substances or procedures to enhance performance. Such banned substances include, psychoactive stimulants (cocaine, amphetamines and heroine), steroids, stanozolol, nandrolone, dianabol and other substances with similar chemical effects. Other prohibited substances under restriction are alcohol, marihuana, local analgesics and beta-blocker. For instance, stimulants are used to increase alertness and prevent tiredness and fatigue. They are often used by athletes who need endurance and strength. The drugs were originally used during competitions in an attempt to enhance performance in strenuous events or reduce the sensitivity to pain. However, many athletes now use stimulants during training.

The athletes Attitudes towards drugs, alcohol and smoking have a significant role to play in their development. Right attitude are as important as a steady steering wheel is to a speeding car. They are the dynamics of human action. Attitudes, however, may be changed by the influence of a particular teacher, coach or peer group. The key to progress may be had if it could be determined how unfavorable attitude may be changed for the better [1].

The first doping incident was perpetrated by original man and woman in the Garden of Eden.

[1] G.W. Allport, Handbook of Social Psychology (Worcester, Mass: University Press, 1935), p. 840.

They are the fruit of forbidden tree not because they were hungry, not because they were curious, but because the serpent deceived them in making them to believe that the fruit would make the 'Gold-like'. Since that time, the history of mankind is repeated with the quest for a magic substance which will impart supernatural powers [2].

Statement of the problem

The purpose of the study was to find out knowledge and attitude of university track and field athletes towards drugs, alcohol and smoking.

Objective of the study

1. To find out knowledge of university track and field athletes towards drugs, alcohol and smoking.
2. To find out the attitudes of university track and field athletes towards drugs, alcohol and smoking

Selection of subjects

For the purpose of the study 100 subjects were randomly selected who had participated in All India Inter University athletics meet held in Punjabi University, Patiala from 29.12.2015 to 03.01.2016.

Method for collection of data

The survey method through the technique of questionnaire was adopted to collect the relevant data for this study.

Construction of Questionnaire

A set of hundred and twenty questions covering the broad aspects of drugs, alcohol and smoking and their harmful effects on the usage was constructed. The questionnaire was constructed by going through various related literature on drugs, alcohol and smoking. Further a lot of discussion with athletes and information obtained from experts in the field of health were taken so as to prepare an appropriate questionnaire. The test and re-test method has used to construct the questionnaire.

Administration of the questionnaire

The questionnaire was administered in competition arena and accommodation area. Athletes were briefed about the aims and objectives of the study, further; they were assured about the confidentiality of their information. They were given the option not to write their name and identity in the questionnaire. The subjects were then given the questionnaire and urged to fill them up independently and without taking assistance from any one. The filled questionnaires were collected and analyzed using appropriate statistical procedure.

Item Analysis of the Questionnaire

Item analysis of the questionnaire was done in order to make decision about individual test items with in the test as well as the worthiness of the test as a whole. For this purpose the difficulty rating and index of discrimination were sued.

Difficulty Rating

It was determined by dividing the number of players who answered an item correctly by the total number of students who appeared for the test. The formula used was:

$$DR = \frac{P}{N}$$

Where:

DR = Difficulty Rating

P = Number of students who answered an item correctly.

N = Total Number of students who appeared for the test.

Table -1 indicates the difficulty rating of each question. Those questions whose difficulty rating was found less than 0.2 and more than 0.93 were eliminated.

Table 1: Difficulty Rating of All the Knowledge Test Items Related to drug alcohol and smoking

True/False Drugs		True/False Alcohol		True/False Smoking	
Test Items	**Difficulty Rating**	**Test Item**	**Difficulty Rating**	**Test Item**	**Difficulty Rating**
1	0.56	1	0.90	1	0.69
2	0.73	2	0.73	2	0.90
3	0.78	3	0.21	3	0.81
4	0.62	4	0.57	4	0.63
5	0.63	5	0.59	5	0.87
6	0.87	6	0.51	6	0.58
7	0.81	7	0.90	7	0.75
8	0.62	8	0.84	8	0.66
9	0.67	9	0.61	9	0.80
10	0.63	10	0.64	10	0.47
11	0.87	11	0.54	11	0.43
12	0.62	12	0.89	12	0.71
13	0.50	13	0.67	13	0.73
14	0.88	14	0.73	14	0.78
15	0.39	15	0.63	15	0.83
16	0.31	16	0.66	16	0.47
17	0.85	17	0.31	17	0.35
18	0.83	18	0.58	18	0.72
19	0.68	19	0.72	19	0.68
20	0.71	20	0.91	20	0.34

Index of Discrimination

The index of discrimination was done to provide information about the high and low performance of the test who answered each test item correctly. For index of discrimination the scores of the top and bottom 27 percent of the athletes who appeared in the test were used. Index of discrimination was calculated to identify that whether or not a particular test item is able to discriminate between high and low performance of the test. The formula used was:

$$ID = \frac{Cu - Cl}{Nu}$$

Where:

ID = Index of Discrimination

Cu = Number of Correct Responses in the top 278.

C1 = Number of Correct Responses in the Botton 278.

Nu = Total Number of Students of any one group.

Table – 2 indicates the index of discrimination of each knowledge question. Those questions whose index of discrimination was found to be less than 0.25 were eliminated.

[2] P.K. Pandey and L.C. Gupta, Outline of Sports Medicine (New Delhi: Jaypee Brother), p.426.

Reliability of Questionnaire

Reliability of the knowledge part of the questionnaire was identified by using kuder-Richardson formula which is as follows:

$$r = \frac{K}{K-1} \quad \frac{(SX)^2 - Pq}{(SX)^2}$$

Where:

K	=	Number of test items.
$(SX)^2$	=	Standard deviation squared
P	=	Percentage answering an item correctly
Q	=	1 – P
Pq	=	Sum of the Pq products for all K items

Table indicates the reliability and standard deviation of the knowledge part of questionnaire.

Table 3: Reliability and Standard Deviation of the knowledge part of Questionnaire

Reliability	0.70
Standard Deviation	3.988

Level of Significance

Level of significance chosen for this study was 0.05.

Analysis of Data

For analyzing the responses given by the subjects the chi-square test was used in order to find out the divergence of observed results from those expected on the hypothesis of equal probability.

Statistical Analysis of Data and Result of the Study

Discuss of Findings

The Chi-square for the responses obtained for each question are tabled separately for knowledge on drugs, alcohol and smoking and attitude on drugs, alcohol and smoking and are presented in Tables 4 to 9.

Table 4: Divergence of observed results regarding the knowledge on drugs of track and field athletes using CBI – Square test

S. No.	True	False	X^2
1	56	44	1.44
2	73	27	21.16
3	78	22	31.36
4	62	38	5.76
5	63	37	6.76
6	87	13	54.76
7	81	19	38.44
8	62	38	5.76
9	67	33	11.56
10	63	37	6.76
11	87	13	54.76
12	62	38	5.76
13	50	50	0
14	88	12	57.76
15	61	39	4.84
16	69	31	7.22
17	85	15	49.00
18	83	17	43.56
19	68	32	12.96
20	71	29	17.64

df = 1,

Tabulated $X^2 = 3.841$

Level significance 0.05

The above table snows that in respect of statement Nos. 1 and 13, the Chi-square values are not significant. The equal answer hypothesis in respect of the above two statements is accepted. Therefore, it is clear that with regard to the statement 'Drugs such as Marijuana are prepared from plants' and statement 'Amphetamines are antidepressants taken to counter act fatigue'; the responses of the subjects are almost equally divided.

In respect of all other statements the chi-square values are significant and thus the equal answer hypothesis is rejected. Majority of the subjects fell that drugs develop aggressive behaviour in the athletes, they opine that drug addiction in case of the parent may lead to possibilities of deformed children. Majority of the subjects are aware that drugs also come from animal sources and that col-type beverages contain caffeine. Most of them know that intravenous drug users are prone to HIV infection and that drug addiction leads to psychiatric problems. 62% of the subjects agreed that administration of certain anabolic steroids may lead to development of male characteristic in females whereas 67% agreed that anabolic steroids are the most widely used drugs in sports. Further, a majority of subjects agreed upon the statements, 'drugs dependence can occur without the individual being conscious of it,' 'psychoactive drugs such as heroin, marijuana etc. alter individual's normal brain patterns,' 'cocaine, derived from the lead of coca bush is one of the earliest known stimulant drugs.' Whereas, fewer number of subjects know that caffeine is also present in tea and chocolate. Similarly, lesser number of subjects know that a heroin user is especially susceptible to pneumonia and tuberculosis.

Most of the subjects opined that 'marijuana is the most common drug abused today,' disposable syringes should be always recommended,' 'cocaine is a potent central nervous system stimulant,' and anabolic steroids are synthetic derivation of the hormone testosterone.'

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