

## A Thematic Representation of Doping in Kabaddi Players, its Effects and the Psychological Outcome of the Problems



### Psychology

**KEYWORDS :** Doping, Kabaddi players, National Anti Doping Agency (NADA), Psychological Effects

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### ABSTRACT

*The current sport scenario is facing a hidden threat, which creates a negative effect both on the players and on the whole game, irrespective of the type of game and the set of team or team players involved. One such happening issue is "Doping". The present study gives a detailed account on the happening problems and its negative effect in general and game specific, relating to Kabaddi. Doping refers to any banned drugs usage to enhance an individual's performance in the sport. Such usage is a fake way of dealing with the actualized activity called sport and also it has an impact of excited behavior in players, thus affecting his or her behavior and finally bringing in ill effects both at individual level and sport level. The idea of this thematic paper presentation is to throw light on the happenings of the problems of Doping in Kabaddi players and its disastrous outcome of the same. The expected outcome of the paper is to bring in more awareness and spread the same through "word by mouth" communication regarding the dangers of Doping, both directly and indirectly imbibing in the minds of sports players in general*

### Introduction:

Burstin (1963) According to reports of Philostratos and Galen, various remedies were used to enhance the athletic performance as early as the end of the third BC. Chinery (1983) The Indian physician Sutruta recommended the eating of testicles to enforce virility around 300 BC, and the Huns consumed testicles before battles obviously with the same aim. Hallucinogenic mushrooms were taken in the third century BC to enhance performance during Olympic competitions, which were held between 776 BC and 393 AD. These study clearly reveal that the threat of using drugs had began way back and now the intensity has increased and it's high time that we need to set things right so as to motivate the real players and avoid gambling in the games

### Theoretical revelations of the study:

Due to the increase use of doping in many sport games, by the 1920s doping has become evident that drug restrictions were essential in 1963. Brent Hadley(2007) The use of performance enhancing drugs (referred to as 'doping') puts the athletes' health at risk and undermines the principles of "fair play". Any artificial advantage for the athlete is not fair to others who rely on their natural potential. (IOC, 2004; "Lausanne declaration on doping in sport,") France was the first country to enact an anti-doping legislation in response to the proliferation of drug usage in sports. A recent study by the online resource "Day & night news "revealed that as many as seven players from various teams have tested positive for the use of banned drugs during the first three days of the second Kabaddi World Cup which is underway in Punjab. To ensure a dope free World Cup, the Organizing Committee has been collecting random sample of 12 players everyday and sending them for tests to the National Anti Doping Agency laboratory. Of the samples collected on the first three days, seven have tested positive for the use of banned performance-enhancing drugs. These players are from Australia, Germany, and Canada.

At the 2011 Kabaddi World Cup in India, 53 players from 11 countries tested positive for banned substances, including eight Canadians. All around the kabaddi world, including B.C., Lakha said, the sport has been plagued by doping issues. "There's a lot of a steroid in kabaddi," Lakha said. "Back in the day, it was nothing. But now, it's a huge problem."

NADA, in yet another study revealed that a total of 51 urine samples were collected and deposited in the National Dope Testing Laboratory (NDTL) on the 6th October 2011. Laboratory analytical reports in respect of 21 samples have been received so far from National Dope Testing Laboratory (NDTL), 10 samples have been found positive, thereby resulting in anti doping rule violation.

Doping is a major problem in Indian sport and NADA has been forced to become more proactive as it deals with one doping scandal after another, involving mainly athletes, wrestlers and weightlifters.

Keun-Youl (2005) study reveals some of the psychological and certain physiological effects of doping and they are Libido changes, Sub fertility, Decreased Luteinizing hormone and follicle-stimulating hormone. Increased aggressiveness and sexual appetite, sometimes resulting in aberrant sexual and criminal behavior. In Males Only : Impotence with chronic or repeated use, testicular shrinkage(atrophy), breast enlargement (gynecomastia), prostatic enlargement, reduction of sperm production, premature baldness. In Female Only: masculinization/ Hirsutism, excessive hair growth on the face & body, deepening of the voice, enlargement of clitoris, abnormal menstrual cycles (suppression of ovarian function and menstruation), reduced breast size. Polycystic ovarian syndrome. Psychological effects / Behavioral effects are Mood swings, Aggression, Mania, Depression, Withdrawal, and Dependence. (Cooper CJ et al, 1996) Direct cause of significant disturbances in personality profiles. Aggression and anxiety

Consumption of too many drugs will lead to aggression and anxiety. For females especially, they will seem to develop more male characteristics. For males, too much aggression may lead to the murdering or doing illegal things to satisfy or relieve the surge of immense anger. Anxiety too also plays a part by making the athletes paranoid over small and trivial matters.

### 1. Psychological disturbances

Athletes who are doping or used to dope have high risks of getting psychological disturbances such as sharp headaches. Stimulant doping drugs may lead to severe migraines in the athlete. This will affect the athlete's performance in their event, totally opposite of what the athlete really wants – to improve focus and strength so as to accomplish their goal. Sometimes, they may also feel very confused and unable to think clearly. Other effects include mania, withdrawal (become anti-social) and mood swings. Depression may also occur in several cases. Some dopers also become very dependent on others. The doper's personality may also change significantly and drugs are usually the direct cause of it. A doper may also tend to tremble more often.

### 2. Emotional Effects

Unusual patterns of behavior Drugs may cause an athlete to suffer an emotional breakdown. Perhaps, this may even result in depression or in the worst case scenario – committing suicide. This may seem very extreme to, but athletes do use this method as they find they are too depressed and by dying, will can resolve all their problems.

### 3. Mental Anorexia

This term means to be fearful of gaining weight, eating certain specific foods, be secretive and not wanting to talk about problems and last but not least over exercising. This mental block of the person will cause him to be unable to grow healthily and maintain a healthy lifestyle. Anorexia nervosa is also the direct opposite of bulimia nervosa, which means to stuff oneself with food so as to relieve stress.

### 4. Obsessive-Compulsive Disorder (OCD)

It is a type of mental illness that causes someone to have repeated unwanted thoughts. A very good example would be: fearing that everything you touch has germs and bacteria and thus you keep heading to the bathroom to wash your hands. This illness is very severe.

### Conclusion:

The attitude of the players plays a key role in the success of the game both at sport and national level. Today's world is based on high spirits of competition and achievement which feeds as a great enhancement for an individual's self esteem. Sometimes the attitude of "only I must win" (Musturbation) brings in inappropriate behavior that pushes them to take the wrong path like Doping. It is suggested that winning any game through the self actualized way leads positive results and it also avoids irrelevant guilt feel to any players. The sport community and the personnel at the authorized positions may recommend action plan and induce negative reinforcement in the form of strong punishment which triggers the thought process of the dopers, thus avoiding fraudulent practice and finally totally abolishing for a long term

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