

The Knowledge and Attitude of Doping among Junior Athletes and Coaches in Sri Lanka

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Abstract : Doping refers to an athlete's use of banned substances as a method to improve training and performance in sports. It is known that some young athletes use banned substances in Sri Lanka without knowing their side effects and associated health risks. The main objective of this study was to describe the level of knowledge and attitude among junior athletes and coaches on doping in sports. This is a descriptive cross-sectional study. Four individual sports and six team sports were taken into the study. Schools were selected considering the results of the all-island school sports competitions 2017. Two hundred sixty-two female athletes, 290 male athletes and 30 coaches representing all sports counted into this study. The data collection method was a self-administered questionnaire and SPSS Version 21 was used for the data analysis. According to the result, 79% of athletes have heard of the term "doping," and 21% have never heard of it. This means these children have not been educated on doping. A number of questions were asked to study the level of knowledge of the coaches and players. Those who answered the questions correctly were given a mark. According to the marks, it is evident that the level of knowledge of the players and coaches is very low. All athletes and coaches do not accept the use of banned substances. This shows that athletes and coaches have a good attitude about winning without cheating. It was evident that athletes in athletics, weightlifting, rugby, and badminton had some level of knowledge about banned substances. All coaches stated that school athletes and coaches do not have sufficient knowledge of banned substances. And they should be made aware of it. This study has revealed that school/Junior athletes and coaches have limited knowledge of banned substances. School children and coaches need to be educated about banned substances and their harmful effects.

Keywords : attitude, doping, knowledge, Sri Lanka

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