

## **The Use of Substances and Sports Performance among Youth: Implications for Lagos State Sports**

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**Abstract :** The focus of this study was to determine the factors associated with the use of substances for sport performance of youth in Lagos state sport. Questionnaire was the instrument used for the study. Descriptive research method was used. The estimated population for the study was 2000 sport men and women. The sample size was 200 respondents for purposive sampling techniques were used. The instrument was validated in its content and constructs value. The instrument was administered with the assistance of the coaches. Same 200 copies administered were returned. The data obtained was analysed using simple percentage and chi-square ( $\chi^2$ ) for stated hypothesis at 0.05 level of significance. The findings reveal that sport injuries exercise induced and anaphylaxis and asthma and feeling of loss of efficacy associated with alcohol used on sport performance among the users of substances. Alcohol users are recommended to partake in sport like swimming, basketball and volleyball because they have space of time for resting while at play. Government should be fully in charge of the health of sport men and women.

**Keywords :** implications, Lagos state, substances, sports performance, youth

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