

## THE DETERMINATION OF THE PHYSICAL EDUCATION AND SPORTS ACADEMY STUDENTS' INFORMATION, OPINIONS AND THOUGHTS ABOUT USING DOPING WHO ARE INTERESTED IN FOOTBALL AND SPORTS DIVISION

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### ABSTRACT

Doping is defined as Sportsmen during the competitions with the aim of increasing physical and mental performance prohibited by "International Olympic Committee (IOC) or used substances or methods by sportsman consciously or unconsciously.

### Objective

This study is planned for the aim of determining of the physical education and sports academy students' information, opinions and thoughts about using doping who are interested in football and sports division.

### Research methods and procedures

The identification study was made at Karamanoğlu Mehmetbey University at fall term in 2008-2009 education-training year 100 university students who agree to participate in study, are interested in football and sports division and study in 1st, 2nd, 3rd and 4th class of Physical Education And Sports Academy at Karamanoğlu Mehmetbey University and Selcuk University, composed the creation of study.

### Results

% 18 of the students is girls and % 82 of the students is boys having participated in the study. Students' age average is  $21.83 \pm 1.62$ , and % 67 of the students study at Karamanoğlu Mehmetbey University and % 33 of the students study at Selcuk University and the department of physical education and sports.

### Discussion and conclusions

When students' opinions and ideas are examined about using of doping of students in football industry, it was found 19 % of students have no enough information about doping. 23 % of the students have expressed the most stimulating substances used in the sports. While 85 % of the students express that doping means that a substance hazardous to health when, % 49 narcotic analgesic is used most in sports, and % 21 the most in sports is used to express Anabolic steroids have androgenic. It should be noted that the easy and healthy way to improve performance, and regular and proper training, adequate rest, proper motivated violence, adequate and balanced diet and sports activity is the scientific approach in all stages.

**Key words:** Football, University Students, Doping.

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### Introduction

Sports which is a communication and information age today, is an activity for people to have a good time and to maintain a healthy life, and also it is an activity for some people to make it profession by taking time and to get the financial earnings. It is inevitable for sports that has a broad audience and makes financial gain by adding (Karahan 2002). Therefore, sportsmen beyond win the performances with the training, have directed to use some matters, materials and some applications which affect the result of the game in sports competitions which are major goals to win (Kurdak, 1996).

Doping is defined as Sportsmen during the competitions with the aim of increasing physical and mental performance prohibited by "International Olympic Committee (IOC) or used substances or methods by sportsman consciously or unconsciously. Doping both prepares ground for unfair competition, and discomposes health of sportsmen as a short and

long term and even is against sports ethics due to the cause of the possible risk of death. For these reasons, WADA doping prohibited by the international sports organizations such as International Olympic Committee (IOC), FIFA, UEFA, Fiba, IAAF (WADA, 2002).

Almost all of doping substances cause short or long term side effects in the body. It is known that especially like male sex hormone substances which are mostly used by sportsmen cause such as the heart of the crisis, the good and bad-tempered tumor formation, liver dysfunction, infertility illnesses. Some of the athletes who use these substances are known to have died during the sport of life or after leaving the sport because of the use of these substances because of diseases (DiCecco, 2002; Strauss, 1987). Many athletes can try to improve their performance to achieve more than get from their own efforts (Steben and Bourdeux, 1972).

Therefore, dietary contributions which improve work performance and ergojenik supports or making a research for materials are as old as sport itself (Straus, 1985; Williams, 1992). It has been known for BC 500-400 years Such as deer liver and the lion heart, some parts were consumed by athletes and warriors in the hope of the courage, speed or giving the energy (Straus, 1985; Williams, 1992). It is accepted that emerging negativeness depending on using doping is known by athletes (Farnaz 1998).

However, Insisted on using doping is thought to be the irresistible charm, attraction of the records and victories, getting trade of sports more and more and increasing a tight relationship between doping and professionalism step by step. Interest and motivation against doping emerge as one another factor caused by social and economic rewards, increasing of the sport every day and not comparable with nothing, while footballers' team level and uniform of love are making them successful in sports, their lack of knowledge and laziness of training or preparing for a competition, going into the quest for variety to achieve success of athletes more quickly cause increasing the interest of the doping (Hıncal & Dalkara 1991). This study is planed for the aim of determining of the physical education and sports academy students' information, opinions and thoughts about using doping who are interested in football and sports division.

#### Methodology

**Type and location of the survey:** The identification study was made at Karamanoğlu

Mehmetbey University at fall term in 2008-2009 education-training year.

**Working group of the study:** 100 university students who agree to participate in study, are interested in football and sports divition and study in 1st, 2nd, 3rd and 4th class of Physical Education And Sports Academy at Karamanoğlu Mehmetbey University and Selcuk University, composed the creation of study.

**Data collection methods and tools:** Study data was gathered by survey method that leant against self-declaration of participants. In the survey form some questions which are specific to interrogation of socio-demographic features; age, sex, studying university, how many years they do sports, who effectively directs them to do the sports a knowledge form which is leant against measuring knowledge level about doping were asked about using doping and questions to the students.

**Data Analysis:** The number percentage distribution and t-test were used in the data analysis. Evaluation of data was made use of SPSS 13.0 programme.

#### Limitation of the study

1. Karamanoğlu Mehmetbey University, physical education and sports college students are limited.
2. With people doing sports actively is limited.
3. With students being interested in branch of football is limited.

#### Findings

University students' socio-demographic properties who are doing actively sports and are interested in branch of football sports are researched below.

**Table 1. Students' socio demographic properties' distribution**

Properties	AV./SD	
Age	21.83±1.62	
	n	%
<b>Sex</b>		
Girl	19	19
Boy	81	81
<b>University</b>		
Karamanoğlu Mehmetbey University	67	67
Selcuk University	33	33
<b>Sports doing status</b>		
1-3 year	27	27
4-7 year	35	35
8-11 year	15	15
12-15 year	23	23
<b>The reason of ling.dative</b>		
With his or her own wish	62	62
With his or her friend	13	13
Media	7	7
Phsical Education Teacher or trainer	18	18

% 18 of the students are girls and % 82 of the students are boys having participated in the study. Students' age average is  $21.83 \pm 1.62$ , and % 67 of the students study at Karamanoğlu Mehmetbey University and % 33 of the students study at Selcuk University and the department of physical education and sports. It has found that % 27 of the students has done sport for

1-3 years, % 35 of them for 4-7 years, % 15 of them for 7-11 years and % 23 of them for 12-15 years. And they have indicated that students' tends to the sport is via % 62 by own attention, % 13 intervention of family and friends, % 7 media and % 18 the physical education teacher and trainer (Table 1).

**Table 2. The distribution of Students' knowledge, opinions and ideas about using the doping.**

QUESTIONS	Yes		Partially		No		Overall
	n	%	n	%	n	%	
Do you have enough information about doping?	19	19	24	24	57	57	100
The stimulative things are mostly used.	23	23	27	27	50	50	100
Is Doping harmful to health?	85	85	12	12	3	3	100
Narcotic analgesics are mostly used in sports.	49	49	28	28	23	23	100
Anabolic androjenik steroids are mostly used in sports	21	21	65	65	14	14	100

When students' opinions and ideas are examined about using of doping of students in football industry, it was found 19 % of students have no enough information about doping. 23 % of the students have expressed the most stimulating substances used in the sport. While 85 % of the students express that doping means that a substance hazardous to health when, % 49 narcotic analgesic is used most in sports, and % 21 the most in sports is used to express Anabolic steroids have androjenik (Table 2).

#### Discussion and results

When our research results are explored, while the proportion of students who are interested in branch of football and are doing sports, saying that we have enough knowledge about using doping was found % 19, the proportion of students saying that we don't have enough knowledge about doping was found % 57. While the proportion of students saying that it is the most using stimulants at sports was found %23, the proportion of students saying that it is not the most using stimulants at sports was found %50. While the proportion of students thinking that doping is harmful was found % 85, the proportion of students thinking that doping is not harmful was found % 3. While the proportion of students saying that it is the most using narcotic analgesics was found % 49, the proportion of students saying that it is not the most using narcotic analgesics was found % 23. While the proportion of students saying that it is the most using anabolic androgenic steroids at sports was found % 21, the proportion of students saying that it is not the most using narcotic analgesics at sports was found % 14.

It was determined that students, who are interested in branch of football and are doing sports actively, have no enough knowledge about doping in our research. % 83 of the students who participated in the

research saying that doping is insanitary is a positive result. Stimulants are used to increase the performance at sports. Increasing % 0.6-1.2 at swimmers and % 1.5 at runners, increasing % 3-4 performance with the using of amphetamine (stimulant) at footballers in a study done were taken notes (Ariens 1965). Trainers, physical education teachers, sports managers and federational athletes should be absolutely informed about doping, observed the athletes' performance changes well and should be prevented from getting in the habit and neediness. Yıldırım (2001) compared with doping using inclinations between amateur and professional footballers. It was found that using doping was not common inclination and not becoming different between amateur and professional footballers meaningfully in his study. Consequently, he found that footballers' doping using levels were not enough.

It should be noted that the easy and healthy way to improve performance, and regular and proper training, adequate rest, proper motivated violence, adequate and balanced diet and sports activity is the scientific approach in all stages.

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## THE COMPARISON OF URINE ZINC VALUES OF FOOTBALLERS IN THE INDUSTRIAL REGION AND OUTSIDE THE INDUSTRIAL REGION

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### ABSTRACT

The aim of this study is to examine urine-zinc values of footballers living and doing training in industrial region and footballers living and doing training outside industrial region.

In the research,14 amateur footballers , whose age-average is  $24,00 \pm 3,46$  year, height-average is  $1,76 \pm 0,05$  meters, body weight average is  $70,79 \pm 6,70$  kg and sports-age average is  $11,71 \pm 3,49$  year and who do training in industrial region and 10 amateur footballers , whose age-average is  $20,40 \pm 0,84$  year, height-average is  $1,75 \pm 0,07$  m, body weight average is  $69,70 \pm 7,81$  kg, sports-age average is  $6,50 \pm 1,84$  year and who do training outside industrial region , were participated voluntarily.

One tube of urine specimen was taken from the footballers participated in the research. The urine specimen taken was analyzed in Biochemistry laboratories through Anodic Stripping Voltammetry (ASV).

A statistical difference has been determined between zinc values of footballers participated in the research considering their doing training in industrial region and outside industrial region. ( $P < 0,05$ ).The zinc values of footballers living and doing training in industrial region have been found to be higher than the zinc values of footballers living and doing training outside industrial region in the research.

To conclude, it is thought that the trace elements in human body are affected by working and living environment and as well, it can be said that this situation should be taken into account by the trainers.

**Key words:** industrial region, zinc, footballer.

### INTRODUCTION

Many minerals considered as essential (materials that body can't produce and should be taken from outside) are necessary for organism's doing its function healthily (B.L.Vallee, K.H.Falchuk, ,1993). Although zinc, being one of these elements, ranks number 23 considering the position of being on earth, it is commonly used in biology. So indeed, zinc is the only metal being in each enzyme class. As a natural result of this, it exists nearly in every cell of body (B.L.Vallee, D.S. Auld, 1989). 1.4-2.3 gr zinc exists in an adult male and 60 mg zinc exists in a newborn

infant. % 80-90 of all body zinc exists in muscles, skin and bones, but it doesn't form a storage since its mobilization is limited (Y.Üçkardeş, 2006).

Since zinc is necessary for many enzymes in metabolism, a serious zinc absence will affect muscle functions negatively. A low muscle-zinc level will decrease the capacity of endurance as a result (A. Cordova, AlvaM.rez-Mon,1995). Zinc doesn't have a very special storage like iron as well as its toxicity is low. So taking zinc regularly through a diet is needed. For the continuation of zinc level, zinc loses with sweat, urine and similar ways should be replaced (A.S.Prasad,