
Drug Use and The Problem of Substance Misuse in Sports Professionals

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Abstract

Sports professionals; are dealing with the challenge of drug abuse for a long time. The pressure of winning and best performance leads to stress in athletes. For the Enhancement of sports performance, different drugs are consumed; by athletes. There are some reasons they get influenced by doping. The term doping refers to medications and drugs used to increase sporting performance. Depending upon the intensity of doping, the health situation can become Serious and; may cause various complicated problems. This type of practice may not only affect a person mentally; but also physically. There are many anti-doping policies to prevent and control criminal doping offenses. Various policies; were introduced to combat the problem of doping amongst athletes both internationally and nationally. This paper concentrates on overcoming the problem of doping in athletes by educating them with relevant information.

Key words : Drugs usage , Substance misuse , Sports professionals

I Introduction

The word drug originated from the word “DROGUE” from French language. Drugs mean any article, other than food, intended to affect the structure or any function of the body of humans or other animals. Similarly, 'psychotropic substance' means; any substance which is natural-synthetic or any natural material or salt or preparation of such material, or a substance that is [included] in the list of psychotropic substances, in the schedule of the narcotic drugs. It also includes coke, cannabis, opium, poppy straw, and all manufactured goods. In the history of Indian medicine, Charaka and Sushruta are regarded; as the foremost authority. Charaka bestows fifty herb categories. Each with a variety of plants; that was adequate for a regular doctor. Sushruta's 'Materia Medica'; is organized into thirty seven sections. The components based on the disorder which the therapies aimed at resolving. To improve performance and vitality, athletes in ancient times prepared unique beverages and followed particular diet plans. Players used to consume hallucinogenic and plant-based stimulants to enhance their performances. Societies have broadly accepted the notion; that such manipulation of sports by doping and unnatural sports performance is unfair to honest and fair athletes. Doping in sports is cheating and unfair. Doping harms athletes, and doping harms even non-doping athletes.

Doping harms society and thus requires complex infrastructures for fair and just implementation; doping is unnatural and demoralizing. The use of performance-enhancing drugs (doping) in sports is prohibited. Athletes found to have used such prohibited drugs, whether through a positive drug test, the biological passport system, an investigation, or public admission, may face a suspension of participation for some time commensurate with the gravity of the offense. Athletes found in possession of prohibited substances; are banned from the sport. Athletes who test positive for illicit recreational narcotics or stimulants with limited performance-enhancing effects may risk a competition suspension. The use of specific substances produces euphoric effects on the brain. It is referred to as drug misuse or substance abuse. A large number of people use drugs worldwide, and the problem is growing at alarming rates, particularly among young individuals.

II Reasons for Doping

Drug usage is prevalent in all sports and at all levels of competition. For a variety of reasons including; performance improvement, self-treatment of otherwise untreated mental illness, and coping with pressures such as pressure to perform, injuries, physical discomfort, and retirement from the sport, athletes may turn to drugs. Doping is motivated; by the desire to improve and maintain physical function, cope with social/psychological constraints, and achieve social and psychological goals, including economic gains. Factors such as; "win at any costs," cost-benefit analysis, and the specificity of particular doping substances; all play a role. It appears; changing athletes' attitudes toward physical improvement and developing efficient procedures to detect drug usage. The Prevalence of the most important strategies to win the anti-doping war is Important. To sell newspapers and; other promotional materials, the associated press covers doping incidents in sports. It might give the athlete a false idea of how common performance-enhancing substances are in sports. Athletes may directly watch or hear about their peers' usage of performance-enhancing substances. Athletes may now buy practically any product they choose over the internet instead of; more conventional avenues of drug supply. Some supplements that appear to be harmless may include residues of banned chemicals. Furthermore, some supplement labels may not be thorough or correct. Athletes are not pharmacologists, and the abundance of information on content labels; as might be [perplexing] to the inexperienced eye.

- **Health Hazards of Drug Misuse**

Aside from the gratification of personal success, athletes frequently strive to earn a medal for their nation or a seat on a professional team. The usage of performance-enhancing medications has grown increasingly frequent in such an atmosphere. However, utilizing performance-enhancing substances (doping) comes with health hazards. Athletes; do not take the time to educate themselves about the possible disadvantages that come with the consumption of drugs. Various health dangers and numerous unknown diseases are associated with so-called performance-enhancing medications. Dangerous drugs like:- anabolic steroids, erythropoietin, diuretics, creatine, and stimulants can cause

long-term or permanent health problems. Besides the widespread use of performance-enhancing drugs (PEDs), public emphasis has been almost solely focused on PED usage by elite athletes to obtain an unfair competitive edge in sports; rather than on the health dangers of PEDs. It is a prevalent misconception; that PED usage is harmless or that the side effects are tolerable. The vast majority of PED users are non-athlete weightlifters rather than athletes. The negative health impacts of PED usage are vastly undervalued. It highlights gaps in understanding and seeks to draw the medical communities and public's attention to PED usage as a major public health issue. Performance Enhancing Drug usage has related; to a higher risk of mortality and a wide range of cardiovascular, psychological, metabolic, endocrine, neurologic, infectious, hepatic, renal, and musculoskeletal diseases. We need observational research to acquire meaningful outcome data on the health concerns associated with PEDs since randomized clinical trials cannot ethically replicate the dosages of PEDs and any variables associated with its usage. We also require research on the prevalence of PED use, the processes through which PEDs cause harm to the body, and the interactions between PEDs and sports injuries and other high-risk activities.

III National Context in Relation to Drug Abuse in Sports Persons and Athletes

In India, the National Anti-Doping Agency; is responsible for ensuring that sports are free of doping. The main goals are to execute WADA-approved anti-doping laws, manage dope control programs, promote education and research, and raise awareness about doping and its negative consequences. The Government of India formed the National Anti-Doping Agency [NADA]; intending; to serve as an autonomous anti-doping organization for India with a vision of dope-free sports. The NADA is responsible for and has jurisdiction over the Improvements in Doping Control that; are planned, coordinated, implemented, monitored, and advocated. Collaboration with other relevant organizations, and agencies. Encourage national anti-doping organizations to perform reciprocal testing. It also Promotes anti-doping research; withholds some or all funding from any Athlete. Athlete Support Personnel who has violated anti-doping rules during their ineligibility; aggressively pursue all potential anti-doping rule violations within its jurisdiction. Includes; investigating whether Athlete Support Personnel or other Persons. It may involve, in case of doping. Anti-doping information and; education initiatives; are planned, implemented, and monitored by this program. The Governing body of the National Anti-Doping Agency, Ministry of Youth Affairs & Sports, and Government of India; consists of General Body Members, Governing Body Members, and Executive Board Members. Following are the hierarchical structure representation of the Governing body of the National Anti-Doping Agency Ministry of Youth Affairs & Sports, Government of India :

1.1. General Body Members Hierarchy:



1.2. *Figure no. 3.1 General Body Members Hierarchy Chart*

Governing Body Members Hierarchy:



Figure no. 3.2 Governing Body Members Hierarchy Chart

Executive Board Members Hierarchy



1.3.

Figure no. 3.3 Executive Board Members Hierarchy Chart

- **Testing Programs Introduced by National Anti-Doping Agency**

National Anti-Doping Agency is constantly involved in educating athletes and sportspeople at various training institutes across India. It is actively involved; in educating the athletes/sportspersons located at various training centers throughout India and has been organizing workshops/seminars and awareness programs on Anti-Doping issues.

During the pandemic of COVID 19, National Anti-Doping Agency (NADA) has organized various events and actively functioned to keep the public aware and educate them. Below mentioned are some Programs organized by NADA:

- Online anti-doping awareness sessions
- Online interaction sessions
- e-Conclave on the topic of Doping in Indian Sports
- National Webinar on Anti-Doping and Sports Sciences
- An online session for Department of Sports and Youth Welfares
- An online session for Sports Authority of India
- Webinar on Salient changes in Anti-doping rules
- Webinar on Anti-Doping Rights of athletes vs. Therapeutic Use Exemptions (organized in LPU)

- Webinar on Moral responsibility of a citizen of the Republic of India to eliminate doping in sports
- Webinar on Substances of Abuse/ Drugs in society and WADA 2021 Prohibited substances in sports
- Webinar on Level playfield for all sportspersons and entitlement of equality
- Online reaccreditation training cum awareness for Sample Collection Personnel

Sessions organized for "Coaches of Sports Authority of India"

- Online anti-doping awareness sessions
- Session on Menace of Doping
- Therapeutic Use exemption, documents to be maintained
- Updating knowledge of new Anti-Doping Rules
- Procedure for dope sample collection

1.4.

- *Mass Athlete Awareness Program Against Doping (MAAPAD)*

1.4.1. *The National Anti-Doping Agency (NADA) has created a comprehensive education campaign called the Mass Athlete Awareness Program Against Doping (MAAPAD). It is a comprehensive program that has been; planned to deal with many stakeholders in the country and Targeted Groups for Awareness and Training Campaign. NADA is conducting anti-doping awareness and training workshops through Sports Institutions, the Sports Authority of India Centre (SAI), State Sports Associations, Universities/Colleges, National core group athletes (SAI Camp), Young athletes (STC Inmates and School athletes), Coaches & supporting staff, and Physical education teachers. Also, an Athlete outreach program for School level athletes. These Outreach programs; are organized during competition, especially at Junior and Sub-Junior, and Youth level events.*

1.4.2. *Objectives of Mass Athlete Awareness Program Against Doping (MAAPAD)*

- To create anti-doping awareness among sportspersons and support personnel, including stakeholders.
- Dissemination of anti-doping information with the help of digital/electronic media.
- To decrease the incidence of doping in Indian Sportspersons and promote fair play spirit.
- *Stakeholders involved in Anti-Doping Awareness Campaign*
- Sports Authority of India
- National Sports Federations

- All India University
- School Games Federation of India
- Services/Police Sports Authorities
- State Sports Association and Departments

- **Dope testing by the National Anti-Doping Agency (NADA)**

NADA is in charge of conducting a sufficient number of in-competition and out-of-competition tests on the athletes in its testing pool. This; comprises athletes at the world and national levels who got tested by NADA. The NADA creates a test distribution plan and allocates the number of samples required for effective deterrence for each sport or discipline. In-competition testing, out-of-competition testing, target testing, and blood and urine collection are all part of the plan.

- **Test Statistics of Adverse Analytical Finding(AAF)**

| Serial number | Sports Discipline | Number of AAF cases reported for the period of 2020 |
|---------------|-------------------|---|
| 1 | Athletics | 9 |
| 2 | Basketball | 1 |
| 3 | Boxing | 3 |
| 4 | Cricket | 1 |
| 5 | Fencing | 1 |
| 6 | Football | 1 |
| 7 | Kabaddi | 7 |
| 8 | Powerlifting | 7 |
| 9 | Shooting | 1 |
| 10 | Taekwondo | 1 |
| 11 | Volleyball | 1 |
| 12 | Weightlifting | 14 |
| 13 | Wrestling | 6 |
| 14 | Wushu | 1 |
| | Total | 54 |

Table no. 3.1 Details of AAF reported from January 2020 to September 2020
(As of Sep 24, 2020)

Indian Legislation in the context of drug and substance abuse

- According to the Indian Constitution,

It is the duty of the State; to raise the level of nutrition and the standard of living and improve public health. The directive principles of state policy state: Prohibition of the use of intoxicating drinks and, drugs that are harmful to human health and also increasing people's standard of living by improving public health and level of nutrition.

- According to the Indian Penal Code 1860

Adulteration of drugs is a violation of the Indian Penal Code. It includes adulteration of any type of medicinal preparation that hampers its effectiveness. This is a non-cognizable, non-bailable, and non-compoundable offense. The penalty for this offense is six months in jail and a fine. The Indian Penal Code prohibits; the selling of a drug disguised as another drug or preparation. This provision specifies that; if a person intentionally sells or issues a drug from a dispensary, or medical preparation as a different sort of drug for medical preparation, the person will be sentenced to 6 months in prison, a fine, or both. This is a non-cognizable offense that is bailable and triable by any magistrate. This is a non-compoundable offense.

- The Narcotic Drug and Psychotropic Substance Act 1985

The Narcotic Drug and Psychotropic Substance Act of 1985; is divided into six chapters and 83 parts. The Act's Section 2 outlines numerous kinds of drugs and their meanings. Section 31A of the Act discusses the death punishment for specific offenses. It is vital to remember that the Act defines two types of drug amounts: small quantities and commercial quantities. The legislation; was primarily enacted to manage and regulate narcotic drugs and psychotropic substance illegal activities.

IV International Context in Relation to Drug Abuse in Sports Person and Athletes

In a highly competitive environment and the stress of winning at any cost, athletes use different products to increase their performance. The malpractice of drug abuse has been prevalent for ages in sports. Many athletes in the ancient Games strove to enhance their performance by studying their sport's skills and experimenting with their food. Charmis, the Spartan who won the stade race at the 668 BC Olympic Games, is said to have had a special diet of dried figs. Competitors consumed wet cheese and wheat flour. Dromaius of Stymphalos, on the other hand, ate meat and won the Dolichos race twice at Olympia, twice at Delphi, three times at Isthmia, and five times at Nemea (Pausanias, 1959). For many years, the worldwide sports

community has acknowledged the hazards of all types of doping. More effective regulatory procedures; for the detection and control of drug-based doping in sports are introduced.

- **United Nations Educational, Scientific and Cultural Organization (UNESCO)**

The United Nations Organization aims at maintaining peace, dignity, and equality on a healthy planet. As the United Nations' primary organization for physical education and sport, United Nations Educational, Scientific and Cultural Organization UNESCO supports sport and physical education's educational, cultural, and social components with . Sports are widely acknowledged as a tool for development and peace since they transcend; both geographical boundaries and socioeconomic divisions. It encourages social inclusion and economic growth in various geographical, cultural, and political prospective. The organization offers help, consulting services, and guidance to Member States seeking to develop or enhance their sports policy. The battle against doping in sports is based on two essential principles: protecting athletes' physical and mental health, Whether amateur or professional, and preserving sports ethics and ideals. UNESCO is actively involved in the anti-doping battle through its normative work, most notably the International Anti-Doping Convention. At present, UNESCO has 193 member states and 11 associate members. The International Convention Against Doping in Sports is a global UNESCO treaty that mandates nations to enact national anti-doping measures. The World Anti-Doping Agency issues the World Anti-Doping Code, and governments that sign on to it align their domestic legislation with it. It involves enabling anti-doping measures and assisting with national testing systems. It also facilitates; the use of "best practices" in the labeling, marketing, and; distribution of items containing illegal narcotic substances. It withholds financial assistance from people who participate in or promote doping, By implementing anti-drug manufacturing and anti-drug-trafficking actions. This convention promotes; the development of standards of conduct for athletes and anti-doping specialists. It creates an undesirable atmosphere for individuals who participate in or facilitate doping.

- **World Anti-Doping Organization WADA**

The World Anti-Doping Organization (WADA); was founded by International Olympic Committee in 1999. WADA's headquarters are in Montreal, Canada. The key activities of the World Anti-Doping Organization include insurance and monetary-effective implementation of the world anti-doping code. It is related to international standards of scientific and social science research, education, intelligence, investigations, and building capacity with anti-doping organizations worldwide.

- **World anti-doping code**

The World Anti-Doping Code (WADA) is the central document that unifies anti-doping policies, rules, and regulations among sport organizations and governmental bodies worldwide. It collaborates with eight International Standards that aim to promote uniformity across anti-doping agencies in a variety of areas.

- The International Standard for Testing and Investigations (ISTI)
- The International Standard for Laboratories (ISL)
- The International Standard for Therapeutic Use Exemptions (ISTUE)
- The International Standard for the Prohibited List (The List)
- The International Standard for the Protection of Privacy and Personal Information (ISPPPI)
- The International Standard for Code Compliance by Signatories (ISCCS)
- The International Standard for Education (ISE)
- The International Standard for Results Management (ISRM)

- **Structure of World Anti-Doping Code (WADA)**



Figure no. 4.1 Governance of WADA

- **Statistics of Dope testing Report WADA**

The Adverse Analytical Findings (AAFs) measure the use of prohibited drugs, and The Atypical Findings (ATFs) measure cases of longitudinal studies on testosterone.

| Sport | Analyzed | AAFs1 | (%) | ATFs2 | (%) | Total Findings | (%) |
|--------------------|----------------|-------------|--------------|------------|--------------|----------------|--------------|
| Olympic Sports | 228,560 | 1519 | 0.66% | 281 | 0.12 | 1800 | 0.79% |
| Non-Olympic Sports | 49,487 | 1183 | 2.39% | 110 | 0.22% | 1293 | 2.61% |
| | | | | | | | |
| TOTAL | 278,047 | 2702 | 0.97% | 391 | 0.14% | 3093 | 1.11% |

Table no. 4.1 Total Samples Analyzed (All Sports) 2019

V Sponsorship Greed of Athletes

Greed has a detrimental impact on the sports sector in the form; of ticket prices, merchandising, and wages. Most people believe that the motivation in sports is to win at all costs. However, it is money. Money to compete against a rival team, money to watch, money to build stadiums, and money to represent their favorite club. The sports business has shifted from a passion for athletics to a 'passion for money' earning millions. Athletes; are paid millions. To perform in sports and, another for entertainment purposes, as well as millions of rupees, to endorse renounced companies. Players become excessively greedy with their contracts, assuming that they are significantly more valuable than their personalities. Sports apparel manufacturing companies get into exclusive apparel partnerships with colleges, requiring their players to wear only certain branded clothes while competing for the university. It is a very competitive field, with all sponsor companies vying for connections with the top-ranked university teams and the best star players. They try to persuade gifted adolescents to attend apparel-related colleges. They also expect that; the student should remain loyal to the brand after becoming professional players or athletes. Companies would negotiate arrangements with players on their own to ensure that they attended the institution of their choice.

VI Tough Challenges faced by Players

The bulk of Indian athletes come from rural backgrounds and small villages. These; New sports players have very little knowledge about performance-enhancing medications. No extreme qualification requirements for the players to play sports. Because of this, they have little formal education. Again, the primary motivation for participating in sports in India is personal rather than professional. One must grasp the one-of-a-kind motivation that sports provide in India. There are government jobs available against sports quotas, and with a billion people and few employment chances, the competition to follow the coach or other official's instructions is fierce. The lack of understanding of the dos and don'ts of the WADA code consequently influences all levels of the sport. The lack of an active awareness campaign at the grassroots level exacerbates the situation. Because; the young athletes are not mature enough and not adults. They are dependent upon their parent's decisions. Mostly Indian middle-class society where a job has given weightage, not fame. Most parents are unaware of what their children consume. Finally, when the athletes are apprehended, there is no sustained national discussion by the public.

VII Suggestions and Conclusions

It is considered that; the consequences of doping on athletes are so severe that they cause various hormonal changes, damage to bodily tissues, social discomfort, and even death. Substance misuse and doping tactics cause physical illness and are recognized as unhealthy mentally or psychologically. Drug abuse problems; can be successfully treated; if people can access treatment and rehabilitation services appropriate to their needs and of sufficient quality, intensity, and duration. The financial support that underpins treatment and rehabilitation should be, directed to those services that have a proven efficacy impact. At different periods and stages in their search for [people] may require multiple forms of therapy that are successfully integrated and coordinated and should be able to obtain or be referred to the treatment that best suits their requirements. Gender-specific requirements should be taken into account while providing treatment. Therapeutic approaches should, to the extent practicable, expand on, relate to, and integrate current health and social services. Provide a continuum of care through social agencies. Government should also incorporate assistance from the community. Care coordination has a critical role in every organization. The System of drug de-addiction therapy is successful and planned systematically. Implementation of legislation accordingly plays a crucial role in controlling drug crimes. The collaboration between the government and regional places, local governments, and governmental and non-governmental organizations on the local level plays an important role.

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