An Evaluation of Anti-Doping Education program of Sri Lanka Anti -Doping Agency in preventing doping among athletes

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Background: This study was conducted to evaluate the anti-doping awareness program (ADAP) according to the knowledge of prohibited substances, doping rules, doping behavior and moral adjustment in preventing doping among Sri Lankan athletes.

Methods: Data was collected from 200 athletes. A questionnaire was used to collect data in pre, post and follow-up sessions. Knowledge of anti-doping rules and prohibited substances were measured as unintentional doping, while doping behavior and moral detachment were intentional doping measures. Participants were asked to respond on a Likert-type scale to determine athlete satisfaction. Results were statistically analyzed using non-parametric tests.

Results: A repeated measures ANOVA determined that doping knowledge score differed significantly between 3 time points (F = 27.54, P < 0.000). Post hoc analysis revealed knowledge score was significantly increased from pre to post (-6.65 (95% CI, -8.45 to -4.85), p < .000), and pre to follow up (-4.265 (95% CI, -7.045 to -1.486), p = .001), but not from post to 3 months later (2.38 (95% CI, 0.38 to 4.38), p = 0.014). Moral affinity has significantly decreased from pre to post (0.01) but not significant changed in follow up. Doping behavior did not show significant change (0.264).

National level athletes showed significant increment in doping knowledge than athletes in other levels (0.009). Age of participants showed a significant negative correlation with doping knowledge (r = -0.25, P = 0.01) while moral affinity showed significant negative correlation with frequency of participation (r = -0.17, P = .0.03). Both female and male athletes showed moderate satisfaction about the ADAP.

Discussion: Results showed that ADAP was effective in reducing intentional and unintentional doping among athletes. Further, based on follow up study results, ADAP is effective in control doping among athletes with repeated awareness.

KEYWORDS Anti-Doping, Sports, Awareness

Reference:
