

AWAWARENESS OF ATHLETES ABOUT ANTI-DOPING RULES

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Annotation. The main source of information for athletes seems to be providing by coaches. Doctors and other experts appear not to be acting as lead consultants. The anti-doping rules are increasingly known to athletes, but there is still a lack of knowledge that should be remedied using appropriate educational programmes. However, there is also a lot of information to be remedied by way of effective educational programmes. [1] Reforms in the field of literacy of athletes in various sports are undeniable, given the studies under the auspices of WADA, but despite this, lack of awareness and awareness of athletes about doping control is currently one of the central problems of modern sports, since the use of doping by athletes not only causes damage their health, but also undermines the basics of sports. And per the results of the our survey, the athletes participating in the survey showed their own results in the sections of the prohibited list, anti-doping rule violation, knowledge about doping agents, doping control, several aspects of doping, opinion on doping. Most of athletes were more informative, because they are interested in their profession and win with the healthy way.

Key words. doping in Azerbaijan, awareness of athletes, prohibited substance list.

Introduction. Possession of medals at the Olympic Games has always been considered the most prestigious demonstration of an athlete and the source of his fame in the country. This led to the fact that athletes themselves or at the insistence of trainers

deliberately took doping substances that stimulate physical performance and mental activity in order to increase their results without taking into account the athlete's health risks and the IOC rules prohibiting the use of such substances.

As a result of increasing international efforts to counter the effects of sports-enhancing drugs, at the end of 1999, the IOC established the World Anti-Doping Agency (WADA) to test athletes at the upcoming Olympic Games and raise standards for doping testing. [2] On this occasion, studies are being conducted in different countries of the world that are aimed at studying the awareness of athletes.

In recent years, our country has achieved very great success in the sports field in the international arena. At the same time, Azerbaijan is one of the countries fighting for fair sport.

Through the efforts of the AMADA agency, anti-doping rules have been adopted and implemented in accordance with the WADA World Anti-Doping Code. As part of the fight for fair sports, the national agency periodically holds educational anti-doping seminars and trainings to improve the literacy of athletes. The idea of our study was to study the effectiveness of measures taken in the country in this direction by conducting a survey using a specially designed questionnaire.

Methodology. The survey comprised of 12 questions developed to achieve the aims and objective of the study. Questionnaire (see tab.1) based on some questions which taken from WADA's application WADA Play True Quiz (5 item) [3] , remaining part (7 item) were conducted among the AMADA personel focused on (WADA) CODE rules. Only after the questionnaire in total 185 responders agreed to participate in this cross-sectional study. The study was conducted with athletes working in various federations (Azerbaijan Wrestling Federation, Absheron Volleyball Club, Azerbaijan Football Federations

Association, Azerbaijan Boxing Federation).

1. Are you aware the list of prohibited substances in sports and are you informed enough?	A) Yes , I informed enough B) Yes , I'm not familiar enough C) No.
2. How often is the prohibited list updated? [a]	A) Once a month B) Once a year C) Before every Olympic and Paralympic Games
3. How does athlete know if a substance is allowed to be used?	A) If the word "no doping" is written on the substance B) If the substances ingredients does not contain items from the prohibited list
4. Is the list of prohibited substances same for the in-competition time and out of competition time for athlete ?	A) Yes B) No
5. Do you know that exists the 10 anti-doping rule violations ?	A) Yes B) No
6. Can an athlete be tested for doping after a race if he or she does not participate in the race ? [a]	A) Yes B) No
7. If an athlete is disqualified from his sport, can he compete in another sport? [a]	A) Yes B) No
8. How many times a year can an athlete be tested for a doping control process?	A) once or two time in a year B) unlimited
9. WADA stands for? [a]	A) World Anti- Doping Agency B) World Anti- Doping Organisation
10. If the drug is safe for the athlete to use in his home country, can he safely use the same brand of medicine purchased abroad? [a]	A) Yes B) No
11. Why do you think are the athletes using doping?	A) For to win B) To regain strength as they maintain a strong diet C) as a narcotic drug
12. Do many athletes in Azerbaijan use doping?	A) Yes B) No

Questionnaire

(a) Questions had taken from : WADA Play True Quiz (2018). WADA Play True Quiz. Available at: <https://www.wada-ama.org/en/play-true-quiz>

used. Most questioners claimed that 78.9 per cent of the list of banned substances was similar for athletes of competition and out of competition, but that was an incorrect assumption.

The respondents reported that there were 10

Questions	ANSWERS	ATHLETES	
		Count	
1	answer A	108	58,4%
	answer B	58	31,4%
	answer C	19	10,3%
2	answer A	32	17,3%
	answer B	129	69,7%
	answer C	24	13,0%
3	answer A	51	27,6%
	answer B	134	72,4%
4	answer A	146	78,9%
	answer B	39	21,1%
5	answer A	109	58,9%
	answer B	76	41,1%
6	answer A	122	65,9%
	answer B	63	34,1%
7	answer A	35	18,9%
	answer B	150	81,1%
8	answer A	41	22,2%
	answer B	144	77,8%
9	answer A	152	82,2%
	answer B	33	17,8%
10	answer A	49	26,5%
	answer B	136	73,5%
11	answer A	151	81,6%
	answer B	28	15,1%
	answer C	6	3,2%
12	answer A	67	36,2%
	answer B	118	63,8%

Results. It is clear from the table that 58.4 percent of athletes were familiar with and well informed of the banned list, although 31.4 percent of athletes were admitted to the banned list, but not enough. This was not understood to the remaining 10.3 percent. Most (69.7%) of respondents were aware of the list of substances that had not been revised once a year and 72.4 percent were advised that substances which did not include products in the banned list could be

violations of the anti-doping rules, and that 65.9 percent of the athletes correctly replied that after a race an athlete could be tested for doping if he or she was not a member of the race. 81.1 percent of athletes knew he could not participate in another sport if the athlete were disqualified from his sport. 77.8 percent of athletes knew that the amount of times an athlete is tested annually, including in-competition, non-competition, random and objective assessments, is not limited to. 82.2 percent of athletes have answered that the

World Anti-Doping Agency is WADA. 73.5 percent of athletes understood that while the drug is safe for athlete to use in their home country, the same product brand that athletes bought abroad can not be used safely.

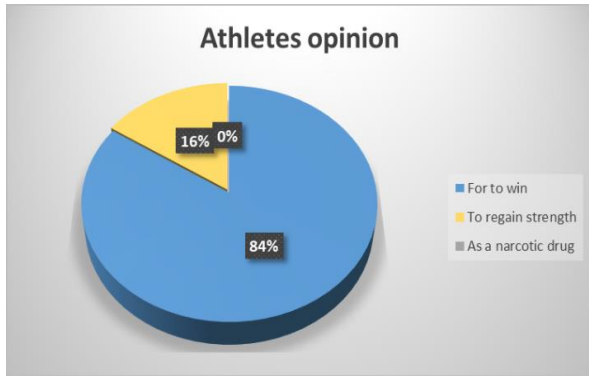


Fig 1. Question 11. Opinion of athletes

Most of (84 %) were thought that (see Fig 1.) using of doping for to win in the competitions, the rest of the athletes reported that it is for to regain the strength as they maintain strong diet or as a narcotic drugs. 63,8 percent of athletes were answered that there were not many athletes use doping in Azerbaijan, but the rest part of them (36,2%) were agreed with this question.

Conclusion. All in all, in most of questions athletes are aware of the list of banned drugs and anti-doping rule violations and etc. The high results of the athletes show that they are trying to get a lot of information in order to win most in a positive way. Also, the statistics published by AMADA for the last 3 years, show that the interest of athletes in Azerbaijan in sports laws seems to be growing, but the number of those who want to win in a negative way is not undeniable. For this reason, it is necessary to try to make every sports staff think not only to win, but also to move forward with clean sports, to continue a healthy life, even after sports competitions and leaving the sport. In view of all this, ASAPES's master classes for the training of sports professionals are commendable. We need specific education programs and an integrative and proactive

hard work containing athletes, coaches, physicians and other members of athlete support personnel.

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İDMANÇILARIN ANTIDOPİNG QAYDALARINI İLƏ BAĞLI MAARİFLƏNMƏ SƏVİYYƏSİ

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Annotasiya: Günümüzdə idmançıların əsas məlumat mənbəyi məşqçilər tərəfindən təmin edilir, həkimlər və digər mütəxəssislər əsas aparıcı məsləhətçilər kimi görünmələr. Antidoping qaydaları idmançılara getdikcə daha çox bəlli olur, lakin müvafiq təhsil proqramlarından istifadə etməklə aradan qaldırılmalı bilik problemləri hələ də mövcuddur. Bununla yanaşı, effektiv təhsil proqramları ilə düzəldiləcək bir çox məlumat var. [1] WADA-nın himayəsi altında aparılan tədqiqatları nəzərə alaraq, idmançıların müxtəlif idman sahələrində bilik səviyyəsi artırılması üçün aparılan islahatlar danılmazdır, lakin buna baxmayaraq idmançıların doping nəzarəti ilə bağlı məlumatlı olub və olmaması hal hazırda müasir idmanın mərkəzi problemlərindən biridir. İdmançıların dopingdən istifadəsi nəinki sağlamlığa ziyan vurur, həm də idmanın əsaslarını pozur. Sorğumuzun nəticələrinə görə, sorğuda iştirak edən idmançılar qadağan olunmuş siyahının bölmələrində, antidoping qaydalarının pozulması, doping agentləri haqqında biliklər, doping nəzarəti,

dopinqin bir neçə aspekti, dopinqə dair fikirlərdə öz nəticələrini göstərdilər. İdmançıların əksəriyyəti daha çox məlumatlı idi, çünki rəşələri ilə maraqlanır və sağlam yolla qalib gəlir.

Açar sözlər: Azərbaycanada dopinq, idmançıların xəbərdarlığı, qadağan olunmuş siyahı

Ədəbiyyat.

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УРОВЕНЬ ОСВЕДОМЛЕННОСТИ СПОРТСМЕНОВ ОБ АНТИДОПИНГОВЫХ ПРАВИЛАХ

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Аннотация. Как представляется, основным источником информации для спортсменов являются тренеры. Врачи и другие эксперты, похоже, не выступают в качестве ведущих консультантов. Антидопинговые правила все больше известны спортсменам, но все еще ощущается нехватка знаний, которые следует исправить с помощью соответствующих образовательных программ. Тем не менее, есть также много информации, которая должна быть исправлена посредством эффективных образовательных программ. [1] Реформы в области грамотности спортсменов в различных видах спорта неоспоримы, учитывая исследования под эгидой WADA, но, несмотря на это, недостаточная осведомленность и осведомленность спортсменов о допинг-контроле в настоящее время является одной из центральных проблем современного спорта. Так как применение допинга спортсменами не только наносит

вред их здоровью, но и подрывает основы спорта. И согласно результатам нашего опроса, спортсмены, участвующие в опросе, показали свои собственные результаты в разделах запрещенного списка, нарушение антидопинговых правил, знание о допинг-агентах, допинг-контроль, несколько аспектов допинга, мнение о допинге. Большинство спортсменов были более информативными, потому что они заинтересованы в своей профессии и побеждают со здоровым образом.

Ключевые слова. допинг в Азербайджане, осведомленность спортсменов, список запрещенных средств

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PATELLOFEMORAL PAIN SYNDROME

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Annotation: Patellofemoral pain syndrome (PFPS) is a clinical condition that is characterised by retropatellar and/or peripatellar pain related to activities involving lower limb loading (eg, walking, running, jumping, step mounting, and prolonged sitting and motility, walking down stairs, squatting). Patellofemoral pain syndrome (PFAS) is a common cause of anterior knee pain, often affecting young women. Patellofemoral pain, approximately 9-10% of all musculoskeletal complaints. It is one of the most common musculoskeletal diagnoses that make up 20-