



Overview Of Doping Effect on Players and the Psychological Outcome Of The Problems in Hockey

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ABSTRACT:

The current sport scenario is facing threat, which creates a negative effect both on the players and on the whole game, irrespective of the type of game and the set of team or team players involved.

One such happening issue is “Doping”. The present study gives a details account on the happening problems and its negative effect in general and game specific, relating to Hockey. Doping refers to any banned drugs usages to enhance an individual’s performance in the sport. Such usages is a fake way of dealing with the actualized activity called sport and also has an impact of excited behavior in players, thus affecting his or her behavior and finally bringing in ill effects both at individual level and sport level. The idea of this thematic paper presentation is to throw light on the happenings of the problems of Doping in Hockey players and the disastrous outcome of the same. The expected outcome of the paper is to bring in more awareness and spread the same through “word by mouth” communication regarding the dangers of Doping, both directly and indirectly in the minds of sports players in general.

Introduction:

Burstim (1963) According to reports of Philostratos and Galen, various remedies were used to enhance the athletic performance as early as the end of the third BC. Chinery (1983) The Indian physician Sutruta recommended the eating of testicles to enforce virility around 300BC, and the Huns consumed testicles before battles obviously with the same aim. Hallucinogenic mushrooms were taken in the third century BC to enhance performance during Olympic competitions, which were held between 776 BC and 393 AD. These study clearly reveal that the threat of using drugs had began way back and now the intensity has increased and it’s high time that we need to set things right so as to motivate the real players and avoid gambling in the games.

Theoretical revelations of the study:

Due to the increase use of doping in many sport games, by the 1920s doping has become evident that drug restrictions were essential in 1963. Brent Hadley (2007) The use of performance enhancing drugs (referred to as ‘doping’) puts athletes’ health at risk and undermines the principles of “fair play”. Any artificial advantage for the athlete is not fair to others who rely on their natural potential. (IOC, 2004; “Lausanne declaration on doping in sport,”) France was the first country to enact an anti-doping legislation in response to the proliferation of drug usage in sport. Until 2005 the NHL had no formal anti doping policy. However, in the wake of scandals that dogged other major sports in recent years, the league unveiled its first such policy in September 2015 at a congressional hearing on drug use in



professional sports. Under the new policy, NHL players are subject to a maximum of two random tests with no advance notice during the NHL season for the performance-enhancing drugs designated on the World Anti-Doping Agency's (WADA) "Prohibited List" (2007, <http://www.wadama.org/enprohibitedlist.ch2>). A first-time positive test will result in a twenty-game suspension. The suspension increases to sixty games for a second offense, and a third positive test can result in permanent suspension from the league.

Health Risks of Steroid Use

Steroid abuse has been linked with a wide range of health hazards, both physical and mental. Among the

Division I	Division II				Division III							
	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005
(n=1,42	(n=6,12	(n=8,77	(n=8,54	(n=68	(n=3,25	(n=4,86	(n=4,34	(n=40	(n=4,53	(n=7,52	(n=6,49	
Drug 2)	3)	6)	3)	1)	4)	7)	1)	9)	7)	0)		
	3)											

Note: All N/A's reflect that questions regarding that drug were not asked in that particular year. n=sample size.

Amphetamines

2.1% 2.5% 3.2% 4.0% 2.0% 3.3% 3.3% 3.8% 1.9% 3.7% 3.7%
4.6%

Anabolic steroids

1.9% 1.2% 1.6% 1.2% 4.3% 1.1% 2.5% 1.2% 1.9% 1.3% 1.4%
1.0%

Ephedrine Nutritional

N/A 3.0% 2.4% 2.4% N/A 4.2% 4.1% 2.6% N/A 3.8% 2.5%
2.6%

Supplements

N/A N/A 46.0% 33.4% N/A N/A 41.5% 27.9% N/A N/A 39.8%
28.1%

Physical problems are liver and kidney tumors, high blood pressure, elevated cholesterol levels, fluid retention, and severe acne. Ormsbee and Vukovich note that some studies associate steroid use with serious cardiovascular problems, including cardiomyopathies (inflammation of the heart muscle), irregular heart rhythm, development of embolisms (blockage of an artery by a clot or particle carried in the bloodstream), and heart failure. Men sometimes experience symptoms such as shrunken testicles; reduced sperm count, baldness, breast development, and increased risk of prostate cancer. Among women, growth of facial hair, male-pattern baldness, menstrual cycle disruptions, and deepening of the voice have all been reported. Adolescents who use steroids run the risk of halting their growth prematurely, as their bones fuse ahead of schedule. Another problem for teenagers is that steroids cause muscles to grow but do not strengthen the tendons that connect these muscles to bones. This can increase the risk of injury.



Emotional psychological problems stemming from abuse of steroids include extreme mood swings, depression, paranoid jealousy, irritability, delusions, and impaired judgment. Sometimes these steroid-induced mood swings lead to violent behavior, a condition popularly referred to as “roid rage.”

Mental Anorexia

This term means to be fearful of gaining weight, eating certain specific foods, be secretive and not wanting to talk about problems and not least over exercising. This mental block of the person will cause him to be unable to grow healthily and maintain a healthy lifestyle. Anorexia nervosa is also the direct opposite of bulimia nervosa, which means to stuff oneself with food so as to relieve stress.

Obsessive-Compulsive Disorder (OCD)

It is a type mental illness that causes someone to have repeated unwanted thoughts. A very good example would be: fearing that everything you touch has germs and bacteria and thus you keep heading to the bathroom to wash your hands. This illness is very severe. Doping is a major problem in Indian sport and NADA has been forced to become more proactive as it deals with one doping scandal after another, involving mainly athletes, wrestlers and weightlifters.

Keun-Youl (2005) study reveals some of the psychological and certain physiological effects of doping and they are Libido changes, Sub fertility, Decreased Luteinizing hormone and follicle-stimulating hormone. Increased aggressiveness and sexual appetite, sometimes resulting in aberrant sexual and criminal behavior. In Males Only: Impotence with chronic repeated use, testicular shrinkage (atrophy), breast enlargement (gynecomastia), prostatic enlargement, reduction of sperm production, premature baldness. In Female Only: masculinization/ Hirsutism, excessive hair growth on the face & body, deepening of the voice, enlargement of clitoris, abnormal menstrual cycles (suppression of ovarian function and menstruation), reduced breast size. Polycystic ovarian syndrome. Psychological effects / Behavior effects are Mood swings, Aggression, Mania, Depression, Withdrawal, and Dependence. (Cooper CJ et al, 1996) Direct cause of significant disturbances in personality profiles. Aggression and anxiety.

Consumption of too many drugs will lead to aggression and anxiety. For females especially, they will seem to develop more male characteristics. For males, too much aggression may lead to the murdering or doing illegal things to satisfy or relieve the surge of immense anger. Anxiety too plays a part by making the athletes paranoid over small and trivial matters.

Psychological disturbances

Athletes who are doping or used to dope have high risks of getting psychological disturbances such as sharp headaches. Stimulant doping drugs may lead to severe migraines in the athlete. This will affect the athlete's performance in their event, totally opposite of what the athlete really wants- to improve focus and strength so as to accomplish their goal. Sometimes, they may also feel very confused and unable to think clearly. Other effects include mania,



withdrawal (become anti-social) and mood swings. Depression may also occur in several cases. Some dopers also become very dependent on others. The doper's personality may also change significantly and drugs are usually the direct cause of it. A doper may also tend to tremble more often.

Emotional Effects

Unusual patterns of behavior Drugs may cause athlete to suffer an emotional breakdown. Perhaps, this may even result in depression or in the worst case scenario-committing suicide. This may seem very extreme to, athletes, do use this method as they find they are too depression and by dying, will can resolve all their problems.

Conclusion:

The attitude of the players plays a key role in the success of the game both at sport and national level. Today's world is based on high spirits of competition and achievement which feeds as a great enhancement for an individual's self esteem. Sometimes the attitude of "only I must win" (Musturbation) brings in inappropriate behavior that pushes them to take the wrong path like Doping. It is suggested that winning any game through the self actualized way leads positive results and it also avoids irrerelevant guilt feel to any players. The sport community and the personnel at the authorized positions may triggers the though process of the dopers, thus avoiding fraudulent practice and finally totally abolishing for a long term.

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