

# Doping Usage in Sports and Its' Relation with National Athletes' Assignments in Turkey

Umit Dogan Ustun, Adnan Ersoy, Mehmet Goral, and Mustafa Kerem

**Abstract**—Use of doping in sports is a social matter of today's sports and doping usage is seen to have increased recently. Thus, this study aims to give information about doping, types of doping and also to examine its relationship with national athletes assignments in Turkey.

**Keywords**— Doping, Kinds of Doping, National Athletes Assignments in Turkey.

## I. INTRODUCTION

**I**N addition to being an activity performed to sustain a healthy life today; sport is an activity performed as a full-time profession by some individuals for financial gain. Involving large masses of people, a fact which is combined with the opportunity of financial gain, has made success inevitable for sports [1].

Moreover, the fact that sport is a commercial sector today and that success in sport offers financial possibilities and the fact of will to win are the triggers behind the use of any method by athletes on their way to success [2].

This study addresses doping and types of doping in the scope of its general aim of revealing its relationship with national athlete assignments in Turkey.

### A. Doping

“DOP” is an active substance extracted from Kaffir tree in South Africa and it is known to have stimulating effect. Doping enables use of foreign substance to enhance athlete performance during competitions [3].

The word “doping” derives from the word “dope” which refers to an alcoholic beverage consumed by the South African inhabitants to increase their strength during long hunts and dance rituals. This term which is used to mean “performance enhancement” is adopted by English as “doping” and started to be used to refer to the performance-enhancing substances and methods [4]. Briefly, doping can be defined as “the use of banned-for-use substances to effect or change the speed,

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endurance, strength, courage, behaviors and motions of an athlete in ways other than natural abilities and training [5].

According to Goral [6] athletes can achieve high performance in two ways: first way is to train while the second way is to intake foreign substances having doping effect in some way.

Definition adopted in Turkey in 1963 to define the term doping is like “Doping is a kind of pharmacological stimulant which enhances performance” [7].

### B. Types of Doping

Baysal [8] classified doping into three categories of (i) those affecting circulatory system and heart, (ii) those affecting nervous system, and (iii) those affecting cell and protein metabolism.

Today, athletes can use amphetamine, ephedrine, caffeine, cocaine, anabolic steroid, diuretic, human growth hormone, insulin-like growth factors (IGFs), blood doping, erythropoietin, Beta blocker, vascular endothelial growth factor, myostatin and gene doping [9] [10] [11] [12].

### C. Assignment of National Athletes

National athlete assignments in Turkey are subject to the “Directive on Assignment and Relocation of Teachers Employed by the Ministry of National Education” published in the Official Gazette dated 6 May 2010 and No 27573.

Concerned Regulation entitles any member of the following groups to be assigned as a national athlete: (1) those to have ranked first, second or third in the individual or team events at the Olympic Games, Paralympic Games, Universiade Games, Mediterranean Games and Military World Games; (2) those to have ranked first, second or third at the World and European Championships, in the adults, the youth and the junior categories of the sports branches recognized by the International Olympics Committee and those to have ranked first, second or third at the World and European Championships organized by the International Military Sports Council (IMSC) and; (3) those to have obtained national athlete certificate after competing in the team events at the competitions specified in sub-paragraph 1 and 2 of this paragraph [13].

## II. METHODOLOGY

### A. Research Design

This study is designed as a survey research and research design is created via review of the national and international literature [14].

### III. RESULTS

TABLE I

DISTRIBUTION OF NATIONAL ATHLETES ASSIGNMENTS IN 2013

Field Code	Field Name	Point	First Assignment	Open Assignment Inter-Institution Re Assignment	National Athletes	Total
2265	Physical Education	60	1.500	10	168	1.678
	GRAND TOTAL		39.432	400	168	40.000

Table 1 presents the number of teachers assigned/planned to be assigned in 2013 and the share of Physical Education and Sports Teachers and national athletes. Accordingly, while 40.000 teachers were planned to be assigned in 2013, 1.678 of these positions were planned to be allocated for Physical Education and Sports Teachers, 168 of whom were planned to be assigned from national athletes [15].

TABLE II

DISTRIBUTION OF NATIONAL ATHLETES ASSIGNMENTS IN 2014

Field Code	Field Name	Point	First Assignment	Open Assignment Inter-Institution Re Assignment	National Athlete	Total
2265	Physical Education	50	1.439	14	160	1.613
	GRAND TOTAL		39.440	400	160	40.000

Table 2 lists the number of teachers assigned/planned to be assigned in 2014 and the share of Physical Education and Sports Teachers and national athletes. Accordingly, while 40.000 teachers were planned to be assigned in 2014, 1613 of these positions were planned to be allocated for Physical Education and Sports Teachers, 160 of whom were planned to be assigned from national athletes [16].

### IV. CONCLUSION

Sport is an area of activity which offers many advantages in psychological and physiological terms for those involved or interested in it.

Due to the benefits sports offers and the contributions sports make to the promotion of countries, sportive activities are supported by the states as well, and efforts are exerted for popularization of sports. Constitution of the Republic of Turkey stipulates promotion and improvement of sports by the state [17].

Athletes' strong will to enhance their performance and both the economic and social requirements of sportive success result in violation of health-related as well as moral rules of sports. This unethical and non-healthy fact emerges in the sports world in the form of "doping" [1]. Since it provides unequal conditions, doping is against the nature of sports [18] [19].

Doping substances are potentially harmful to human health. They have effects on mental health, cardio-vascular health, kidneys, reproductive organs and musculoskeletal system and

they even lead to early death [3]. Gradidge et al. [20] reported possible effects of doping substances such as development of anti-social behaviors by individuals and addition to specific substances.

However, assignment criteria national athletes are subject to in Turkey, exemption of these athletes from special talent university entrance exams and Public Personnel Selection Examination and life-long public employment guarantee, can be considered as factors encouraging doping use by Turkish athletes.

### V. SUGGESTIONS

Prevention of doping use is related to a right education approach as well as penal sanctions. Athletes should be educated on sports morals and ethics starting from early ages. Considering the fact that athletes have the potential to affect the reputation of a country either in the positive and negative way, penal sanctions should be exercised fully, a state policy should be developed on doping use and regulations about Turkish Anti-Doping Agency (TADA) should be put into life as soon as possible.

In the light of the data obtained and results produced by this study, following suggestions are made:

- General Directorate of Youth and Sports (GSGM), TADA and Sports Federation should organize courses and seminars on doping for informing athletes and sports-related persons and institutions about doping substances in use, ways of doping tests and harms of doping use,

- Doping controls should be intensified particularly in most popular sports branches in Turkey, such as football, basketball, wrestling and body-building and, sampling frequency should be increased particularly in football and basketball competitions,

- Doping tests made in any sports competition should be organized in such way to make doping test on athletes detected by the competition observers on suspicion of doping use,

- Private sports halls in metropolitans should be controlled by the Doping Control Center and related Federations,

- Ministry of Health should prevent over-the-counter sales of doping substance-containing drugs by pharmacies, and sales of anabolic substances which are defined as muscle builders and which give huge damage to skeleton, liver, kidneys and genital organs should even be banned,

- Athletes should be informed on physical, affective and cognitive benefits of the sports rather than its financial opportunities;

- Finally, the idea of "life-long sports for all" should be promoted.

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