

Considering the Prevalence and Causes Addiction in Prior Doping Champions of Iran

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Abstract: Addiction to narcotic substances is one of the worst problems of human society in every country. So the countries with young population like Iran should be careful about training issues and performing the effective and useful methods in preventing addiction and criminality. In this direction, exercise can be a preventive factor against addiction. But sever exercises and mixed with abusing energetic substances also can be dangerous for healthy. And miss effects of it can destroy people' believe about positive effects of exercise and competition. The aim of present research is considering the rate of prevalence and addiction' causes in doping champions of precedent Iran. The samples of this research were 36 person of athletic prior champions. Which 3 years or more is past from their final competition and have the precedent of abusing narcotic substances and have used from energetic drugs during championship. The achieved information analyzed by descriptive statistic and the results showed that the samples with ago average of $42/5 \pm 7$ and the average of championship duration of $9 \pm 2/3$ during championship have used the narcotics like 14 persons anabolic steroids, 16 persons stimuli drugs, 4 person cannabinoid, 2 persons calmative, 8 persons diuretics, 5 persons betabolics. and 32 persons more than one substance and nowadays are being known as an addicted person abusing narcotic substances which from these numbers, 2 person opium, 5 person Heroin, 3 person alcohol 4 person cerack, 22 person crystal and 19 person use more than one substance. The samples state their cause of addiction: 4 person continuation of prior consumption, 12 person reducing pain, 20 person increase of sexual, 12 person individual tendency, 11 person enjoy seeking, 10 person being forgotten from the side of people and press, 4 person not being actualized the promises, of authorities, 8 person exceeding decrease of weight and 9 person announced more than one cause.

Key words: Narcotic Substances • Addiction • Energetic Substances • Doping • Stimuli Drugs

INTRODUCTION

Addiction to abusing narcotics with natural or chemical Feta is one of the biggest dangerous which treats human societies and specially y oung generation. So that W. H. O or World Healthy Organization consider the addiction to narcotics as one of the four basic problems of man beside the H. I. V, environment pollution and exceeding explosion of population [1]. And this is when this organization for the healthy of human society has introduced four basic base which beside correct nutrition, healthy method of life and neural calm has named exercise and physical activities [2]. So one of the most effective methods of preventing addiction to narcotics is the exercise and appropriate physical activities that can be used in the

form of childish traditional-ecologic plays in childhood ages and in the level of families to membership in athletic teams. From school' levels to clubs and national teams [3, 4].

But the important note is that if athletic champions, specially previous champions who are the patterns of young, in different causes include abusing energetic substances, social, economic, cultural and even sexual problems which probably has been created as a result of false practices and different hurts, would be addicted to narcotics or stimuli substances, will have negative and destructive on society health and families' belief.

This issue can cause young become far from exercise and physical activities and would cause the more tendency of them to isolation, disappointing depression and anxiety.

Energetic drugs are consumed for the purpose of decreasing, pains result from physical hurts and decrease of competitive anxiety, but consuming chemical drugs and with the aim of non curing and for the purpose of power in creation and improving athletic performance in champions prevailed more until the early of twentieth century, most research' results imply factual non efficiency of drugs and creation of negative and permanent consequences in consumer' body and mind [5]. Severson (2003) found that anabolic steroid drugs and also C. N. S stimuli, have little probability of drug dependence or addiction, yet create average effect on neural-behavioral problems. But the drugs like alcohol, tobacco and cocaine can be more addicting. Pope and Katz (1994) and Harison and colleagues (2000) concluded in controlled research that consequences of anabolic drugs in consumers against athletes who would not use narcotics is the appearance of acne Or microbial eruption, genicomasti or female breast and increasing body hair. The National Community of American Academic (NCAA 2005) athletes indicated that most consumers of stimuli substances and the energetic drugs have shown anxietive attacks and general anxiety, insomnia and in some cases severe depression.

Despite that it is always tried that behavioral deviation and criminality or addiction to narcotics would not mooted as prominent characters in society, or even be forgotten, but the negative effect of every addicted athlete' presence in society, leave most destructive effect which it's primary consequences can cause families and teenagers' cynical to exercise and consequently their tendency to retireness and disappointing and addiction and criminality[10]. Athletic retiring can be as a result of aging, deporting from teams, sever physical hurts or the selection of the athlete himself. The factors like consuming energetic substances, absence of adaptive skills, social support and planning before retiring are very important issues which deficiency in every of these factors can cause the appearance of sever crisis Like mental disturbances familiar and social problems and finally abusing narcotics [11].

So the present research is addressed to considering the factors of addicted athletic precedent athletes and champion' pendency who have the precedent of energetic substance' consumption.

MATERIAL AND METHODS

Research Method: The present research is the kind of descriptive researches which is done squarely.

Statistical Sample and Society: statistical research society are all Iranian champions who have been the member of national or clubic professional teams and would act in and selected course. At least 3 years is passed from their final competition. Sampling in this research has been purposeful. Referring to cash of supports from champions and state and non state curative centers and using fulfilled questionnaire and urine Test, retired champions who their addiction is to narcotics are identified and 100 men participated in this research as volunteer with attracting their satisfaction. 36 of them who had precedent of consuming energetic and doping materials in their athletic period, selected as examples of this research.

Equipment and Tools: The fulfilled demographic questionnaire, include taking demographic information and without need to inserting name and popularity and 20 questions in addition of request free idea about research issue and the cases that had not been mooted probably. Because this research is executed for the first time, the researcher could not evaluated this questionnaire before performing research except with comparing answer and the results of Urine tests during the execution of this plan. 2-Verbal interview with the D. S. M method. 3-Urine test, T. L. C method. 4-Urine test with the method of Rapid-Test.

RESULTS AND DISCUSSION

As the results of this research shows, left physical effect and results in samples include genicomasti, liver deficiency, baldness, kidney deficiency, teases atrophy and in most cases was more than one event which these results is like the observed cases in the researches of Elashoff and Colleagues (1991) and Harison and Colleagues (2000) Who analyzed the consumption effect of anabolic steroid drugs who analyzed the consumption effect of anabolic steroid drugs over athlete and non athlete men. Also, these findings is adapted with the results of Pope and Katz (1994) research which in controlled research on 160 athletes, have considered the consequents of anabolic drugs in 88 consumer against other athletes why would not consume it and informed the appearance of acne and microbial eruption and genicomasti.

The observed mental consequence in samples of this research imply the appearance of non tolerancive, depression, sever anxiety, aggression, disturbance in dream and in most case was more than an event which

Table 1: The results of personal information of samples indicate that the people' age average is (42/5 ± 7) and most of them are married. (11 person have divorced). Also, the education rate of most these peoples is (17 person) diploma and (7 person) under diploma

F	Personal information	parent information	Education
42,5±7	(Mean and variation)age		
9	single		
16	married		
11	divorced		
7	underdiploma		
17	Diploma		
4	colleague education		
8	University education		
36	Total		

Table 2: Descriptive results related to athletic information of samples, like athletic fields, the period of championship and championship topics is listed in this table

F	Sport information	Athletic Fields	Period of championship
10	Wrestling		
6	Boxing		
6	Soccer		
3	Volleyball		
1	Basketball		
2	Running		
4	Epical sport		
4	Ancient sport		
923	Period of championship (year) (mean and variation)		
10/5 3	Period of professional sport (year) (Mean and variation)		

Table 3: descriptive statistic related to consumed allowed complete by samples shows that all tested would consume vitamins, amino acids and more that one substance

Consumed substances	F
Vitamins	30
Amino acids	34
More than one substance	32

Table 4: It indicate descriptive statistics related to abusing energetic substances by samples

Variable	Anabolic	Stimuli substances	cannabinoid	calmative	diuretics	Beta bolicis	More than one substance
Number	14	16	4	2	8	5	32

Table 5: Descriptive statistics related to starting situation of narcotics and tobacco consumptions and types of consuming narcotics in samples (before championship period, during championship period, after championship period)

	Number		
starting Consumption	To ballo	Before championship	13
		During championship	16
		After championship	19
	Nucrotics and alcohol	Before championship	13
		During championship	24
		After championship	27
	Consuming nucrotics	Opium	2
		Heroin	5
		Alcohol	3
		Crack	4
		Cristal	22
		More than one substances	11

these findings have agreed with the results of wide researches of NCAA or the National community of Academic Athletes of America (2005) which indicated that most consumers of stimuli substances and other energetic drugs, show anxietive attacks, general anxiety and insomnia and in some cases, the server depression and also with the researches of Sinclair and Geiger (2000) and Moss and Panzak (1992) who referred to the appearance of aggressive effects of consuming energetic drugs and specially anabolic in athletes.

One of the important issues of this research is considering primary consumption manner and the effect of other people' recommendations to energetic substances abusing or later narcotics in athletes which in 11 cases, the samples had been used based the recommendation of medical team from these material which similar to this information is announced in Fitzatrik (2000) paper and in considering consumption history of steroids.

About the causes of tendency to narcotics abusing after energetic substances, most sample have considered the causes of this tendency: 30 cases the sense of need to substance abusing, 20 cases the personal tendency and interest and the increase of sex. Which the findings of Baron (2005), Samenuk and Colleagues (2002), Hartgens and colleagues (2004) referred the above mentioned causes in several researches to the effects of energetic drugs and the probability of consuming heavier substances include narcotics, which have adapted with the findings of this research.

The result is that as the proper exercise can be an important factor in prevention and curing addiction, unfortunately, the wrong exercises and doping and it's consequences can also cause creating or tendency to

Table 6: descriptive statistics of physical consequences in doping samples

Variable	Genico masti	Men baldness	Acne	Tesis atrophy	Liver deficiency	kidney deficiency	More than one problem
Number	4	11	12	4	6	4	14

Table 7: descriptive statistics of mental consequences in samples

Variable	boring	depression	Sever activity	confusion	Disturbance In dream	aggression	More than one problem
Number	11	14	11	102	10	14	24

Table 8: descriptive statistics of recommenders to energetic substance consumption

recommenders	coaches	friends	athletes	Doctors	More than one case
Number	31	24	25	11	24

Table 9: descriptive statistics of recommenders to narcotics consumption in sample.

recommenders	coaches	Non athlete friends	Other athletes	Doctors	More than one case	Non answer
Number	3	11	12	2	9	8

Table 10: The tendency causes of samples to narcotics abusing

Number	Reason
4	Continuation of prior consumption
20	Sexual increase
12	Individual tendency
12	Pain decrease
11	Enjoy seeking
10	Being forgotten
4	Not acted promises
8	Exceeding weight reducing
9	More than one reason

addiction to narcotics which it is suggested that the effect of heavy exercises, abusing energetic drugs, coaches and medical team' recommendations and absence of adequate teaching in narcotics abusing and it's effects an physical and mental healthy of champions to be considered.

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