

# Examination of Doping Usage Opinions of Bodybuilding Athletes in the Context of Sports Ethics \*

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## Abstract

The aim of this research is to examine the thoughts of bodybuilding athletes on the use of doping from the perspective of sports ethics. Interview method, one of the qualitative research patterns, was used in the research. The research group consisted of 14 elite bodybuilding athletes who participated in international competitions in the bodybuilding branch. In the study, the data were obtained through face-to-face interviews method with bodybuilding athletes who volunteered to participate in the research in February 2018 and evaluated by the content analysis method. According to the survey, bodybuilding athletes of Turkey's Youth and Sports Ministry in doping "zero tolerance" policy for their use depending on the doping of athletes of other countries in views on the competitive environment in the contest; Unfair competition, no one who does not use abroad, seeing this branch as a doping sport, getting rid of the backstage, power war of the states, health is more important than success; In their views on the relationship between the diplomatic power of the countries and the use of doping in international competitions, backstage power is important in success, making money negotiations, "Turkish athletes' work is very hard" themes; In his views on the use of doping with the thought that every way should be tried to win at all costs, health is more important than anything, the themes of reaching the desired performance with patience, the truth of this sport, contrary to sports ethics, everything is necessary for victory; knowing that they were not able to detect that they used doping through wipers before an important international competition, felt the necessity to take risks in their country and their own reputation for one-time use of doping; the themes of the athletes they know and observe in their country and other foreign countries using doping, with themes such as a wide variety of health problems and negativity should not be connected to doping in their lives about their physiological and physical changes; It is determined that the athletes they know and observe by using doping bodybuilding in our country and other foreign countries express a wide variety of psychological problems and addiction themes in their opinions about their psychological changes in their lives after the end of the competition life.

**Key Words:** Doping; sports ethics; bodybuilding athletes

## INTRODUCTION

Bodybuilding is an all round sports branch that works to strengthen and develop muscles and various systems of the body by carrying out scientific, programmed studies with certain weights, tools and machines, and gains aesthetics by keeping a person healthy, fit and fit at any age (4).

Equality is the most basic and determining principle of sports competitions. Such that when the

equality is lifted or broken, the sporting event disappears. Equality is the area where the sport is done can be explained as the tools that the sport is done in, the rules specific to the sport, prohibitions and penalties. Thus, thanks to equality, it remains to show the athlete his own sportive power, skill and creativity (12).

Today, the fact that sports effects a wide audience and the addition of financial gain has

made it inevitable to be successful. This led the athletes to use a number of substances, materials and practices that will affect the outcome of the competition beyond the performance they gain through training (26). Athletes do not hesitate to pursue their own interests in the sports branches in which they compete, in order to become famous, to break records and to achieve more financial gain as a result, they adopt the philosophy of everything to win. In order to be successful, athletes resort to many methods by ignoring unethical behaviors and factors that threaten their health. Doping substances, which we frequently hear in our country and in the world, are at the top of these unethical behaviors (9).

The champions, who grew up with the desire to climb to the top through doping easily with tricky methods, contain false, broken records artificial, the time and distances reached are non-sports ethics. In this sense, the main feature of the ethical relationship is the actions that there is a relationship between values and valuation experienced by people in the chain of events (16).

In fact, when the literature on sports ethics is examined, it is observed that studies on doping have increased in recent years. The first reason for this is that doping has become widespread enough to threaten the elite sports culture. So much so that exhibiting a fair competition and following the rules are now seen as rare virtuous behaviors. Yet, these are compulsory elements that are at the core of sports and enable fair competition. Therefore, doping eliminates the idea of a fair competition based on an agreement (27).

In this sense, those who do the sports and those who watch the competitions should organize their movements in accordance with the moral rules and the Olympic philosophy in terms of sports ethics. For this, they should adopt Fair-Play behavior from a young age and understand the philosophy of Olympism (12).

WADA (World Anti-Doping Agency), which is the most authoritative institution in the fight against doping today, publishes the list of banned substances and lists prepared by research methods every year. IOC (International Olympic Committee) and International Sports Federations accept these lists. He stated the definition of WADA doping as "The presence of traces of metabolites of these banned substances specified in the WADA doping code in all body fluids such as blood urine and

doping the prohibited method or manipulation practices specified in the code" (20).

The purpose of this research is to evaluate the views of bodybuilding athletes on the use of doping in the sense of sports ethics.

## METHOD

### Research Model

The research was evaluated with qualitative research patterns and interview method was used. The method of interview is a good way of understanding people's perceptions, meanings, definitions, constructing the truth, and it is also one of the most powerful methods used to understand others (21). In the "Interview Form" prepared to collect qualitative data, 6 semi-structured open-ended questions were included. Qualitative data was made into a 50-page written document after a face-to-face interview with 14 bodybuilders participating in the research.

### Research Group

The research group consisted of 14 elite bodybuilding athletes who participated in international competitions in the bodybuilding branch.

Interview method brings important limitations together on sample size. Such research is usually performed out by the researchers themselves. In very few cases, there may be more than one researcher. Even when more than one researcher is present, the time, energy, organization, and money required to collect interview data require the sample to be limited. An interview record that can start at least half an hour and spread over several hours; This is the way of working, which is commonly used in qualitative research, as it is written down, extracting meaningful themes from this interview text or data from the data. Therefore, whichever method is chosen, the sample size cannot reach the size in quantitative research (36).

The distribution of bodybuilding athletes, which constitute the sample of the research, according to their gender, age, how many years they have been engaged in bodybuilding sports, their educational background, how many times they have been national and how many competitions they have internationally is given in Table 1 .

**Table 1.** The numerical distribution of the bodybuilding athletes who constitute the sample of the research regarding their gender, age, how many years they have been doing bodybuilding sport, their educational status, how many times they have been national and how many competitions they have held and the date of the interview

Codes	Gender	Age	Body Building Sports Doing Years	Educational Status	Number of Being National	International Competition Number	Interview Date
VG1	Male	46	20	High school	7	17	03.02.2018
VG2	Female	33	3	Bachelor	2	2	03.02.2018
VG3	Male	46	30	Bachelor	12	15	03.02.2018
VG4	Male	51	36	High school	108	115	04.02.2018
VG5	Male	29	10	Bachelor	2	5	04.02.2018
VG6	Male	39	22	Bachelor	2	3	05.02.2018
VG7	Male	35	18	High school	2	8	05.02.2018
VG8	Female	38	21	Bachelor	3	4	06.02.2018
VG9	Male	35	23	High school	5	12	06.02.2018
VG10	Male	39	23	High school	6	6	07.02.2018
VG11	Male	41	27	Bachelor	12	15	07.02.2018
VG12	Female	33	12	Bachelor	2	3	08.02.2018
VG13	Male	45	28	Bachelor	12	22	08.02.2018
VG14	Male	28	10	Bachelor	2	3	09.02.2018

When Table 1 is observed, it can be seen that; 3 athletes are female and 11 athletes are male; the age range ranged from 28 to 51 years old; the range of years of doing bodybuilding sports varies between 3 and 36 years; In terms of educational status, 5 athletes are high school graduates and 9 athletes are undergraduate graduates; the number of being national varies between 2 and 108; the number of international competitions varies between 3 and 115.

### Data Collecting Tools

In this research, "Personal Information Form" and "Interview Form" developed by researchers were used as data collection tools.

### Personal Information Form

The Personal Information Form consists of 6 questions developed to gather information about bodybuilding athletes. These questions are; The expressions of gender, age, how many years of bodybuilding sport is done, educational status, number of being national, number of international competitions.

### Preparation of Interview Form and Validity-Reliability Study

For the development of this form; Qualitative sub-problems of the research were analyzed and what kind of data could be needed to answer these sub-problems. The questions to be asked in the meeting were clearly and clearly stated so that the individuals to be interviewed can be easily understood, care was taken not to have general and

abstract questions, care was taken not to include question types that could cause short answers, and a

pool of questions consisting of 11 items was created. In addition, the interview form was presented to the opinions and evaluations of the instructors who were experts in the field, and their reactions were taken by interviewing with 3 bodybuilding athletes similar to the sample to be applied. At the end of the trial, the interview form was found as working actively, and the 6 best questions that serve the purpose of the research were selected from the determined questions.

After preparing and testing the interview form, which is the main dimensions of the interview method, the interviews were arranged, preparations were made and interviews were carried out. Each of these are the stages that need to be carefully considered and have a very important place in collecting valid and reliable data. The importance of validity in qualitative research is that researchers' proximity to the research area, collecting detailed and in-depth information through face-to-face interviews, reporting the gathered data in detail, and direct quotations from the interviewed individuals (36).

According to Miles and Huberman (1994), the reliability of the content analysis method depends particularly on the coding process. Identifying themes and defining them clearly is the most important step. The fact that the interpretation of the themes does not change from the researcher to the researcher or in two different times provides reliability, which is a condition of objectivity. The

reliability coefficient of the document calculated by giving it to different researchers gives better results than the same document is given to the same people at two different times. This is because when the reliability coefficient among the researchers is high, the reliability coefficient in terms of time is also high (28). Therefore, the collected data was given to three different experts and the correlation between the results obtained from each was calculated.

The reliability of the data was calculated with the Miles and Huberman's Formula (1994). (28):  
 Mediation Percentage =  $\frac{\text{Consensus provided theme}}{\text{Consensus unprovided} + \text{Disagreed theme}} \times 100$

It is expected that the result of the above formula, which is aimed at testing the compatibility between the coding researchers, will be higher than 70%. As a result of the application of the formula, 27 of the 30 codes suggested by the experts were approved, and  $27 / 30 \times 100 = 90$  consensus was reached on the suitability of the codes. 3 codes that no consensus provided upon are combined with other appropriate codes.

#### Field Application Process of Data Collecting Tools

The interview form was gained through a one-on-one interview with bodybuilding athletes who volunteered to participate in the research in February 2018. The interviews were recorded with the recorder, which provided important facilities for the researcher. First of all, the researcher's problem of taking notes disappeared and the researcher fulfilled the functions of asking questions and listening more effectively. At the end of the

application, all raw data were stored by the researcher to eliminate ethical problems. This can prove how distant the data provided by the process are from prejudices, opinion, researcher's tendency and concerns.

#### Analysis of the Data

The data were evaluated by the content analysis method of qualitative research. In content analysis, data similar to each other were combined and interpreted within the framework of certain concepts and themes. In content analysis, data were analyzed in four stages: Coding data, finding themes, Organizing and defining data according to codes and themes, Interpretation of findings (36).

The answers given by bodybuilding athletes to the interview questions were tabulated in frequency and percentages according to the frequency of repetition (Table 2-7). 14 bodybuilding athletes included in the interview were coded as "VG1, VG2, VG3..." in the dataset.

#### FINDINGS

According to the opinions of the bodybuilding athletes participating in the research; Turkey's Youth and Sports Ministry in doping 'zero tolerance' policy for their views of the findings in the competitive environment due to competition use, depending on the doping of athletes from other countries are presented in Table 2.

**Table 2.** Depending on Turkey's Youth and Sports Ministry in doping "zero tolerance" policy for their use depending on the doping of athletes of other countries; Findings about the opinions of bodybuilding athletes about the competitive environment in competitions

Themes	Frequency (f)	Percentage (%)
Everybody Use it Abroad	2	10
Escaping of a Person who has Lobby	1	5
Unfair Competition	9	45
Success is not Just Depended on Doping	1	5
Power War of States	1	5
Ministry Should be More Positive	3	15
Considering this Branch as a Doping Sports	2	10
Health is more Important than Success	1	5
<b>Total</b>	<b>20</b>	<b>100</b>

When Table 2 is examined, the most frequently stated situation of bodybuilding athletes participating in the research was the theme of "Unfair Competition". During the interviews, the

participants expressed this situation with the following sentences:

"... in our country related to this doping policy is really a very good level, but ... I do not believe operated by other countries of sanctions and even when performed there, athletes, very well developed training and labs related to doping of coaches and that therefore the great tribulation athletes of our friends in Turkey. It is because we are now trying to do our sport without doping in recent years... The zero tolerance policy of doping implemented in our country is not so harsh in other countries ... We do not compete in the same conditions when it is not implemented, which really makes our athletes victim and fall behind in degrees. This is an open wound, I hope ... they will do good work on this in other countries in the future, and if this sport is really taken in other countries when this sport is made naturally, we can get out of the unfair competition environment and compete naturally with other countries ... "(VG10)

Besides this, other themes specified by bodybuilders are; Ministry Should be More Positive, Everybody Using this In Foreign Countries, Considering this Branch as Doping Sports, One who has Lobby activity Being Escaped, Success in Not only Depended on Doping, Power War of States, Health is Important than Success.

Among these themes there is an opinion presented by an athlete for the attention-grabbing theme Everybody Using this In Foreign Countries:

"They do it outside, I mean, I raced a lot. We gave two or three tests abroad, but there is no man who says he is not using it abroad. I have never seen such a man. No, they are using it abroad. " (VG1)

An athlete presented an opinion related to One who has Lobby activity Being Escaped theme:

"... Those who have a lobby they slip through the net. Even... they took us at the last world championship, but they did not take the Iranian athlete. I guess they didn't get a Russian again in my previous European championship. So according to their minds, you come, okay, it takes two people to sacrifice. But we say they are not taken, why don't you accept them... No answer. They took when I was there, we were accepted hardly. They did not take the Iranian ... However they became the champion. No, there is no ease for us. Even though we asked about this, they did not answer it... This situation is presented so well, that is, they organize the event that we call lobby in the best way, that is, they do it very well. They take whoever they want. " (VG1)

An athlete presented an opinion related to Power War of States theme:

"I think this business has been a state policy for years since the 1950s. It is an attempt by states to try to outperform each other, or to express their limits, so to say. Olympics are already countries' power struggle with each other. Here, the states seem to be preventing this work, but in fact they are not behind the door. In other words, the bribery of Russia that gave more than \$ 400,000 to the Olympic doping board center was detected. There is even a documentary about it 45 minutes... " (VG3)

The findings regarding the opinions of the bodybuilding athletes participating in the research about the relationship between the diplomatic power of the countries and the use of doping in international competitions are given in Table 3.

**Table 3.** Findings related to the opinions of bodybuilding athletes about the relationship between the diplomatic power of countries and the use of doping in international competitions

Themes	Frequency (f)	Percentage (%)
Lobby Power is Important in Success	12	80.2
Doing Monetary Bargains	1	6.6
Believing in Diplomatic Power	1	6.6
Turkish Athletes' Work is Hard	1	6.6
<b>Total</b>	15	100

When Table 3 is analyzed, the most frequently stated situation of bodybuilding athletes participating in the research was the theme of "Lobby Power is Important in Success". During the interviews, the participants expressed this situation with the following sentences:

"I witnessed a few examples of this by myself. In other words, economically strong countries use IFBB (International Bodybuilding Federation). I now see IFBB as a business organization. How many athletes you bring to IFBB, how much you donate, how many referees are there, how effective are their

bilateral warm relations ... athletes of strong countries are supported by lobby power. Officially, they support each other in a form of in one weight this, in another weight that." (VG6)

Besides, other themes that body builders presented their opinion; Doing Monetary Bargains, Believing in Diplomatic Power, Turkish Athletes' Work is Very Hard.

Among these themes an athlete presented an opinion to an attention grabbing theme related to Doing Monetary Bargains:

"...If they catch one of our countries... they conspires. They say that if you pay 5000 Euros, we will set you free, and when they can't get that money, they sometimes take doping, this is obvious... They called our friend, for example, to take doping. The child is not tested abroad, it turned

out clean in the country. The boy... uses something very lightly during that month. There they know that the child is medicated, they call the child, they say: We do you like this, here you give this much money, we do it right away ... we couldn't pay this money and the child got doping from there. That's why the child was punished, everyone was informed that he took doping. Anyway it is a big trouble, they open way to this thing, they negotiate, they make money from this business, this is clear ... " (VG3)

The findings related to the opinions of bodybuilding athletes participating in the research on the use of doping with the idea that every way should be tried to win at any cost are given in Table 4.

**Table 4.** Findings related to the opinions of bodybuilding athletes about the use of doping with the idea that every way should be tried to win at all costs

Themes	Frequency (f)	Percentage (%)
Health is Important than Everything	8	44.5
It is against to Sports Ethics	5	27.8
Doping is Truth of this Sports	2	11.1
Everything is Fair for Victory	2	11.1
Reaching out the Desired Performance with Patience	1	5.5
<b>Total</b>	<b>18</b>	<b>100</b>

When Table 4 is examined, the most frequently stated condition of bodybuilding athletes participating in the research was the theme of "Health is More Important than Everything". During the interviews, the participants expressed this situation with the following sentences:

"Now I do not defend this view. It is because health is valuable to me. The athletes say that I will be ready for the competition once, I will put my intensity, once again, I will not enter the world champion again. You take the 2nd place, you take the third place, you take 6-7 years and the damage caused by him causes the sport to quit early ... We see our brothers who use drugs constantly. It's really a poignant situation..." (VG4)

In other respects, other themes expressed by bodybuilding athletes; Against to Sport Ethics, Doping is the Truth of this Sport, Everything for Victory is Fair, Reaching the Desired Performance with Patience.

Among these themes "Doping is the Truth of this Sport" theme expressed in an athlete's opinion as follows:

"... We have athletes who use doping, but unfortunately, and this a bitter fact that we do not have a success in the international arena without using it. It is because used by athletes of all countries; somehow masking it or discontinuing medications and entering competitions with a good form. This affects Turkish athletes, Turkish sports and Turkish bodybuilders negatively and pushes them to failure. " (VG7)

The bodybuilding athletes participating in the study know that it is not possible to detect that they used doping through wipers before an important international competition; The findings regarding the views of the countries and their own reputation for the one-time use of doping are given in Table 5.

**Table 5.** Bodybuilding athletes knowing that it was not possible to detect that they were using doping through wipers before an important international competition and findings related to their country and their views on the use of one-time doping for their own reputation

Themes	Frequency (f)	Percentage (%)
If there is no Equality Feeling Compulsory in Doping Using	3	21.5
Avoiding of Taking Risk	3	21.5
Feeling Necessary to Take Risk for the National Emotions	6	42.8
It is not Compatible with Sports Ethics	2	14.2
<b>Total</b>	<b>14</b>	<b>100</b>

When Table 5 is analyzed, the most frequently stated situation of bodybuilding athletes participating in the research was “Feeling Necessary to Take Risk for the National Emotions” theme. During the interviews, the participants expressed this situation with the following sentences:

“... I do not know one man who will say no to this question. I was in bodybuilding for 30 years and in wrestling and judo in 15-20 years before that. I don't know a human son who can say no to such a proposal, I do not know even a person who will say “no I will do it naturally, and I will stay in this way.”

I say it clearly, especially when it comes to the country.” (VG3)

Besides, other themes expressed by bodybuilding athletes, respectively; If there is No Equality, it is Compulsory in the use of doping, Do not Avoid of Taking risks, It is not Compatible with Sports Ethics.

Findings regarding the physiological and physical changes of the athletes participating in the research about the physiological and physical changes of the athletes they know and observe in our country and other foreign countries using doping are presented in Table 6.

**Table 6.** Findings related to the opinions of bodybuilding athletes about physiological and physical changes of the athletes they know and observe in our country and other foreign countries using doping

Themes	Frequency (f)	Percentage (%)
Various Health Problems	13	76.5
Negativities Should not be Linked to Doping	3	17.6
Taking Precautions to Minimize Negativities	1	5.9
<b>Total</b>	<b>17</b>	<b>100</b>

When Table 6 is analyzed, the most frequently stated situation of bodybuilding athletes participating in the research was the theme of “Various Health Problems”. During the interviews, the participants expressed this situation with the following sentences:

“... Cardiovascular diseases, after that, a heart attack... When he uses drugs, his blood pressure rises. When he has high blood pressure, the stiffness begins to form. Vascular stiffness is already in your body... bad cholesterol increases, vascular stiffness... vascular disorder due to cholesterol, vascular occlusion... you have a heart attack. Two days ago, another athlete had a heart attack on my

friend ... So this is one of the inevitable endings, but you may die suddenly...” (VG11)

In addition, other themes expressed by bodybuilding athletes; Negativities should not be Connected to the Doping, Taking Precautions to Minimize Negativities.

The findings related to the opinions of the bodybuilders participating in the research on the psychological changes of the athletes they know and observe in our country and other foreign countries using doping are given in Table 7.

**Table 7.** Bodybuilding athletes in our country and in other foreign countries know and observe the bodybuilding sport using doping. And Findings related to their views on psychological changes in their lives after the end of the competition

Themes	Frequency (f)	Percentage (%)
Leading to Addiction	3	20
Various Psychological Problems	11	73.3
Not Affecting on Psychology	1	6.7
<b>Total</b>	<b>15</b>	<b>100</b>

When Table 7 is examined, the most frequently stated situation of bodybuilding athletes participating in the research was the theme of "Various Psychological Problems". During the interviews, the participants expressed this situation with the following sentences:

"It collapses very quickly, physically, as a result of this collapse, unfortunately it collapses together in psychology, with physiology, we have such friends around us ... people respect and love these friends when they are champions. But after their championship is over and their form is also bad, friends can get bored unfortunately, they can get away psychologically. This affects their social lives and their future lives negatively... Success is important, but our health is even more important ... if a person loses his health, he loses everything, loses his social life, losing his working life. In this sense, of course, we have many friends who suffer from psychological breakdowns... One of the biggest side effects of these drugs is that they make people feel very psychologically very good, and when they are released, they are exposed to great depressive troubles. We have many friends living this." (VG10)

In addition, other themes expressed by bodybuilding athletes, respectively; Leading to Addiction, Not Affecting on Psychology

One of the athletes, who draw attention among these themes, presented an opinion as follows:

"Psychologically, it's addictive, so when he quits like a drug, when he's crumbling, or when he can't feel the feeling of growth in his muscles, he looks for it again and feels compelled to use it again." (VG14)

## DISCUSSION AND RESULT

When the results in Table 2 are evaluated, today all sports are done with their own rules and competitions are held within these rules. It can be said that the use of doping agents that allow athletes or teams to break their current rules and outperform their opponents in ways that are not suitable for sports ethics causes an unfair competition in competition environments. In the world, bodybuilding is also seen as a doping sport because of the fact that it is a sport related to strength and endurance, so the use of doping in bodybuilding is an indisputable fact of this sport, and it is also frequently used to reach high performance in other branches. It can be interpreted as. Unfortunately, it is seen that various countries, which are sometimes

politically strong, have made doping a policy by supporting this mistake not only in bodybuilding sports but also in all sports branches for the sake of success, and they also allow doping use of their athletes. Araman (2002) in some countries in the 1970s and 1980s that doping was carried out by the state, and that the former German Democratic Republic was to be shown as an example, Simson and Andrew (1994) made many national and international federations doping their national teams; They demonstrated that they neglected important athletes engaged in doping and concealed positive results.

At this point, it can be said that states that do not use doping in international arenas due to the doping policies of states, caused unfair competition in terms of teams or athletes, and therefore, the use of doping has become a power war between the states for the sake of success. For this reason, it is stated that the participants expect that they use more doping in bodybuilding abroad and that the athletes who have backstage power in international sports organizations are not exposed to any obstacles while passing doping control, and that they are expected to carry out a more constructive and solution-oriented activity in the face of this unfair competition. Nevertheless, the way to achieve success in bodybuilding can be achieved not only with doping, but with disciplined training and dedication, and the use of doping agents can lead to fatal consequences in the health of athletes; For this reason, it can be said that health is always more important than success and should be remembered. While the studies of Yıldız (2006), Turkcapar et al (2014), Eröz (2007), Yıldız et al (2016) are in line with the results of the research; The studies of Dinçer (2010), Solberg et al. (2010) support the research results.

When the results in Table 3 are evaluated, it is known that countries use sports as a kind of showing off in sports organizations held from past to present in order to prove their power to the world in various subjects. For this reason, in international sports organizations of diplomatically strong countries, their athletes return to their countries with championships and records, incompatible with social morality, leading to unfair competition, disregarding the rules of the game, not only for the benefit of the countries, but for the benefit of the athletes, not only for the benefit of the athletes. It can be said that they used various doping agents to increase the level. Moreover, it can be interpreted



that it is aware that such problems are prevented by negotiating money with countries and institutions and organizations performing doping control in order to ensure that the results are not positive while passing the doping controls of athletes in sports organizations by using their diplomatic powers around the world. In addition to this, bodybuilding athletes stated that the backstage power of countries is important for success in international sports organizations, they stand behind their athletes about the use of doping of other countries and that even all the athletes of other countries use doping in international competitions; and for these reasons, they can be interpreted as being pessimistic.

Considering the results in Table 4, it can be said that success in sports and achieving something are among the common goals of almost everyone, success in sports can be achieved as a result of disciplined and devoted work. However, sometimes it is seen that individuals ignore all ethical values in order to achieve success and to experience the feeling of success. In fact, the desire to win since the very beginning of human history and the ambition of people to prove themselves to others have increased gradually, and for the sake of realizing these, individuals resort to all kinds of tricks, ignoring all their selves and values. It can be said that athletes from time to time keep their health in front of everything, reach their goals with discipline and dedication, and achieve this unfair success by disregarding human values, from time to time to deceive their health. Also, for some of the bodybuilding athletes, the athletes of the idea that the use of doping in bodybuilding is an inevitable fact; It can be interpreted that it pushes against an idea that is contrary to sports ethics, such as "I can do everything by ignoring even my health for victory, rather than competing against unfair competition", and this is especially because athletes ignore the damage of doping in line with the desire to get early results by using doping. Studies of Bloodworth and McNamee (2010), Eröz (2007), Barkoukis et al (2014), Şapçı (2010), Yıldırım (2008), Dinçer (2010), Kurtipek et al (2016), Laure et al (2001) It is in line with the research results. In this context, it can be said that the wrong attitudes of bodybuilding athletes towards the use of doping can be corrected with various trainings. Wanjek et al (2007), Melzer et al (2010) stated that athletes need doping training.

Considering the results in Table 5, bodybuilding athletes in international sports competitions know that they will not be caught in pre-competition wipers to use doping for their own or their country's reputation due to the pressures and they are aware that there is no equality in most of the countries they will compete about, It can be interpreted as directed to take it. This can be explained by the fact that the vast majority of bodybuilding athletes participating in the study take risks, ignoring the health of their national feelings. The studies of Dinçer (2010), Eröz (2007), Bloodworth and McNamee (2010), Yıldız et al (2016) are similar to the results of the research.

When the results in Table 6 are evaluated, natural or artificial searches that are not suitable for sports ethics developed to increase the sportive performance from the past to the present, make it necessary for the states to prove themselves in the world arena; this situation has caused the sports struggles to turn into an international war arena, the Fair-Play thought disappeared in the spirit of the competition and the health of athletes to be neglected. Beltz and Doering (1993), Williams (1992), Deligiannis and Koudi (2012) determined that the use of doping in sports is associated with serious health complications.

Besides, it can be said that bodybuilding athletes act without thinking about their health by using various doping agents to show their strength and power at the highest level in competitions. Therefore, it can be said that the bodybuilding athletes participating in the research know that they will encounter a wide variety of health problems observed in athletes whose life ends. Gençtürk et al (2009), Turkcephe et al (2013), Bloodworth and McNamee (2010), Yalnız and Gündüz (2004), Akgün (1989), Günay and Cicioğlu (2001), Sobal and Marquart (1994) support the research findings.

Apart from these, it may be attributed to the participants' tendency to use doping substances to achieve high performance and increase their sports prestige, even though they do not relate with the negativities that may be experienced with their health in the short and long term with the use of doping agents and know that they will put their health and prestige in great danger. According to the conclusion here, it can be interpreted that doping is used consciously by bodybuilding athletes, so that the athletes are not against doping use, but they think that the level of use of doping agents should be adjusted well by the professionals

who do not harm their health. This situation shows that bodybuilding athletes do not have enough information about the use of doping and the damages that may occur afterwards. Looking at the results in Table 7; the dream of success is a fact that takes athletes to the point of taking everything. Thus, it can be said that in recent years, amateur athletes have started to use doping agents, which are used by athletes in order to maximize their success. However, it is known that the use of doping causes various health and psychological problems in the short and long term. In this context, it can be interpreted that the participants are aware of the psychological problems and addiction ailments they observe in athletes who have finished their sports life using doping agents, encouraging the athletes not to use these substances, albeit partially. Except this, it can be said that doping is addictive in athletes in terms of causing a decrease in a good form in a short time in terms of performance and

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