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Comparison of the Opinions of Bodybuilding Sportsmen Regarding the Use of Doping and Values Education of Sportsmen in Turkey

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Abstract: The purpose of this research is to examine the opinions of bodybuilding sportsmen regarding the use of doping by comparing them with the sportsmen values dimension. The research was carried out with qualitative research pattern, and interview method was used. The study group was consisted of 2 women, 10 men in total of 12 national sportsmen in bodybuilding branch from Turkey. The data were obtained through face to face interviews with bodybuilding sportsmen using the interview form. Then, the data were analyzed through content analysis method. As a result, it was determined that success without doping is difficult in bodybuilding sport, and almost all of the sportsmen use doping in this sports branch, yet doping causes health problems and unfair competition.

Keywords: *Bodybuilding, sportsmen, doping, sportsmen values.*

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Introduction

Sports teaches the value of fair play, working in cooperation, being proud of winning, admitting failure with grace, eliminating the barriers such as race, ethnic origin, class, and gender, and creating international friendship and tolerance (Waddington, 2002). World countries or the policy makers define the values that sports brings to the sportsmen as health, regeneration, social participation, social control, employment, love of country and nation, competition, winning and losing. From the society point of view, it is observed that the values that sports bring are wealth, fame, being a celebrity, medals, weight loss, or attractive appearance (Devine & Telfer, 2016).

Therefore, the values that sports bring or the values that the sportsmen gain based on their sports experiences are complicated and contradictory (Devine & Telfer, 2016). Since the oldest times of the history known by the human being, it is known that sportive and fair behaviors have been displayed as well as the opinion to manipulate the sportive success by illicit interventions from outside. The use of doping, which causes deterioration of the physical and psychological structure of the athlete leading to an unhealthy appearance, corrupts the ethical and moral values, either, changing the perception of the champion and the record holder (Ongel, 1997).

Doping is used in high level competitions in some sports branches. Among the most important reasons of doping use are the following factors: Living an athletic life and improving the performance (Creado & Reardon, 2016). Since some athletes cannot understand that the good genes, a scientific coaching, correct nutrition, and working with determination are needed for success, they resort to using doping for cutting corners for success (Taware & Bansode, 2015). Doping is now a global problem. Although it is estimated that the use of doping will be diminished by training programs, tests, and supportive medical treatments, newer, stronger and indeterminable doping substances has been used by sportsmen (Baron, Martin & Magd, 2007).

Doping use in sports causes serious health problems in athletes particularly in cardiovascular system and central nervous system (Deligiannis & Kouidi, 2012). However, despite its health risks and the attempts of the institutions in eradicating doping from sports, it is known that use of illicit drugs are common (Savulescu, Foddy & Clayton, 2003).

Today, sports focus its rules always on the peak and on winning. Nowadays, when earning money is an indispensable value, the sportsmen will not advocate and carry into effect the sportive virtue and Olympic ideals. The approach of

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'winning at all costs' and 'losing is the end of everything' explains all of the ugly attempts such as doping and chicane as the norms for success (Sahin, 1998).

Although it is considered that sports can be highly improved the values, it is alleged that not the expected values but the negative ones are improved in the high level contests, in which winning is strongly emphasized and includes competition (Simon, 2003; Simon, 2007). It is because winning is the most emphasized value in all of the sport branches (Simon, 2003).

The individual, by means of sports, develops and reflects the existing values. In this context, it should not be ignored that sports is an important tool in the process of teaching values (Ozturk, Kuter & Kuter, 2012). Sports is a very important tool of moral education because sports competitions are the best way to understand the values accepted by the community. Sports provides the learning of universal values during the competition (Simon, 2003). The values supported through sports are honesty, justice, responsibility and helpfulness (Lumpkin et al., 2003), self-discipline, emotion control, teamwork, self-esteem, entertainment, non-discrimination, inclusion (Demirhan, 2014), cooperation, for a common purpose, to strive for success, to apologize for misbehaving, to show patience, to be tolerant, to respect, to appreciate, to thank, courage, friendship, cleaning etc. (Ozturk Kuter & Kuter, 2012). However, elite sportsmen do not abstain from cheating and cunning to win (Weinberg & Gould, 2015).

From the values point of view in sports, there is no difference between using doping for once and using it for many times. Therefore, for competing against doping, it is necessary to implement training programs for the sportsmen to raise the awareness of all shareholders in sports as well as implementing effective test programs.

The purpose of the research is to examine the opinions of bodybuilding sportsmen regarding the use of doping by comparing them with the sportsman values dimension.

Methodology

Phenomenology approach was used in research. The phenomenology approach provides an in-depth understanding of the meaning and nature of everyday experiences of individuals (Patton, 2014). It was tried to determine how the bodybuilders experienced these sports and the common aspects of the sportsmen who experienced the same phenomenon (Creswell, 2007). For this reason face to face interview method was used to analyze the research topic with its all possible details (Yildirim & Simsek, 2006).

Study Group

The study group was consisted of 2 women, 10 men in total of 12 national sportsmen in bodybuilding branch from Turkey. Bodybuilders who participated in the study were coded as 'S1, S2, S3 ...' (Table 1).

Data Collection Tool

The data were obtained through the Personal Information Form consisting of 6 questions and Interview Form consisting of 1 open-ended question. The qualitative sub-problems of the research were analyzed, and it was evaluated what kind of data might be needed to answer these sub-problems. The interview form was presented to the opinions and evaluations of the expert lecturers in the field, and interviews were made with three athletes who were also bodybuilders. At the end of the trial, it was seen that the interview form was an appropriate measurement tool.

Data Analyses

Content analysis method was used in data analysis. Content analysis can be explained as controlled interpretation, examination with pre-determined criteria and inference. For the reliability of the analyses of the qualitative data, the reliability formula developed by Miles and Huberman (1994) [Percentage of Reliability: (Agreement) / (Agreement + Disagreement) x 100] was used (Tavsancil & Aslan, 2001).

There must be a reliability percentage of at least 70% of the compliance achieved. As a result of the evaluations of the three experts in this direction, and the percentage of compliance in the themes was found to be 91.6%.

Results

The results of bodybuilders personal characteristics and interview dates were presented in Table 1.

Table 1. Results of bodybuilders' personal characteristics and interview date

Codes	Gender	Age	Years Spent in Bodybuilding	Level of Education	Number of being National	Number of International Competition	Date of Interview
S1	Male	40	24	High School	6	6	05.05.2018
S2	Male	36	19	High School	2	8	05.05.2018
S3	Female	34	13	University	2	3	05.05.2018
S4	Male	29	11	University	2	3	06.05.2018
S5	Male	47	31	University	12	15	06.05.2018
S6	Male	30	11	University	2	5	06.05.2018
S7	Male	36	24	High School	5	12	07.05.2018
S8	Female	39	22	University	3	4	07.05.2018
S9	Male	40	23	University	2	3	07.05.2018
S10	Male	46	29	University	12	22	08.05.2018
S11	Male	52	37	High School	115	121	08.05.2018
S12	Male	42	28	University	12	15	08.05.2018

When the Table 1 is examined, the national bodybuilders participating in the research were 2 women and 10 men. It was found that participants were between 29 and 52 years of age, duration in bodybuilding sport ranged between 11 and 37 years, 8 of them were high school graduates and 4 of them were graduated from a university, the number of being national varied between 2 and 115, the number of participation in international competition changed between 3 and 121.

Table 2. Results about the opinions of the bodybuilders regarding the use of doping in the world in bodybuilding branch

Themes	Frequency (f)	Percentage (%)
It Should be Either Banned or Made Free	1	3.8
Pecuniary Punishment in Case of Getting Caught	1	3.8
Everyone Uses Doping	5	19.4
It is Difficult to be Successful Without Doping	8	30.8
It Should be Used Consciously	4	15.4
Powerful Countries are Being Tolerated	1	3.8
Sanctions Should be Applied to all Countries	1	3.8
Unfair Competition	1	3.8
Health Problems	2	7.8
Objective is to Bring up Good Sportsmen	1	3.8
Every Sportsman Should be Banned if Doping is Detected	1	3.8
Total	26	100

When the Table 2 is examined, the most frequently mentioned theme in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "It is Difficult to be Successful Without Doping". In interviews, participants expressed this situation in these words:

"... Our friends are using it for fast movements since they know that it won't be possible to gain relatively better degrees without doping in some certain championships and competitions..." (S1)

"The use of doping is a reality of our world. Actually, you cannot achieve anything in the professional arena without using this... doping is definitely being used in everything that involves competition. This is in use for every sport branch." (S4)

"...It is impossible for a man, who is a candidate for world records at elite athlete level and World Championship level, to succeed in this by being purified from doping. It is not possible in cycling, athletics, and in our branch as well... They should accept this..." (S5)

"... no athlete can do without doping, I mean, he/she has to use it." (S8)

"No athlete can stop at a level in using the doping. Speaking for myself, I would like to use more if I will do better..." (S9)

"... Athletes from other countries ask us 'Why do you come in like this? I took and I adjusted myself... You are like cotton candies, you should become harder'... It is not natural, everyone in the world should admit this... What this much hardship is made up of... I saw that an athlete who obviously used doping ranked first..." (S11)

The second most frequently mentioned theme in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "Everyone Uses Doping". In interviews, participants expressed this situation in these words:

"... individuals never abstain from using doping for the success of their countries and for their own reputation, and they will never abstain in the future, either." (S2)

"... the contestants, be it a hundred guys in the world at the moment, there is no athlete with the Pro Card of the International Federation of Bodybuilding and Fitness (IFBB) who does not use doping, I am dead sure, I mean, I am so damn sure. This is, even, a trickery..." (S5)

"I mean, whether you like it or not, or whether you want it or not, there is doping in this sport branch as is in all branches..." (S7)

"... all of the competitors are using it, I mean, the eye discerns and directly observes it due to the hardness and the quality of the muscles..." (S8)

The third most frequently mentioned theme in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch is "It Should Be Used Consciously". In interviews, participants expressed this situation in these words:

"... Certainly use of doping will have negative effects, that is, I think that the sportsmen at the level of competition should be conscious. They should use it only after necessary research..." (S3)

"... The sportsmen in my weight class turned this a little into a marketing issue, and they care about keeping themselves fit during the international platforms... unlike the sportsmen in our country, who use doping depending on their friends, they probably use the doping under a physician supervision and in proper dosages, without influencing their health. I am sure that they do not use products based on hearsays or without knowledge about what the product is. They are probably acting properly under the supervision of a physician and according to the endocrine tests." (S9)

"... Therefore, it is necessary to do it consciously, I mean, in a long-term period with conscious coaches. You will try to do this properly, plus, I mean, you will not believe in everything you hear." (S12)

The fourth most frequently mentioned theme in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "Health Problems". In interviews, participants expressed this situation in these words:

"Based on the use of doping, I mean, I foresee for the next fifteen years that... In our country, most of the sportsmen, with the guidance of their sport coaches or based on some trash shares in the social media or with their guidance, will have heart, kidney, liver, and psychological problems particularly at the age of 40 or before this age, between 35-40." (S12)

One of the least stated themes in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "It Should Be Either Banned or Made Free". In interviews, participants expressed this situation in these words:

"... all of the federations in the world should either ban the use of doping so that they let everyone enter naturally or made it free, because it is not fitting otherwise..." (S9)

One of the least stated themes in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "Pecuniary Punishment in Case of Getting Caught". In interviews, participants expressed this situation in these words:

"... When you are caught by the International Federation of Bodybuilding and Fitness during the European and World Championship, they openly demand money from you. When you pay this money, they urge the guy to open other samples but not the B sample so that your test becomes clean. Our eyes witnessed this, I mean, this is not a slander or a fantastic narrative. All of them pretend to be chasing doping..." (S6)

One of the least stated themes in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "Powerful Countries are Being Tolerated". In interviews, participants expressed this situation in these words:

"... If equality is demanded, everyone should be tested in the same way, and no one should be tolerated... However, unfortunately, some more powerful countries are being tolerated by stretching the rules in the competitions." (S6)

One of the least stated themes in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "Sanctions Should Be Applied to all Countries". In interviews, participants expressed this situation in these words:

"... International Federation of Bodybuilding and Fitness (IFBB) can prevent this, and the countries apply pressure on their sportsmen, positive development will take place. If no precautions are taken, the sportsmen

will tend to use doping. It is now the time for the IFBB to approach use of doping with zero tolerance principle, as it does in Turkey." (S1)

One of the least stated themes in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "Unfair Competition". In interviews, participants expressed this situation in these words:

"... I am participating in an international competition, I am clean, for example, or I prepared accordingly. Another guy comes with drugs, additionally using the diplomatic power of his/her country, he/she will defeat me at all costs. Well, it is necessary to prevent this unfair competition among the sportsmen. Now, this is a reality no matter to what extent the World Olympiad Committee works on this subject. In that case, why China is not being caught, why the Americans are not being caught, and why the Russians are not being caught? They gain the highest number of medals, is it because they are superb in this job? No, I do not believe in this, I mean... but they established a system... As for us, we will compete with them amateurishly, that is impossible." (S10)

One of the least stated themes in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "Objective is to Bring up Good Athlete". In interviews, participants expressed this situation in these words:

"... Our target is in real terms, yes, to bring up good sportsmen in Turkey. Bringing up good and long-term athletes, I mean, we are mentioning that 'Friends, do not touch to the drugs' in order to not only deal with this sport in young ages but in advanced ages as well." (S1)

One of the least stated themes in the opinions of the bodybuilding sportsmen regarding the use of doping in the world in bodybuilding branch was "Every Sportsman Should be Banned if Doping is Detected". In interviews, participants expressed this situation in these words:

"... Professional sports are risky, but we are not doing sports to lose our health, neither do we encourage people to use doping. If this is the case, all kinds of sports should be banned. I mean, if I am doing sports to lose my health, if it is going wrong, let us ban doing sports, let us only move." (S12)

Discussion and Conclusion

The most mentioned statement of the bodybuilding sportsmen in their opinions regarding the use of doping is that success without doping is difficult. This case can be interpreted in a way that the elite level athletes attribute success to the use of doping or they consider doping as the equivalent of success. Bloodworth and McNamee (2010) reported that the attitudes of the sportsmen towards doping were not negative due to their desire for success, and they stated that one third of the participant sportsmen were disposed to use illicit and undetectable substances that would guarantee success. Barkoukis et al., (2014) concluded that young sportsmen might tend to use doping substances, which they consider as a motive behind the success. Yildiz (2006) accomplished that among the athletes from various branches the majority of the bodybuilding sportsmen used doping substances. Yildirim (2008) determined that most of the male weightlifters believed that they had to use doping in order to be successful, and although the weightlifters considered that doping was an important problem. Majority of them mentioned that they used doping in order to increase their performances. Eroz (2007) reported that preference of doping use in national sportsmen were achieving high performance, wiping out the fear of losing, excessive desire for winning, attractive substantial incentives, gaining a social status, preserving this status, and reaching a good life standard. Lee et al., (2000) detected that personal success is an important value. Sahin (2003) determined that situations like tending towards using doping and seeking for success by risking the health emerged as lost ethical values. Sapci (2010) determined that the university students participating in interuniversity sports competitions were thinking that although using doping was ethically improper, it was necessary for sportive performance. Alaranta et al., (2006) reported that almost all of the sportsmen believed that the prohibited substances had performance increasing effects. Barkoukis et al., (2013) concluded that there was a significant relation between the achievement goals of the elite sportsmen and their moral tendencies, attitudes, and believes in rule and self-efficacy.

In contrast with the results of the research, Dincer (2010) reported that the wrestlers disagreed with the views stating that 'I use doping in an international competition for the success of my country' and 'If I have a drug, which will make me the World champion, with a serious side effect, I use it without hesitation'.

The second most mentioned statement of the sportsmen was that there was no sportsmen who do not use doping in bodybuilding sport branch. This result can be explained by the fact that the use of doping in bodybuilding is a sportsman reality, and also doping is resorted in other branches as well. Morente-Sanchez and Zabala (2013) emphasized that the sportsmen used doping in order to increase their performance. Turkcapar et al., (2014) reported that, concerning the use of doping, the scores of the elite wrestlers were high, and their attitudes were positive. Alaranta et al., (2006) concluded that 30% of the sportsmen knew in person some sportsmen who used illicit drugs.

To the contrary of the research findings, Solberg et al., (2010) determined that the sport fans did not admit that the elite sportsmen used doping substances.

The third most mentioned statement of the sportsmen was that doping is consciously used. This finding can be interpreted that the sportsmen are not against the use of doping but they think that the dosage of the doping substances should be well-adjusted by the experts. Turkcephe et al., (2013) concluded that elite level weightlifters used doping substances at low rates; however, their knowledge about the use of doping was insufficient.

The fourth most mentioned statement of the sportsmen was that use of doping can cause health problems. This case can be explained by that the sportsmen using doping will face health problems soon. Bloodworth and McNamee (2010) reported that the sportsmen accepted the health risks due to doping use, and they emphasized the health issues. Morente-Sanchez and Zabala (2013) concluded that the sportsmen accepted that the doping was unhealthy and risky. Gencturk et al., (2009) determined that the wrestlers, coaches, and the administrators agreed with the view that using doping creates negative effects in the health of sportsman.

The least frequently mentioned statements of the sportsmen were, respectively, as follows: the use of doping should either be prohibited or made free, in case of a doping detection the crime is whitewashed in exchange for an amount of money demanded by the higher committees, powerful countries are being tolerated in case of doping detection, sanctions against doping should be applied equally to all of the countries, use of doping creates unfair competition, the objective of the bodybuilding sport should be bringing up good sportsmen, and lastly, every type of sport branch with doping use should be prohibited.

When the results stated by the sportsmen with the least frequency were examined in general terms, it was observed that the values required by doing sport were not acquired by the bodybuilding sportsmen. Only one sportsman mentioned that use of doping creates unfair competition, while another one stated that the objective of bodybuilding sport is bringing up good sportsmen. Other results revealed that the use of doping exists in the world countries in general; furthermore, the athletes of both economically and politically powerful countries are being tolerated. Eroz (2007) determined that use of doping in sport is an important problem, and it causes unfair competition, damaging the sense of fair-play.

In contrast with the research findings, Dincer (2010) reported that majority of the sportsmen who dealt with sports for 7-11 years disagreed with the views 'using doping causes unfair competition', 'doping use of wrestlers in sport damages the fair-play', 'every means should be used for success in sport', and 'I use every means possible as long as I am not caught'. Kurtipek et al., (2016) concluded that national sportsmen from athletics and weightlifting branches characterized doping as illegal electricity, devil, lie, cheating, death, and gamble.

Since the sports were industrialized, and as a result, large financial sources transferred into sports, the importance of winning has highly increased, and the sports have turned into a source of income. The desire to compete under the same conditions in sport is a God-given right of each sportsman, who wants to succeed after long exercises and endeavors. However, in our day, use of doping causes disrespect for the rights of sportsmen, reaching success by cutting corners, and deviating from the objectives of sport, it causes frequent cases of gradually worsening health particularly in the elite level sportsmen. The most important reason of opposing doping in sport is that the number of sportsmen is increasing who, in case of success and winning, focus only on success and winning, disregarding the fair-play and sportive virtue.

Weinberg and Gould (2015) determined that fairness for the elite level sportsmen is limited to being unpunished as long as they are not caught for what they committed, and they do not abstain from cheating and cunningness for winning. Cruz et al., (1995) determined that the value of acting improper to the rules was important. In previous studies, where the sport values of female hockey players were examined by Pitts (2015), and the values showed at sports were examined by Gau and James (2013), it was determined that the value of the status was prioritized. Lee and Cockman (1995) determined that moral dilemmas in sports emerged from the conflict among the competition values. Lee et al., (2007) concluded that male sportsmen have higher tendency towards cheating and gamesmanship compared to the females, and that individual sportsmen embrace cheating more compared to the sportsmen doing team sports.

Therefore, in order to win and reach success in sports within the limits of sportive virtue and legal framework and in order to sustain the philosophy of raising healthy generations by means of sports, it is of vital importance to organize seminars for all shareholders about values at sports together with anti-doping trainings.

Melzer et al., (2010) reported that it was important to provide trainings for the sportsmen concerning decision-making about use of doping, to emphasize that the pressure applied by the coaches and athlete friends are of importance, and they stated that all of the shareholders should attend these trainings in order to change the environmental factors. Bloodworth and McNamee (2010) determined that, though with some exceptions, the sportsmen generally embrace the values promoted in the anti-doping training programs. Elbe et al., (2012) concluded that the doping use attitudes of the young sportsmen, who received ethical decision making training, were influenced in midlevel compared to the ones, who received only an informative training or no training. Bloodworth and McNamee (2010) determined that some sportsmen felt the pressure of social and moral expectations of the society.

In conclusion, any sportsman, who used doping in sports, his/her coach, club, and relevant administrators should be prohibited from sport. Moreover, it should not be overlooked that if penalties are also imposed on relevant federations

of the countries. They will increase the precautions within the borders of the relevant country for preventing the use of doping. In addition, it is of vital importance that the doping-detecting tests should be developed with further techniques so that they can detect the erasers concealing the use of doping.

When the sports are examined in the dimension of values education, the beauty of the essence of the sports is highlighted. It is important to remind the goals of the sports again. Trainers, executives, referees, physical education teachers, media, sponsor institutions, and especially sportsmen should be trained on the values education in the sport through workshops, seminars and conferences. In future research, it is recommended that mixed (qualitative and quantitative) method should be conducted with foreign bodybuilders from different countries.

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