



## COMPARISON OF DRUG RELATED KNOWLEDGE OF NATIONAL AND UNIVERSITY LEVEL WEIGHT LIFTERS

**Dr. Hukum Singh**, Assistant Professor  
D.R.A., Government., P.G. College,  
Bisauli, Budaun (U.P.)

### Abstract

Present study was conducted on comparison of drug related knowledge of national and university level weight lifters. Two hundred male national and university level weightlifters were selected as the subjects for this study. The subjects were contacted during All India Inter-University and National Championship. The data was collected through questionnaire method. A set of thirty questions covering the knowledge aspects of drugs and their harmful effects on the usages were constructed. To compare the drug related knowledge of national and university level weightlifters 't'-test were used and for testing the hypothesis the level of significance for the study was chosen as 0.05. The mean of drug related knowledge of senior national level weight lifters were larger than that of university level weight lifters. It is concluded that the drug related knowledge of senior national level weight lifters was significantly higher than that of university level weight lifters. The participation level of senior national level weight lifters was high than that of university level weight lifters thus they might be more aware of drug related knowledge aspect, drug addiction, anabolic steroids, doping, nutrition, prohibited list, masking agent, therapeutic use equipment, WADA, blood doping and smoking etc.

**Keywords:** Drug, Anabolic Steroids, Weight Lifters, Doping and Nutrition.

### Introduction

The first doping incident was perpetrated by the original man and woman in the garden of Eden. They are the fruits of the forbidden tree not because they were hungry, not because they were curious, but because the serpent deceived them in making them to believe that the fruit would make them 'God-like'. Since that time, the history of mankind is repeated with the quest for a magic substance which will impart supernatural powers. While drug abuse has received a great deal of attention in recent years, it is perhaps an erroneous assumption to feel that it is a new phenomenon. While it is true that there has unquestionably been a substantial increase in the use of drugs in the last twenty five years among all young people, particularly in certain categories of drugs, it is also true that we have suddenly been willing to recognize a problem that has long existed in our society. Drug abuse, particularly by young people, has been a scape-goat to explain unusual, unacceptable or deviant behaviour, which older member or society have found incomprehensible, or inexplicable, on more rational bases. The use of drugs has been used to explain the changes in social mores, radical political activity and many other social changes occurring with young people. In many ways, the objection to and tear of the use of the drugs are not so much related to the drugs themselves from a medical or social standpoint, as an objection to what the drugs are seen as symbolic of. This includes long



hair, liberal social change, and the so-called hippie culture. In the eyes of many, drug use has become the "New Communism" a consummate evil which, in some malicious and conspiratorial way, is responsible for undermining the morality of the country and threatening the very core of our social structure. The purpose of the study was, Comparison of drug related knowledge of national and university level weight lifters.

### Methodology

Two hundred male national and university level weightlifters were selected as the subjects for this study. The subjects were contacted during All India Inter-University and National Championship. The data was collected through questionnaire method. A set of thirty questions covering the knowledge aspects of drugs and their harmful effects on the usages were constructed. The questionnaire were constructed by going through various related literature on drugs. A lot of information from weight lifting coaches and other experts in the field of health, fitness and sports were collected before the construction of questionnaires. This knowledge was incorporated in the questionnaires, so an appropriate questionnaires were made. In drug related knowledge questionnaire each correct response would be awarded one mark and each wrong response would be awarded zero mark. To Compare the Drug related knowledge of national and university level weightlifters 't'-test were used and for testing the hypothesis the level of significance for the study was chosen as 0.05.

### Discussion of Findings

To find out the drug related knowledge among National and University level weight lifters t-test was used.

TABLE-1  
T-TABLE FOR THE DATA OF DRUG RELATED KNOWLEDGE OF NATIONAL AND UNIVERSITY LEVEL WEIGHT LIFTERS

Sport Group (Weight lifting)	Mean	S.D	df	t
All India inter-University	18.1400	3.28	198	3.17
Senior National	19.7600	3.92		

\*Significant at 0.05 level of significance

Table 1.indicates the values of the mean, standard deviation and t value. The mean of drug related knowledge of senior national level weight lifters were larger than that of university level weight lifters. The value of  $t(3.167)$  would be compared with tabulated  $t_{0.05(198)} = 1.960$ . since calculated value of  $t(3.167)$  was greater than tabulated  $t(1.960)$ , hypothesis may be accepted and it may be concluded that the drug related knowledge of senior national level weight lifters were significantly higher than that of university level weight lifters.

### Conclusion

The result showed that the drug related knowledge of senior national level weight lifters were higher than that of university level weight lifters. The participation level of senior national level weight lifters were high than that of university level weight lifters thus they might be more aware of drug related knowledge aspect, drug addiction, anabolic steroids, doping, nutrition, prohibited list, masking agent, therapeutic use equipment, WADA, blood doping and smoking etc. The university level weight lifters might be newly joined weight lifting thus they have less drug related knowledge compared to national level weight lifters. The senior national level weight lifters were more experienced in relation to various aspect in weight lifting and drug related



knowledge as a whole when compared to university level weight lifters. The interaction of senior national level weight lifters might be with the experienced coaches thus they are much aware of drug related knowledge aspect as compared with university level weight lifters.

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