

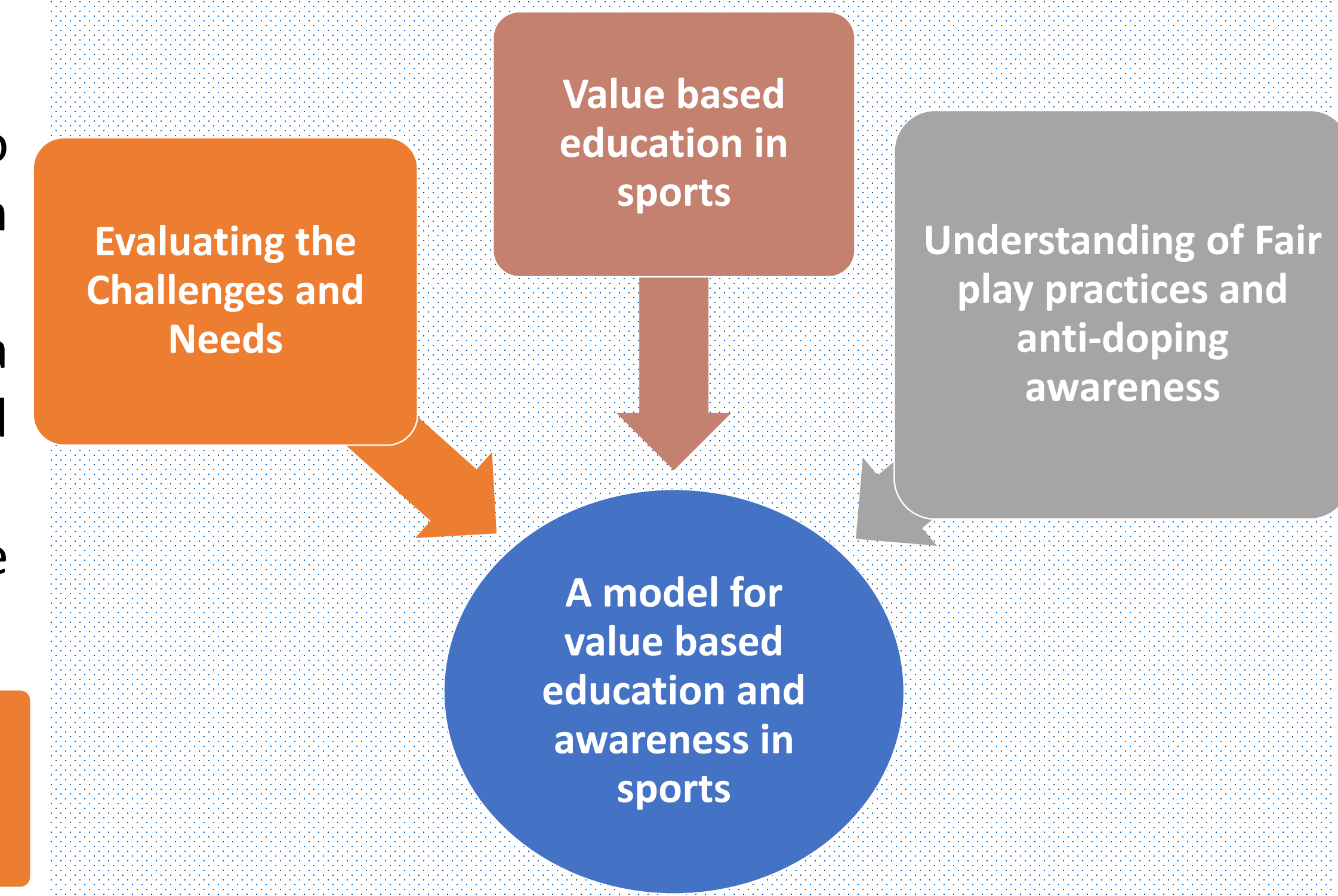
Understanding of Fair play Practices and level of anti-doping awareness among physical educators and athletes in India: A Pilot Study

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Introduction • Aim

- Globally the sport and anti-doping organizations are facing many challenges starting from motivation to integrity. These challenges are causes of changing perceptions, beliefs and values of the communities which are reflected internationally among the sport stakeholders.
- Considering the changing trends, it is essential to assess the gaps in existing knowledge and practices. Hence, a research study based on the knowledge of fair-play practices focusing on anti-doping and sport values, and perceptions in sport stakeholders are studied.
- The study will attempt to develop a model for value based education and awareness in sports based on the identified challenges and needs among stakeholders.

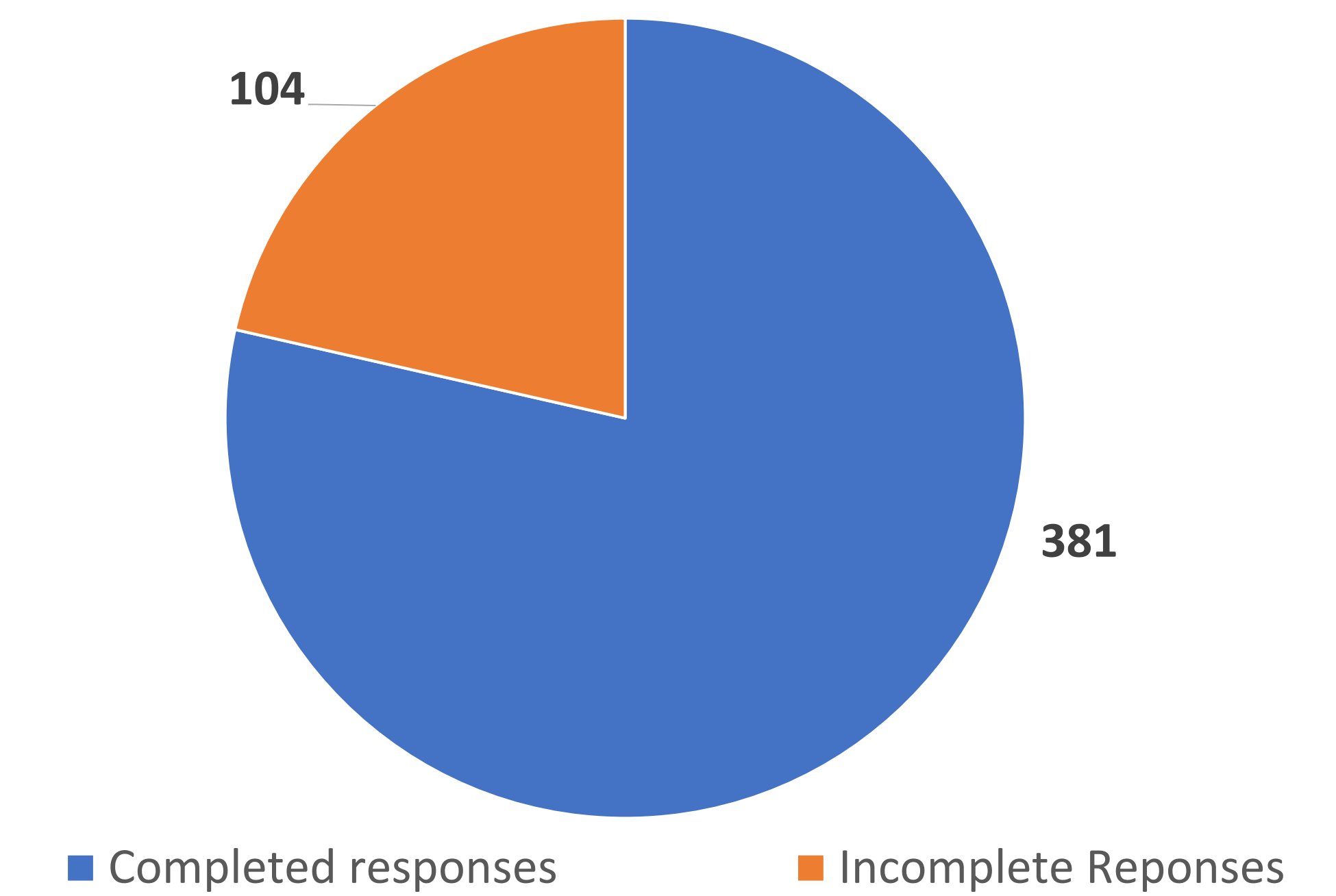


“To assess the level of anti-doping awareness and understanding of fair play practices in sports among the stakeholders to study need for value based education in sports”

Methods

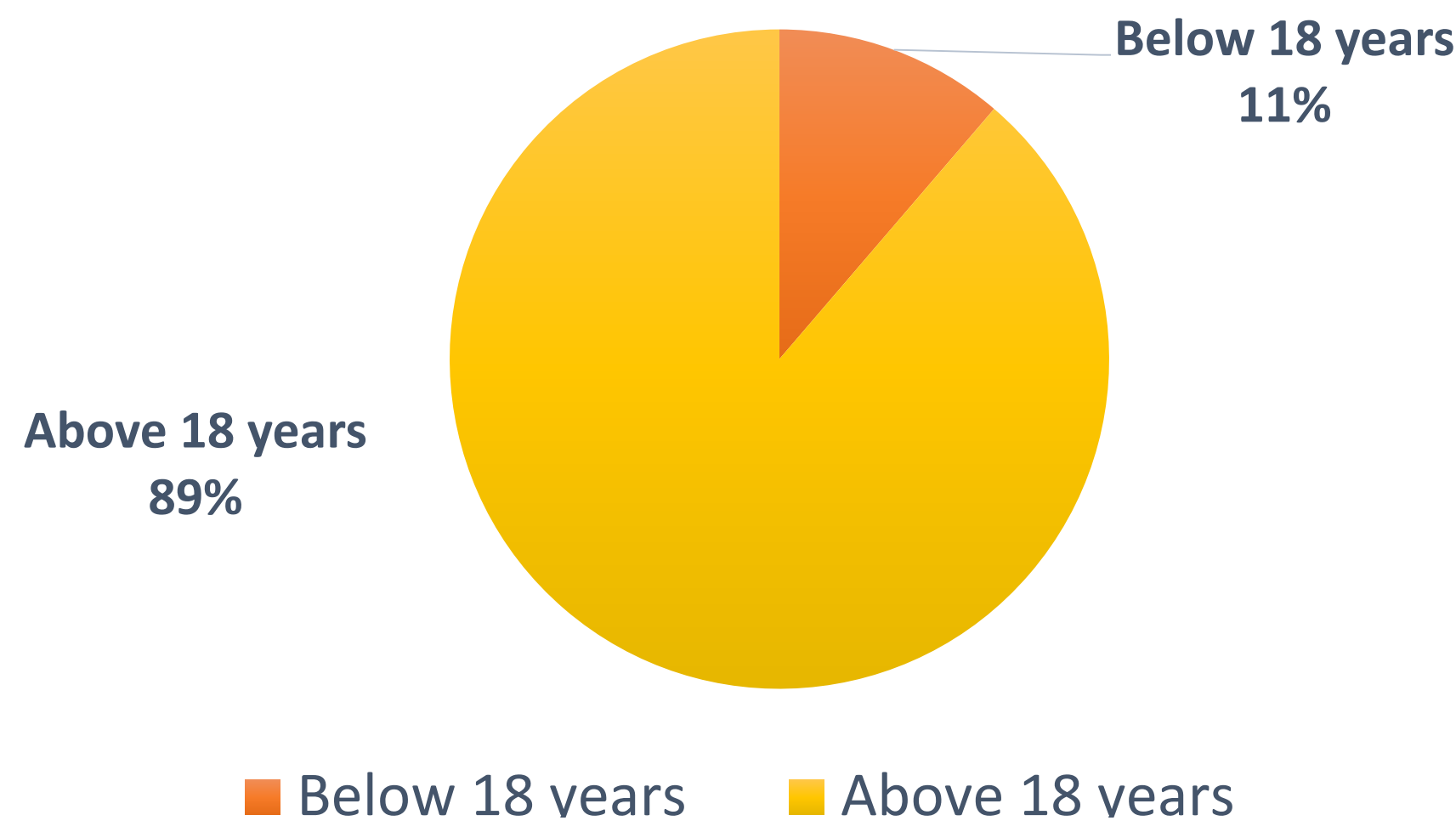
- **Subjects** A questionnaire survey was carried out among 485 participants and received a total of 381 completed responses were considered for the study analysis. The participants were primarily comprises of physical education graduates and teachers and young athletes who attended the colleges and events in Tamilnadu a southern state of India from January to March 2020.
- **Measures** The questionnaire survey which is primarily questions from World Anti-Doping Agency youth quiz and question based on value education. The participation in the study was voluntary and participants have submitted their consent/agreement for the research.
- **Data Analysis** The completed responses were considered for study analysis to evaluate the need for value based education in sports.

Figure 1: Total Number of Responses



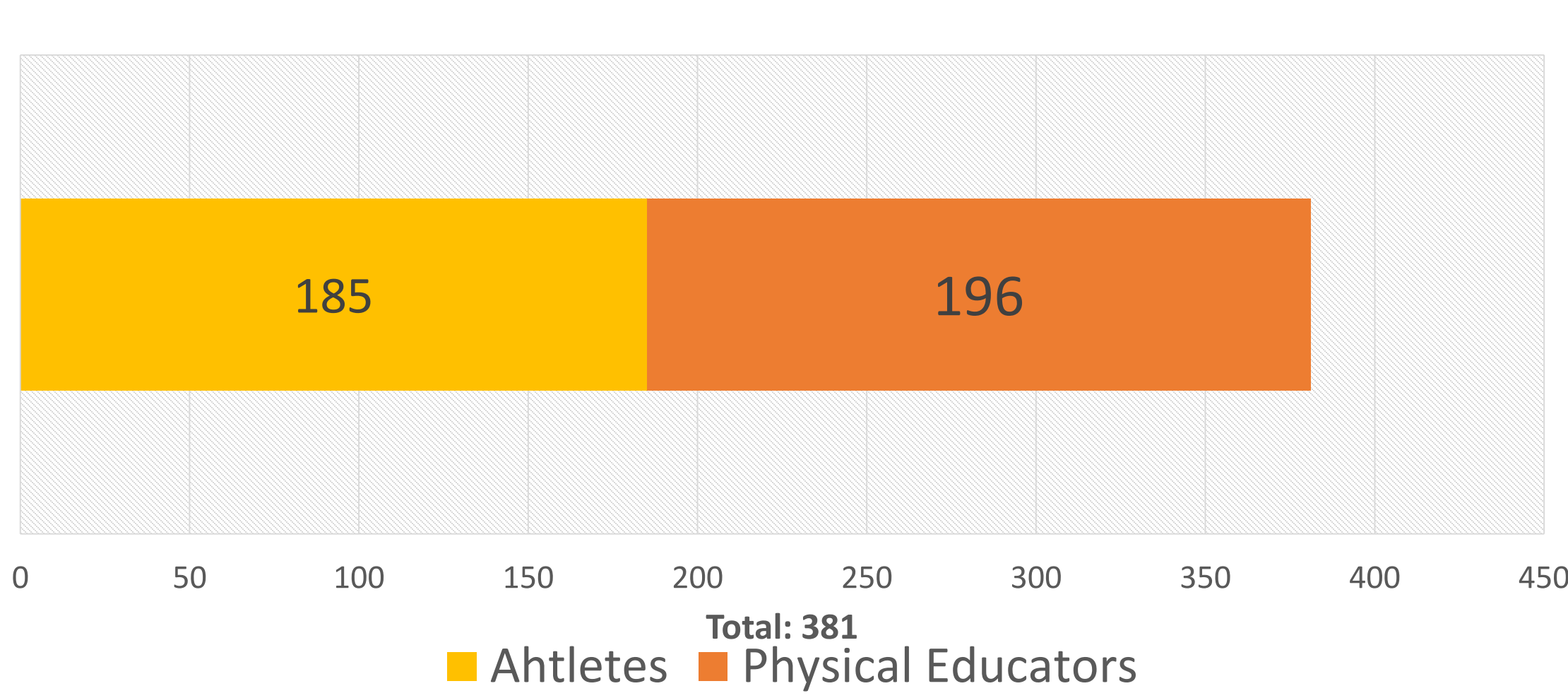
Results

Figure 2: Age Group of Study Population



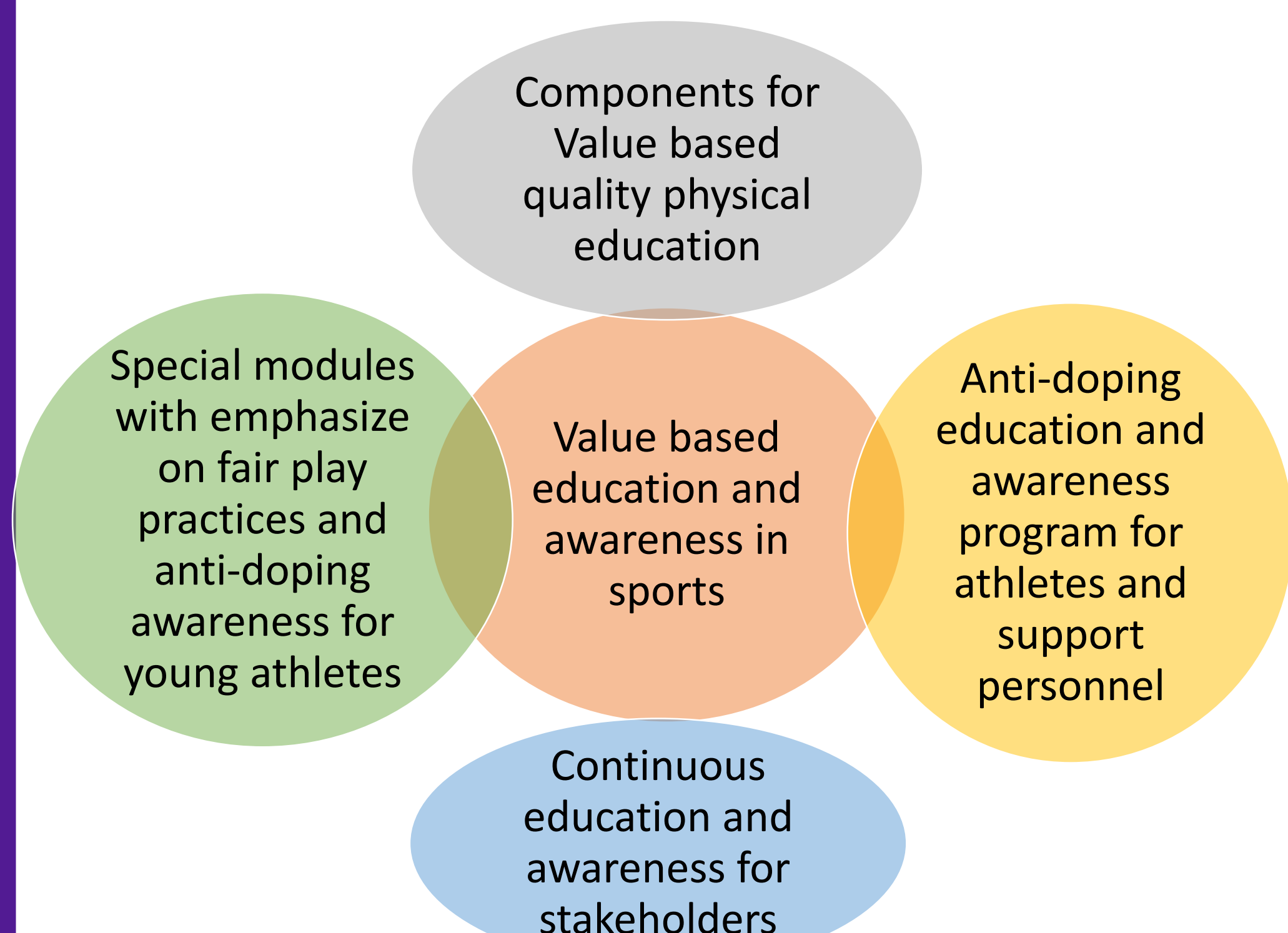
The preliminary results of the study provide information on demographics. Out of the 381 completed responses, 89% are above 18 years of age, 11% are below 18 years are studied. The informed consent was obtained from study participants as per the guidelines and the responses with required consent were included for study analysis. The study respondents are divided into two groups namely physical educators (n=196) and athletes (n=185). The data has been segregated according to the study objectives into three broad areas namely values and fair play practices in sport, anti-doping awareness and awareness about the anti-doping rules.

Figure 3: Categories of Study Population



| Category of questions | No. of questions (31) | Responses of Physical educators | Responses of Athletes |
|---|-----------------------|---------------------------------|-----------------------|
| Baseline data | 7 | -- | -- |
| Values and fair play practices in Sport | 8 | 61 % | 69 % |
| Anti-doping awareness | 8 | 73 % | 52 % |
| Awareness about the anti-doping rules | 8 | 35 % | 28 % |

Discussion



- The study results shows that around 69 % of athletes reported to know better about the values and fair play practices in sports in comparison to the physical educators (61%). However, the knowledge of anti-doping awareness is at 73% in physical educators where it is 52% in the athletes responded.
- The level of awareness and knowledge about the anti-doping rules are low at around 28 % in young athletes participated in the study while it is 35 % in physical educators.
- However, the same may not be applicable to all across India as the study is limited to one particular region/state. These insights may pave way to study the gaps and to develop a comprehensive education model on fair play awareness and value-based education in sport.
- An elaborate study across all the states of India with large sample size would provide more insights about the knowledge and awareness about fair play practices among the stakeholders.
- A combined approach of a value based quality physical education to improve fair play practices and anti-doping awareness for all young & elite athletes and support personnel may benefit to improve the knowledge and practices.

“This pilot research shows the necessity to develop a comprehensive education model to improve the knowledge of values and fair play practices and awareness about the anti-doping rules”