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# A comparative study of performance enhancement attitude scale, perceived social loafing & sports commitment at different level of sports competition

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**Abstract**
The objectives of the study were to examine the difference of performance enhancement attitude, perceived social loafing and sports commitment at different level of sportspersons. For the purpose of the study, data was obtained from 60 randomly selected participants age ranged from 18 to 30 years. All samples divided into three levels such as state, national and interuniversity level. Performance enhancement attitude scale (PEAS), perceived social loafing questionnaire (PSLQ) and sports commitment (CM) scales were used as dependent variable in this study. Obtained data were analyzed through SPSS version 17. One-Way ANOVA was used to compare the results and significant level was set at 0.05 respectively. The mean and SD for PEAS state level is 44.62±12, National 43.95±12.70 and Interuniversity 51.5±11.13, PSLQ State14.62±2.31, National 14.85±1.92, University 16.14±2.70, for SCM state15.10±3.22, National 16.20±3.01 and for University 14±2.03 respectively. After analysis the results, it has been observed that there is no significant difference found among groups in their performance enhancement attitude, perceived social loafing and sports commitment. It means that there is no significant difference towards doping attitude at different level of sportsperson.

**Keywords:** doping attitude, social loafing

## Introduction

Naturally occurring performance-enhancing substances have been known and used through human history [1]. The word doping originated from `dop', a term that refers to a stimulant drink used in tribal ceremonies in South Africa during the eighteenth century [2]. Dop first appeared in an English dictionary in 1889, where it was described as a narcotic potion for reducing the performance of racehorses [2]. Athletes competing at the Ancient Greek Olympics used stimulants to increase their performance [3, 4]. Roman gladiators and medieval knights relied on the help of performance enhancing substances to be able to continue in combat situations despite tiredness and injuries [5, 6]. The emergence of the anti-doping movement, regulation and the advent of the list of banned substances of placed doping outside the officially accepted limits of performance enhancements [1]. Although the main reason behind anti-doping regulation was medical concern, having official rules against doping suddenly repositioned the use of pharmacological agents as cheating and unfair, and thus, eventually resulted in social stigmatization of athletes who used performance enhancing substances and/or methods [1]. The most recent definition of doping has been clarified by WADA: using prohibited performance enhancement substances and/or methods regarding clarified statements in WADA Code [7]. Since 40 years ago athletes have been asked about their believes about drug usage in various studies and in the case of psychology behind doping athletes' perception and attitudes toward doping have been considered consistently. Doping scandals creating fairness issues for professional and Olympic organizations have become a major issue. One's attitude toward a given issue or entity can be impacted by personality traits, previous experiences, environmental factors, and characteristics of the attitude object [8]. In a study by Alaranta *et al.* [9]

As the number of individuals participating in different sports has increased considerably, the variety and use of doping agents have increased (De Rose, 2008) and now extend beyond professional sport to amateurs and even young people who are physically active (Laure *et al*., 2004; Papadopoulos *et al*.,2006; Kokkevi *et al*., 2008). Competition participants are at an increased risk of being exposed to performance-enhancing drugs (PEDs) but some studies suggest that agents such as anabolic steroids are also used by non-s ports-practicing individuals orfitness center visitors (Franques *et al*., 2001; Baker *et al*., 2006; Simon *et al*., 2006). In the absence of a reliable epidemiology of doping, a population wide assessment of public health implications of this health compromising behavior is limited (Kayser *et al*., 2007). The problem is ampli-fied by the widespread use of certain PEDs (i.e. stimulants and/or steroids) beyond the sporting con-text. Estimates of doping prevalence typically rely on adverse analytical findings from national anti-doping organizations (NADO) or the World Anti-Doping Agency (WADA). For example, WADA's adverse analytical findings (i.e. positive drug tests) suggest that, in an average year, ca. 2% of elite athletes use PEDs and this figure has been fairly stable over the past 5 years (WADA, 2007). Prevalence rates derived from self-report typically range between 1.2% and26% (Ohaeri *et al*., 1993; Ama *et al*., 2003; O¨zdemir *et al*., 2005; Papadopoulos *et al*., 2006; Backhouse *et al*., 2007; Petroczi,

2007; Tahtamouni *et al*., 2008), with the high end being associated with a specific population such as bodybuilders. Morgan (2006) underscores the unreliability of prevalence estimates by stating that ‘‘anecdotal evidence’’ for doping prevalence could be as low as 5% and as high as 95%.

**Methodology**

The most purpose of this study was to investigate the attitude towards doping at different level of competition. For accomplish the study total 60 players of different level and of different games were randomly selected. The age of the sample were ranged from 18 to 30 years. The design of the study was entirely survey based. To assess the doping attitude performance enhancement attitude scale was used and the questionnaire of perceived social loafing was used to get the loafing aspect of participant and sport commitment was another scale used in this study. A pilot study was conducted to assess the reliability of all the scales and test-retest method was used and cronbach’s alpha reliability method was used to find out internal consistency of the questionnaires. When the reliability process has been done a survey has been conducted of these dependent variable on 60 participant of different competition level. Questionnaires were made of simple or local language. All difficult words were replaced with simple synonyms. There is no time limit to fill the questionnaire but participants were requested to complete the each survey within 30-35 minutes. The one-way ANOVA was used to compare the results and the level of significance was set at 0.05 respectively.

**Table 1:** Descriptive statistics of state, national and university level players

| | | N | Mean | SD | Std. Error | Minimum | Maximum |
|---|---|---|---|---|---|---|---|
| PEAS | State | 21 | 44.62 | 12.192 | 2.661 | 25 | 74 |
| | National | 20 | 43.95 | 12.701 | 2.840 | 22 | 66 |
| | university | 14 | 51.50 | 11.134 | 2.976 | 36 | 70 |
| PSLQ | State | 21 | 14.62 | 2.312 | .505 | 10 | 20 |
| | National | 20 | 14.85 | 1.927 | .431 | 12 | 20 |
| | university | 14 | 16.14 | 2.713 | .725 | 12 | 21 |
| SCM | State | 21 | 15.10 | 3.223 | .703 | 8 | 20 |
| | National | 20 | 16.20 | 3.019 | .675 | 7 | 19 |
| | university | 14 | 14 | 2.038 | .545 | 10 | 17 |

Table no 1 evident the descriptive statistics of the each groups in their performance enhancement attitude, perceived social loafing, and sports commitment. Mean and SD of the state level player in their performance enhancement attitude is 44.62±12.192, national players is 43.95±12.701 and university players is 51.50±11.134 respectively. The mean score of the university players is slightly high in the performance enhancement attitude. University level players have also high mean score (16.14±2.713) in their social loafing but in the sports commitment national level players have highest mean score with 16.20±3.019. it has been also observed that there is significant fluctuation (variation) in the score of std error mean of performance enhancement attitude at 0.05 level of significance.

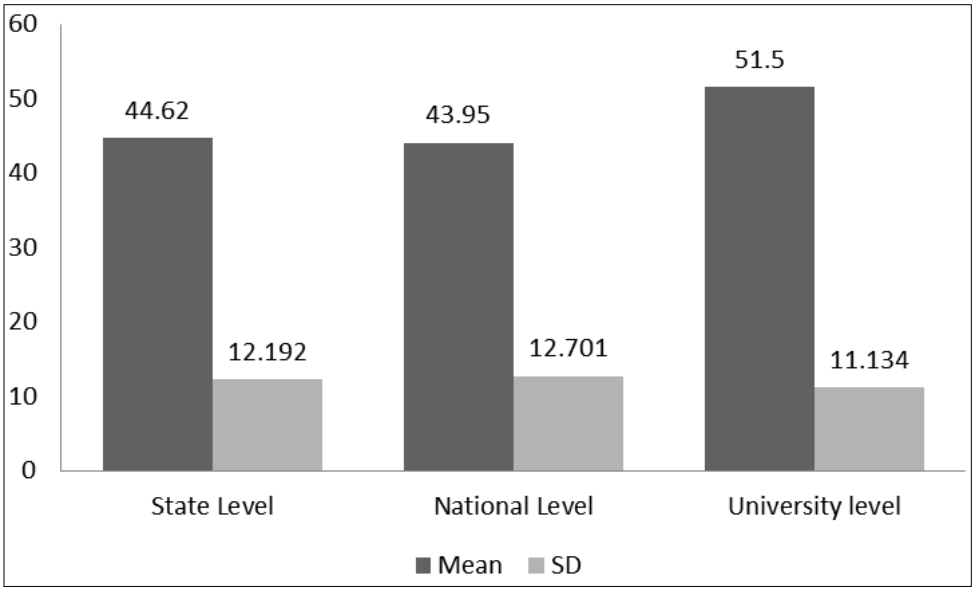


**Fig 1:** Mean difference of each group in their performance enhancement attitude

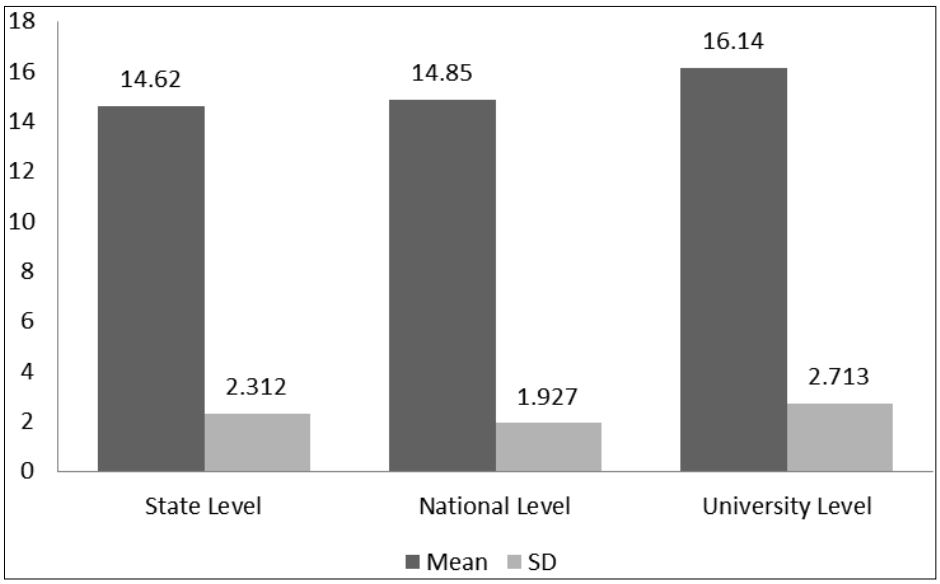


**Fig 2:** Mean difference of each group in their perceived social loafing

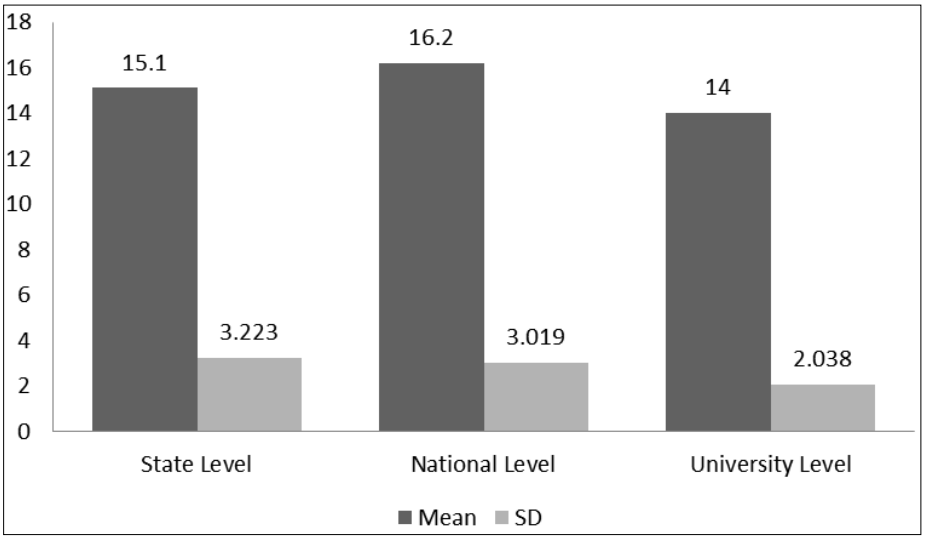


**Fig 3:** Mean difference of each group in their sports commitment

**Table 2:** Anova

| | | Sum of square | DF | Mean square | F | Sig. |
|---|---|---|---|---|---|---|
| PEAS | Between groups | 546.707 | 2 | 273.353 | 1.858 | .166 |
| | Within groups | 7649.402 | 52 | 147.104 | | |
| | total | 8196.109 | 54 | | | |
| PSLQ | Between groups | 21.329 | 2 | 10.664 | 2.030 | .142 |
| | Within groups | 273.217 | 52 | 5.254 | | |
| | total | 294.545 | 54 | | | |
| SCM | Between groups | 40.372 | 2 | 20.186 | 2.413 | .100 |
| | Within groups | 435.010 | 52 | 8.366 | | |
| | total | 475.382 | 54 | | | |

Table no. 2 shows the results of analysis of variance and it has been clearly shown that there is no significant difference among each groups in their performance enhancement attitude, perceived social loafing and sports commitment. The F value for PEAS is 1.858, for PSLQ is 2.030 and for sports commitment is.100 which are not statistically significant at 0.05 level of significance. It means that there is no significant difference observed in among each group in their performance enhancement attitude (PEAS), perceived social loafing (PSLQ) and sports commitment (SCM)

## Conclusion

After analysis of all the results it has been said that each groups have equal attitude towards doping. There is no

significant difference among selected groups towards doping attitude, social loafing, and sports commitment. Each level (state, national, university) have common aptitude of doping. Social loafing and sports commitment are also a key factor at different level of sports competition but in this study no statistical difference was found among them.

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