

# The Reality of Drug Abuse Internationally Prohibited among Bodybuilders in the City of Nasiriyah

Muhammad Shabram Alwan<sup>1</sup>, Kamal Abd Negm<sup>2</sup>, Haider Mutar Jassim<sup>2</sup>

<sup>1</sup>Lecturer, University of Misan - College of Physical Education and Sports Science,

<sup>2</sup>Assist. Lecturer, College of Education and Sports Science, Thi-Qar, Iraq

## Abstract

The aim of the research was to identify the most internationally prohibited stimulants used by bodybuilders, and the researchers used the descriptive method and the field survey method and that As the search problem suitability, was selected sample of bodybuilders in the city of Nasiriyah and the way random number of 89 players. Man tried to use medicinal drugs as a type of stimulant a long time ago and the goal in that period was to raise and increase the tender and physical and athletic effort from the natural borders where the ancient Spanish history indicated that the ancient (Pale Inca) where its members chew coca leaves and were able to Then, from very long distances, hundreds of kilometers within several days. The sports circles in our country witnessed in recent years the growing state of abuse of internationally prohibited stimulants in various activities, especially those aimed at building the muscle mass in which the importance of research lies in developing a scientific assessment of the status of stimulants to the research community and standing on the ground for the extent of this phenomenon and the quality of the substances being used.

**Keywords:** Drug abuse, internationally prohibited, bodybuilders, Nasiriyah

## Introduction

Sport was in its first natural, religious and educational premises aimed at making the person possesses certain capabilities, but in all cases it seeks to build an integrated human being balanced with himself and interacting with his environmental and social surroundings, and educators have recognized <sup>1</sup> The importance and necessity of raising the young person on sport because of its impact on the various components of the human being <sup>2</sup>, and they adopted sport as a method of modern education because of the activities and games of a role in the comprehensive education process that brings the human being in various aspects of intellectual, psychological, motor, cognitive and organizational However, some are trying to harm sports morals by using illegal methods to reach stardom or fame by using or using internationally prohibited stimulants <sup>3</sup>. The human tried to use medicinal drugs as a type of stimulant a long time ago and the goal in that period was to raise and increase the tender and physical and athletic effort from the natural borders where the ancient Spanish history indicated that the ancient (Babylonian Inca) where its members chew coca leaves and then be able to cut Very long distances of hundreds of kilometers within several

days. And Stein Bach found in one of the experiments in 1968 that there are significant differences between the process, training using Anabolic and the other without using it as it had a positive impact in the training process <sup>4</sup>, and the history of the use of medicinal drugs indicates the registration of the first case of abuse of steroids in the sports field Until the year 1865 AD, when it was proven that one of the swimmers used different types of drugs during swimming races in the city of Amersdam, and this is the first case that was discovered with the aim of winning the wrong As for the indicators that alerted the world to the dangers of stimulants and their harmful effects on users, the death of the famous athlete Simpson in a bike race around the city of Paris, under the influence of a large amount of tetramethyl stimulant, and the deaths were repeated over the years. The sports circles in our country have witnessed in recent years the growing state of abuse of internationally <sup>5-7</sup> banned stimulants in various events, especially those aimed at building the muscle mass for which the importance of research lies in developing a scientific assessment of the status of stimulants to the research community and standing on the ground to the extent of the spread of this phenomenon and the type of substances that are used.

### Research problem

Talk about doping and athletes abuse increased recently, and doping and its effects occupied a wide area locally and globally after its widespread and dangerous spread in all countries of the world, and that extended to our country and to the level of many official and unofficial sports (fitness Physical and bodybuilding centers in the city of Nasiriyah) with the aim of improving the physical and athletic level or for other purposes through the use of abnormal means and injecting them into the body or through the mouth before or during competitions without being aware of the seriousness of their use and their violation of ethical and athletic rules So the researchers wanted to stand on the aspects of this problem and Thdidahm drugs that are used by the research community.

### Research Objectives:

To identify the most internationally banned stimulants used by bbodybuilder.

### Research fields:

The human field: Bodybuilders in the city of Nasiriyah.

Timeline: - 25/8/2019 to 2019/11/25

Spatial domain: - Body building halls in the city of Nasiriyah.

### Methodology

The researchers used the descriptive approach and in the field survey method, in order to suit the research problem.

### Sample search

The sample was chosen from bodybuilders in the city of Nasiriyah, randomly, the number of which 89 players.

Information Collection Methods: The questionnaire is one of the important tools in gathering information in scientific research (it is the only available method to expose respondents to selected stimuli carefully selected and intended to collect data

### Research Procedures

The questionnaire was used according to The materials are available and used by bodybuilders.

objectivity of the questionnaire:

The questionnaire is considered objective, since the answer to it is determined by (yes or no), and the corrector has no choice but to add the grades, and accordingly, no matter how different the correcters are, the questionnaire will give the same results.

### Statistical means

Using the statistical bag spss

### Research procedures

The researchers conducted the research by applying the questionnaire to a sample of (89) bodybuilders in the city of Nasiriyah, where the forms were20 distributed on 8/2019 / 25 and then collected in 2019/10/20.

### T. / Questionnaire

Mr. -----Dear

In conducting the research tagged (the reality of abuse of internationally prohibited steroids for bodybuilders in the city of Nasiriyah) and given that you are a practicing building sport Objects, please kindly put a sign ( ) in front of the material and attached hereto (if you use any of these materials)

**Table 1. The results of the level of steroids were used by bodybuilders.**

Seq	Stimulant	User number	Percentage
1	(Adactone)	17	19.10%
2	Anabolicam))	11	12.35%
3	(Anadrol)	27	30.33%
4	(Androgel)	4	4.49%
5	(Androstanone)	24	26.96%
6	(Clomid)	11	12.35%
7	(Deca-durabolin)	39	43.82%
8	(Dyanabolan)	31	34.83%
9	(Durabolin)	11	12.35%
10	(Aphedrine)	13	14.60%
11	Estandrone))	20	22.47%
12	Groth hormone))	19	21.34%
13	(Lasix)	2	2.24%
14	(Mastron)	3	3.37%
15	(Miotolsn)	3	3.37%
16	Methondrial dipronte	7	7.86%
17	(Nolvadex)	14	15.73%
18	(Sustanon)	49	55.05%
19	(Wenstrol taps)	37	41.57%
20	Don't use	19	21.34%

### Results

When collecting the questionnaire, the results of the level of steroids were used by bodybuilders as in the following table .

As in the following table. :

(Deca Durabolin)

came in at 43.82% feel the reach of decadurapone

at first is felt at ease psychological and muscle strength and rest in sleep and open appetite and muscle anesthesia during training and increase the platelets and thus maximum benefit from oxygen and a sense of excessive activity and the opposite happens completely after completing the last dose about a week begins the testicular stops the male hormone secretion and continues For a period ranging from two weeks to several months until she returns to normal or less than normal

(Winstrol)

came in at 41.57%, which leads to the accumulation of male hormones in female organs, which leads to the appearance of signs of masculinity, but in men, the use leads to headaches, cramps and some cases of high blood pressure

(Dyanabolan)

came in at 34.83%, which works to keep water in the body and store protein in the muscle and increases body weight. As for its symptoms, it is high blood pressure, increased cholesterol levels, acne and chest swelling after stopping use

(Anadrol)

came by 30.33% that consuming anadrol increases the blood volume significantly, which allows the muscle to absorb the largest amount of oxygen, which provides the user with enormous energy, and its effect is negative by holding water inside the body

(Androstanone)

came in at 26.96% that is used for building to gain muscle mass, gain strength, and retain a small percentage of fat. Many players use androstanolone during exercises for competitions with doping tests, as the active substance remains in the body for a very short period

(Estandrone)

came in at 22.47%, which has a strong male anti-oxidant effect and improves the body's ability to regenerate. It works to lubricate the joints - places where the bones meet - with a strong liquid in the bonding tissue and increases the rates of muscle mass in the faculties of medicine. This chemical compound is used in medical schools to treat periods of critical disorder that occur For women in menopause or osteoporosis, this stimulant leads to an increase in weight for both sexes and an increase in the formation of subcutaneous deposits and breast tumors in men

(Growth hormone)

came up by 21.34%, as it is useful for building muscles and raising their capacity and does not appear

in medical analyzes, but it has risks, especially when used before puberty, as it leads to gigantism and closes the bone ends prematurely and stops growth causing distorted bone growth in adults where the limbs and lower jaw grow unusually It increases blood sugar

While the players who do not use steroids were prohibited when playing a bodybuilding game at a rate of 14. 21% that this percentage is very low due to the number to which the questionnaire was distributed previously, we find that the steroids that came in the questionnaire have substances that have negative effects, especially when used for a long time and some The other has direct effects on the body when consumed. Where bodybuilders use stimulants in order to raise the physical efficiency in an unnatural way, which helps to bear the effort and restore the normal condition of the body very quickly and the stimulants also work on muscle building in a short period The results are negative, where the percentage of users is very high 66. 78%, and that indicates something, but it indicates a lack of awareness in the sports and health culture spread in the bodybuilding halls in the city of Nasiriyah, since most of the practitioners of this game in the bodybuilding halls are non-athletes As the motives that prompted the use of stimulants come for the purpose of appearing with manifestations of roughness and highlighting strength and good appearance in front of others. And that sports in general need long periods to reach the high level, we find that the users of these materials do not have the patience and endurance for a long time in order to build the entire body <sup>8</sup>. The lack of self-confidence, loss of will and jealousy from others are among the motives that led to the use of stimulants and the absence of health control in the Department of Health of Dhi Qar on these substances led to their spread and their presence in markets, pharmacies (vendors spread on the sidewalks of the streets) and red building halls in the city of Nasiriyah of Kamal Union Objects are the main role in eliminating them and limiting their spread and spreading the dangers of abuse of internationally <sup>9, 10</sup> banned stimulants by spreading awareness in the bodybuilding halls and monitoring them and not giving licenses to only those with specialization and competence of bodybuilders and coaches with experience and long-term sales in this area. While the percentage of practitioners not used for steroids 21.34%, which is a very small percentage when compared with the receptivity of the prohibited

substances, a ratio that indicates the risks of the great proliferation of these substances in the city of Nasiriyah, where it is expected that the abuse and the increase in tennis will increase after a period of time. And a little while.

### Conclusions

Lack of culture and awareness among bodybuilders. The results showed a very high rate of doping. Bodybuilding practitioners' focus was on rapid body building only without focusing on the damage left by steroids. The percentage of people who did not use steroids was very small. The percentage of abuse (Sustanon) is very high, as it was 55.05% of the sample that was distributed to the questionnaire, whose number is (89).

**Financial Disclosure:** There is no financial disclosure.

**Conflict of Interest:** None to declare.

**Ethical Clearance:** All experimental protocols were approved under the Thi-Qar and all experiments were carried out in accordance with approved guidelines.

### References

1. Muhammad O. Encyclopedia of Athletics, The First, Kuwait, Dar Al-Qalam for Publishing and Distribution.1990.
2. Peters D. Doping and Athletic, Second Floor, Dillon City, Coilland Press. 1998.
3. Khaled MA. World of Sports and Health, First Edition, Amman, House of Scientific Hurricane. 2009.
4. Van Dalen L. translated by Mohamed Nabil Nofal and others and research approaches in education and psychology, 3rd edition, Cairo, the Egyptian Angelo Library. 1984.
5. Al-Falasi O, Al-Dahmani K, Al-Eisaei K, AlAmeri S, Al-Maskari F, Nagelkerke N. Knowledge, attitude and practice of anabolic steroids use among gym users in Al-Ain District, United Arab Emirates. The Open Sports MedicineJournal 2008; 2: 75-81.
6. Logothetis CJ. Organ preservation in bladder carcinoma: a matter of selection. J Clin Oncol 1991; 9(9): 1525-6.
7. Sando BG. Is it legal? Prescribing for the athlete. Aust Fam Physician 1999; 28(6): 549-53.
8. Goldfield GS, Woodside DB. Body image, disordered eating, and anabolic steroids in male bodybuilders: current versus former users. Phys Sportsmed 2009; 37(1): 111-4.
9. DuRant RH, Rickert VI, Ashworth CS, Newman C, Slavens G. Use of multiple drugs among adolescents who use anabolic steroids. N Engl J Med 1993; 328(13): 922-6.
10. Hickman M, Taylor C, Chatterjee A, Degnhardt L, Frischer M, Hay G. Estimating the prevalence of problematic drug use: a review of methods and their application. Offprint from Bulletin on Narcotics 2002; 54(1-2): 15-32.
11. Yu JW, Tian GL, Tang ML. Two new models for survey sampling with sensitive characteristic: design and analysis. Metrika 2008; 67(3): 251-63.
12. Jann B, Jerke J, Krumpal I. Asking sensitive questions using the crosswise model an experimental survey measuring plagiarism. Public Opin Q 2012; 76(1): 32-49.