

Doping: psychological actions aimed at its prevention ***Doping: acciones psicológicas encaminadas a su prevención***

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ABSTRACT

In the research we took on the task of designing a set of psychological actions that allowed us to increase the knowledge related to anti-doping control and education in the athletes of the Guantánamo 1st category road cycling team. This set of actions is structured by a general objective. For this, the qualitative method of participatory action research and techniques such as interviews, surveys and observations were used. Among the achievements obtained we have the increase in athletes' levels of responsibility for what they put into their bodies, awareness of the danger, adequate self-assessment of their real possibilities, interest in the subject, as well as a more generalized knowledge of substances. and methods classified as doping.

RESUMEN

En la investigación se diseñó un conjunto de acciones psicológicas que permitieron elevar el conocimiento relacionado con el control y educación antidoping en los atletas del equipo de ciclismo de ruta 1ra categoría de Guantánamo. Estas acciones están estructuradas por un objetivo general. Para ello se empleó el método cualitativo de investigación acción participativa y técnicas como la entrevista, encuesta y observación. Entre los logros obtenidos tenemos el incremento en los atletas de los niveles de responsabilidad sobre lo que llevan a su cuerpo, la conciencia del peligro, adecuada autovaloración de sus posibilidades reales, el interés por el tema, así como un conocimiento más generalizado de las sustancias y métodos clasificados como doping.

Keywords

Doping; System of actions; Road cycling; Athletes

Palabras clave

Doping; Sistema de acciones; Ciclismo de ruta; Atletas.

INTRODUCTION

Our athletes are usually models of a healthy lifestyle for society and are frequently selected to promote health in society, however, something damages that ideal, an evil that grows throughout the world. We refer to doping: defined as the deliberate use or involuntary use by an athlete of substances and methods prohibited by the International Olympic Committee (IOC).

The use of prohibited substances currently reaches greater proportions, mainly in cycling, its great demands, the marked international tendency to use prohibited substances, the desire to win at any price, the need to make a new brand, to be recognized, makes of practitioners of this sport vulnerable to the use of prohibited substances.

The most important point is that the practice of doping damages the essence of the spirituality of the human being and of the sport itself. It goes against the spirit and erodes public trust, nullifies the principle of equality and endangers the health and well-being of those who practice it.

Sport is an activity rich in challenging situations, physical overload and high commitment that develops various psychological qualities in athletes that make them better people. The educational concept of sport must combat any excess that, in its physiological, psychological and social order, threatens the personality and the essential balance of the social being.

This is why the mission of the World Anti-Doping Agency (WADA) is to: Promote, coordinate and monitor, on an international scale, the fight against doping in sport in all its forms and promote fair play as the only way to preserve the principle of competition.

The National Anti-Doping Program carried out by the National Anti-Doping Body of Cuba is responsible for fulfilling this resolution and to this end it has extended its work throughout the country, reaching all provinces. In Guantanamo, actions are carried out to counteract this phenomenon through education and dissemination.

As a first task, a diagnosis was carried out on road cycling athletes and coaches regarding their knowledge regarding doping. The preliminary results demonstrated the need to design and implement a set of psychological actions that increase knowledge related to anti-doping control and education, thus minimizing its use.

Aim:

Design a set of psychological actions that allow raising knowledge related to anti-doping control and education in road cycling athletes at the Guantánamo Technical Center. **Material and method.**

Method: Qualitative

Participatory-action research: aimed at mobilizing the intervention potential of the mental health team in relation to the search for alternatives for prevention, treatment and intervention in the presence of doping.

Theoretical level methods:

1. **Analysis and synthesis:** It was used during the research process to build the theoretical foundation, characterize sporting activity and its relationship with the use of doping, through the review of bibliographies and consultation on websites.
2. **Historical-logical:** It was used to explore the behavior and main tendencies of athletes towards the use of doping in the different historical-social contexts through which sport has passed.
3. **Inductive-deductive:** It allowed establishing the relationships that exist between the different categories of the research.
4. **Modeling:** It allowed us to design a set of psychological actions from reference theoretical bases that would increase the knowledge of base athletes about doping.

Empirical level methods:

1. Interviews
2. Surveys
3. Participatory observation.

Mathematical-statistical level methods:

1. Percentage analysis method: Allowed the collection and processing of data related to percentages.

Sample: 6 athletes from the sport of road cycling.

Main results of the initial diagnosis

The applied techniques yielded the following indicators as significant results:

1. Little information about doping and its negative consequences for the athlete.
2. Lack of knowledge about the substances and methods approved by the IOC that classify as doping.
3. Existence of superficial expectations about the use of these substances and their results.
4. Little awareness of the danger of doping and the need to consult with your medical team about the use of any medicinal substance.
5. Insufficient responsibility for knowing what substance enters your body and why.

Set of Psychological Actions

- Design and implement actions that allow the prevention of doping use in athletes and personnel that make up the social support network.

Specific objectives

- Increase outreach and education by the medical team to support clean sport.
- Promote healthy behavior in athletes and coaches that does not require stimulant substances to achieve new marks.

Methodology

Group characteristic: 6 Road cycling sport athletes, 3 coaches.

Gender: male

Duration: 9 months

Human Resources:

- 1 doctor
- 2 psychologists
- 1 physiotherapist

Evaluation and monitoring during its application:

- Quarterly survey applications to athletes.
- Interview medical staff and coaches about updated knowledge of doping.
- Control and supervision of monthly scheduled actions.
- Monthly team meeting to discuss the results of the evaluations and the actions that could be taken if necessary.

No	Actions	Objetives	Duration	Participate	Forms of application
1	Develop training workshops for technical staff	Update the technical group of coaches who work directly with athletes about doping and its disadvantages.	1 quarterly meeting per period of 9 months in 2 hours each meeting.	Doctors, psychologists coaches	Conferences, seminars, debates
2	Educational prevention activities with athletes.	Achieve more up-to-date knowledge of doping in athletes and coaches.	1 biweekly meeting per 9 month period 2hr	sports equipment medical equipment athletes	Talks Cinema debate Conversation.
3	Reproduction and distribution of educatives.materials	Disseminate information regarding doping and the work carried out by CEPROMEDE to prevent the use of doping.	Quarterly	Psychologists and doctors	Manufacture of folding.
5	Parent school	Guide the family in the knowledge of doping and its negative effects.	1 quarterly meeting 1 hour	Parents of athletes	Seminar and debates with specialists.
6	Implementation of minimal medical intervention	Increase promotional work from consultations.	T/course (5min)	doctors, psychologists, physiotherapist,	In consultation through face-to-face chat.
7	Meeting with bodybuilders who have experienced the negative effects of doping	Achieve awareness of negative effects through personal experiences	1 quarterly meeting 1hr	Technical equipment. Medical equipment. Athletes	Conversation

1st quarter evaluation

Survey results: athletes:

- 95% increased knowledge of the term doping and its negative consequences.
- 90% acquired more information about the substances and methods approved by the IOC that are classified as doping.
- Survey Results: Coaches:
- 100% increased their knowledge about doping
- 100% consider the workshops taught important
- 80% have increased their control over substances classified as doping.

Control of compliance with actions in the 1st quarter:

They were completed at 87% due to low motivation on the topic, so new actions were implemented to increase interest.

2nd quarter evaluation

Survey results: athletes

- 90% became aware of the need to know the substances that enter their body and why.
- 95% increased interest in fair play.
- 95% master the negative effects of doping.

Survey Results: Coaches:

- 100% valued the importance of knowledge of the negative effects of doping use for athletes and the importance that confidence in themselves and their potential has for them.

Control of compliance with actions in the 2nd quarter:

The planned actions were 100% carried out and were well accepted by users.

Final score

The expected results were obtained, the objective was met and the expert criteria validated that these actions benefited the preventive work against doping use.

CONCLUSIONS

- Through this work it was possible to design a set of psychological actions that allowed minimizing the use of doping in road cycling athletes.
- The actions developed respond to the proposed system.

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