

# Awareness on Anti-Doping Program of Pre-Service Mapeh Teachers in Batangas State University

Aguirre, Francisco V. and Dimaano, Glenda M.

College of Teacher Education, Batangas State University Pablo Borbon Main I,  
Batangas City

Corresponding author E-mail: kevianjr@yahoo.com

**Abstract:** The study aimed to determine the level of awareness of the pre-service MAPEH teachers regarding the anti-doping program. Specifically, it sought to find out the respondents' description of the World Anti-Doping Program. It also targeted the respondents' extent awareness on the anti-doping program in relation to the objectives and the consequences of doping. The study also identified the problems met by the respondents in the enhancement of their awareness on the World Anti-Doping Program. The study used descriptive research design with questionnaire as the main data gathering instrument in order to acquire the needed information. The respondents were 196 third and fourth year pre-service MAPEH teachers, statistical employed in this research was the weighted mean. Findings revealed that the World Anti-Doping Program (WADP) was described as a set of very strict rules and penalties for those who would be caught using the anti-doping drugs. Most respondents had a slight extent of awareness on the objectives of the anti-doping program and the consequences of doping. Insufficient information, absence of doping-related topics in MAPEH and lack of interest in reading articles or news about anti-doping served as the most commonly encountered challenges by the respondents in understand such concept. It was then recommended that modification to the curricular content for MAPEH program must be made by injecting doping-related issues and topics on the World Anti-Doping Program (WADP) to the course content and outlines. In-house seminars or local symposiums may be organized so to provide Pre-Service MAPEH teachers with updates and relevant information about the anti-doping program. Coordination between school administrations and local or national sports organization should be done so to address problems that affect enhancement of the pre-service MAPEH teachers' awareness on the anti-doping program.

**Keywords:** Anti-doping, Pre-service MAPEH teachers, awareness.

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## Introduction

A highly regarded statement in the field of education speaks of spawning morally upright or value-laden individuals. The fulfillment of such goal is not only evident in one's exemplary performance in various academic disciplines but also in his active participation in other physical activities like sports. One of the most comprehensive definition of sports would speak significantly about the celebration of the human spirit, body and mind characterized by several ethical or moral values. This definition embodies a moral principle that paces the anti-

doping programs on the priority list of many nations relative to sports education. However, the spirit of sports has been tainted by a number of issues, one of which is doping. Doping issues in sports have become a major concern of the different local and international sports organization. In a simpler context, doping is the utilization of prohibited strategies to enhance performance which serves as an edge over the competing team or individual. The issue of anti-doping in sports originated since the emergence of ancient Greek Olympics. In a number of cases, doping is given justification by most athletes as they would normally consider such action the only possible means by adjusting to the nature of particular sports.

In addition, doping is preferably characterized as the unnatural modification to the athlete's body composition through any drug intake which promises such individuals the prestige of winning a competition (Hardie *et al.*, 2010). This idea of winning at all cost as inculcated among young athletes conflicts with promoting a culture of clean sports, thereby imbruing the moral values expected to be developed through sports engagement. In another worst scenario, those who have opted to practice doping do not realize that it may expose them to potential health risks and may even damage their good records in sports. There are also reported cases of unintentional doping committed by athletes worldwide. Such cases are relatively attributed to athletes' lack of knowledge about the allowable prescriptions or prohibited drugs before participating in any competitions. Yet several authorities believe that athletes or coaches are completely at fault, as they are assumed to have taken full responsibility of joining sports competitions. With the aforesaid cases of doping, be it intentional or not, certain measures should still be undertaken so to address such issue in sports.

The foregoing circumstances have led sports-governing bodies to launch numerous anti-doping campaigns. In particular, the World Anti-Doping Agency (WADA) has taken significant actions to combat doping cases occurring on a global scale. WADA has identified a list of banned prescriptions which guides all sports personnel and even athletes about what to consume prior to participating in any sport event or competitions. Moreover, a number of states have taken the initiatives to establish their own local anti-doping organizations so to ensure a clean or fair play in sports. Partnerships with the academe and health sectors in western countries have also been made to guarantee an effective dissemination of information regarding the anti-doping programs. Despite the growing attention that doping has already received, this issue still remains unrecognized in most developing states. In the Philippines, sports-related problems are centered on the inadequacy of equipment, venues and trainings among athletes and coaches; hence concerns about drugs taken preparatory to sports participation are given less emphasis. It has been a common observation that in the country's sport local setting, there is an extremely limited access to information about anti-doping. However, this should not equate to the country's lack of interest in understanding global sports issues as there have been continuous efforts to upgrade Filipino athletes' physical literacy.

Spreading awareness on anti-doping especially among Filipino athletes is a very difficult and challenging task. Therefore, professional assistance from both health and education sectors is necessary. In the academe, MAPEH teachers are given an avenue to educate individuals on issues relevant to the subject matter. Yet subsequent to the MAPEH teachers' teaching experiences and trainings about issues in sports, the education they gained while finishing the course is of primary importance. The credibility of whether future MAPEH teachers were aware of the doping issues was put into test as they would soon be expected to dispense accurate information relative to one of the components they were ought to teach.

With this, the researchers deemed it vital to assess the awareness on anti-Doping of MAPEH education students in Batangas State University-College of Teacher Education. This research envisioned to improve MAPEH teachers level of awareness regarding anti-doping through an assessment of their existing knowledge about the issue and the identification of the problems that hampered the dissemination of facts about anti-doping.

### **Material and Methods**

This study utilized the descriptive research design to assess the level of awareness of the pre-service MAPEH teachers from Batangas State University regarding the anti-doping program. This method was deemed appropriate in this study as it helped the researchers gain a better understanding of the research topic and the variable presented herein. According to Aggarwal (2008), the descriptive method is committed on the gathering of information about the existing situations for the purpose of describing and interpreting such phenomenon. Data were also obtained through a researcher-made questionnaire.

### **Subject of the Study**

A total of 196 respondents from Batangas State University were considered for this research. No sampling method was used as all 3rd and 4th year Pre-Service MAPEH teachers from all campuses of BatStateU system constituted the respondents of this study.

### **Research Instrument**

The researcher used a researcher-made questionnaire which was administered to the pre-service MAPEH teachers at Batangas State University and other satellite campuses. According to Mentenberg (2008), questionnaire involves a series of the questions and other prompts for the purpose of gathering information from a particular group of respondents. The main instrument used in gathering data was the researcher-made questionnaire which considered of three parts; Part I covered the respondents' description of the anti-doping program. Part II on the other hand, was designed to obtain data concerning the respondents' level of awareness on the anti-doping program relative to the objectives and consequences of doping while Part III included items for problems that affected the respondents' knowledge of the anti-doping issues.

### **Results and Discussion**

#### **Description of the World anti-Doping Program**

Based on several related literatures and readings done in comprehension and elaboration of the concepts about the World-Anti Doping Program (WADP), the researchers came up with at least ten major descriptions for the said program.

WADP is generally described as a globally recognized sports policy that contains a set of very strict rules and penalties for those who are caught using anti-doping drugs. In addition to these statements, WADP is also identified as a platform that monitors the use of athletic performance enhancement drugs by athletes and eventually promotes against the use of drugs in sports. WADP is also set to regulate sanctions among amateur athletes and constantly monitor the new-performance-enhancing drugs and develop methods to detect them. As mentioned by numerous authorities, WADP was created in order to regulate athletes' use of performance-enhancement drugs or prevent them from doing intentional doping. WADP has the ultimate goal of informing both coaches and athletes about drugs which should not be consumed prior to joining local or international sports tournaments. Providing updates to athletes regarding drugs included in WADP's prohibited list is occasionally done upon

screening or medical assessment of an individual who has been required to undergo medical examination.

Furthermore, WADP is a global strategy that aims at maintaining integrity in sports. It is the forefront to fight for clean competition and the first line of defense in protecting the right of clean athletes. As recounted by several authorities in the past, WADP has been established to maintain the ethical credibility of athletes. It seeks to ensure intrinsic value of sports by harmonizing the best practices in international and national anti-doping programs. This program promotes the nurturing of an individual's natural talent by means of engaging himself to a series of rigorous training and not by taking performance enhancement drugs so to fulfill the objective of winning a competition. WADP's basic principle is centered on the information and education programs for doping free sport in order to preserve the spirit of sport from being demoralized by doping.

The primary objective of WADP is prevention and with that, WADP implementers seek to create partnership with health and education sectors so to inform athletes and coaches of the prohibited drugs, negative implications of doping, sanctions given to those who would perform such activity, rights and responsibilities of both coaches and athletes. The World Anti-Doping Program is responsible for drafting articles that summarize the wide-ranging rules relative to doping control, education and scientific investigations about doping, duties of many stakeholders, and guidelines on the recognition, amenability, alteration, and understanding of the World Anti-Doping Code.

### Awareness on the Anti-Doping Programs

To fight doping in sports, the World Anti-Doping Program (WADP) was introduced. Despite the worldwide campaign for the prohibition of doping, it is still evidently unknown by most education students who are eventually employed to teach physical education subjects in both elementary and high schools.

### Objectives

WADP hopes to fulfill a set of objectives beneficial to the athletes, coaches and other sports personnel. On such note, the respondents' awareness of the WADP's objective was assessed and was carefully analyzed. Generally, the respondents has a slight extent of awareness on the objectives of the program as indicated by the composite mean of 1.86. The results implied that they had limited access to information about the World Anti-Doping Program presumably because doping-related issues are not significantly alarming in the Philippine setting. Consequently, their inadequate knowledge about the objectives of the program would also lead them not to fully comprehend the rule and regulation stated in WADP.

**Table 1. Objectives of the world Anti-Doping Program**

Objectives of the Anti-Doping Program	Weighted Mean	Verbal Interpretation
1. Promote and coordinate the fight against doping in sport in all its forms.	2.29	Slightly Aware
2. Promote physical and mental health through clean sport.	2.08	Slightly Aware
3. Promote an attitude and culture change amongst clubs, coaches and support staff to use their position of significant influence as an effective tool in the fight against doping	1.81	Slightly Aware

4. Establish an environment which influences doping –free behavior among participants behavior among participants.	1.75	Slightly Aware
5. Provide relevant and up-to-date technical information to athletes to enable them to remain drug free	1.71	Slightly Aware
6. Provide a range of educational products and resources to help players to make informed and responsible choices.	1.53	Slightly Aware
<b>Composite Mean</b>	<b>1.86</b>	<b>Slightly Aware</b>

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In addition, PE subjects in which doping-related concerns are integrated and as taught in most schools in the country, still faces a number of challenges. As stated by Haddad, there was a relegation of the P.E. subject. Marginalization of the PE subject is further evident in the curricular framework or content, time allotment, materials, manpower, financial resources, gender and disability issues, and instruction. It has also been emphasized that amidst the international campaigns advocating for the intensification of the PE program as supported by an overwhelming series of researches, physical activity level still face inadequacies in terms of the foregoing areas.

With the highest weighted mean of 2.29, the respondents were slightly aware on the objective of promoting and coordinating the fight against doping in sports in all its form. The respondents may have based their assumption about the program's significant role in the anti-doping movement, on the world's promotional campaign itself. Being labeled as the World's Anti-Doping Program, there has been an emphasis in the elimination of doping in sports. Such objective may have been the easiest to comprehend by the respondents.

Along with the aforementioned objective of WADP with weighted mean ranging from 1.81 to 2.08, the respondents were also slightly aware that such program promotes physical and mental health, an attitude and culture change amongst club, coaches, and support staff to use the position of significant influence as an effective tool in the fight against doping. Such objectives cover more of the health and moral benefits of the World Anti-Doping Program. The findings would imply that the respondents were considerably familiar with the negative implications of doping on people. The respondents may have also considered doping as a form of cheating and by doing such act, the spirit of sports is definitely imbrued. Negative health and moral premises about doping have led the respondents to believe that WADP also advocates good health and clean sports.

Cognizant to the idea of Shafer (2012), the purpose of WADA is to provide athletes a clean sport and backs an equal and healthy sporting activity; and to guarantee a synchronized, coordinated and effective anti-doping programs in terms of diagnosis, restriction and

inhibition of doping. The anti-doping program is launched on a global scale with the end goal of eradicating cases of doping sports by providing informative programs that prevent athletes to perform such act.

With means ranging from 1.71 to 1.75, the respondents also had a slight awareness on WADP's objective of providing relevant and up-to-date technical information to athletes to enable them to remain drug free and establishing an environment which influences doping-free behavior among participants. Being far from the list, this would suggest that the respondents may have known some rudimentary parts of the program but they had insufficient idea about how such program could be utilized in creating an avenue for initiating an anti-doping advocacy.

Obtaining the lowest weighted mean score of 1.53 was the respondents' slight familiarity on WADP's goal of providing a range of educational products and resources to help players make informed and responsible choices. As revealed in the previous discussions, the respondents were quite uncertain whether WADP had portions for the possibility of fostering the rights and decision-making of the athletes.

### Consequences of Doping

**Table 2. Consequences of Doping**

Consequences of Doing	Weighted Mean	Verbal Interpretation
1. leads to infertility, breast enlargement, premature baldness for males.	2.78	Moderately Aware
2. leads to abnormal growth of organs	2.36	Slightly Aware
3. leads to serious and harmful health hazards, including anti-social behavior, dependencies and deaths	2.32	Slightly Aware
4. results to muscles, joints and bone pain	2.09	Slightly Aware
5. causes diabetes, in prone individuals	1.99	Slightly Aware
6. affects mental health that leads to failure	1.97	Slightly Aware
7. affects the good relationship with friend and family	1.97	
8. leads development of male features such as deepening of voice, excessive hair growth on the face body and fetal damage pregnancy for female	1.76	Slightly Aware
9. affects the future career prospects	1.44	Slightly Aware
<b>Composite Mean</b>	<b>2.07</b>	<b>Slightly Aware</b>

In recapitulation of the related literatures on WADP, it could be manifested that preamble of the program was the description of doping. This led the researchers to assess the respondents' awareness of both lethal and positive effects of doping. Table 2 showed the respondents' extent of awareness of MAPEH Pre –service teachers on the anti-doping program in relation to the consequences of doping.

As depicted from the results, the items had an over-all composite mean of 2.07 which showed that the respondents were slightly aware of most of the consequences enumerated in this section. This would mean that the references and citations about the effects of performance-

enhancement drugs were more customary than the program itself. This would come in conformity with the findings of Abrenica (2011) that MAPEH teachers were aware of the Republic Act 9165, a law essential to help students be well-informed about the dangers of drugs.

Earning the highest weighted mean score of 2.78, the respondents were moderately aware of the physical and reproductive-related effects of doping which include infertility, breast enlargement, and premature baldness for males. The respondents may have considered such physical changes as effects of doping as these things could typically be observed among athletes.

Corollary to the foregoing result with the weighted mean value of 2.36, the respondents were slightly aware that doping could cause abnormal growth of organs. As mentioned earlier, the result would suggest that the respondents' basis for assessment on the consequences of doping was their observation of the overt characteristics and bodily changes displayed by the athletes who dope. With the weighted mean values of 2.32 and 2.09, respectively, serious and harmful health hazards as well as pain in the muscles, joints and bone pain were also partly considered by the respondents as effects of doping.

Items ranging from 1.97 to 1.99 also revealed that the respondents were slightly aware that doping could affect good relationships, deteriorate mental health and cause diabetes. Along with the aforementioned findings with a weighted mean score of 1.76, the researchers were also slightly aware that doping could lead to the development of male feature such as deepening of voice, excessive hair growth on the face, body and the fatal pregnancy for females. It could then be inferred from the results that respondents would most likely consider the health risks as the negative consequences of doping.

This came in agreement with the concepts shared by Honour who affirmed that drugs are often consumed by athletes to increase muscular mass, decrease fat or escalate amount of oxygen to body tissues. Doping is also done to enhance mood, develop stability and tolerance to pain, eliminate fatigue, boost confidence, stimulate exhilaration, and develop sense of attentiveness and responsiveness.

As Govil (2015) put it, doping may lead to mental changes. Its further states one alarming psychological product of doping is depression. Athletes who are regularly involved in doping become apathetic towards their colleagues that they are more concerned on their self-vested interest. In many instances, doping makes athletes be more defensive of their wrongful acts so to protect their self-image. In general, athletes shirk from their responsibility of socializing their superiors, teammates and sports organization.

Acquiring the lowest weighted mean score of 1.44 was the influence of doping on the athletes' future career. This revealed that the respondents were not aware such consequences presumably because they had no knowledge of the sanctions or disciplinary actions stipulated in the World Anti-Doping Code. This would also signify that the respondents still had limited background of the anti-doping programs launched worldwide and controversies or cases of elite athletes who have been involved in doping activities.

### Problems in Enhancing Awareness in World Anti-Doping Program

**Table 3. Problems in Enhancing Awareness about the world Anti-Doping Programs**

Problems	Weighted Mean	Verbal Interpretation
1. Insufficient information about doping	3.53	Always Met
2. Absence of relevant subject in MAPEH curriculum that covers Anti-Doping Program	3.44	Sometimes Met
3. Lack of interest in reading related news and articles about Anti-Doping	3.41	Sometimes Met
4. Lack of teachers' proper training relative to doping	3.26	Sometimes Met
5. Unavailability of learning resources about Anti-Doping Program	3.14	Sometimes Met
6. Inadequate reference materials textbook on doping	3.03	Sometimes Met
7. Absence of information dissemination activity on doping	2.76	Sometimes Met
8. No provision or workshop related to anti-doping	2.73	Sometimes Met
9. Lack of motivation of learning about the anti-doping program	2.64	Sometimes Met
<b>Composite Mean</b>	<b>3.10</b>	<b>Sometimes Met</b>

Typically, there are constraints affecting the enhancement of the awareness of the Pre-Service MAPEH teachers regarding the anti-doping program. Such problems are evidently manifested in the education setting of the country. Thus, there is a need to identify such constrains so to determine the possible course of action to develop the respondents' knowledge and understanding of the program. Table 3 showed the respondents' assessment of the problems met in enhancing awareness about the World Anti-Doping Program.

As reflected from the table, an over-all composite mean of 3.10 indicated that the enlisted problems in this section were sometimes met by the respondents. Of all such items, insufficient information about doping served as the most commonly encountered problem in enhancing level of awareness on anti-doping as this got the highest weighted mean score of 3.53 and was always met by the respondents. This would be indicative of the respondents' lack of access to information regarding the program. Along with the said result earning a weighted mean score of 3.44, absence of relevant subject in MAPEH curriculum that covers the anti-doping program also hampered the enhancement of the respondents' knowledge of WADPA. As per the review of the MAPEH curriculum made by the researchers offered in Batangas State University, it was found out there were no doping related topics injected in some major course outlines.

Items which scored from 2.73 to 3.14 were the lack of provision or workshop for anti-doping program, absence of information dissemination activity on doping, inadequate reference materials or textbook on doping, and unavailability of learning resources about Anti-Doping Program. The results would imply that the respondents had difficulty understanding the program as they had no sufficient materials where they could extract information and details about anti-doping. As asserted by Yazachew (2004), materials or educational tools which are incorporated in the sport and health education should be based on the needs of a certain

locality. Therefore, the goals of health education should be responsive to the demands of members of the community in terms of their health-related needs. Health education is geared towards encouraging people to take on health-promoting behaviors by obtaining applicable knowledge and skills needed to develop.

Least encountered by the respondents obtaining the weighted mean score of 2.64 was the respondents' lack of motivation of learning about the anti-doping program. The findings would mean that only few of the respondents displayed interest towards studying the anti-doping program. Motivation plays an important role in the teaching-learning process. Without this element, an individual would not have the capacity to contain all the insights about a particular topic as he lacked the encouragement and willingness to learn such matter. Indeed, there are several issues about the implementation of PE subjects in schools and these may have affected the teaching of doping-related topics particularly in the third world countries like the Philippines.

Students' declining interest towards PE subject poses a negative impact on its implementation. In observance of students' behavior, they are reluctant to participate in physical activities due to lack of novelty on its content, overly significance on team sports, and fear to get low grades due to their unsatisfactory physical performance. PE subject was less prioritized as it has always been regarded as a distractor to the execution of other academic tasks. PE subject is only viewed as a recreational hour for students to play games, thus less importance is given to this discipline.

On the other hand, the foregoing results came in contradiction with the findings of Aala (2011) who revealed that the respondents had a very great extent of awareness on their area of specialization and employment opportunities related to their field. They also agreed that they had a great extent of awareness on the MAPEH program but they also experienced problems in taking such program of which issues on the facilities and class schedules ranked first.

### **Information Dissemination Material**

Abusive consumption of performance enhancing drugs to improve performance consistently caused controversies in sports competition, imbruing the moral standards set in such public domain. This has led for the creation of the anti-doping program; however, another challenges has emerged regarding the introduction of this concept to the educational system. As future MAPEH teachers and sports coaches for primary and secondary schools, the researchers deemed it vital to assess the pre-service MAPEH teacher's level of awareness on the World Anti-Doping Program (WADP).

As indicated by the previous findings, most pre-service MAPEH teachers had limited knowledge about the World Anti-Doping Program (WADP). This issue was greatly aggravated by the problems met in the enhancement of the respondents' awareness on the said concept. Furthermore, it was also revealed that insufficient information about doing, absence of relevant subject that covers the Anti-Doping Program in the MAPEH curriculum, lack of interest in reading related news and articles about anti-doping resulted to the respondents' insufficient background about doping and anti-doping program.

In lieu of the foregoing statements, the researchers came up with an information dissemination material that aims at augmenting respondents' existing knowledge of doping and enhancing their awareness of WADP. This leaflet is intended not only for MAPEH major

students but also for college instructors and MAPEH teachers from both elementary and secondary schools. Furthermore, this materials is segmented into three major sections which are specified as objectives of the anti-doping program, description of doping and its consequences. The objectives spell out the goals of the program and for what is the program intended for. The part, description of doping gives the reader the main idea of what doping is and list of some prohibited drugs. The part entitled consequences of doping negative effects of being involve in doping activity.

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