

Anti-doping Green Seal

Template for relevant study or survey in anti-doping. *(Length up to 1,2 pages)*

Title of the study:

Research and analytical report on attitudes and opinions on the use of doping

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Author/Organization:

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Target audience:

Sport professionals, sport managers, athletes, trainers, amateurs, general public

Objective:

The aim of the research was to make a diagnosis of social determinants related to the use of doping in competitive sport as well and recreational physical activity and diagnosis of Poles' attitudes and opinions on this subject. The research process was aimed at obtaining and analysing data on, among others the following issues:

- prevalence of doping in competitive sports and recreational sports
- the universality of the use of supplements by people associated with competitive sport, amateur sport and among people non-practicing sports,
- conditions, including motivation to use prohibited substances and methods,
- differences in the perception of the problem of doping (including ethical attitude) by athletes, amateurs (distinguishing people running and using fitness clubs) and Polish society.

Location/Geographical coverage:

Poland

Summary:

The study included 5 modules:

1. Quantitative research - competitive sport

The study was carried out using a questionnaire recommended by World Anti-Doping Agency, previously translated into Polish. Interviews with athletes were conducted by the CAWI method among 787 athletes, who practice sport professionally

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2. Quantitative research - sport practiced recreationally (amateur)

This module consisted of conducting a survey among people who play sports amateur. The study was conducted on a sample of 300 runners and 375 people from the gym / fitness center, 99 of them were both runners and users of gyms and fitness clubs.

Respondents were people practicing a given sport regularly 2-3 times a week, at least for 3 months

3. Quantitative research on the Polish population aged 15+

The quantitative research was carried out on a representative sample of 1000 Poles at the age of 15+ as part of the Omnibus.2 multi-thematic study

4. Qualitative research in the form of individual interviews with amateur people sport trainers.

5. Qualitative research - interviews with environmental observers / influencers.

Qualitative research in the form of individual interviews with people in different ways related to sport. All interviews were conducted in Warsaw.

In total, six interviews were conducted - two of each of the three groups:

Seller of nutrients and supplements, sport doctors, trainers

Main findings

In the opinion of the participants of qualitative research, the difference between doping and supplementation it is primarily about the power of action - both the expected results (related to achieving sporting goals), as well as undesirable consequences (health effects), but it is not very clear. Basically, few Poles decide to take them regularly. Otherwise the situation is in the case of amateur athletes and professional athletes. Among these groups, the use of supplementation is definitely more popular. In the opinion of the respondents, on average every third or fourth professional athlete or amateur take doping. The overwhelming majority of Poles, as well as athletes training amateur or professionally, would not choose to use a prohibited doping substance even if they got it for free, and it would be impossible to detect it. Furthermore, the vast majority of Poles are convinced that if they decide use prohibited doping substances, they would expect disapproval both from closest surroundings (family, close friends) and the doctors. Similar feelings have people who regularly practice amateur sports, and also those who train competitively. The qualitative study also shows that the use of doping is a "shortcut way" for amateur athletes. Most often substances forbidden in sport reach young amateurs who lack motivation to exercise without "supporters", and who just started training. They have ambitious goals, but they lack perseverance. In this group there are also people who started exercising too late and would like to prepare your body for the holiday season.

URL of the survey/Related Website:

<https://www.msit.gov.pl/pl/sport/badania-i-analizy/spoleczny-wymiar-sportu/577,Spoleczny-wymiar-sportu.html>

file:///C:/Users/sgoclowaska/Downloads/doping_-_Raport_badawczo-analityczny.pdf