Doping Awareness among Teacher Training College Athletes: A Case of Nairobi Zone Athletes

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Abstract

Despite the outlawing of doping/ performance substance in sports training and competition by international Olympic committee, IAAF and other international sports federations/associations the use of illegal performance enhancing substances in amateur and professional sports competitions has proliferated. The latest case of Tyson gay, Asafa Powel and Sharone Simpson is a pointer to the fact that enough is yet to be done to check the infiltration of doping vice in sports. Research reports indicate that a large proportion of college athletes lack doping awareness with regard to the sources of information, health effects of drugs/substances to the user and the legal consequences to the user. Lack of awareness places the athletes in terms of likelihood of suspended/banned from competitions as well as the risks associated with specific drugs/substances. Doping education has been identified as one way of by which athletes can be assisted to aspire for clean competition as they would be able to make informed choices and/or decisions whenever they may be confronted by the opportunity to dope. Nairobi Zone College is one of the seven competition zones where athletes compete under the auspices of the Kenya Teachers Colleges Sports Association (KTCSA). A cross-section study of 74 male and female athletes’ awareness to doping and PES was conducted during the zone (provincial) ball games. A self report questionnaire was used to collect information on awareness to doping and PES use in sports. Results indicated that Kenyan college athletes lack awareness on doping and PES. It was recommended that doping education is necessary to create awareness through various forums. Teaching of content on doping as stipulated in teacher education syllabus should also be enhancing trainees’ awareness on performance-enhancing substances.

Key words; doping, performance-enhancing substance, teacher trainee