

# Keeping Sports Clean? Understanding Doping Beliefs and Behaviors Among Student Athletes in Singapore

## Tier 3

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This project investigates the beliefs, attitudes, and awareness of doping among student-athletes in Singapore. Although a tiny nation, Singapore actively sends its athletes out to compete at elite mega sport events around the world. Along with a rapidly changing sporting environment in schools, student-athletes increasingly comprise a significant percentage of those who represent Singapore at the international sporting stage. As numerous scholars have discussed in other sociocultural contexts, studying student-athletes is necessary because of their dual roles as students and athletes and have unique stresses that may render them more susceptible to substance use. However, existing scholarship on sport in Singapore has predominantly examined elite athletes, which leaves out the experiences of student-athletes. Given these knowledge and research gaps, our project investigates student-athletes' doping beliefs and behaviors. Drawing on mixed methodologies of quantitative online surveys and qualitative interviews, we focus on student-athletes attending the National University of Singapore (NUS), the nation's largest university and a major pipeline for elite sport. We seek to learn more about not only NUS student-athletes' beliefs, attitudes, and awareness of doping in sport, but also their behaviors and understandings around substance use outside of sport, notably "recreational drugs," and how they might be shaped by social media use and sociocultural norms and values in Asia. For the purposes of our study, recreational drugs refer to legal and illegal substances used without medical supervision. Ultimately, our research contributes to the promotion of clean sport in two ways, through: 1) offering insight into Singapore student-athletes' doping vulnerability, experience of the anti-doping system, and the factors shaping these aspects, and 2) shedding light on non-sport influences on substance use among young people in larger society and how these influences might indirectly affect student-athletes' doping attitudes in sport.