

Enhancing Clean Sport Behavior at School: Evaluation of the Effectiveness of Positive Education Intervention Program in Malaysian Adolescent Athletes

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Organizations such as the World Anti-Doping Agency (WADA) are concerned about the use of banned substances and methods, particularly among adolescent athletes and the Agency Anti-Doping of Malaysian (ADAMAS) aims to protect and promote a culture of clean sport in Malaysia that rejects cheating through drug use. The WADA also has declared that education is a central focus of their anti-doping strategy. Education is especially important amongst adolescent athletes as they, too often, are lured into using 'pills and potions' (from supplements to illicit drugs) that offer quick fixes and false promises of efficacy, often at the cost of harming health, growth, and development, as well as risking their future sporting career, particularly in Malaysia. While it is important to highlight the negative impact of doping, we also must promote the use of sound and effective alternatives to support the performance, health, and well-being of current and future generations of athletes. And, it is necessary to teach them to be clean competitors with the resilience to say no to shortcuts. Evidence for the beneficial role of the positive psychology approach in clean sport behavior exists, but the exploration is limited, potentially due to a lack of a theoretical context to explain these benefits. From this perspective, we review the current literature showing the application of Seligman's prominent well-being model, positive emotion, engagement, relationships, meaning, and accomplishment (PERMA), to the positive psychology approach, provides a perspective to flourishing in sports without limiting it within the traditional sports psychological approaches or having a goal-centered and performance-oriented focus. Thus, the main goals of our study are (1) to develop and validate a positive education intervention program based on the PERMA model and (2) to find out the effectiveness of the positive education intervention program to promote clean sport behavior among Malaysian adolescent athletes. This research consists of two phases. In phase 1, a qualitative study will be performed consisting of focus groups involving experts (with experience with anti-doping and positive psychology interventions). Experts will be asked their opinion about the content and requirements of a positive education intervention program for adolescent athletes' clean sport behavior and we will conduct a pilot study. Data will be analyzed using qualitative data analysis. In phase 2, we will use an experimental study to examine whether positive education intervention development can promote clean sports among Malaysian adolescent athletes. This study will be a two-arm randomized control trial. The study population is adolescent athletes studying in Malaysia National Sports Schools. We will use a cluster randomized control trial. The study will be conducted with 130 students, including 65 ($n_1 = 65$) experimental and 65 ($n_2 = 65$) control group students. One of WADA's biggest concerns relates to doping among adolescent athletes on the cusp of becoming elite athletes. Our findings may therefore give WADA and

ADAMAS's renewed focus on education. Findings will be provided for how positive educational programming could be improved and increase clean sport behavior is, in fact, educational.