

Project Kamenju

Awareness, perception and attitude to doping and performance-enhancing substance use among athletes in teacher training colleges in Kenya

Sports competition has become a big enterprise hence has attracted a huge amount of athletes both at amateur and professional level whereby some athletes have not hesitated to use whatever means at their disposal to meet their objectives of improving performance. While sports federations and associations have drawn the guidelines and rules for fair and clean competitions since ancient Greece cases of cheating have been reported ever since. Kenyan athletes have occasionally been implicated with doping and even barred from competition. A Kenyan boxer was first casualty of anti-doping punishment and was barred from participating in Athens Olympics for testing positive on cathine, a chemical substance that had emanated from the habit of chewing leafy twigs called Miraa. A five time world x-country winner Kenyan male was suspended for declining an Out of Competition dope test and was suspended from competing in the race for a period that never allowed him a competitive comeback leading to a premature termination of a sporting career. At Beijing Olympics aspiring sprinter used medication to treat anemia without seeking Therapeutic Use Exemption hence she was banned from participation. All the implicated athletes claimed lack of knowledge/awareness of the World anti-doping Code rules and guidelines regarding doping. This study will seek to establish teacher trainee athletes' level of awareness, perception and attitude to doping in sports. Trainees after graduating from college are posted to teach in primary and secondary schools as Physical teachers and sports coaches besides teaching other subjects. A physical education teacher/coach ought to know importance of fair competition and guide future young athletes commit to engage in training to improve skill performance in sports. Currently there is no study that has been carried out in Kenya to investigate college athletes on doping. A cross section survey design will be used where independent variables will be experience in competition, gender type of sport Various ball games and track and field events. Dependent variables will be awareness, perception and attitude to doing and performance-enhancing substance use in sports. The question that the study seeks to investigate is whether awareness, perception and attitude to doping have bearing to gender, type of sport, competition experience and participation in various ballgames. A sample of 762(equal male and female athletes) from three of the seven competition zones under the Kenya Teachers Colleges Sports Association (KTCSA).A self- administered questionnaire will be used to collect data during the colleges ballgames and track and field athletics national competitions in March and April 2014.Results of the will be used create awareness, influence perception and change athletes attitudes to drugs/substance use in sports. Kenya teachers colleges sports association will use the finding to educate athlete teacher trainee and equip them to be better physical educationists, sports coaches and trainers to young athletes in the schools where they will be posted to teach after graduating from college. Dissemination will be done through public lectures, seminars and journal publishing.