



DOPING ABUSE TO INCREASE STAMINAIN ATHLETES

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ABSTRACT

This study aims to determine efforts to prevent doping abuse in sports athletes. This is due to the abuse of doping which unwittingly contains substances that are harmful to health if used too often. This research uses descriptive qualitative research, which is a research method that utilizes qualitative data and is described descriptively. The purpose of qualitative descriptive analysis is to describe fully and in depth about the occurrence of various phenomena that are being analyzed. The results of this study are to increase knowledge in dealing with doping abuse among athletes, the effects of doping, and types of doping.

Keywords: doping abuse, athletes

INTRODUCTION

According to the Big Indonesian Dictionary (KBBI), there are two definitions of sports. The first definition of sport is the movement of the body to strengthen and nourish the body (such as soccer, swimming, javelin throwing). The next definition of sport is an activity that involves the physicality and skill of an individual or team, performed for entertainment. In general, the definition of sport is an activity that involves physical and mental exertion carried out to train the human body, both physically and spiritually. Exercise is an important activity needed by the body. Sports are usually done by moving all or part of the body, both upper and lower limbs. In Indonesia, there are various types of sports that people are interested in, ranging from gymnastics, jogging, cycling, to playing soccer.

As time goes by, sport is not only a means of maintaining human health, but also a competition that is the pride of the nation. Related to the idea of sports, answers and statements can be obtained about the skills, advantages, and competitiveness possessed through sports. Various sports events are increasingly being held at regional, national and international levels. The existence of various competitions has encouraged someone to become an athlete and take part in championships in sports events as an interesting and challenging arena. Because the parties who take part in the Sports Championship have one goal, namely to win in the sport they are interested in. To achieve this victory, various things are done such as proving skills and physical strength, winning titles, positions, recognition, medals, awards in the form of material, so that inner satisfaction is achieved. However, it is not easy for an athlete to win the whole match. Of course, this includes the mental and material things needed to develop good athletes and strong in order to be able to achieve the expected success, given the increasingly fierce competition faced by athletes.

Currently, the challenges faced by athletes are increasingly complex, especially considering their potential, fear of opponents, pressure to win from coaches, parents, sponsors, and

others, as well as increasingly complex emotional problems. Such as panic, irritability, and various other problems that arise both from within and outside the athlete. Anxiety in athletes can cause a crisis of confidence and affect the athlete's concentration ability during competition. These challenges are exacerbated by the desire to immediately overcome the challenges faced by athletes, such as problems related to the use of doping by athletes who change the techniques used in competition, and problems related to sponsorship of competitive events. The use of doping in competitive sports is one of the most hotly debated topics today.

The use of doping is prohibited because it has a negative impact on the career and future of an athlete such as causing dependence, nerve damage to the body, susceptibility to disease, and loss of career in the world of sports. This is as stated in Law Number 11 of 2022 concerning sports Article 1 Paragraph 21 which says that "doping is the use of prohibited substances and / or methods to improve sports performance as well as all forms of violation of anti-doping regulations". Doping is nothing new in the world of sports, but behind the frequent doping among athletes in various sports there is a strong desire to win and athlete anxiety. This is certainly caused by various factors, one of which is the lack of knowledge and understanding of doping among sports team administrators and athletes.

RESEARCH METHODS

This type of research is a type of qualitative descriptive research, which is a research method that utilizes qualitative data and is described descriptively. The purpose of qualitative descriptive analysis is to describe fully and in depth about the occurrence of various phenomena that are being analyzed. qualitative descriptive research displays the results of the data as they are without manipulation or other treatment processes. Qualitative descriptive research is a type of research with the process of obtaining data as it is. This research emphasizes meaning over results.

DISCUSSION

The term doping is widely used by various organizations that govern sports competitions around the world. Doping is a term that refers to the use of stamina-enhancing drugs or substances in athletes. What this means is that athletes will take drugs or substances in order to improve their athletic performance in competitive sports. This is something that is prohibited for athletes, and is considered cheating in sport. The term doping was first used in the UK in 1869 for British horse racing, where horses were doped to help them become champions. The value of sportsmanship in various sports is often eroded by the use of doping substances consumed by athletes. Competition for success in sports is becoming increasingly fierce, so some athletes often use different methods. In addition, some coaches try to improve the performance of their athletes in various ways. For example, by training harder, utilizing technological advances, or even taking shortcuts, namely by providing doping to improve athlete performance. According to Sports Medicine Specialist Dr. Michael Trianggito who has been covered by Kompas.com, Sp.KO said that doping is everything both substances and methods that can intentionally improve performance, but not through the training process. "So

there are certain ways that can improve a person's performance or cover existing deficiencies, so that the person concerned can win," Michael said when contacted by Kompas.com, Monday(18/10/2021). He explained, actions that include doping, for example using steroids to help increase muscle mass, so that someone will get greater strength. "Of course that is unfair, because for those who really practice it takes a long time to get big muscles," he continued. One of the most common types of doping used by athletes is anabolic drugs, including androgenic steroid hormones (androstenedione, nandrolone and stanozolol). These substances allow an athlete to train harder, recover faster and build more muscle. However, the use of it can cause damage to the kidneys and increased aggression. According to Kompas.com, the use of drugs in doping is prohibited in the world of sports because it has an impact and dangerous side effects on athletes. Quoted from The American Medical Society for Sports Medicine the side effects or dangers of using doping are:

- Cardiovascular: irregular heart rhythm, high blood pressure, heart attack, sudden death.
- Central nervous system: insomnia, anxiety, depression, aggressive behavior, suicide, headache, withdrawal addiction, psychosis, tremor, dizziness, stroke.
- Respiratory: nosebleeds, sinusitis.
- Hormonal: infertility, gynecomastia (enlarged breasts), decreased testicular size, low sex drive, acromegaly, and cancer.

The mention of the word doping can be seen in Law No. 11 of 2022 concerning sports. Article 1 number 21 states: "doping is the use of prohibited substances and/or methods to improve sports performance as well as all forms of violation of anti-doping regulations."

The above provisions make it clear that the use of doping in various forms for the purpose of performance enhancement is prohibited. This means that the legislation has strict provisions regarding the misuse of certain doping to achieve unlawful results. Perpetrators who violate the above provisions will be held legally responsible. Further provisions will be regulated by national sports authorities/organizations by obliging the relevant authorities to implement anti-doping regulations in accordance with Article 98 of Law No. 11 of 2022 on Sports.

How much the body needs doping and banned substances, whether consciously or unconsciously ingested in everyday life. If doping is deliberately used to enhance athletic performance or endurance, it is considered a serious offense. It is classified as a gross violation of sporting regulations. However, there are cases where athletes unknowingly ingest substances classified as doping while exercising. Quoted from Cracked: There are six categories of drugs that contain doping elements intended to increase endurance. In the abuse of drugs, the government has treated the law for drug abuse, namely Law No. 5 of 1997 on Psychotropic and Law No. 22 of 1997 on Narcotics. The grouping of doping and drugs can be seen in six groups as follows:

A. The types of drugs that are categorized as accidental doping include:

- Stimulants

Stimulants are drugs used to increase physical activity and alertness by increasing heart and respiratory rate and improving brain function. By acting on the central nervous system, stimulants can stimulate the body both mentally and physically. Examples are adrafinil, cocaine, modafinil, pemoline, selegiline. It is prohibited because it can stimulate the mind

or body, thereby improving performance and giving athletes an unfair advantage. Athletes use them to enhance their ability to train at an optimal level, suppress combat fatigue and appetite. Stimulants are a type of caffeine that is widely found in coffee. Its effect is to make the drinker more alert, commonly used by vehicle drivers.

- **Tranquilizers**
This drug is used by people who have high activity that drains their energy and mind.
- **Anti-nausea medicine**
This type of medication is used to reduce the symptoms of nausea in those taking it. It is more commonly used by people working on ships, divers, and ground transportation passengers to avoid the risk of nausea.
- **Beta Blocker**
Beta blockers are drugs used medically to treat heart disease and high blood pressure. The same drug is also used to treat anxiety as it can reduce extreme restlessness and shaking. beta blockers are often used by professionals who require calmness and dexterity, such as musicians, actors, and surgeons. However, similar drugs are banned by the International Olympic Committee for archers.
- **Diuretics**
Diuretics are drugs that aim to mask the use of doping because they cause the body to waste large amounts of water and cause urine production to exceed the normal threshold capacity.

Although these five categories are unwittingly referred to as doping categories because their main component is to increase endurance, the people taking them do not realize that all six groups of drugs are actually doping. Clear evidence includes laboratory testing using scientific methods. According to the World Anti-Doping Agency (WADA), there are six types of doping categories that are prohibited for use in the world of sports, namely:

1. **Anabolic steroids**

Anabolic steroids are drugs that mimic the effects of testosterone. For information, testosterone is a hormone that plays a role in muscle building in men. In the world of sports, anabolic steroids are often used to build muscle in athletes.

2. **Hormones and growth factors**

In the world of sports, this type of doping is used with the aim of increasing the number of red blood cells in charge of transporting oxygen in the body. The abuse of this type of doping also has the purpose of modulating the formation of muscles, tendons, and vascularization.

3. **Metabolic and modulators hormones**

This type of doping is used by female athletes to improve performance. Whereas, in male athletes they are used to reduce the side effects of *gynecomastia*.

4. **Diuretics**

Diuretics are a type of doping that can help to reduce body weight and remove the remains of other doping drugs through urine. In addition, diuretics will make other doping undetectable during screening.

1. **Beta-2 agonists**

This type of doping is usually used to open the airway and is used to improve breathing performance.

2. **Other types**

There are several substances that are suspected of doping and are still in the testing phase that fall into this type. After a series of tests, WADA can decide whether the substance is [doping](#) or not.

The use of doping has several impacts, both positive and negative. In general, the positive effects of doping use can increase endurance, increase self-confidence, increase physical strength, increase courage, and reduce pain when approaching menstruation. In addition, it improves concentration by increasing calmness, reducing hand tremors, and lowering heart rate. The negative effects of doping can cause muscle spasms, nausea, headaches, and fainting. If used too frequently, it can cause kidney and heart problems. Changes that occur in women include irregular menstrual periods, hair distribution patterns, breast size reduction, and increased aggression.

Sports and competitions are interpreted consciously and seriously in the spirit of sportsmanship, and athletes realize all their potential in sports activities that violate laws and regulations and the sports code of ethics without relying on external support. Therefore, prevention can be done

in the first place (doping). Preventive participation is not only the conscious responsibility of the athletes themselves, but this participation must also be carried out by:

- Coach
The coach in this case is the person who is responsible for the skills or other talents of an athlete. The coach is the person who is used as a role model for athletes in the implementation of discipline development and becomes a good model for the athlete.
- Branch officials
Officials are one or more people involved in the ownership, management or organization of a sport, whose purpose is to provide motivation and direction, and must be based on the standards of the sport and are responsible for creating success by maintaining the commitment of the sport organizer as a sanctuary for athletes.
- Local Government
Local governments, both through city and district national-level regional sports committees, play an important role in implementing the support system by providing policy guidelines regarding sanctions for athletes who violate sporting standards.

CONCLUSION AND SUGGESTIONS

Although sports are closely related to competition to achieve success, the reality is that some athletes use methods that are not in accordance with applicable regulations. Especially in the case of doping, some athletes, although not athletes, have the potential to further develop their abilities. On that basis, it is necessary to socialize the dangers of using dangerous doping substances, the effects of doping, the positive and negative things from doping to coaches, organizations that organize sports parties and athletes themselves.

Suggestion:

1. For the organizing organization, in the future continue to provide guidance for athletes, especially in the use of prohibited objects such as doping;

2. For athletes, in the future to be able to utilize objects that do not harm the physical and mental when competing, and prioritize honesty not to use Doping.

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