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“A PSYCHOLOGICAL STUDY OF DRUG ABUSE IN SPORTS ANTI EXERCISES IN OUR COUNTRY AND THE REMEDY”

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ABSTRACT :

A highly lamentable phenomenon that is emerging in epidemic proportions in modern sports world is the use of drugs and steroids in our country'. It has become a menace to day, not only to the tradition of conducting tournaments in our country but it has also started posing a serious threat to our country's grace and reputation. It is the conviction of the author that - "the feeling of insecurity" and the 'fear of not getting anything ever" and the consequent *anxiety' are the chief driving forces that are compelling the sportsmen to consume steroids in order to allay (heir anxiety. It must be noted that this phenomenon is invariably present from the bottom to the top order sportsmen not only in India but also in several othher countries.



Consequently the player 's focus now shifts to taking to 'drugs ' and steroids for instant stimulation and success in competition. Now drugs appear to the player as the only road to achieve success and be overrated as he did alcohol for Us power to solve all his needs.

However , the problems of anxiety- can be treated through proper counseling . by the professional psychoanalysts. Regular exercises and massage ensuring good blood circulation, long breathing , yoga and meditation are some of the effective means to prevent aitxiety and enable the sportsmen to lead a vigorous career.

KEYWORDS : Psychological Study ,Sports anti Exercises ,modern sports world .

INTRODUCTION

A highly lamentable phenomenon dial is emerging in epidemic proportions in modem sports world is the use of drugs and steroids in our country. It has become a menace to day. not onK to the tradition of conducting tournaments in our country but it lias also started posing a serious threat to our country's grace and reputation. The recent ignominious deletions, stripping off of medals of India's International players in Weight-lifting and other games, testifies to this fact And the eradication of this evil practice from the surface of our nation's sports map indeed, emphasizes the necessity to diagnose (he 'existential condition' of our sportsmen. But diagnosis also equally requires the study of socio-political and cultural conditions prevailing in our society by which, it is presumed, that our players and athletes are being driven to seek the asylum of drugs .

Of course it ls true that one must condemn the use of drugs among players in the strongest possible terms. And in order to restrain this wicked professional phenomenon many esteemed critics opine that proper awareness has to be brought among the sportsmen about the grievous consequences of the use of drugs ;

effective orientation of Coaches and Physical Education Teachers so that they can motivate the players to keep themselves aloof from the drugs ; frequent programme conducting of Anti Doping ; and teaching the methods that enlighten the players about the techniques of detections of Drugs and so on.

But the author of this research paper honestly feels that besides die execution of the above mentioned remedies against the drug abuse one must also realize the need to study' the impact of the social, political and cnftural conditions also that are disturbing the honesty and integrity of our sportsmen which in turn transform themselves in to chief motivating powers of die minds of the players. It is the conviction of the author that - "die feeling of insecurity'" and the "fear of not getting anything ever' and the consequent anxiety ' are the chief driving forces that are compelling the sportsmen to consume steroids in order to allay dieir anxiety'. It must be noted that this phenomenon is invariably present from the bottom to the top order sportsmen not only in India but also in several other countries.

' Anxiety\ and 'Anxiety Neurosis' have been the most commonly used words in the present day generation. Infect Anxiety is the price humanity has to pay for its present cultural deterioration. Before we go into the examination of the role of anxiety among athletes and players, it should be proper to mention what the 'anxiety' actually is. Keeping other factors aside, basically fear can be described as the root cause of anxiety - " fear is a reaction that is proportionate to the problem one has to face, where as anxiety is a disproportionate reaction to a problem or even a reaction to imaginary problems" 0'

A regretful thing about the modem sportsmen and athletes is that they are struck down not only by the hostile conditions of the society but also by their own mistakes, rooted in their own characters, in the inner realms of their minds. The 'inner disparity' (conflict) of the players denies tliem a satisfactory hfe outside and often becomes the fundamental cause in shaping their performance in playgrounds. Well, this is not to say that players did not encounter these conflicts in earlier times. The fact is that the kind, scope and intensity of such conflicts are largely determined by the civilization in which we live. If the civilization is stable and tradition bound, the variety of choices presenting themselves are limited and the range of possible individual conflicts narrow. But if the civilization is in a stage of rapid transition, where highly contradictory values and divergent ways of living exist side by side, the choices the individual has to make are manifold and difficult.

Modem culture is economically based on the principle of individual competition. The isolated individual player has to fight with other players of the same group; has to surpass them and frequently thrust them aside. The advantage of the one is frequently the disadvantage of the other. Thus the psychic result of this situation is a diffuse hostile tension between two or among many individuals. Further, the potential hostile tension between individuals result in a constant generation of fear - tlie fear of the potential hostility of others. Another source of fear in the normal individual player is the prospect of insecurity, but also loss of prestige and all kinds of anotional frustrations . All these factors together - competitiveness and its potential hostility between fellow being and , fears - result psychologically in the individual a feeling of isolation. Inspire of having contact with others, he is emotionally isolated. Still, as Chicago scholars put h - this is not a mental deficiency or neurosis ... but rather has social roots and are caused by social conditions 2' The main causes of isolation and helplessness spring from " the contradictory tendencies present in our modem culture itself. The first contradiction to be mentioned is that a player is expected to be assertive and aggressive and be able to push others out of the way. On the other hand the social morals declare that it is selfish to want any thing for ourselves.

The second contradiction is seen between the stimulation of our needs and oirr factual frustrations in satisfying them. A great number of players are invited for selection trials but in reality die chance is limited to exclusive class who have financial and political support.

Another contradiction exists between alleged freedom of the individual regarding the choice of games and all his factual limitations. It is proclaimed that " the great game of life" is open to the player and he can get what he wants if he is only efficient and talented. But in reality a majority of promising players are rejected for arbitrary reasons - whether it is a selection of players at district level, university levld, state level or national level . Consequently the ultimate result for the individual player is a wavering between a feeling of boundless power in determining his own destiny and a feeling of entire helplessness.

Thus y there is no doubt that choices like these have to be made veiy often by people living in our

civilization and one would therefore expect conflicts along these lines to be quite common. But the striking fact is that most players are not aware of them and consequently do not resolve them by any clear decision. They do not know where they stand; they make compromises without being aware of doing so, and they get involved in contradictions without knowing them. More often, the players of the present generation are incapable of facing a conflict or of trying to resolve it on the basis of their own convictions due to apathy, conformity, opportunism or lack of confidence.

It is highly regrettable that in majority cases the inability of the players to resolve their tormenting inner conflicts make them victims of anxiety. Then, in order to allay their anxiety they take to drinking, as a means, at least for a temporary comfort which only leads to the intensification of their problems. He begins to consume alcohol though he knows it that drinking too will harm him but he is no longer under the control himself. He is conscious only in searching for a solution to his anxieties but he himself can not grasp their implications, which in turn lead to the formation of 'vicious circles' marking his damnation both physically and spiritually. He realizes their consequences only in the form of a feeling that he is trapped in a hopeless situation. This feeling of being trapped is his reaction to entanglements which he can not break through.

Now the player no longer withstands any sort of possible defeat in competitions. His emotional dependence on alcohol produces a very realistic and justified fear that life is being ruined. Consequently the player's focus now shifts to taking to 'drugs' and steroids for instant stimulation and success in competition. Now drugs appear to the player as the only road to achieve success and he is overrated as he did alcohol for its power to solve all his needs. But here too, once again the modern player fails to sense the implications of this device, its devastating effects on his goal which contradicts the very end he is striving for.

Thus, from the systematic disintegration of the modern player's personality we come to know a series of devices which he follows and which in turn make his career irrevocably complicated. But it must be remembered that underlying all his actions, there runs only one motive behind it - his compulsive need to 'win'. This compulsive need drives him to depend on other people (for political support), then to alcohol to suppress his reinforced anxiety when he fails to get it and then it finally leads to seek the asylum of drugs and steroids.

But this desperate struggle of the player ultimately leads him to the breaking of Law and become the prisoner in the dock'. And then his fear of the Judge who is "sure to apply the full rigor of the Law" and said him down'. He is constantly haunted by the fear of punishment and hence he will also get nightmarish dreams, containing court scenes - a place where an account is demanded by him but can not be rendered.

REMEDY:

Hence the only alternative left to the player is to experience his inner conflicts consciously even though it should be distressing. The more we face our own conflicts and seek out our own solutions, the more inner freedom and strength we will gain only when we are willing to bear the brunt. This is the only way through which we can approximate the ideal of our being and be the captain of our team.

But can the player ever be able to gain this inner freedom in our modern world? Can the modern player achieve the necessary unity in his life? Will he be able to resolve the conflicting forces operating in the present living and cultural conditions? This is a burning issue of the day, the real dilemma in our present world. Because the competitive stimuli are active from the cradle to grave in our modern culture and civilization.

However, the problems of anxiety can be treated through proper counseling, by the professional psychoanalysts. Regular exercises and massage ensuring good blood circulation, long breathing, yoga and meditation are some of the effective means to prevent anxiety and enable the sportsmen to lead a vigorous career.

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