

**PERCEPTION, KNOWLEDGE AND ATTITUDES ON USE OF BANNED SUBSTANCES  
IN SPORTS AMONG JUNIOR ATHLETES AND COACHES IN SRI LANKA AND  
DEVELOPMENT OF A LEARNING MODULE TO ADDRESS THEM THROUGH THE  
SCHOOL CURRICULUM**

**Submitted by**

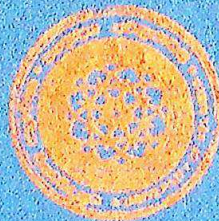
**M I P Kumari**

**(PGS/ME/MPhil/P11/2018/01)**

**A thesis submitted to the Faculty of Graduate Studies, University of Kelaniya**

**in fulfillment of the requirements for the degree of**

**Master of Philosophy in Sports Science**



**April, 2021**

This thesis has been accepted by the University of Kelaniya for the award of the Degree of Master of Philosophy (2022) It is not allowed to Publish this as a thesis accepted for the Degree of Master of Philosophy without the authority of the University



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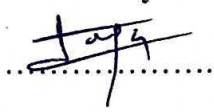
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This thesis is dedicated to all the Sri Lankan athletes

## Declaration

I, M I P Kumari, hereby declare that this is my original work and it has not been presented, nor will be presented for any other Diploma or Degree in this University or any other institution.



M I P Kumari

08/12/2022

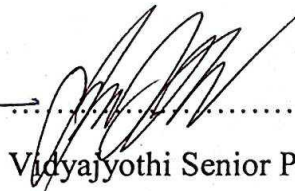
Date

## Certification by the supervisor

We certify that the work embodied in this thesis is Ms. M I P Kumari's own work and it has not been presented or nor will be presented for any other Diploma or Degree in this University or any other institution.



Prof. Anuradhani Kastururatne  
Professor Public Health  
Department of Public Health  
Faculty of Medicine  
University of Kelaniya  
08.12.2021



Vidyajyothi Senior Prof. Arjuna. P. de Silva  
Professor in Medicine  
Department of Medicine  
Faculty of Medicine  
University of Kelaniya  
08.12.2022

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## Abstract

**Introduction:** Use of banned substances in sports to improve training and performance is an unethical practice.

**Objective:** To explore the perceptions and describe the knowledge and attitudes of junior athletes and coaches on the use of banned substances in sports and to develop a learning module for students of Grades 9 and 10 to address gaps in knowledge and attitudes regarding the use of banned substances in sports.

**Methods:** This study comprises a qualitative study, a descriptive cross-sectional study, and the development of an outcome based learning module. Junior athletes and coaches of ten sports representing the three best performing schools in each sport participated. Qualitative data were collected from twenty athletes and ten coaches using interviews and thematically analysed using NVivo (version12). In the cross-sectional study, data were collected from 552 athletes and 30 coaches using a pre-tested self-administered questionnaire and analysed using SPSS Version 21 and presented using frequency distributions. All data were collected after informed written consent of the participants and parents when the participants were under-age. The findings were presented to a panel of experts in sports science, public health and education. Based on expert opinion and theories of outcome based education, a learning module was developed and was reviewed by an independent panel of educational and sports science experts and improved before finalization.

**Results:** Most of the athletes and coaches perceive that they have limited knowledge of banned substances in sports which should be improved. They perceive that the use of banned substances in sports is unacceptable. Only 79% of athletes have heard the term 'doping' Athletes engaged in athletics, weightlifting, rugby and badminton have a better level of knowledge. Only 56.7% of coaches report that they regularly update their knowledge. Coaches and athletes identified the school curriculum as the most effective mode to impart knowledge on this topic, followed by digital and print media. The newly developed learning module incorporates traditional and modern pedagogy to deliver content and use assessment methods aligned to learning outcomes.

**Discussion:** There is a clear need to educate school children and coaches about banned substances in sports. School curriculum is recognized as the most effective mode of delivery. The learning module delivered in grades 9 and 10 will be helpful to bridge the current gap in knowledge and attitudes.

**Key Words:** *Attitudes, Banned Substances, Coaches Sports, Junior Athletes, Knowledge*