Indian Journal of Modern Research and Reviews

This Journal is a member of the *'Committee on Publication Ethics'*

Online ISSN: 2584-184X

Research Article

Studying the Attitudes of Iraqi Athletics Club Players towards Nutritional Supplements and Stimulants

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DOI: https://doi.org/10.5281/zenodo.11180976

ABSTRACT

The goal of the current study was for the player to maintain stable fluid levels in the body and replenish the energy stores of glycogen in the liver before the player stops eating during the night, and to control fluid levels in the body and reduce hunger to a minimum for the players. The research hypothesis was: what substance should an athlete take on the day of competition, and should some liquids or foods be consumed during competition to compensate for what is lost? Accordingly, the researchers used the descriptive approach in the intentional study method because it was appropriate to the nature of the research problem and accordingly, the researchers selected their research sample in the intentional method, which represented some of the Iraqi athletics clubs represented by the elite clubs, whose players obtain the majority of the top three positions in the Iraqi athletics club championships, which number 5 clubs, namely (Army Club - Police Club - Al-Hashd Club - Al-Mina Club - Al-Hilla Club).In their research tools, the researchers used Arab and foreign sources and references, as well as a questionnaire form, as well as their long experiences in the field of athletics and clubs. The researchers have reached the most important conclusions of their research, which is that some players and athletes, some of whom are not fully aware of the nutrients needed to build their bodies and nourish them appropriately, and some athletes tend to eat foods randomly and inappropriately at times, and some athletes take steroids and are not fully aware of their harm, punishments, and deprivation of competition. Therefore, researchers recommend the most important recommendations that serve the game, which are informing players of the nutrients necessary to build their bodies and what the body needs before, during and after sports competitions, giving players special schedules prepared by the medical staff for them that include the appropriate foods and the times of taking them, and giving scientific lectures on the effect of stimulants on the body and the bad conditions that accompany their intake. In the player's future.

KEYWORDS: Nutritional, supplements and stimulants

1. INTRODUCTION

It was previously pointed out that sports nutrition is an independent science and a relatively new science that appeared in the twentieth century. This science developed and split from the sciences of chemistry and human physiology after many researches and experiments carried out by Lavoisr (1743-1794) in France. Man's knowledge of food and nutrition and his interest in them began since ancient times. Food has been the focus of man's interest throughout the ages, as he made every effort to obtain it.

Article History

- **ISSN**: 2584-184X
- **Received:** 09 Apr 2024
- **Accepted**: 03 May 2024
- **Published:** 11 May 2024
- **MRR:**2(5) May 2024: 15-19
- **©2024, All Rights Reserved**
- **Peer Review Process:** Yes
- **Plagiarism Checked**: Yes

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The ancient Egyptians were aware of the importance of food and showed that eating too much of it causes many diseases, so they used to prescribe some foods to treat some diseases. The focus of the discussion is about nutrition and food and the stages and methods of obtaining them at different ages. Nutritional supplements whose goal is to provide the body and nourish it with the important basic elements and vitamins that it needs that the body did not obtain in the nutritional process [1]. In this research, we will discuss some of the most important nutritional supplements that the body needs it, especially athletes, which include (appropriate nutrition for sports competitions), hence the importance of research in developing health plans for players and giving them great importance from this aspect, which is how they are nourished [2].

Research problem

The lack of interest of the majority of players in their food and nutritional programs during training, as well as before and after competitions, as well as the fact that the majority of athletes do not have the correct information about the majority of the food they eat and the lack of awareness in understanding the importance of nutrition before, during and after competition and the extent of its effectiveness in performance and speed of recovery, Therefore, the researchers delved into this study and gave great importance to it.

2. RESEARCH OBJECTIVES

1. Maintaining stable fluid levels in the athlete's body.
2. Replenishing energy stores from glycogen in the liver before stopping eating throughout the night.
3. Controlling the fluid levels in the athlete's body.
4. Reducing hunger to a minimum.

RESEARCH HYPOTHESES

1. What substance should the athlete take on the day of competition?
2. Should the athlete consume some fluids or foods during competition to compensate for the lost fluids and other fluids lost by the body?

Fields of research

The human field: Includes a sample of Iraqi athletics club players.

Time period: From 1/1/2024 to 3/1/2024.

Spatial field: Ministry of Youth and Sports Stadium – Baghdad.

3. RESEARCH METHODOLOGY

The nature of the problem is what determines the appropriate approach that the researcher adopts to achieve his goals, and since the end of this research is reaching an important fact, which is studying the attitudes of Iraqi athletics club players towards nutritional problems and stimulants, based on the fact that the approach is a way by which a person reaches a truth, and therefore the researchers used the descriptive approach. In a deliberate study method, as it suits the nature of the research to be studied.

Sample and research community

The research population was identified by the researchers and represented by some of the elite clubs for the men's category, which numbered 5 clubs. The researchers selected the research sample in a deliberate manner, represented by the elite players who obtained the top three places in the Iraqi athletics club championships, numbering 15 players.

Tools and devices used

- Arab and foreign references and sources.
- Personal interview.
- A questionnaire prepared by the researchers, which consisted of three axes.
- HP computer.

Exploratory experience

The exploratory experiment is a field and practical experiment for researchers in order to identify the majority of the negatives and positives that they encounter while conducting the tests in order to avoid them in order to determine correctly and appropriately the implementation of the vocabulary of their tests that leads to them obtaining correct and accurate results in accordance with the scientific methods followed in the majority of the curricula. The exploratory experiment was conducted. On a random sample of elite athletics club players, who numbered 3 players from outside the research sample, the aim of the exploratory experiment was:

1. Determine the duties of the assistant work team.
2. Adapt the paragraphs of the questionnaire form.

Field research procedures

The researchers gave the special form in their research to elite players from Iraqi athletics clubs. The club coaches and the players' coaches cooperated in distributing and receiving the special form in the research. After that, the forms were received and the frequency of each item was calculated separately, after which it was extracted. The percentage is also for each paragraph, and Table (1) shows the percentages.

Table 1: Shows the percentages of the form paragraphs

Seq.	Paragraph name	Percentage
1	The cause of fatigue during the match is malnutrition	50%
2	Eating foods randomly	40%
3	I take necessary fluids before competing	50%
4	I randomly eat foods that contain proteins and carbohydrates	30%
5	I tend to eat foods that contain a lot of sugar before competing	40%

4. RESULTS AND DISCUSSION

1. The cause of fatigue during the match is malnutrition

Table 2: Show Percentages the cause of fatigue in a match is malnutrition

Yes	I have no opinion	No
50 %	10 %	40%

From the above, we find that 50% of elite athletics players say that the cause of fatigue in their competition is malnutrition to a high degree, and 10% perform the paragraph with a degree of both

40%. This is a clear indication that the factor of nutrition and nutrition is very important for players and is an important reason for athletic achievement.

2. Eating foods randomly

Table 3: Show percentages of eating foods randomly

Yes	I have no opinion	No
40 %	30 %	30%

It has been shown that 40% of elite athletics players can control their food intake randomly, and this is an important reason for achieving and reaching the highest interest in healthy sports foods.

3. Drink the necessary fluids before competition

Table 4: Shows the percentages of necessary fluid intake before competition

Yes	I have no opinion	No
50 %	20%	30%

From the above, it was found that 50% of the players benefit from consuming the necessary fluids before the match, 20% of the players do not have an opinion, and 30% do not agree with this matter, as consuming the necessary fluids before the match has a significant impact on the players' performance.

4. I eat food that contains carbohydrates and proteins randomly

Table 5. Shows the percentages of food that contains carbohydrates and proteins randomly

Yes	I have no opinion	No
50 %	40%	30%

We note that the nutrition that contains proteins and carbohydrates randomly, and this is one of the very important things for players, has reached 30%, and this is a positive thing for players, and 40% have no opinion, and 30% do not agree with this opinion.

5. I tend to eat foods that contain a lot of sugar before competing

Table 6: Shows the percentages of foods that contain a lot of sugar before competing

Yes	I have no opinion	No
30 %	30%	40%

In the table above, we note that 30% of elite athletics players agree to eat foods that contain a lot of sugar before their competition, 30% have no opinion, and 40% do not agree, and this is a very positive thing because the majority of sugars may harm the athlete and the competition in play.

6. I do not feel comfortable after eating food that contains a lot of fat

Table 7: Shows the percentages of feel after eating food that contains a lot of fat

Yes	I have no opinion	No
50 %	30%	10%

With food that contains a lot of fat, 50% of the players agree, and this is indicative of something that indicates the players' and coaches' awareness of healthy nutrition, while 40% have no opinion and 10% do not agree.

7. I tend to take sports stimulants during competitions

Table 8: Shows the percentages of stimulants

Yes	I have no opinion	No
30 %	20%	50%

We see that 30% of elite players support taking steroids during the training period and the competition period, 20% have no opinion, and 50% is the opposition rate, and this indicates the interest of most players and coaches in fair competition and taking the player's due.

8. When I take steroids, I feel that I have great strength

Table 9: Shows the percentages of steroids

Yes	I have no opinion	No
40 %	60%	-

We see that 40% of the players agree that there is a lot of power when taking steroids, and 60% have no opinion. This confirms that awareness and commitment to training sessions by the players enables the player to control the use of steroids.

9. I take some stimulants permitted by law

Table 10: Shows the percentages of some stimulants permitted by law

Yes	I have no opinion	No
30 %	20%	50%

From the above, we find that 30% of the elite players say yes, 20% have no opinion, and 50% say no, which confirms that the sport, the player, and the coach refuse to work on the doping factor.

10. I do not accept the idea of taking steroids

Table 11: Shows the percentages of accept the idea of taking steroids

Yes	I have no opinion	No
50 %	10%	40%

We find in this paragraph that competition appeared even among athletes. The idea that I do not accept doping is a very good idea, and 50% expressed their approval, 10% had no opinion, and 40% disliked this idea.

11. I feel that taking steroids violates sports ethics

Table 12: Shows the percentages of taking steroids violates sports ethics

Yes	I have no opinion	No
40 %	30%	30%

40 Where we see that 40% of the players agreed with the paragraph, and this indicates the awareness of the majority of elite athletics players, 30% had no opinion, and 30% hated this idea.

12. I have a special table with vitamins organized for foods and their types

Table 13: Shows the percentages of a special table with vitamins organized for foods and their types

Yes	I have no opinion	No
30 %	20%	50%

As we see above, 30% of the players agree that sport is what teaches the athlete this approach, 20% have no opinion, and 50% dislike that.

13. I eat the necessary food for the body after the match

Table 14: Shows the percentages of necessary food for the body after the match

Yes	I have no opinion	No
40 %	20%	40%

The player must eat the necessary nutrition for the body after competition, so 40% agree yes, 20% have no opinion, and 40% of the players oppose this.

14. I take the necessary fluids and salts for the body after the match

Table 15: Shows the percentages of necessary fluids and salts for the body after the match

Yes	I have no opinion	No
50 %	30%	20%

Every athlete must consume fluids and salts, which are necessary for the athlete's body, after competition. Therefore, 50% of the players agree with this paragraph, 30% had no opinion, and 20% disagreed, and this percentage is small or non-existent, and this is very positive. Most supplements that are supposed to help build muscle do not work or do not have the benefit they are intended for, but some, such as creatine, fluids, electrolyte substitutes, carbohydrate supplements, and fluid meal replacements, have some benefits for strength athletes [3]. An athlete needs a large number of calories to build tissue and provide you with the fuel needed to perform exercises. Although eating a large number of calories is required, it is also important to eat the right kind of calories [4].

Carbohydrates are the primary source of energy in strength training, and are stored in the form of glycogen in the muscles. It is the fuel used to supply the body with energy. The longer and more strenuous the sporting activity is, the more glycogen your muscles require. Once the stock of this substance runs out, the energy rate will decline and the athlete must stop practicing sporting activity. Therefore, carbohydrates should constitute the greatest denominator among strength athletes in order to build their muscles. For a person who weighs 140 pounds, his requirement of carbohydrates will be 504 grams per day, or about 200 calories from carbohydrates, and for a person who weighs 200 pounds, his requirements will be 720 grams of carbohydrates, or 2,900 calories from carbohydrates [5].

Proteins are the basic nutritional substance in building muscle tissue, and an athlete who practices strength training needs more proteins than a person who does not engage in any sporting activity. Despite this need, the majority of athletic athletes have an exaggerated assessment of protein needs, and these are the recommended daily intake rates for athletic athletes who exert great effort: 0.6 - 0.8 grams/pound of body weight [6].

After the athletics athlete meets his needs for proteins and carbohydrates, there is still room for eating fat because it is an important nutritional substance, but it is needed in small quantities so that the athletics athlete remains healthy and sound. Only 30% of your total daily calories should come from unsaturated fats [7].

In addition to the usual daily amount of water (8 cups), the athlete's body needs to replace the fluids it loses throughout sports activity. To ensure that the body stays away from dehydration before exercising, you can drink two cups of fluid about two hours before entering the competition. While exercising, drink 4-8 ounces of fluid every 15-20 minutes. After completing the exercise, the loss of fluid is replaced by about 16 ounces of water. If you want more accuracy, you should weigh your body before and after exercising. For every pound lost, an athlete's body needs to drink 16 ounces of fluid [8].

Sports drinks help if the exercise lasts more than an hour. Carbohydrate supplements may help a lot if the athlete has a busy day and does not find time to eat his meal. Consuming drinks that replace meals after muscle-building exercises is completely appropriate, and these drinks can also be replaced with a tuna sandwich, a banana, or any other snack. The athlete must consume some proteins and carbohydrates after completing his exercise in order to provide his muscles with the fuel necessary for their growth and to replenish the stock of glycogen for the next sporting activity [9].

When using creatine with an appropriate diet and an integrated sports program, it helps produce more strength during sports activity, even if the increase is small. Research has shown that providing muscles with creatine increases the speed of gaining more muscle, and since creatine supplements are available but at high prices, we find that meat is a better food source than these supplements for obtaining creatine [10]. The typical amount of creatine is 5 grams of creatine monohydrate four times a day for five days, and if you take more than the usual doses, there will be no benefit added to the human body, and all users of supplements, whether athletes or the average person, should be aware that whatever their benefits are, they are It is not like natural food materials in its purity. A specialist must always be consulted

before resorting to eating anything because the nature of each person differs from one person to another.

5. CONCLUSIONS

1. Some players, including some, are not fully aware of the nutrients needed to build their bodies
2. Some athletes tend to eat food randomly.
3. Some athletes take steroids and are not fully aware of their harmful effects.
4. Athletes do not receive the necessary directions and instructions regarding eating appropriate and healthy food and not using stimulants.
5. The presence of some psychological tendencies among some players to want to win, including taking stimulants and drugs

6. RECOMMENDATIONS

1. Introducing players to the nutrients needed to build their bodies and what the body needs before, during and after their competitions
2. Giving the players special schedules prepared by the medical staff for them, including the appropriate foods and the correct times for eating them
3. Coaches' instructions to players to avoid taking stimulants in any way
4. Giving lectures, providing guidance and scientific awareness about the effect of stimulants on the body and the bad conditions that accompany taking them
5. Encouraging players and giving them high self-confidence in order to achieve achievements in peaceful and appropriate ways and keeping them away from illegal methods in competitions.

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