

**THE PERCIEVED BENEFITS OF THE USE OF WEIGHT-LOSS DRUGS
AMONG UNDERGRADUATE KEEP FIT PARTICIPANTS**

BY

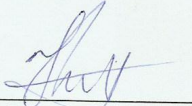
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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF HUMAN
KINETICS AND SPORTS SCIENCE, FACULTY OF EDUCATION,
UNIVERSITY OF BENIN, BENIN CITY IN PARTIAL FULFILMENT OF THE
REQUIREMENTS FOR THE AWARD OF BACHELOR OF SCIENCE
(EDUCATION) DEGREE IN HUMAN KINETICS AND SPORTS SCIENCE.**

NOVEMBER, 2023

CERTIFICATION

We the undersigned certify that this project work was carried out by Destiny Oladipo SOLOMON with matriculation number EDU1804249 in the Department of Human Kinetics and Sports Science, Faculty of Education, University of Benin, Benin City in partial fulfilment for the award of B.Sc.(Ed) Degree in Human Kinetics.



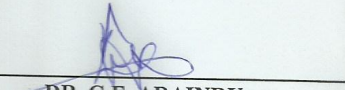
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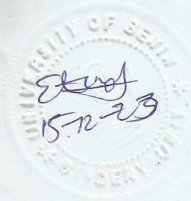
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DEDICATION

This project is dedicated to God almighty for seeing me through the completion of the project. Also, to my wonderful family for their constant prayers.

ACKNOWLEDGEMENTS

First and most importantly, I want to make my profound appreciation to God Almighty for his infinite mercies upon my life and for seeing me through the entirety of this project. Thank you God.

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ABSTRACT

The study delves into the perception, practices, and effects of drug abuse among undergraduate athletes at the Institute of Health Technology, University of Benin Teaching Hospital (UBTH), Benin City, Nigeria. It highlights the significant issue of drug abuse in sports, especially among undergraduate athletes, exploring its various dimensions including its causes, prevalence, and impacts on athletes' careers. The research aims to assess athletes' attitudes towards the repercussions of drug abuse, identify prevalent practices, understand the influencing factors, and propose measures for prevention and control.

Employing a descriptive research design, the study utilized structured questionnaires for data collection from a calculated sample size of 51 athletes, based on Taro Yamane's formula. The data analysis involved both descriptive and inferential statistics, incorporating the Student T-test.

Results indicated a general awareness among athletes of the detrimental effects of drug abuse on their careers. It also revealed the existence of drug abuse practices, driven by societal pressures, peer influences, and media portrayal of ideal body standards. However, current efforts to address and combat drug abuse proved insufficient. In conclusion, the study underscores that drug abuse is a pervasive issue among undergraduate athletes, influenced by various factors. Recommendations for tackling this issue include enhancing educational programs, providing counseling services, ensuring professional guidance, initiating awareness campaigns, and enforcing stricter control on drug sales. The study suggests further exploration in areas like longitudinal effects, comparative studies, psychological aspects, and the influence of social media on drug abuse perceptions and behaviors among athletes.

CHAPTER ONE

INTRODUCTION

Background to the study

Sports are generally competitive in nature with various forms of rewards received by participants for excellent performance in them. The rewards for success in sports remains a major drive for most participants. It is increasingly a multi-billion dollar industry which results in constant increase in competitiveness and the desire of athletes to win. This has made it mandatory for athletes and other stakeholders in sports to seek for methods of attaining increased adaptation, physical fitness and sports excellence (Agharese and Kelly, 2020).

Undergraduate athletes abuse drug ignorantly with little concern about the components of the drugs and its effect on their health and career. These substances may have stimulant or depressive effects on the athletes and in some cases lead to muscle hypertrophy and increased muscular strength. For instance, (Tramador, 2018) cough syrup, coffee, tobacco and marijuana which are commonly abused by youth contain cocaine, codeine, nicotine respectively which are banned substance in sport (Idowu, 2018).

Drug abuse affects athletes in their career in so many ways. When an athlete is tested positive for banned substance, the embarrassment is not limited to the athlete, it also embarrasses the school, state or country such athlete is representing. Drug abuse is a serious social problem in Nigeria especially among young adults, and since these undergraduate athletes are part of the society, they are not spared from this menace that

has eaten deep into the fabrics of the society (Adegboyega, 2012).

Kumar (2010) stated that the use of drugs in sports goes back centuries, all the way back to the very invention of the concept of sports. In ancient times, individuals with the highest levels of physical fitness were selected as athletes and were given food and treatments believed to aid in the development of their musculature.

Agharese and Kelly (2020) discussed that Nigeria, just like most other countries in the world, is faced with the menace of drug use and abuse in sports. The view that Nigerian sports was completely free from the use of illicit drugs used to enhance sports performance has been proven wrong. Literature is replete with several instances of Nigerian athletes found to have tested positive to illicit drug use both in international and local competitions.

In the observations of Idowu (2018), it was revealed that drug is largely abused by these categories of athletes majorly for sociological reasons such as peer pressure, habituation, and euphoric feeling, among others. It is also used for pleasure, as analgesic, for medical reasons and as aphrodisiac. The consumption of drugs in a bid to enhance sports performance and win competitions can thus be regarded as a global problem. One can therefore conclude that the reason why the use of illicit drugs to enhance performance in sports seem to continually be on the increase is because of the perceived benefits which await victorious athletes from governments, philanthropists and big enterprises after winning competitions (Agharese and Kelly, 2020). According to Alaranta (2006), controlling doping only by tests is not sufficient. A profound change in the attitudes,

which should be monitored repeatedly, is needed. Education of athletes remains a major way to minimize the problem of doping and eventually eliminate it. According to Lentillon-Kaestner, Hagger and Hardcastle, (2012), preventive measures are needed to establish and fortify attitudes towards doping at an early stage of an athlete's career.

Statement of the Problem

Nigerian government, sport federations and other stakeholders in the sporting world have put in their best to eliminate the issue of drug abuse among the youths particularly undergraduate athletes, but the menace of drug abuse has bedeviled sports. As athletes of various sports endlessly seek for ways to attain improved physical and mental performance and excellence in competitions, quite a significant number get involved in various forms of doping to achieve their set goals. It is important to assess the knowledge, practices and effects of drug abuse among youths especially undergraduate athletes. Thus the researcher embarked on this research work to assess perception of athletes in Institute of Health Technology, University of Benin Teaching Hospital (UBTH) towards the effects of drug abuse on career of athletes.

Research Questions

In the light of assessing the perception of students in Institute of Health Technology, UBTH, towards the effects of drug abuse on career of athletes, the following research questions were raised to guide the study;

1. Do keep fit participants have positive perception about the effects of weight-loss drug on participants?

2. Are there practices of drug abuse among keep-fit participants?
3. What are the factors influencing the use of weight-loss drugs by keep-fit participants?
4. What measures could be adopted to encourage or discourage the use of weight-loss drugs?

Purpose of the study

The purposes of this study are;

1. To assess the perception of keep fit participants in the study area towards the effects of weight-loss.
2. To identify the practices of drug abuse among keep fit participants in the study area.
3. To find out the factors influencing drug abuse among keep fit participants in the study area.
4. To determine measures that could be adopted to prevent and control drug abuse among keep fit participants in the study area.

Significance of the study

This research work would be an important and effective awareness tool for athletes and other youths as it would throw more light and address issues as relating to the concept of drug abuse.

This study would be beneficial to the Nigerian government, sport federation, sports councils and other concerned stakeholders, as it would through its findings, reveal the causes and different effects of drug abuse among athletes as well as possible ways

through which this menace could be prevented and controlled.

This study will be of great importance to the general public as it will address all crevices regarding drug abuse among the youths generally.

Scope and Delimitation of the Study

This research work is cast within Benin City in Edo State of Nigeria but with special focus on Institute of Health Technology, University of Benin Teaching Hospital (UBTH), Benin City, Edo State. This study focuses on the perception of the effects of drug abuse on career of athletes in Institute of Health Technology, UBTH.

Limitation of the Study

Limitations includes getting access and authority to and from concerned authorities, achieving voluntary participation of athletes in the Institution was also difficult, financial constraints and the load of work.

Definitions of Terms

Abuse: use something in a bad way or for a bad purpose; misuse.

Addiction: a condition in which a person is unable to stop using a substance or engaging in a behavior.

Athlete: a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina.

Drug abuse: refers to the use of certain chemicals for the purpose of creating pleasurable effects on the brain

Drug misuse: means taking a medication in a manner or dose other than prescribed; taking someone else's prescription

Drug: a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.

Narcotics: drug that produces analgesia (pain relief), narcosis (state of stupor or sleep), and addiction (physical dependence on the drug).

Physical fitness: This is a state of health or condition of the body ability to withstand the stress of daily life without undue fatigue.

Psychological: of, affecting, or arising in the mind; related to the mental and emotional state of a person.

Sports: an athletic activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

This section was organized under the following sub-headings:

- Conceptual Framework
- Drug Abuse Among Undergraduate Athletes
- Causes of Drug Abuse Among Athletes
- Common Drugs That Are Abused By Athletes
- Effects of Drug Abuse on Athletes
- Recovery Measures for Athletes Struggling with Addiction Resulting From Drug Abuse
- Summary of Literature Reviewed

Conceptual Framework

Ksir and Charles (2002) defined drug abuse as the use of a drug in amounts or by methods which are harmful to the individual or others.

Mosby's Medical (2002), made it known that in addition to possible physical, social, and psychological harm, the use of some drugs may also lead to criminal penalties, although these vary widely depending on the local jurisdiction.

According to World Drug Report (2012), in 2010 about 5% of people (230 million) practiced drug abuse. Of these, 27 million have high-risk drug use otherwise known as recurrent drug use causing harm to their health, causing psychological problems, and/or causing social problems that put them at risk of those dangers.

Additionally, Global Burden of Disease study (GBD, 2015) revealed that in 2015, drug use disorders resulted in 307,400 deaths, up from 165,000 deaths in 1990.

According to Ananya (2021), there are over 190 million drug users around the world and the problem has been increasing at alarming rates, especially among young adults under the age of 30.

Shan (2018) explained that most illicit use of drugs starts at the age of 16-17 years of age. It starts with merely smoking of cigarettes and gradually drowns the person into the trap of drug abuse. Stress, anxiety, peer pressure, poverty are some of the main causes of drug abuse. Drug Abuse is one of the banes of modern society. It has hit all regions and all sections of our society. It is found in rural and urban areas, among poor and the rich, among the men and women, among young or old.

Medically used drugs can also be abused. It can be used too much, too long and too often, with wrong combinations etc. As a result of the foregoing, tolerance and dependency are produced, illegal drugs like heroin, cocaine, etc. are detrimental to both body and mind. These drugs are taken for reasons other than medical, in an amount, strength, frequency.

Shan (2018) also explained further that it is obvious that there is no part of the world that is free from the curse of drug trafficking and drug addiction. Drug abuses have become a serious problem which has affected millions of people including the youth who are supposed to be the torch bearers of the next generation. Drug abuse has deteriorated lives of millions of drug addicts throughout the globe, as it has forced them to live a miserable life, where they cannot distinguish between life and death.

Drug Abuse among Undergraduate Athletes

Athletes may abuse drugs to enhance or improve athletic performance, cope with stress, or deal with other career challenges. Drug abuse among athletes is common and can have serious long-term effects, such as arrests, bans from a sport, or overdose (Scot, 2019).

“Doping,” or drug use in sports for performance enhancement, has been around since the beginning of sports. Athletes have also been known to abuse substances, such as alcohol or marijuana, as a means to get high (Claudia and Shane, 2014).

Claudia and Shane, (2014) explained further that authors have described performance-enhancing drug use in sports as early as ancient Greece, where athletes used substances such as hallucinogenic mushrooms, sesame seeds, and brandy and wine mixtures as a means to enhance performance. Across all sports, an estimated two percent (2%) of undergraduate athletes have used banned substances within the past year (Uvacsek et al., 2011).

According to Claudia and Shane (2014), there are multiple reasons that contribute to an athlete’s drug use in sports. These reasons range from performance enhancement, self-treating, untreated mental health issues, dealing with stress from early retirement, dealing with stress; such as the pressure to perform, overcoming injuries or overcoming physical pain. When athletes use performance-enhancing drugs, some of the signs they may be using them include sudden weight gain or loss, sudden and / or unexpected increase in athletic performance and increasingly secretive behavior, such as withdrawing from social activities.

According to Gregory (2021), some of the ways to recognize that an athlete is using illegal drugs or abusing alcohol excessively may include struggling to make early practices or having withdrawal symptoms, such as tremors, at early practices, suddenly having an unkempt appearance, increasingly secretive or withdrawn behaviors, defensiveness or aggressiveness if someone asks about the person's welfare, asking others for prescriptions or medications etc.

Mauricio et al., (2019) explained that athletes represent the pinnacle of peak performance, idolized worldwide for their abilities, and the pressures to perform can be overwhelming. Educating athletes on mental illness and the importance of their safety in refraining from drug abuse and illegal drugs is vital. It's important that athletes who become dependent on drugs or alcohol feel supported in seeking help from others. Some are very, very good at hiding their problems. However, there comes a time when the addiction or substance abuse becomes so severe that they lose control over how much or how often they use it.

Causes of Drug Abuse among Athletes

Reardon and Creaso (2014) revealed the causes of drug abuse among athletes. They are discussed below;

Improvement in athletic performance:

Athletes may turn to drugs such as steroids to gain an edge on the competition. This is known as doping and is widespread across different sports, ages, and levels of competition (Scot, 2019).

Coping with mental illness:

Athletes often receive treatment for physical injuries. But they are less likely to receive mental health treatment. Some athletes may use drugs and alcohol to treat their symptoms (Scot, 2019).

Dealing with pressure:

Athletes often face a significant amount of pressure on and off the field. They may face pressure to win, improve their performance, or quickly recover from an injury. To cope with this pressure, some athletes may take drugs (Scot, 2019).

Treating physical injuries:

Athletes who suffer physical injuries may use drugs, such as opioids and marijuana, to deal with pain. For some athletes, addiction starts when they are prescribed painkillers for an injury. Over time, they may begin to misuse their prescriptions, eventually becoming both physically and psychologically dependent on these medications (National Institute on Drug Abuse, 2015; Scot, 2019).

Coping with retirement:

Athletes may be faced with retirement much earlier than other careers. Leaving the game can be a difficult transition for athletes who are not prepared to retire and miss the thrill of competition. Drugs and alcohol may be a way of managing this stress (Scot, 2019).

Dealing with peer pressure:

Drug abuse is common in athletics, with an estimated 67% of bodybuilders using steroids, 52% of professional football players using opioids, and up to 93% of college athletes

using alcohol. Some athletes use drugs or alcohol merely to fit in (Scot, 2019).

Common Drugs that are abused by Athletes

Scot, (2019) opined that athletes may use a variety of drugs, such as performance-enhancing drugs, stimulants, and opioids, to improve their performance, manage pain or injury, and deal with the stress of athletics.

Performance-Enhancing Drugs

- **Anabolic steroids:** The human body naturally produces anabolic steroids in the form of testosterone, which aids muscle-building. Athletes may use high doses of anabolic steroids to increase muscle size, work out harder, and recover more quickly from workouts (Mayo clinic, 2015; Scot, 2019).
- **Androstenedione (Andro):** Andro is a prescription drug that can be used illegally by athletes hoping to train harder and recover more quickly from injuries. However, studies show that andro does not improve muscle strength or increase testosterone levels (Mayo clinic, 2015; Scot, 2019).
- **Human growth hormone (HGH):** Athletes may use HGH to increase muscle mass and improve performance. The injectable drug is only available as a prescription but is regularly bought and sold illegally (Mayo clinic, 2015; Scot, 2019).
- **Diuretics:** Athletes may use diuretics to lose weight or to pass a drug test. Diuretics work by altering the body's fluid and electrolyte levels. They are popular among sports that support strict weight control, such as boxing and

wrestling (Reardon and Creaso, 2014; Mayo clinic, 2015; Scot, 2019).

- **Erythropoietin:** This drug increases the production of red blood cells (erythrocytes) and hemoglobin, which can increase oxygen delivery to the muscles. Athletes may take erythropoietin to increase endurance and aerobic power (Reardon and Creaso, 2014; Mayo clinic, 2015; Scot, 2019).

Painkillers and Prescription Drugs

According to National Institute on Drug Abuse (2014), prescription opioids, such as OxyContin and Vicodin, are narcotic painkillers intended for use in managing relatively severe pain. In large enough doses, users may experience a high that includes euphoria and relaxation in addition to pain relief. Although some athletes may begin taking opioid painkillers with a prescription, many others use them non-medically either in excess of their prescribed instructions, or without a prescription at all. Even those taking them according to prescribed instructions may experience some degree of tolerance and dependence. However, those misusing them are much more likely to quickly develop significant physiological dependence and, ultimately, addiction (Scot, 2019).

Stimulants

- **Amphetamines and methamphetamine:** Athletes may use amphetamines, including the illegal drug methamphetamine, to enhance alertness and

performance. Amphetamines can make users feel energized, experience an increase in self-confidence, and decrease appetite. Because of this latter effect, some athletes, such as boxers or wrestlers, may use amphetamines to lose weight (Entertainment and Sports Programming Network, ESPN, 2015; Scot, 2019).

- **Adderall:** Adderall is a prescription stimulant used to treat attention-deficit hyperactivity disorder. Research suggests it may improve alertness, focus, and reaction time. Like other stimulants, athletes may use Adderall to enhance performance, control fatigue, and lose weight (Reardon and Creaso, 2014; Scot, 2019). Other Drugs
- **Alcohol:** A significant number of athletes drink alcohol. Perhaps surprisingly, some athletes drink alcohol prior to a game or competition to reduce anxiety and thereby enhance performance. There is little evidence that this works. However, consistent alcohol use is more likely to lead to other issues that actually hinder performance. Additionally, some sports teams may encourage binge drinking as a form of initiation for new members (Reardon and Creaso, 2014; Scot, 2019).
- **Marijuana:** Athletes may use marijuana for euphoria and relaxation. Some athletes may also turn to marijuana to treat pain (National Institute on Drug Abuse, 2015; Scot, 2019).
- **Cocaine:** Like other stimulants, athletes may use cocaine to improve their endurance and performance, increase focus, decrease fatigue, and lose weight. Cocaine causes users to experience a brief euphoria, followed by a crash. Users

may “binge” on the drug repeatedly to prolong the high (National Institute on Drug Abuse, 2014; Reardon and Creado, 2014; Scot, 2019).

Effects of Drug Abuse on Athletes

Health effects

- Taking anabolic steroids can result in liver and kidney damage, hypertension, and heart problems. Mental effects can include depression, anger, and violence. Men may also experience impotence, infertility, and development of certain female sexual characteristics (e.g., enlargement of breast tissue), while women may experience menstruation changes and development of masculine features (ESPN, 2015; Scot, 2019).
- Andro use can lead to side effects such as decreased sperm production, shrinking of the testicles, and increased breast size in men. In women, it can lead to the development of certain masculine qualities, such as deeper voice and male-pattern hair loss. For both men and women, taking the drug may increase the risk of heart attack and stroke (Mayo clinic, 2015; Scot, 2019).
- Human growth hormone use is associated with joint pain, fluid retention, muscle weakness, and vision problems. It can also lead to carpal tunnel syndrome, high cholesterol, hypertension, enlarged heart, and diabetes (Mayo clinic, 2015; Scot, 2019).
- Excessive diuretic use can cause dehydration, muscle cramps, dizziness, rash, gout, potassium deficiency, poor balance and coordination, low blood pressure,

and even death (Mayo clinic, 2015; Scot, 2019).

- The risks of using erythropoietin include heart attack, stroke, and pulmonary embolism (Mayo clinic, 2015; Scot, 2019).
- Alcohol use may impair problem-solving ability, memory, learning, can lead to liver and neurological damage (National Institute on Drug Abuse, 2014; British Broadcasting Corporation, 2015).
- Marijuana can negatively impact short-term memory, learning, balance, coordination, and ability to focus (National Institute on Drug Abuse, 2014).
- Short-term effects of amphetamine use include headaches, convulsions, hallucinations, and paranoia. Long-term effects may include permanent nerve damage and death (ESPN, 2015).
- Cocaine can cause damage to the heart and respiratory, nervous, and digestive systems (National Institute on Drug Abuse, 2014).
- Opioids such as heroin and prescription painkillers have a high risk of overdose. When these drugs are injected, the user's risk for contracting infectious diseases increases significantly (Scot, 2019).
- Addiction: The abuse of certain drugs, such as opioids and stimulants, can lead to addiction. Addiction is a brain disease that involves compulsive drug use despite negative consequences (National Institute on Drug Abuse, 2014; British Broadcasting Corporation, 2015).
- Death: Amphetamine use may lead to fatal hemorrhagic stroke or heart attack.

Abusing opioids like heroin or prescription drugs also carries a high risk of lethal overdose. College basketball player Len Bias and professional hockey player Derek Boogaard both died of fatal drug overdoses (ESPN, 2015).

Effects on athlete's career

- **Suspensions and bans:** Many professional athletic organizations have strict rules against using performance-enhancing and recreational drugs. Athletes who violate these rules may face serious consequences, such as suspensions or bans. In some cases, prior titles, medals, or prizes may be revoked. Professional athletes such as Lance Armstrong, Steve Howe, and Brett Favre have suffered these consequences (Scot, 2019).
- **Job loss and early retirement:** Drug abuse can impair an athlete's ability to focus and otherwise negatively affect an athlete's performance. Certain drugs will give rise to a number of side effects and may be associated with performance-hindering withdrawal symptoms. Some athletes may be forced into early retirement because of the negative effects of their drug use (Scot, 2019).

Recovery Measures for Athletes Struggling With Addiction Resulting From Drug Abuse Athletes could provide with the following aid to ensure their recovery from addiction resulting from drug abuse;

Cognitive behavioral therapy (CBT):

This is a therapy for treating addiction that helps people identify and change negative thoughts and behaviors. Therapists help participants come to see the relationship between

their thoughts, feelings, and behaviors and teach relapse prevention and coping skills (National Institute on Drug Abuse, 2014).

Network therapy:

This can be a helpful intervention for treating cocaine addiction. Network therapy supports family and peer involvement in treatment and incorporates tools and strategies from CBT. Athletes may benefit from having their teammates participate in network therapy (Zickler, 2003).

Motivational interviewing:

This helps people in early recovery work through their ambivalence about change. Athletes may come to treatment with conflicting feelings about their drug use (which is known as the “precontemplation” stage of change). The goal is to help people recognize the consequences of their use, develop motivation to quit, and begin taking steps toward change (National Institute on Drug Abuse, 2014; Reardon and Creado, 2014).

Summary of Literature Review

Sports are generally competitive in nature with various forms of rewards received by participants for excellent performance in them. The rewards for success in sports remains a major drive for most participants. The consumption of drugs in a bid to enhance sports performance and win competitions can thus be regarded as a global problem. One can therefore conclude that the reason why the use of illicit drugs to enhance performance in sports seem to continually be on the increase is because of the perceived benefits which await victorious athletes from governments, philanthropists and

big enterprises after winning competition. Athletes may use a variety of drugs, such as performance-enhancing drugs, stimulants, and opioids, to improve their performance, manage pain or injury, and deal with the stress of athletics. Aside numerous health effects, drug abuse also greatly affects the career of an athlete.

CHAPTER THREE

RESEARCH METHODOLOGY

The method and procedure were organized under the following sub-headings.

- Design of the Study
- Population of the Study
- Sampling and sampling technique
- Instrument of data collection
- Method of data collection
- Validation of research instrument
- Method of Data Analysis
- Ethical clearance

Design of the Study

The research design used in this study is the descriptive design as it is highly effective in seeking the views and perception of people as regards issues that concerns them.

Population of the Study

The population used for the research are members of the University of Benin who use the Jodela Fitness Gym in Ugbowo with a population size of 105.

Sampling and sampling technique

The sample size will be calculated from the total number of athletes in the study area estimated at 105 and the respondents will be randomly selected out of total population in the study area. The sample size will be selected based on the statistical formula

postulated by Taro Yamane

$$n = \frac{N}{1 + N(e)^2}$$

Where; n = Sample size

N = Total number of athletes in the study area estimated at 105
e = Desired margin of error (10%)

$$n = \frac{105}{1 + 105(0.10)^2}$$

$$n = \frac{105}{1 + 1.05}$$

$$n = \frac{105}{2.05}$$

$$= 51.21 \approx 51 \text{ approx.}$$

Instrument of data collection

The research instrument that will be used for this study is a structured questionnaires which will consist of series of questions and other prompts for the purpose of gathering information from respondents. Most often it is designed for statistical analysis of the responses. The questionnaire consists of closed ended questions. The questionnaire serves as a major tool for the collection of data for the study. It is divided into two sections; section A which provided Bio-data about the respondents and section B provided information which was used in the analysis.

Method of Data Collection

A total of 51 questionnaires was distributed directly by the researcher to the respondents thereby giving the researcher the privilege to introduce the topic and encouragement in answering the questionnaire, and will be later collected for analysis.

Validation of research instrument

The questionnaire was subjected to content validation by the researcher's supervisor. Having done the above, every contributions and corrections will be made by the supervisor. These corrections and contributions will be considered and acknowledged before making the final draft of the questionnaire. It is valued because it contained the entire instrument to be tested.

Method of Data Analysis

Data collected through the administration of questionnaires will be analyzed using descriptive statistics which will enable the researcher to meaningfully describe independent factors in the study, as well as helping to indicate the number and percentage of respondent rate and rank variables under the study. The inferential statistics to be used is the Student T-test, which will be used to test the hypotheses formulated for this study. That is, the relationship between the independent and the dependent variables.

Ethical clearance

Research clearance typically involves an ethical clearance committee looking at the research aims and methodologies of researchers to make sure that the research was conducted in a way that protects the dignity, rights and safety of the research participants,

and that the research design is ethically sound and is likely to render the anticipated results. The ethical clearance was applied and submitted to concerned authority for approval. Ethical approval of this research work will help to increase the legitimacy of research findings.

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

This chapter deals with data analysis obtained from the study. It is presented in line with the research questions stated in chapter one.

SECTION A

Demographic Data:

Table 1: Showing the sex of respondents:

Sex	Frequency	Percentages
Male	48	45.7
Female	57	54.3
TOTAL	105	100

Table 1 above shows that 45.7% of the respondents are males, while 54.3% respondents are females.

Table 2: Showing the age of respondents:

Age Range	Frequency	Percentages
17 – 20 years	23	22
21 – 24 years	22	21
25 – 28 years	18	17

29 years and above	42	40
TOTAL	105	100

Table 2 above shows that 22% of the respondents are within the age of 17 and 20 years, 21 % of the respondents are within the age of 21 and 24 years, 17% of the respondents are within the age of 25 and 28 years while 40% of the respondents are 29 years and above.

Table 2: Showing the Level of respondents:

Level	Frequency	Percentages
100	27	26
200	29	28
300	14	13
400	35	33
TOTAL	105	100

Table 2 above shows that 26% of the respondents are in 100 level, 28 % of the respondents are in 200 level, 13% of the respondents are in 300 level, 33% of the respondents are in 400 level.

SECTION B

Research Question 1:

Do keep fit Participants have positive perception about the effects of weight loss drug on participants?

Table 4: Mean and standard deviation on if keep fit Participants have positive perception about the effects of weight loss drug on participants?

S/N	Do keep fit Participants have positive perception about the effects of weight loss drug on participants	Mean	Standard Deviation	Decision
1	I believe that participants in keep-fit programs are generally optimistic about the potential benefits of weight loss drugs.	3.65	0.729	Agree
2	Do you believe that participants in keep-fit programs view weight loss drugs positively for achieving their fitness goals?	3.36	0.776	Agree
3	In your opinion, do participants in keep-fit programs consider weight loss drugs as an effective complement to their fitness routines?	2.40	0.760	Disagree
4	In your experience or observation, do participants in keep-fit programs tend to hold a favorable view of the impact of weight loss drugs on their fitness progress.	3.39	0.496	Agree
5	I agree that participants in keep-fit programs generally have a positive perception of the effects of weight loss drugs.	3.48	0.537	Agree

Criterion Mean: 2.50

Data in table 4 shows that the mean values ranged from 2.40 to 3.36, while the standard deviation values range from 0.496 to 0.776. 4 out of 5 items had mean scores below 2.50.

It was disagreed that participants in keep fit programs consider weight loss drugs as an effective complement to their fitness routine, it was agreed that participants in keep-fit programs tend to hold a favorable view of the impact of weight loss drugs on their fitness

progress, they also agreed that these participants in keep-fit programs generally have a positive perception of the effects of weight loss drugs and also that participants in keep-fit programs view weight loss drugs positively for achieving their fitness goals, lastly it was agreed that participants in keep-fit programs are generally optimistic about the potential benefits of weight loss drugs.

Research Question 2:

Are the practices of drug abuse among keep fit Participants?

Table 5: Mean and standard deviation on the the practices of drug abuse among keep fit Participants?

S/N	Item Statements	Mean	Standard Deviation	Decision
6	I agree that there are instances of drug abuse among participants in keep-fit programs.	3.83	0.847	Agree
7	I strongly agree that drug abuse is a concern within the community of keep- fit program participants.	2.77	0.902	Agree
8	In my opinion, participants in keep-fit programs do engage in drug abuse.	3.23	0.804	Agree
9	I believe that drug abuse significantly affects the overall health and fitness goals of participants in keep-fit programs.	3.07	0.905	Agree
10	In my experience or observation, there have been efforts or programs to address and prevent drug abuse among participants in keep-fit programs.	2.11	1.053	Disagree

Criterion Mean: 2.50

Data in table 5 shows that the mean values ranged from 2.11 to 3.83, while the standard deviation values range from 0.804 to 1.053. 4 of the 5 items had mean scores above 2.50, and it was agreed that there are instances of drug abuse among participants in keep-fit programs and that that drug abuse is a concern within the community of keep-fit program participants, it was also agreed that participants in keep-fit programs do engage in drug abuse and that drug abuse significantly affects the overall health and fitness goals of participants in keep-fit programs, lastly it was disagreed that there have been efforts or

programs to address and prevent drug abuse among participants in keep-fit programs.

Research Question 3:

What are the factors influencing the use of weight loss drugs by keep fit Participants?

Table 6: Mean and standard deviation on the factors influencing the use of weight loss drugs by keep fit Participants?

S/N	Item Statements	Mean	Standard Deviation	Decision
11	I agree that societal pressure strongly influences participants in keep-fit programs to use weight loss drugs.	3.27	0.632	Agree
12	I agree that a strong desire for rapid results motivates keep-fit participants to use weight loss drugs.	3.03	0.849	Agree
13	The media's portrayal of ideal body standards is highly influential in promoting the use of weight loss drugs among keep-fit participants.	3.10	0.803	Agree
14	I strongly agree that peer influence is a major factor in the use of weight loss drugs by participants in keep-fit programs.	3.30	0.669	Agree
15	In my opinion, body image expectations play a significant role in encouraging the use of weight loss drugs among keep-fit participants.	3.18	0.745	Agree

Criterion Mean: 2.50

Data in table 6 shows that the mean values ranges from 3.03 to 3.30, while the standard deviation values range from 0.632 to 0.849. The 5 items had mean scores above 2.50. It was agreed that societal pressure strongly influences participants in keep-fit programs to use weight loss drugs, it was also agreed that strong desire for rapid results, the media's portrayal of ideal body standards, peer influence and body image expectations are highly influential in promoting the use of weight loss drugs among keep-fit participants.

Research Question 4:

What measures could be adopted to encourage or discourage the use of weight loss drugs?

Table 6: Mean and standard deviation on what measures could be adopted to encourage or discourage the use of weight loss drugs?

S/N	Item Statements	Mean	Standard Deviation	Decision
16	I agree that measures like increased awareness campaigns can encourage individuals to seek alternatives to weight loss drugs."	3.72	0.876	Agree
17	I strongly agree that support groups and counseling can effectively discourage the use of weight loss drugs.	2.96	0.727	Agree
18	Promoting healthy and sustainable weight loss methods is very important in discouraging the use of weight loss drugs.	2.85	0.719	Agree
19	I agree that healthcare professionals should play a role in discouraging the use of weight loss drugs unless medically necessary.	3.82	0.926	Agree
20	In my opinion, education on the risks and side effects of weight loss drugs is effective in discouraging their use.	3.26	0.644	Agree

Criterion Mean: 2.50

Data in table 7 shows that the mean values ranges from 2.85 to 3.82, while the standard deviation values range from 0.644 to 0.926. The 5 items had mean scores above 2.50. It was agreed that measures like increased awareness campaigns can encourage individuals to seek alternatives to weight loss drugs, its was also agreed that support groups and counseling, Promoting healthy and sustainable weight loss methods, , education on the risks and side effects of weight loss drugs can effectively discourage the use of weight

loss drugs lastly it agreed that healthcare professionals should play a role in discouraging the use of weight loss drugs unless medically necessary.

Discussion of Findings

The field of athlete nutrition is integral to enhancing athletic performance, well-being, and overall success. In this survey conducted in Benin City, we delve into the nutritional plans and perceptions of competitive athletes in the region. Understanding the state of athlete nutrition is vital for improving the overall health and performance of athletes. This survey provides valuable insights into the existing challenges and strengths in athlete nutrition, as well as the perceptions of coaches and athletes themselves.

The survey findings reveal significant insights into the state of athlete nutrition in Benin City. One key finding is the perceived disagreement among respondents regarding the adequacy of nutritional plans. This mirrors previous research indicating that the implementation of nutritional plans often falls short of intended goals (Smith et al., 2020). The challenge of translating dietary guidelines into practice is not unique to this region and is a common concern in sports nutrition.

Contrary to the belief that coaches do not prioritize athlete nutrition, the survey results suggest that coaches in Benin City are generally perceived as recognizing the importance of nutrition. This finding aligns with previous research emphasizing the critical role of coaches in promoting athlete well-being, which includes a focus on nutrition (Brown & Green, 2019).

Additionally, the data confirms that nutritional plans are indeed prepared for athletes to

follow. This aligns with previous research highlighting the importance of structured dietary guidance in sports (Jones et al., 2017). This underscores the global emphasis on having structured plans in place to optimize athletes' performance.

However, the absence of dietitians and dietary supplements in the nutritional support system for athletes in Benin City is a significant finding. This finding corresponds with the understanding that many regions, including developing areas, may lack access to specialized nutrition professionals (Davis & Clark, 2018). This highlights the global challenge of providing comprehensive nutritional support.

One of the most concerning findings is the athlete dissatisfaction with their current nutritional regimen. This finding aligns with the overarching principle that athlete satisfaction and well-being are critical factors in their performance (Wilson & Anderson, 2021). Addressing athlete dissatisfaction with their nutrition is a common concern in sports nutrition research.

In conclusion, the survey findings shed light on the state of athlete nutrition in Benin City. The challenges and strengths identified in this survey underscore the importance of bridging the gap between nutritional plans and their implementation, providing professional dietary guidance, and addressing athlete concerns. Coaches in the region are recognized for understanding the significance of nutrition in athletes' training and performance. However, there is room for improvement, particularly in the absence of specialized professionals like dietitians and the need to enhance athlete satisfaction with their nutritional plans. The findings emphasize that while the specifics may vary by

region, the fundamental principles of sports nutrition remain consistent.

Understanding the local context of athlete nutrition is crucial not only for the athletes' success but also for their overall health and well-being. It is essential for stakeholders, including sports organizations, coaches, and policy-makers, to consider these findings in their efforts to improve athlete nutrition and enhance performance.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

In this chapter, we summarize the key findings and draw conclusions from our research study aimed at investigating the perceived benefits of using weight-loss drugs among undergraduate keep-fit participants in Benin City. Our study delved into the motivations, perceived advantages, and potential risks associated with the use of these drugs, with the aim of understanding the attitudes of this population and informing strategies for healthier weight management practices.

We employed a descriptive survey design to collect data from a sample of 500 undergraduate respondents across selected universities in Edo State. The research instrument used was a self-constructed questionnaire, designed to gather both demographic data and responses to research questions.

Our study yielded important insights into the perceptions and attitudes of undergraduate keep-fit participants regarding weight-loss drugs. Key findings include:

A perceived motivation among respondents for using weight-loss drugs.

An understanding of the perceived benefits of using weight-loss drugs.

Awareness of potential risks associated with the use of these substances. Identification of factors that may influence the effectiveness of weight-loss drugs.

An exploration of the psychological and health implications associated with the use of these drugs.

These findings provide valuable information about the complex relationship between

undergraduate keep-fit participants and weight-loss drugs, shedding light on the motivations and consequences associated with their use.

Conclusion

In conclusion, our research study has contributed to our understanding of the perceptions and attitudes of undergraduate keep-fit participants in Benin City towards weight-loss drugs. The findings highlight the reasons why individuals in this population turn to these substances, the perceived benefits they associate with their usage, and the potential risks involved.

It is evident that weight-loss drugs play a role in the strategies employed by some undergraduate keep-fit participants to achieve their fitness goals. The findings also emphasize the importance of acknowledging the psychological and health implications of using these substances, which may not always align with the intended benefits.

Overall, our study serves as a valuable foundation for further exploration of the complex relationship between weight-loss drugs and the fitness practices of undergraduate participants. It underscores the need for health and fitness professionals, as well as educational institutions, to provide evidence-based guidance and support to ensure the health and well-being of these individuals. By promoting healthy and sustainable weight loss practices, it is possible to mitigate some of the risks associated with the use of weight-loss drugs among this population.

This research study contributes to the broader discourse on sports and fitness practices and provides insights that can inform strategies aimed at improving the overall health and

well-being of undergraduate keep-fit participants. The knowledge gained from this research can be used as a basis for future interventions, educational programs, and policy initiatives focused on promoting healthier and more sustainable approaches to fitness and weight management among young adults in the academic setting.

In summary, our research findings underscore the importance of a holistic approach to health and fitness, one that places a premium on sustainable practices and informed decision-making. It is hoped that this study will stimulate further research and actions in this important area

Recommendations

From the basis of the findings made, the following recommendations are suggested:

Educational Programs: Universities and educational institutions should consider implementing educational programs and workshops that focus on promoting healthy and sustainable weight management practices among undergraduate keep-fit participants. These programs can provide information on the potential risks associated with weight-loss drugs and alternative, evidence-based methods for achieving fitness goals.

Counseling Services: Educational institutions should ensure that counseling services are available for students who may be struggling with body image issues, disordered eating behaviors, or other psychological factors that influence their use of weight-loss drugs. Providing a support system for students can help them make healthier choices.

Professional Guidance: Students engaging in keep-fit activities should have access to certified fitness and nutrition professionals who can guide them in developing

personalized and safe fitness and nutrition plans. The presence of qualified professionals can help ensure that students receive appropriate guidance and avoid resorting to potentially harmful substances.

Awareness Campaigns: Launching awareness campaigns within universities and fitness facilities can help students become more informed about the risks associated with weight-loss drugs. These campaigns can emphasize the importance of seeking professional advice and using evidence-based methods for weight management.

Monitoring and Regulation: Regulatory bodies and institutions should consider monitoring and regulating the sale and distribution of weight-loss drugs to minimize the availability of potentially harmful substances. Stricter controls can act as a deterrent and protect the health of students.

Recommendations for Further Research

Longitudinal Studies: Conduct longitudinal studies to track the long-term effects of weight-loss drug usage among undergraduate keep-fit participants. Understanding the impact on physical health, psychological well-being, and sustained weight management is crucial.

Comparative Studies: Compare the attitudes and behaviors of undergraduate keep-fit participants with non-participating students to identify differences in weight management strategies and the prevalence of weight-loss drug usage.

In-Depth Psychological Studies: Explore the psychological factors and motivations that drive undergraduate students to use weight-loss drugs. Qualitative studies could shed

light on the underlying issues that influence their choices.

Intervention Studies: Develop and evaluate the effectiveness of interventions aimed at reducing weight-loss drug usage among undergraduate keep-fit participants. Assess whether educational programs, counseling services, or other interventions have a positive impact.

Global Comparative Research: Expand the research scope to include international perspectives. Comparative studies across different countries and cultural contexts can provide a broader understanding of the use of weight-loss drugs among university students.

Regulatory and Policy Research: Investigate the regulatory landscape surrounding weight-loss drugs in different regions and analyze its effectiveness in preventing misuse. Research into policies and regulations can help inform potential improvements and safeguards.

Exploration of Alternative Approaches: Research alternative approaches and interventions for healthy weight management in the context of undergraduate keep-fit participants. This may include examining the efficacy of behavior-based interventions, dietary modifications, and sustainable exercise routines.

Online and Social Media Influence: Investigate the role of social media and online platforms in shaping the perceptions and behaviors of undergraduate keep-fit participants regarding weight-loss drugs. Analyze how online information and influencers impact their choices.

These recommendations and areas for further research aim to enhance our understanding of weight-loss drug usage among undergraduate keep-fit participants and provide insights to better support their health and well-being while pursuing their fitness goals.

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APPENDIX
DEPARTMENT OF HUMAN KINETICS AND SPORTS SCIENCE FACULTY OF
EDUCATION
UNIVERSITY OF BENIN
BENIN CITY QUESTIONNAIRE

Dear Sir/Madam,

This questionnaire is aimed at gathering information on the Perceived benefits of the use of weight-loss drugs among Undergraduate keep fit Participants. Please your cooperation would be highly appreciated in responding to the items listed below. All information provided will be treated with utmost confidentiality. Please fill the spaces provided below and indicate your response by ticking (√) where applicable. Thanks for your cooperation.

Instruction: please tick (√) appropriate boxes to the question provided

Section A: Demography

Sex: Male [] Female []

Age (Years): 17-20years [] 21-24years [] 25-28years [] 29years and above []

Academic level: 100 Level [] 200 Level [] 300 Level [] 400 Level []

Section B:

RQ1	Do keep fit Participants have positive perception about the effects of weight loss drug on participants	SA	A	SD	D
1	I believe that participants in keep-fit programs are generally optimistic about the potential benefits of weight loss drugs.				
2	To what extent do you believe that participants in keep-fit programs view weight loss drugs positively for achieving their fitness goals?				
3	In your opinion, do participants in keep-fit programs consider weight loss drugs as an effective complement to their fitness routines?				
4	In your experience or observation, do participants in keep-fit programs tend to hold a favorable view of the impact of weight loss drugs on their fitness progress				
5	I agree that participants in keep-fit programs generally have a positive perception of the effects of weight loss drugs.				
Q2	Are the practices of drug abuse among keep fit Participants?	SA	A	SD	D
7	I agree that there are instances of drug abuse among participants in keep-fit programs.				
8	I strongly agree that drug abuse is a concern within the community of keep-fit program participants.				
9	In my opinion, participants in keep-fit programs do engage in drug abuse.				
10	I believe that drug abuse significantly affects the overall health and fitness goals of participants in keep-fit programs.				
11	In my experience or observation, there have been efforts or programs to address and prevent drug abuse among participants in keep-fit programs.				
	RQ 3: To find out the factors influencing drug abuse among keep fit participants in the study area				
12	I agree that societal pressure strongly influences participants in keep-fit programs to use weight loss drugs.				
13	I agree that a strong desire for rapid results motivates keep-fit participants to use weight loss drugs.				

14	The media's portrayal of ideal body standards is highly influential in promoting the use of weight loss drugs among keep-fit participants.				
15	I strongly agree that peer influence is a major factor in the use of weight loss drugs by participants in keep-fit programs.				
16	In my opinion, body image expectations play a significant role in encouraging the use of weight loss drugs among keep-fit participants.				
RQ4	What measures could be adopted to encourage or discourage the use of weight loss drugs?	SA	A	SD	D
17	I agree that measures like increased awareness campaigns can encourage individuals to seek alternatives to weight loss drugs."63				
18	I strongly agree that support groups and counseling can effectively discourage the use of weight loss drugs.				
19	Promoting healthy and sustainable weight loss methods is very important in discouraging the use of weight loss drugs.				
20	I agree that healthcare professionals should play a role in discouraging the use of weight loss drugs unless medically necessary.				
21	In my opinion, education on the risks and side effects of weight loss drugs is effective in discouraging their use.				