

Athletes' Knowledge about the Non-Usage of Drugs like: Cigarette Smoking (CS), Alcohol Consumption (AC) and Performance Enhancing Drugs (PEDs), as Prime Prevention Strategies in Slowing Ageing Process

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Abstract

This study was implemented to find out about the Prime Prevention Strategies in slowing ageing process amongst Njala University, Njala Campus Athletes in Njala, Southern Sierra Leone. The significance of the study is to find out the athlete's knowledge about non-usage of drugs like cigarette smoking, alcohol consumption and performance enhancing drugs as prime prevention strategies in slowing ageing process. A total of one hundred and fifty athletes (n=150) mainly undergraduates [(95 male representing 63% and 55 female representing 37%; 70 Christians representing 47% {40 male Christians representing 27% & 30 female Christians representing 20%} and 80 Muslims representing 53% {55 male Muslims representing 36.6% & 25 female Muslims representing 16.6%}; 10 married representing 7% {6 male married representing 4% & 4 female married representing 3%} and 140 single representing 93% {89 male single representing 59% & 51 female single representing 34%}; 100 from South-East representing 67% {65 male representing 43.3% & 35 female representing 23.3%} and 50 from North-West representing 33% {30 male representing 20% & 20 female representing 13%}] were randomly selected without replacement from four Schools [(65 from School of Agriculture & Environmental Science representing 43% {40 male representing 26.6% & 25 female representing 16.6%}, 85 from School of Education & Technology representing 57% {55 male representing 37% & 30 female representing 20%})] at four levels [(125 from level 100-200 representing 83% {80 male representing 53% & 45 female representing 30%}, 25 from level 300-400 representing 17% {15 male representing 10% & 10 female representing 7%})], 90 within the age range of (18-25) representing 60% {60 male representing 40% & 30 female representing 20%} and 60 within the age range from (26-30+) representing 40% {35 male representing 23% & 25 female representing 17%} in years. The Dependent t-test (t) was used to compare the results of the findings. The results were tested @ $p < 0.05$ level of significance. Analysis of results from non-usage of drugs like cigarette smoking, alcohol consumption and performance enhancing drugs, shows two third of significance differences. Conclusively, the findings shows that Njala University, Njala Campus (NUNC) athletes were experienced in the knowledge of prime prevention strategy in slowing the ageing process of athletes with respect to non-usage of drugs like cigarette smoking and alcohol consumption, but minimum or little knowledge on the non-usage of drugs like performance enhancing drugs (PEDs). In recommendation, the most effective approach in improving the prime prevention strategies in slowing ageing process amongst NUNC athletes is by giving them compulsory seminars, workshops and screening before taking part in any intra and extramural competitions.

Introduction:

Health risk behaviours typically co-

occur or cluster together [Coups, et al. (2004); Fine, et al. (2004); McAloney, et