

Effects of Alcohol in Sports at the College Level: A Study of Kurukshetra District

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Abstract: *It is a well-known fact that some of the sports persons frequently use alcohol and other drugs. Most of the studies have concluded that the effects of Alcoholism on the human body of sportsperson and their performance in sports. As we know that alcohol is not a stimulant but a narcotic, capable of producing unconsciousness or of inhibiting activities which may cause danger to the life of a sportsperson by paralyzing the nerve system. Furthermore, the higher centers of brain that function in memory, attention, thought, judgment and self-control are the first affected by it. Alcohol acts upon nerve tissues rather than muscles and affects a reduction in the speed and accuracy of muscular reactions. It may lead severe consequences for the mind and body of a sportsperson as it has no more*

nutritive value for us. To know the fact, the present research work is based on a survey made in Kurukshetra district including 100 male sports persons involved in various sports activities. Most of them assumed the fact that they frequently used alcohol, but they were not found habitual of it.

Keywords: Sportspersons, Alcoholism, Drugs, Performance, Nutrition, Brain Function, Nervous System.

Introduction: Nobody cannot ignore the fact that alcoholism disturbs a sports person's mental equilibrium and he / she may get an injury sooner or later while performing any sports activity. However, some of the people are very susceptible to the action of alcohol even in very small quantities; others can absorb large quantities

without showing signs of intoxication. Some degree of tolerance is acquired by consistent and regular drinking but, though this tolerance is shown by failure to become inebriated, the tissues and organs of the body suffer and the habitual drinker to excess ultimately develops disorders of the liver, stomach, kidneys and brain. Those who have had a head injury should be most careful in the use of alcohol for even small quantities are liable to disturb seriously the mental equilibrium. We should keep in mind that excess or less use of alcohol for a sports person may cause dangerous consequences as any physical injury to his life. That is why; it is advised to all sports persons that the frequent use or misuse of alcohol as a drug should be avoided by them otherwise it can also spoil their sports career.

Objectives of the Study: The present research paper's main objective is to find out use and effects of alcoholism on the physical & mental health of a sports person and sports performance at the college level in Kurukshetra district. Therefore, our

main focus remained on the data collection from the college athletes and sports person of different colleges in the Kurukshetra district. Hence some of the other objectives of the study are:

- (i) To know about the use of alcohol by the sports persons at the college level.
- (ii) To find out the effects of alcoholism on the performance of sports persons involved in various sports activities.
- (iii) To know the fact whether alcohol has any nutrition value.

Research Methodology: To conduct the present study, we have made a simple questionnaire based on some questions related to the frequent use of alcohol by sports persons participating in various sports. They were asked some question related to the problem and thus 100 sports persons responded actively in our research work. Furthermore, all the responses were put in table and analyzed to find out the result. The findings of the study were also supported by the observational facts to pace the study.

Limitation of the Study: Assuming the fact that male athletes or sports persons use more alcohol than female athletes or sportsperson, we selected only 100 male sports persons to collect the data related to the present research problem. Therefore, the present study has been limited to some specific gender base study. Furthermore, regarding the selections of the problem, the study is limited to the college students of Kurukshetra district.

Questionnaire: The present research paper consists of the following questions:

- (i) Do you know about drugs & doping?
- (ii) Do you take any drug?
- (iii) Do you think that alcohol is a drug?
- (iv) Do you think that drinking affects sportsperson's performance?

- (v) Do you get excited after drinking?
- (vi) Did you violate rules and laws of sports authority in any time after drinking?
- (vii) How do you feel after drinking or taking any drug?
- (viii) Do you think that the frequent use of drugs have spoiled the sports career of many brilliant sports persons?

To find out the results of the questionnaire, we analyzed the responses given by the sports persons who have been participating in games since a long time. They gave their answer in yes or no / good or bad. Then we put the responses into a table to analyze them. All the numbers and percentage are given in brackets and both are same.

Table: Responses by the 100 Male Sports Persons

Sr. No.	Questions	Responses		Percentage
1	Q. 1	Yes (100)	No (0)	100/00
2	Q. 2	Yes (40)	No (60)	40/60
3	Q. 3	Yes (20)	No (80)	20/80
4	Q. 4	Yes (40)	No (60)	40/60
5	Q. 5	Yes (80)	No (20)	80/20
6	Q. 6	Yes (10)	No (90)	10/90
7	Q. 7	Good (80)	No (20)	80/20
8	Q. 8	Yes (100)	No (0)	100/00

(Source: Responses from Questionnaire based on interview schedule)

If we analyze the data given in the table, we come to know that 100 percent sports persons know about the drugs and doping. Furthermore, 40 percent sports people's intake drug and 60 percent do not intake any drug. Now, regarding the question no. 2, most of them think that alcohol is not a drug; only 20 percent think that alcohol is a drug. But the majority of athletes is involved in taking alcohol or other drugs. That is why; most of them (60 percent) think that drinking does not affect their sports performance. They only get excited after taking alcohol.

Nevertheless in spite of drinking they did never violate the rule and laws of sports. Only 10 percent of them did so. Reason behind it may be that they do not take heavy drinking, they drink occasionally. Most of them (80 percent) assume the fact that they feel better after taking a drink or drug and they do not feel tired while playing or performing any sports activity.

Furthermore, they were asked some others formal questions regarding the effects of alcohol and other drugs on their health. The researcher was aware of the fact that the limitation of

time may affect the results of the study. So he avoided unnecessary meetings with them and some of them voluntarily gave some information's regarding the effects of alcohol on their health. Therefore, the present research included all experiences provided them regarding the problem. That is why; we cannot ignore the theoretical aspects of the studies earlier conducted by various researchers. All of them assumed the fact that alcohol is a drug and it has some longer effects on the mind and body system of a sportsperson in long term or short term.

Athletic Performance and Mental Sharpness:

- It is not considered to be a performance enhancing substance. It shows down the body and can have effects up to one day after consumption.
- To intake alcohol the night before or after a game can affect the performance. in sports.
- The hangover symptoms can diminish the ability to

optimize the performance or training.

- It influences balance, reaction time, fine and complex motor skills, and information processing.

Effects of Alcohol on Human

Body: The fact is that alcohol and body temperature on top of impairing our nervous system's ability to sense temperature accurately, alcohol consumption cause heat loss and lead to hypothermia as it dilates blood vessels. Therefore, in hot weather, alcohol consumption increases sweating and can cause dehydration. Most of the studies have shown some facts about the effects of alcohol as a drug as under:

1. The Immediate Effects:

- Excessive sweating and flushed skin.
- Increased urination.
- Diarrhea.
- Dehydration.
- Loss of balance.
- Slurred speech.

- Decreased or lack of inhibitions (meaning not thinking clearly).
- Increased sexual arousal but decreased ability to 'perform'.
- Double/Blurred vision and decreased peripheral vision.

2. Long Term Effects:

- Brain damage (difficulty concentrating, difficulty learning, memory loss).
- Liver, stomach, kidney, and intestinal damage or cancer.
- Ulcers.
- Reduced immune system leading to increased illness and infectious disease.
- Female facial hair growth and disrupted menstruation.
- Infertility problems.
- Changes in personality.
- Changes in brain development with lifelong effects.

Alcohol as a Nutrient: There are some myths about the use of alcohol and some people think that alcohol has a nutrient value and each gram of alcohol provides seven kilo calories

compare to nine for fat and four each for carbohydrate and protein. Other nutrients may be present, depending on the type of beverage. Beer, for example, has been seen as a good source of many nutrients and has sometimes been used in preparation for endurance events or to replenish nutrients following competition. Many athletics and sports administrators name beer as their preferred alcoholic beverage and some athletics may still believe that beer is an effective beverage for replacing fluid and supply high energy. However, beer will actually worsen dehydration due to the diuretic effect of alcohol on the renal system. Beer is inappropriate as a carbohydrate replacement; the 7g of energy per gram of alcohol (ethanol) provides 'empty calories' and does not provide available glucose.

But it is also a well-known fact that acute ingestion of alcohol provides no benefits relative to the energy sources for exercise and in fact may reduce muscle glycogen at rest, impair gluconeogenesis, because hypoglycemia and decrease leg muscle glucose uptake. Exercise will not

increase alcohol metabolism. In the chronic alcoholic, alcohol replaces the normal macronutrient intake (protein, carbohydrates, and fats) and nutritional deficiency diseases can develop. In fact, alcohol ingestion lowers muscle glycogen levels and will decrease the available fuel for normal aerobic energy production. Therefore, the frequent use of alcohol is prohibited to a sportsperson. Reason behind it may be that it causes physical or mental disability in short or long term and a sports person can also spoil his / her sports career due to this frequent habit.

Conclusion: To conclude the results of the study, we can trace out that it has been proved by most of the scholars that alcohol is a drug which affects the nerve system of a sports person and may cause to paralysis human body. Therefore, the frequent use of alcohol for a sportsperson is not less than any risk in life. That is why in every aspect, alcohol's use in sports is strictly prohibited by sports authority. To use any drug and alcohol during sports activities affects sports performance and violates the rules and laws of

sports. It spoils the environment in sports and performance of a sports person decreases gradually which may cause severe ailment or injury to a sportsperson. Here it is also noteworthy that frequent use of drugs and alcohol in sports is increasing day-by-day in India and our sportsperson and athletes perform very poor in sports activities when compared to some other countries. Hence here it is an urgent need to stop the evil of alcoholism in sports and save the brilliant future of sports at national as well as international level.

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