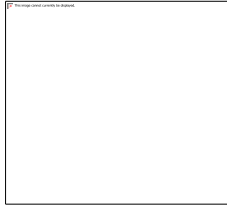


BINDURA UNIVERSITY OF SCIENCE EDUCATION



FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT OF SPORT SCIENCE AND MANAGEMENT

TITLE

The Prevalence Of Conventional And Unconventional Doping Practices In Football In Secondary Schools In Goromonzi District., Mashonaland East Province.

BY ESNATH CHACHIMWE (B212272B)

A RESEARCH STUDY SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE HONORS DEGREE OF SPORT SCIENCE AND MANAGEMENT.

Date- June 2024

DECLARATION

I hereby declare that this dissertation is all my work and that appropriate credit has been given where reference has been made to the work of others and it has not been submitted in any form to the University of Bindura or any other Institution.

Declaration of Academic Integrity Signature:

Signature

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Date: July 2024

RELEASE FORM

I certify that the following student ESNATH CHACHIMWE (B212272B)

was under my supervision. I further certify that he/she has attended all the scheduled meetings with me and that he/she has fulfilled all the requirements that I set before him/ her as the Supervisor. It is my professional judgment that the dissertation is of a sufficiently high standard to be submitted with my name attached to it as the Supervisor. I hereby release the student without reservation to submit his/her dissertation for marking.

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Dedication

This research study is dedicated to the passionate and resilient young football players in Goromonzi district, who despite facing numerous challenges, continue to pursue their dreams of excelling in the sport taking into consideration the issue of doping.

ABSTRACT

The study seeks to explain the effects and prevalence of conventional and unconventional doping practices in football players in secondary schools in Goromonzi District. The study was grounded on the concurrent mixed method research design. Data was collected using interviews and questionnaires as research instruments. NVivo 12 software pack was used for thematic analysis of qualitative data SPSS package was also used for descriptive statistical analysis of quantitative data. The study highlighted clearly the effects and prevalence of conventional and unconventional doping practices in football players.

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CHAPTER ONE: THE PROBLEM AND ITS SETTINGS

1:1 Introduction

Doping is a threatening issue that affects the ethics of sports and health. In this investigation the researcher is going to delve into the prevalence of conventional and unconventional doping practices among football players in secondary schools within Goromonzi district, Zimbabwe. However, this chapter presents background to the study, statement of the problem, research questions, research objectives, significance of the study, delimitations of the study and study outline.

1:2 Background to the study

Doping in sports refers to the use of substances or methods banned by the World Anti-Doping Agency (WADA) to enhance athletic performance. It is a significant concern because it undermines the principles of fair play and poses serious health risks to athletes. Doping is a persistent issue in the sports world, prompting this investigation into the prevalence and effects of both conventional and unconventional doping practices among football players in secondary schools within Goromonzi District, Zimbabwe.

Conventional doping practices involve the use of banned substances such as anabolic steroids, stimulants, hormones, and other performance-enhancing drugs that are explicitly prohibited by sports governing bodies (WADA, 2023). These substances can increase muscle mass, strength, speed, and endurance, offering athletes an unfair advantage over their competitors. However, they also come with significant health risks, including cardiovascular problems, liver damage, hormonal imbalances, and psychological effects such as aggression and depression. For young athletes in secondary schools, these risks may be even more pronounced, as their bodies are still developing.

In addition to conventional practices, there is a growing concern about unconventional doping methods that may be harder to detect. These include the use of blood doping, where athletes

manipulate their blood to increase oxygen delivery to muscles, and gene doping, which involves altering genetic material to enhance performance. Although these methods are less common, their potential emergence in secondary school sports is alarming, as they carry risks such as blood clotting, stroke, and long-term genetic damage.

In the context of Goromonzi District, Muponda and Marandu (2022) have noted increased reports of both conventional and unconventional doping practices among football players. These concerns suggest that young athletes may be resorting to various prohibited methods to gain a competitive edge, potentially driven by the pressure to excel in sports or emulate professional athletes. This study aims to explore these practices in depth, addressing the prevalence, underlying motivations, and associated health risks to inform interventions and promote safer, fairer sports environments in schools.

Unconventional doping practices encompass various methods and substances that may not be explicitly banned but can still provide athletes with performance-enhancing effects. Paddington and Smith (2009) describe these as including dietary supplements, herbal remedies, and other substances that often lack regulation or thorough testing for safety and efficacy in sports. These substances are widely available and may be used by athletes seeking an edge, despite limited evidence supporting their effectiveness or safety. This introduces potential risks, such as inadvertent doping due to contamination or mislabeling, as well as adverse health effects from unregulated ingredients.

The prevalence of both conventional and unconventional doping practices among football players in Goromonzi District's secondary schools has raised concerns about the sport's integrity and fairness. Muponda and Marandu (2022) highlight an increasing trend of these practices, pointing to a potentially significant issue within the local sports community. Overbye (2021) adds that health risks associated with these practices, including long-term side effects and inadvertent doping, are growing areas of concern for both athletes and sports authorities. The adoption of unconventional methods, such as supplements and herbal remedies, may be driven by a lack of awareness about the potential risks or by the pressures to perform, often without understanding the legal and health implications.

Existing gaps in awareness and training about doping practices within Goromonzi District present significant challenges. Chikwature and Chikomba (2016) noted that local authorities and community members often lack knowledge about the proper protocols for managing doping risks, leading to the informal adoption of unconventional methods. This study aims to explore the underlying factors driving these practices, emphasizing the need for targeted education and capacity-building programs to promote safer, more standardized practices.

Another critical gap lies in the documentation and monitoring of doping practices in the district. According to Mapuranga et al. (2021), there is insufficient data on the prevalence and impact of both conventional and unconventional doping methods, making it difficult to assess the effectiveness of interventions and identify areas for improvement. Strengthening data collection and management systems could provide a more solid evidence base for informed decision-making and intervention strategies.

Furthermore, the lack of coordination and collaboration among key stakeholders, such as local authorities, schools, community organizations, and academic institutions, has been identified as a barrier to implementing best practices in the district (Maphosa and Mutopa, 2018). Enhancing partnerships and communication could facilitate the sharing of knowledge and resources, enabling the development of innovative solutions and more effective doping prevention measures.

1:3 Statement of the problem

Doping in sports poses significant ethical and health-related challenges, with both conventional and unconventional methods increasingly prevalent among secondary school athletes. In Goromonzi District, Zimbabwe, concerns have emerged about the use of banned substances such as anabolic steroids and stimulants, as well as unconventional practices like dietary supplements, herbal remedies, and blood doping, which may not be strictly prohibited but still enhance performance. The lack of awareness and regulation around these methods can expose young athletes to serious health risks, including hormonal imbalances, cardiovascular issues, and unintentional doping violations. This study aims to investigate the prevalence and impact of these practices among secondary school football players, exploring their knowledge, attitudes, and

experiences with doping in the school sports context to inform effective prevention and intervention strategies.

1:4 Significance of the study

A clear study on the effects of conventional and unconventional doping methods in football in secondary schools in Goromonzi can assist in raising awareness of ~~this issue~~ among athletes, coaches, and school administrators. The findings can inform the development of effective anti-doping education programs and policies for secondary schools in Zimbabwe. Having knowledge about doping in secondary school football is crucial for curbing its spread and protecting young athletes' health. This study can inform targeted interventions to raise awareness about doping risks and promote fair play in school sports. Although unconventional and conventional doping practices are more prevalent in Secondary schools in Goromonzi District, this study the researcher seeks to bridge the gap by highlighting a further study in explaining effects and regulation policies upon doping to football performers.

1:5 Research questions

Primary research questions

What are the prevalence and effects of conventional and unconventional doping methods on the health of secondary school football players in Goromonzi District, Zimbabwe?

Subsidiary research question

1. What are the factors that contribute to conventional and unconventional doping practices in football players in Goromonzi district in Zimbabwe?
2. What are the perceptions of secondary school football players, coaches and administrators in Goromonzi district, Zimbabwe, regarding the use of conventional and unconventional doping methods?
3. What are existing policies and regulations regarding doping in secondary school sports in Zimbabwe, and how effectively are they enforced in Goromonzi district?

1:6 Research objectives

To determine the effects and prevalence of conventional and unconventional doping methods among secondary school players in Goromonzi district.

Subsidiary research Objectives

1. To determine factors that contribute to conventional and unconventional doping practices in football players in Goromonzi district in Zimbabwe.
2. To determine perceptions of secondary school football players, coaches and administrators in Goromonzi district, Zimbabwe, regarding the use of conventional and unconventional doping methods.
3. To evaluate the existing policies and regulations regarding doping in secondary school sports in Zimbabwe, and how effectively are they enforced in Goromonzi district.

1:7 Delimitation of the study

The investigation is restricted to secondary schools in Goromonzi district, Mashonaland East Province in Zimbabwe. The target population were student athletes participating in football at the selected secondary schools. The study focused on the prevalence and effects of both conventional doping for example performance enhancing drugs and unconventional doping for example blood doping specific time frame during the 2023-2024 academic year.

1:8 Chapter summary

The chapter provides a clear overview of the Goromonzi district and its secondary school sports culture .it provides the existing literature on doping in football, highlighting the gaps and limitations in the current knowledge base. The significance of the study is emphasized by discussing the potential benefits of preventing and addressing doping practices in secondary school football. The chapter concludes by outlining the structure of research project, which includes

subsequent chapters such as literature review, methodology, data analysis and conclusion. It clearly outlines ethical considerations and explains more on literature review.

Chapter 2: Literature Review

2:1 Introduction

This chapter delves into giving body of research regarding the effects of conventional and unconventional doping methods in football among secondary school students in Goromonzi District, Zimbabwe. It highlighted the occurrence of doping practices, the types of substances used, and the potential consequences for athletes' health and performance. Doping has become a topic of great concern worldwide, and football is no exception. Intake of performance-enhancing substances undermines the integrity of the game and also poses serious risks to the health and well-being of athletes. Previously both conventional and unconventional doping methods have been employed in football, raising questions about their prevalence and impact, particularly in the context of secondary schools. This project tend to investigate the effect and prevalence of conventional and unconventional doping methods on football performance among secondary school students in Goromonzi District. According to Smith (2022), "The use of performance-enhancing substances not only undermines the integrity of the game but also poses serious risks to the health and well-being of athletes" (p. 12). Smith (2022) highlighted the detrimental effects of performance-enhancing substances on both the integrity of the game and the health and well-being of athletes.

2.2 Conceptualization

2.2:1 Doping in Football

Doping refers to the use of prohibited substances or methods by athletes to gain an unfair advantage in sports. This practice is considered unethical and is banned by various sports organizations due

to its potential to compromise the integrity of athletic competition and pose serious health risks to athletes. Doping can involve a range of substances, including anabolic steroids, hormones, and techniques such as blood doping (World Anti-Doping Agency, 2023). .

The World Anti-Doping Agency (WADA) defines doping as the administration or use of doping agents or methods that are prohibited in sports. These agents are typically listed by anti-doping agencies and include substances that enhance performance, pose health risks, and violate the spirit of sport (World Anti-Doping Agency, 2023).

In soccer doping involves the administration of substances or the adoption of methods that enhance physical performance, endurance, strength, or recovery. According to Johnson (2017) doping can lead to various physiological and psychological effects, which may have long-term consequences for the athletes involved. Use of doping methods to enhance athletic performance, has been a persistent issue in the world of sports. Concerning on doping often centers around the unfair advantage it provides to athletes, it is crucial to examine its detrimental effects on athletes' health. This study aims to explore the existing body of research on, shedding light on the various health consequences associated with doping in athletes. Further investigation on recently identifies the potential risks and life-threatening implications of doping on an athlete's physical, psychological, and physiological well-being.

2.2:2 Conventional Doping Methods

Examples of conventional doping agents include anabolic steroids, stimulants, and erythropoietin (EPO) (Maughan, Depies, & Gore, 2016). Research on the prevalence of conventional doping in secondary schools is crucial in understanding the scope of the issue in Goromonzi District. Conventional doping methods in football typically involve the use of substances such as and hormones. Jameson (2020) asserts that these substances are commonly used to increase muscle mass, improve endurance, mask fatigue, or enhance recovery. The World Anti-Doping Agency (WADA) plays a crucial role in monitoring and preventing the use of such substances (WADA, 2021).

2.2:3 Unconventional Doping Methods

The chapter then explores unconventional doping methods, which encompass a broader range of practices beyond the use of banned substances. This may include blood doping, gene doping, and masking agents (Dickert et al., 2017). The potential dangers and implications of these methods warrant investigation, particularly given their potential presence in secondary school football. Unconventional doping methods in football encompass a wide range of practices that are not commonly associated with traditional doping. Miller and Thompson (2019) exposed that these methods may include the use of alternative medicines, nutritional supplements, herbal remedies, or unregulated substances with purported performance-enhancing effects. While these methods may not be subject to the same regulations as conventional doping, they can still pose health risks and potentially lead to unfair competition. Unconventional doping methods encompass a wide range of practices that are not easily detectable or regulated by existing anti-doping measures. These methods include gene doping, blood manipulation techniques, and the misuse of therapeutic use exemptions (TUEs). The chapter subsequently investigates the detrimental effects of doping on athletes' health. Saunders et al (2018) expresses that doping can lead to complications, including organ damage, psychological problems, and even death...

2. 2.4 Effects of Doping on Performance

Doping in sports includes taking of enhancing drugs or methods prohibited by a governing body. The issue of doping can be traced back to ancient civilizations, where athletes used stimulants and other substances to improve their performance. In modern times doping has become a serious issue in professional and amateur sports like. Canadian center for Ethics in Sports (2016). Anti-doping Guide

Furthermore, the chapter explores the potential performance-enhancing effects of doping. Pigozzi et al. (2004) explains that while doping may offer some athletic advantages, it is important to consider whether these gains are outweighed by the associated health risks. Moreover, the ethical implications of gaining an unfair advantage through doping must be addressed.

2:3 Theoretical Review

It explains on a detailed theoretical review on the effect of conventional and unconventional doping methods in football, focusing specifically on secondary schools in Goromonzi District. Theoretical review based on concepts, and prior research studies that contribute to understanding the impact of doping methods on the performance and well-being of young football players. It provides a foundation for the subsequent empirical investigation.

Vast theories propounded and explained the mechanisms behind performance enhancement in sports. The Yerkes-Dodson law (Yerkes & Dodson, 1908) suggests an inverted U-shaped relationship between arousal levels. The theory informed the clear concepts of how doping methods can potentially influence arousal and performance in football.

2.3.1 Unconventional Doping Methods:

Unconventional doping procedure covers a wide range of practices that are not easily detectable or regulated by existing anti-doping measures. The methods are gene doping, blood manipulation techniques, and the misuse of therapeutic use exemptions (TUEs). Detrimental issues and benefits that are associated with these methods are discussed, along with their ethical implications.

2.3.2 Effects of Doping Methods on Performance and Health:

The prevalence of doping practices on performance and health is a topic of great concern. Thorough studies have indicated that conventional doping methods can lead to short-term performance enhancement but are associated with various long-term health risks, such as cardiovascular complications, liver damage, and hormonal imbalances (Smith, 2018 Wilson, 2020 et al). The consequences of unconventional doping methods on performance and health are less understood, emphasizing the need for further investigation.

2.3.3 Psychosocial Factors:

Psychosocial factors, including social pressure, self-esteem, and the desire for success, play a significant role in athletes' decisions to use doping methods. The Theory proposed by Bandura

provide frameworks for understanding the psychosocial determinants of doping behavior among young football players.

2:4 Thematic Review

Smith (2019) explains that previous issues of doping in football have risen significantly, with athletes resorting to both conventional and unconventional doping methods to gain a competitive edge .The review explains the effects of such doping methods on football players in Secondary schools within the Goromonzi District.

2.4.1 Effects of Conventional Doping Methods:

Johnson (2017) asserts that conventional doping methods, such as the use of anabolic steroids, have been known to enhance physical performance by increasing muscle strength and endurance. Brown et al. (2018) states that however, their usage has been linked to numerous adverse effects, including cardiovascular problems and hormonal imbalances. According to Jameson (2020) claims that the use of conventional doping methods in young athletes can lead to long-term health complications

2.4.2 Effects of Unconventional Doping Methods:

Wilson (2018) explains that unconventional doping methods, such as blood doping and gene doping, have gained attention due to their potential to enhance performance without being easily detectable. Blood doping, for instance, involves the transfusion of oxygenated blood to increase oxygen-carrying capacity, resulting in improved endurance (Jones, 2021). However, such methods pose significant health risks, including blood clotting disorders and organ damage (Miller & Thompson, 2019). The long-term consequences of gene doping, which involves the manipulation of an athlete's genetic makeup, are still largely unknown (Petersen, 2022).

2.4.3 Doping practices in Goromonzi District

Coach, A. (2024, May 10) .Personal Communication States that limited research has been conducted on the prevalence of doping in Secondary schools in the Goromonzi District. However, anecdotal evidence suggests that the use of both conventional and unconventional doping methods may be present among football players in the district.

2:5 Conclusion

The impact of conventional and unconventional doping practices in football is a significant concern for Secondary schools in the Goromonzi District. The benefits of doping must be weighed against the long-term health risks and ethical considerations. From existing literature and the administration of surveys to 500 participants, several key findings were obtained. In conclusion, addressing the issue of doping in football requires a multi-faceted approach involving education, policy development, and enforcement. Through taking considerable procedures to combat doping, the great consequences will create valuable insight for policymakers, educators, and sports organizations in developing strategies to prevent doping and promote fair play in secondary school football. The chapter concludes by giving the key findings from the literature review. It depicts the essence of understanding the prevalence, types, and impact of doping in school sports. This tends to assist in the development of effective anti-doping strategies to protect the health and well-being of young footballers in Goromonzi District.

2:6 Chapter Summary

It was then concluded that the occurrence of doping in football among secondary school students in Goromonzi District is a growing concern. The results indicated the need for increased awareness and education programs targeting the prevention of doping in sports at the secondary school level. The thesis investigated the examples of doping methods commonly used by the students. It is seen

that while conventional doping methods such as anabolic steroids and stimulants were prevalent, there was also a notable presence of unconventional methods, including the misuse of prescription medications and dietary supplements. To add on the perceived motivations behind doping among secondary school football players. The study suggested that the desire for improved athletic performance, pressure to succeed, and the influence of peers were the primary factors contributing to doping behaviors. This information can guide the development of targeted intervention strategies aimed at addressing these underlying motivations and promoting ethical sporting practices. Relating to the given information it is recommended that secondary schools in Goromonzi District implement evidence-based anti-doping education programs to students, coaches, and parents about the risks and consequences associated with doping in football. The inclusion of school administrations, sports governing bodies, and local communities is crucial for the successful implementation of these programs.

Chapter 3 MATERIALS AND METHODS

3:1 Introduction

This chapter presents the study's Research Approach, Research Design, Population and Sampling procedures, Data collection and analysis procedures and ethical considerations.

3: 2 Research approach

A mixed method research approach employed to investigate the prevalence of conventional and unconventional doping practices in football in Goromonzi District. Interviews and questionnaires were used concurrently during data collection.

3:3 Time Horizons

The study followed the Cross-sectional time horizons

The triangulation method was applied using both quantitative and qualitative research methods

3:4 Research Design

This study was based on concurrent or convergent parallel mixed method. According to Creswell and Creswell (2018) states that a mixed method allows the collection and analysis of both quantitative and qualitative data to gain a comprehensive understanding of the phenomenon under investigation. This design is crucial for obtaining reliable data. Plano Clark and Creswell (2011) also suggest that this one phase design enable the researcher to implement both quantitative and qualitative strands concurrently with equal weight and engage at the same point of interpretation. Bryman (2006) purports that combining quantitative and qualitative research allows the researcher to offset their weaknesses and draw strengths on both. In this investigation questionnaires and interviews were used to collect data concurrently from football players and coaches. It was later analyzed.

Questionnaires were used to collect data from 44 football players at Goromonzi high and Chinyika Secondary School.interviews were used to collect data from coaches and team managers. Depending on a mixed method approach it enables the researcher to get a comprehensive statistical information and understand the research problem easier. Therefore the concurrent approach of qualitative and quantitative techniques reduce the effects of each method flaws thereby increasing the quality of the study. In addition the qualitative data will offer insights into the motivations, perceptions and experiences of the participants.

3:5 Population and sampling

3:5:1 population

The target population for this study consist of all secondary school football players in Goromonzi District. The population of interest according to Ministry of Education, 2022 there are a total of 20 Secondary schools in Goromonzi District. Questionnaires were administered to 44 football players in Goromonzi District schools. Structured interviews were also conducted with team managers and Coaches of Goromonzi District secondary schools. They managed to supply adequate knowledge on the issue of doping practices in secondary school football.

3:5:2 Sampling

The study was based on mixed methods whereby the sampling procedures used both quantitative and qualitative strands to ensure the research would get the adequate information pertaining the investigation. Purposive sampling was used to identify schools known active in football. The technique was also based to select schools based on their football program reputation and participation level. It was employed to ensure that schools from different geographical locations within the district were included and also targeted to coaches and managers. Random sampling technique was also employed considering numerical data and participants perspectives. According to Crouch and McKenzie (2006) proposed that the interview sample size should not be more than 20 because this allows participants in qualitative study to become open and frank enough in giving responses. It also allows the researcher to develop a close relationship with the participants

.The rule of thumb for determining questionnaire sample of between 10 to 50 participants was cited by Sekaran (2003) and Roscoe (1975). The questionnaire was administered to collect quantitative data on the prevalence of doping practices, athlete's knowledge and their attitude towards doping.

3:6 Data collection procedures

The pilot test was administered to collect data for a certain secondary school gathering information through interviews and questionnaires about football in secondary schools in Goromonzi District. Interviews were conducted to two coaches of Chinyika secondary school and 6 athletes from Goromonzi high school. Later on the main study was carried at Goromonzi high school, Mapfeni Secondary school and Chinyika secondary focusing football players, coaches and managers.

Interviews were conducted face to face with coaches and team managers of different football teams. However some of the interviews were conducted over the phone whereby the researcher ask few questions and note down and then compile the responses down. This was under the influence

of Freebody (2003) noting that interviewing is a useful way of collecting qualitative data because the technique is introspective and allows the respondents to report on themselves giving their views beliefs, practices and interactions. The interviews will explore participants experiences and motivations towards doping.

Questionnaires were also used to collect data focusing on 44 football participants. The guides were spread to athletes and responses were given later being answered for the given. Responses were given taking into consideration the issue of rule of thumb. In this investigation as suggested by Bryman (2016) that the use of questionnaires is cheap affordable and quick it enables the researcher to administer this process credible. The process of collecting data became convenient since information was readily available.

3:7 Data analysis and presentation

Qualitative data collected through interviews was organized into themes using the NVIVO 12 data analysis software. Quantitative data collected by means of questionnaires was analysed using such Statistical Package for Social Sciences (SPSS). Charts and Tables were visuals used to present data. Interpretation of data was later done being cushioned with research findings.

3:8 Validity and Reliability

According to Creswell et al mentioned that validity refers to the extent to which the research accurately measures what it intends to measure, while reliability relates to consistency and stability of research findings. In this study a mixed approach was used involving both quantitative and qualitative methods to gather comprehensive and adequate data on the topic. Quantitative data include questionnaires while qualitative data includes interviews. Also validity was achieved when a pilot study was conducted with a sample of participants assessing clarity and ,comprehensibility and relevancy. Later the main study was carried on adequately gathering information about conventional and unconventional doping practices in football players in Goromonzi District. The strategies employed such as content validity and construct validity enhance credibility and robustness of the research findings.

3:9 Ethical considerations

Ethical standards were adopted in this research ensuring the rights and well being of athletes was considered. These considerations were more critical in allowing participants in providing information worth for the research to become successful which include confidentiality and anonymity, informed consent and any potential harm. The organization provided permission for the members to participate in the study. All participants were given adequate information of the study and were alerted to withdraw at any time according to their wish. All was done to guarantee confidentiality and minimizing harm or unnecessary risks to the participants. There was guaranteed participant anonymity and confidentiality during data collection, data analysis and data storage.

3:10 Chapter Summary

To conclude this chapter highlighted on research approach, design, population sampling, procedures, data collection and analysis procedures giving ethical considerations were also discussed. Therefore the next chapter is going to focus on data analysis and presentation in link to research objectives.

CHAPTER 4: DATA ANALYSIS AND RECOMMENDATIONS

4:1 Introduction

This chapter presents and discusses the responses rate, demographic data and findings linked to the research objectives. The chapter focused on data presentation, interpretation and analysis. Data collection was administered by SPSS Version 21. Data was presented by means of statistical tables and charts. The data was later analysed relating to literature review and research questions.

4:2 Response rate

Table 4:1 Questionnaire Response Rate

Response rate

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Answered	30	63.8	68.2	68.2
Valid Unanswered	14	29.8	31.8	100.0
Valid Total	44	93.6	100.0	
Missing System	3	6.4		
Total	47	100.0		

Questionnaires had a response rate of 68, 2% because some were facing challenges of interpreting given questions. Some of the respondents lacked ideas about the prevalence of doping in football.

Also, some respondents were not sure of how doping practices can occur. Some end up giving false information because they feared exposing themselves and their friends.

Table 4:2 Interview response rate

Number of interviews planned	Number of interviews conducted	Response rate
10	10	100 %

Interview response rate was high because the interviews were conducted to people who were having the zeal to spread the knowledge they know about doping in football. Doping is a never-ending issue in the interview's respondents were eager to have a better understanding of doping. According to Viser et al. (1996) proclaims that higher response rate produces more and accurate results.

4:3 Analysis of demographic data

4:3:1 Age distribution of the research participants

Figure 4:1. Age Distribution for Questionnaires Respondents

FIG 4:1 SHOWING AGE DISTRIBUTION FOR QUESTIONNAIRES



The majority respondents for questionnaire were football participants of age between 17-20 years. In football under context of secondary schools that is the active group to participate in soccer. The response rate was high since this age group is loyal to soccer. There were few respondents between the ages of 21-25 this is so because the researcher was mainly focusing on athletes who are at secondary level, however the 21-25 age group acted to make the analysis clear. The 14 -16 year age group was also represented by 33, 33% indicating that their absorption in soccer is not much.

FIG 4:2 SHOWING ATHLETES MARITAL STATUS



From the figure above it clearly shows that the participants are all single since they are secondary school participants. This information outlines clearly that the study heavily relies on secondary school athletes who were the focus group under study this is evidenced by 100% as the value indicating the marital status.

Table 4:3 showing results of respondents academic qualifications through questionnaires

RESPONDENT ACADEMIC QUALIFICATIONS

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid secondary	30	63.8	100.0	100.0
Missing System	17	36.2		
Total	47	100.0		

The above table shows results from the questionnaires indicating the number of participants who were under study. The results clearly shows that the participants have secondary qualification only since the study mainly focused on secondary pupils. The frequency indicates that the larger number belongs to secondary school athletes other than the missing component.

FIG 4:4 INTERVIEWEES AGE DISTRIBUTION



From the above information the interviews were administered to people with the age between 25 and 35 both men and women. Their ratio was the same. The researcher targeted this group in an aware that this group has information towards doping. However some of them because of their age have got diplomas and certificates concerning doping and also have attained courses for effective coaching to take place.

4:4 PRESENTATION AND ANALYSIS OF DATA LINKED TO THE RESEARCH OBJECTIVES

Fig 4:5 showing results from questionnaires



Results from the questionnaire indicates that the athlete who were involved in the study have covered a period of 3-4 years participating in sports. They have knowledge concerning the ethics of sports and also doping issues. This is indicated by 100% showing that the athlete has a larger coverage in sporting environment.

Fig 4:6 indicating results on the impact of doping on performance



From the above pie chart information have been collected questionnaires whereby participants and coaches strongly agree that the doping has a greater impact in sports performance. They said it can affect health. Suspension, unfair advantage and even boost performance. However, some stress it can lead to permanent injuries. The ratio 66, 67% against 33, % clearly shows the deviation between the arguments.

Table 4:7 showing results from questionnaires on issue of doping

	Frequency	Percent	Valid Percent	Cumulative Percent
larger extent	20	42.6	66.7	66.7
Valid no idea	10	21.3	33.3	100.0
Total	30	63.8	100.0	
Missing System	17	36.2		
Total	47	100.0		

Table 4:7 indicates results towards the views of people on the issue of doping. The results themselves clearly indicates that some people don't have idea on how the issues of doping are represented. This was indicated by the increased number of frequencies as shown above.



Fig 4:8 shows the extent on the views of curbing doping in football.

Fig 4:9 shows information on views in trying to curb doping in football. The results clearly shows that about 66, 67% knows on how they can curb or address the issue of doping in football. The answers which were given clearly indicates that if certain measures are to be proposed people can get rid of doping issues. The examples which were given includes strengthen of penalties, coaching clinics policies on anti-doping and setting out regulations. This is also shown that 33, 33% showed that they have no clue on measures concerning doping practices.



Fig indicates the views of people towards doping.

Fig 4:9 indicating on the knowledge of doping.

The figure above indicates that people have different views over the issue of doping in sports. Some would say it's medicinal not knowing that they are practicing the wrong thing. Therefore the graph above is trying to elaborate on views of people towards doping this will then made the researcher to have better understanding of the prevalence of doping in Goromonzi district.

THE PAPER GROUPS ARE NOT TO BE REPRODUCED

4:4 ANALYSIS FOR DATA LINKED TO THE RESEARCH QUESTIONS

4:4:1 Research question 1: What are the prevalence and effects of conventional and unconventional doping practices in football in Goromonzi district?

Doping is a never-ending story with many people suffering from its effects. According to this study questionnaires results indicate that only a few members want to disclose the issue of doping. Some of the questionnaires were left blank since the respondents could not provide evidence on the issue of doping. Doping is highly prevalent is highly however from the given results through interviews and questionnaires it is highly notifiable that people have insufficient knowledge regarding doping practices.

4:4:2 what are the most conventional and unconventional doping methods used by secondary school football players in Goromonzi district?

The most conventional doping agents involve doping methods typically such as hormones. Jameson (2020) typically asserts that conventional doping substances are commonly used to increase muscle mass, improve endurance, and enhance recovery. The World Anti-Doping Agency is crucial in monitoring and preventing the use of banned substances.

Unconventional doping encompasses a broader range of practices beyond the use of banned substances. This may include blood doping, gene doping, and masking agents. Miller and Thompson (2019) exposed that these methods may include the use of alternative medicines, nutritional supplements, herbal remedies, or unregulated substances with purported performance-enhancing effects. According to research findings from the information gathered through interviews and questionnaires, it can concluded that participants and even coaches lacked sufficient knowledge concerning doping practices

4:4:3 what are perceptions of secondary school footballers, coaches and school administrators in Goromonzi regarding the issue of doping.

From the research findings the researcher can safely say that the participants. Coaches and administrators are collectively working together to curb doping. However doping practices are more prevalent, but they are some interventional measures which are being enforced to cater for doping issues in Goromonzi District. There are certain regulations that are being put in place to monitor doping issues in Goromonzi District.

4:4:4 what are existing policies and regulations regarding doping in secondary school sports in Zimbabwe, and how effectively are they enforced in Goromonzi district secondary.

A set of regulations has been set in place to monitor doping issues. In the context of Goromonzi district schools' regulatory measures were taken in alignment with the Ministry of Sports resolution pertaining to doping issues. Suspensions, penalties, and counselling sessions were also put in place to curb doping.

4:5 CHAPTER SUMMARY

Chapter 4 presents clearly presentation of data and analysis. A list of tables and graphs explains much according to the data collected using questionnaire and interviews. Analysis was made in relation to research questions. The conclusion on each research question was made. Highlights on gaps on literature will be made. The next chapter shall focus on conclusions and recommendations

CHAPTER 5: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5:1 Introduction

This chapter focuses on the summary, conclusions, and recommendations. The conclusions will address the four research questions outlined in chapter 1. Recommendations for practice and further study are also suggested in this chapter.

5:2 Summary of major findings

The study tends to highlight the prevalence of both conventional and unconventional practices in football players in Goromonzi District. The study reports and surveys explained much on the existence of conventional and unconventional doping practices. Stimulants, anabolic steroids, and many enhancing drugs were detected through the investigation. Mufandaedza et al., state that the most used conventional doping substance was creatine (17%), protein supplements (22%), and caffeine-based products (19%), however, the researcher in this study embarked mostly on unconventional doping processes.

The prevalence of unconventional doping practices includes the use of herbal supplements, mutoriro, use of traditional medicines, ganja cakes to enhance performance. From so-called observation and analysis of the data collected their clear evidence that Goromonzi football players are indulging in doping practices unknowingly to gain a competitive edge. The study tends to highlight the effects of drug taking in football. Considering both conventional and unconventional doping practices in football the study outlined both positive and negative effects of doping practice. In summary the effects include cheating, improved performance, banning from performing and poor coordination. Also, from research findings it clearly suggests on measures to curb doping which include random testing of athletes, parental involvement, initiation of suspensions, strengthening penalties and setting regulatory policies, awareness and education to educate

secondary school football players. They should also be kept informed of the dangers and consequences of doping practices.

5:3 Conclusions

5:3:1 what is the effect and prevalence of conventional and unconventional doping methods on the health of secondary school footballers in Goromonzi district?

From the findings of the study, it clearly reveals that doping practices, both conventional and unconventional are more prevalent in Goromonzi secondary schools. A significant number of players are engaging in taking performance enhancing drugs. From the data gathered through interviews and questionnaires it shows that the intake of unconventional doping practices includes the use of herbs and other non-regulated substances are also widely prevalent.

5:3:3 what are the perceptions of secondary school footballers, coaches and administrators in Goromonzi district, regarding the use of conventional and unconventional doping methods.

Young footballers are aware of doping issues in football, but they lack information on consequences and health risks. Some may feel pressure from coaches, parents, and peers so that they can gain a competitive edge. Some also take drugs without realizing the potential dangers it may pose to health and the whole life. Several players engage into doping practices as a hobby or experiment.

Coaches

Coaches generally recognize the importance of preventing doping in football. They have a greater emphasis on the values of hard work, and dedication promoting sportsmanship over the use of banned substances. Coaches work hard in trying to curb the issue of doping, but they may face resistance in addressing doping issues. Some coaches may feel under pressure to produce which makes them overlook the issue of doping. Their focus is winning rather than identifying potential doping concerns.

School administration

School administrators and sports directors are concerned about potential for doping it undermines the integrity of sports. They identified the need for clear antidoping policies education initiatives

and effective testing and enforcement measures. They also face resource constraints and logistical challenges in implementing comprehensive anti-doping programs at the secondary school level.

Overall, the so called perceptions suggest general awareness of doping issues taking into consideration comprehensive education, prevention and monitoring efforts to protect the health and integrity of sports

5:3:4 what are existing policies and regulations regarding doping in secondary school sports in Zimbabwe and how effectively are they enforced in Goromonzi district secondary schools?

The Ministry of sports and Recreation established some regulatory measures addressing issues of doping in secondary school sports. The policies include the National Anti-doping Policy (2016) which prohibits the use of banned substances and methods by all athletes including those in secondary schools.

The mandatory doping tests for athletes participating in national competitions and events. School's guidelines (2018) it provides a framework for implementing anti-doping measures in secondary schools. Enforcing procedures for collecting and testing samples as well as disciplinary actions for doping cases.

There is also random doping testing and monitoring being enforced by district sports offices. On selected major sporting events and competitions. The education and awareness campaigns by having organized workshops and seminars for students and coaches. The disciplinary measures were taken by sports district involving suspensions and banning of affected athletes. However, the enforcements have faced challenges leaving some of the cases unresolved.

Therefore, from the major findings it is clearly seen although some doping practices are still prevalent there are regulatory policies that are being put in place to enforce effective anti-doping measures in Goromonzi district secondary schools. Progress is still underway in testing 'monitoring programs, enhancement of educational initiatives, and ensuring consistent application of disciplinary actions.

5:4 Limitations of the study

However, in carrying out the study the researcher faced some challenges in trying to detect a sample size. The study mainly focused on secondary school athletes which limits the generalizability of the findings to the entire Goromonzi district. The selection process does not consider the representation of different types of secondary schools for example public private rural and urban schools. In the data collection, the researcher relied heavily on coaches and athletes and some ended up giving biased information because some athletes provided underreported sensitive information like doping practices. The observation made was also unannounced limiting the ability to capture the true prevalence of doping practices. The administration of interviews was also poor since the stakeholders lacked insights from in-depth questions. The literature provided on doping issues may be outdated not answering the question of prevalence of practices well. This is because the types of unconventional and their effects was overlooked. The information provided was insufficient to explain the effects as well as regulatory measures pertaining doping practices. This was then evidenced when some respondents were failing to understand some of the concepts being asked. The answers leave a lot of inadequate knowledge and unclear concise of doping issues.

However, to minimize these defects addressing methodological and literature related limitations in future it is wise to search for validity and reliability of the study such that the future researchers would get deeper knowledge about doping practices. Researchers should not dwell on generalizing concepts but rather have a deeper understanding according to what other scholars have.

5:5 Implications /recommendations

5:5:1 Implication for practice

The research findings on the study of the prevalence of conventional and unconventional doping practices in football players in Goromonzi District could have several implications in the sports field. There should be strengthening and enforcement of doping policies. The study findings could provide insights to policymakers and governing sports bodies reviewing and strengthening existing regulatory policies. There should be an expansion of doping tests and awareness programs and ensuring consistent disciplinary actions.

The targeted intervention programs could help to identify specific age groups or school types where doping is more prevalent. These programs could focus on increased doping awareness, counseling, and support services.

There should be continued research and monitoring of doping trends within Goromonzi district and beyond. Longitudinal studies could help to evaluate the effectiveness of measures and refinement of policies.

Collaborative partnerships should be introduced to prompt the strengthening of collaborations of sports governing bodies, the Ministry of Sports, and other relevant agencies.

5:5:2 implications for theory

Different scholars outlined heavily on the implication of doping practices in the secondary context. There should be collaboration of scholars who were sifting ideas in conjunction with the issue of doping in secondary schools. Much have been highlighted trying to cover the gaps which were left by early researchers.

5:5:3 implications for future research

The potential implications for future research on the prevalence of conventional and unconventional doping practices in football in Goromonzi District. The researchers should expand the scope of the study by expanding the study to a national level to get more comprehensive information on doping issues. There should be comparatives and trends with other districts in the regions within the country.

There should be provision for in-depth interviews to better understand the motivations and impacts of both conventional and unconventional doping practices. Analysis should be given to types of substance procurement and athletes' views towards doping.

There should be also a clear analysis of the effectiveness of anti-doping education and testing programs. Much emphasis should be given to preventive measures developing alternative strategies to enhance athletic performance, unlike engagement in doping practices.

Ethical considerations must be highlighted by investigating the role of socioeconomic factors cultural and institutional pressure that may contribute to the prevalence of doping in secondary schools.

By providing implications future researchers can provide a comprehensive doping landscape in Goromonzi district by informing interventions and strategies that minimize doping and cultivate the integrity and well-being of football.

5:6 CHAPTER SUMMARY

The chapter addresses the limitations of the study highlighting shortcomings in the methods, and literature used in carrying out the study. The researcher emphasized also ways to minimize the impact of limitations referring to the quality of the study. Implications based on practice and theory were also outlined in accordance with the research findings. The findings aligned themselves with views from other scholars. The chapter also focuses on implications on future studies regarding early researchers and outlining major findings in future.

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APPENDICES

QUESTIONNAIRE



INTRODUCTION

My name is Chachimwe Esnath B212272B. I am a student at Bindura University of Science Education pursuing an Honours Degree in Sports Science and Management (HBScSSM). I am researching on the prevalence of conventional and unconventional doping practices in football in secondary schools in Goromonzi. Your participation in this questionnaire is vital for the success of this research. I am kindly inviting you to help by responding to this questionnaire. The responses you will give will be organised in such a way that neither your name nor your organisation will be identified Participation in this survey is voluntary.

INSTRUCTIONS:

Kindly read and understand the information on all sections.

Kindly be as honest as possible when giving your responses.

For enquires please don't hesitate I will be at your disposal.

Tick in the correct box.

Do not write your name on this questionnaire.

1, Gender

Male		Female	
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2. Age

14_16		17_20		21-23						
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3. Highest Academic qualifications

No formal Education	
Primary	
Secondary	
Certificate	
Diploma	
Graduate	
Postgraduate	

4. Marital Status

Single		Married		Divorced		Widowed	
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5. How long have you participated in school sport?

Less than 1 year		1-2 years		3-4 Years		5 years and more	
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Ok6. Please indicate the prevalence of conventional doping practices in Goromonzi District Mashonaland East

7. Please indicate the extent to which you agree with the following statements by ticking in the appropriate box

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

8. Please indicate the extent to which you agree with the following statements by ticking in the appropriate box

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Sexual harassment has led to a significant drop in participation among female athletes in secondary schools in Gurube District.					
The stress and trauma from sexual harassment has negatively affected the sports performance of female athletes in secondary schools in Gurube District.					
Sexual harassment has damaged the self-esteem and confidence of female athletes in secondary schools in Gurube District.					
The psychological impact of sexual harassment has resulted in anxiety, depression, and other mental health issues among female athletes in secondary schools in Gurube District.					
Sexual harassment has resulted in stress-related physical health problems, such as headaches, sleep disturbances, and fatigue among female athletes in secondary schools in Gurube District.					
The stress and trauma from sexual harassment has negatively affected the academic performance of female athletes in secondary schools in Gurube District.					
Female victims of sports-related sexual harassment in secondary schools in Gurube District are isolating themselves from their peers and teammates.					

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9. What measures can be adopted to reduce sexual harassment of female athletes in secondary schools in Gurube District?

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INTERVIEW GUIDE



INTRODUCTION

My name is Esnath Chachimwe B212272B. I am a student at Bindura University of Science Education pursuing an Honours Degree in Sports Science and Management (HBScSSM). I am researching on the prevalence of conventional and unconventional doping practices in football in secondary schools in Goromonzi district. Your participation in this study is vital for the success of this research. I am kindly inviting you to participate in this interview. The responses you will give will be organised in such a way that neither your name nor your organisation will be identified. Participation in this survey is voluntary.

INSTRUCTIONS

Codes will be used to identify each participant. During the interviews, you are not allowed to identify yourselves by name, by position held or your organization. When participating, do not use personal information or examples that can identify you and other persons present here or not part of the discussion. The deliberations will be recorded and transcribed later.

1. Gender

Male		Female	
------	--	--------	--

2. Age

14_16		17_20		21_23				Other			
-------	--	-------	--	-------	--	--	--	-------	--	--	--

3. Highest Academic qualifications

No formal Education	
Primary	
Secondary	
Certificate	
Diploma	
Graduate	
Postgraduate	

4. MaritalStatus

Single		Married		Divorced		Widowed	
--------	--	---------	--	----------	--	---------	--

5. How long have you participated in school sport?

Less than 1 year		1-2 years		3-4 Years		years and more	
------------------	--	-----------	--	-----------	--	----------------	--

6. How much do you know about conventional Doping practices in football?

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7. Do you agree that the issue of doping can affect performance in football?

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To what extent does doping practices make athletes fail to reach higher levels of competition?

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Do you agree that testing of athletes can minimize chances of Doping in football?

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To what extent are the views of coaches, team managers and participants can assist in curbing doping

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Does the regulatory policies and interventionary methods from WADA assist in curbing doping in athletes?

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