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By Waheed Zafar, Amir Razi, Abdul Rehman, Masroor Siddique, Waleed Anwar, Danish Arif & Neelam Almas
University of Lahore

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Trends of Steroids in the Youth

Waheed Zafar [σ], Amir Razi [α], Abdul Rehman [σ], Masroor Siddique [σ], Waleed Anwar [σ], Danish Arif [σ] & Neelam Almas [σ]

Abstract - Anabolic steroid usage has been recognized as a serious health and ethical problem in youth for several decades. Numerous examples of steroid usage rules violations have been highly publicized and have lead to the suspension .Youth, however, are not the only population of individuals that use steroids. The objective of this article is to determine the usage of steroids in the youth as a trend and to compare our findings with survey that why steroids are consumed and what are the advantages and disadvantages and also acknowledgement. To measure these attitudes, we conducted a survey of 200 people from different gyms. More than (83.5 %) percent of the study group reported that they heard about current or previous anabolic steroid usage. According to the previous eighty-eight (88%) percent had heard of anabolic steroids, but only 59.5% had heard their side effects explained to them. In survey, 88% had heard of anabolic steroids, 59.5% had heard the side effects explained to them, and 19.5% admitted to using steroids. 24.5% said that steroids should be promoted. Only 16.5% says that steroids are healthy and 29.5 % think that a steroid improves muscles and strength. Only 18.5% take steroids as a pain reliever. These results suggest that anabolic steroids remain a problem among young. Educational programs should be instituted during junior high school to increase the knowledge of anabolic steroids in this group. Information should come from qualified individuals including coaches, teachers, trainers, and especially parents.

I. Introduction

The term steroids normally are related to a class of drugs that are used to treat in many types of medical situations. These drugs are also used for supporting reproduction, regulation of the metabolism and immune functions. Recreational athletes also use steroids to enhance performance and to improve personal appearance

"Anabolic means use of something that causes a building up of tissue. The term anabolism refers more generally to an increase in lean tissue in particular muscle tissue".

1. Steroids are solvable in fats
2. Steroids are organic compounds

Testosterone is derived in the body from cholesterol, and like other steroid hormones, testosterone has its main effect on tissues. 1 ml Testoviron Depot contains 250 mg testosterone. Testosterone has main effect on tissues. Testosterone enter in body and attaches to a receptor which crosses in to cell nucleus where it activates production of protein. Protein production leads to tissue repair and growth. **Muscle building steroids** have changed the way gaming events are being conducted in today's times. More and more sportsmen have shown intent to take on performance enhancing steroids with an aim to optimize their performance. The curiosity behind **steroids** has seen a following in demanding sports such as **weightlifting**, **swimming, baseball** and **football** like never before.

A steroid used in the treatment of medical conditions usually involves the use of only one type of steroid and medical patients are closely monitored and the doses used are approximately that which would be produced naturally by the human body.

Many steroids available on the black market are even of dubious quality and often only contain small amounts of the drug. Some of these drugs have even been reported to contain only water and a dye, or contain only normal peanut oil.

Uses of steroids:

1. Maintaining sexual characteristics in males
2. Increase mass of the muscles (Body Builders)
3. Increase mass of the bones
4. Used in the treatment of inflammation
5. Increase the effect of testosterone

Clinical particulars:

- In men

Hypogonadism; potency disorders; male climacteric, aplastic anemia

- In women

Supplementary therapy of progressive mammary carcinoma in the post menopause

Anabolic Steroids:

- Anadrol (oxymetholone)
- Dianabol (methandrostenolone)
- Winstrol (stanozolol)
- Deca-Durabolin (nandrolone)
- Oxandrin (Oxandrolone)
- Depot-Testosterone

Objectives:

- To see what are the steroids
- To see why steroids are consumed
- To see what are the advantages and disadvantages of steroids

Author α : Assistant professor: The University of Lahore.
Author σ : Bachelors The University of Lahore.

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- Does young generation really have knowledge about the advantages and disadvantages of steroids before using it?

Literature review:

Abbas Yavari(2009):-

According to the International Olympic committee, the abuse of the anabolic steroids is found with ratio of 50% of positive testing. Steroids usage is not restricted to the sports man. Since it's remain unsolved public health problem. Although AASS use has been forbidden in organized sports nearly thirty years, their abuse remains one of the important problems as a widespread phenomenon in both athletic and nonathletic populations. The major motive for their abuse is to motivate physical fitness and appearance. Despite evidence of increased risks of AASS, abusers are simply mauve regarding the dangers of these substances

Trend among Youth to Buy Bulking Steroids (uncategorized):

Buying and following the bulking steroids cycle has become trend among the youth of our present society. In the domain of the third generation not only the body builder but also the youths have the craze for making their body to look like the super hero. They work out for countless hours to increase their muscular ability and strength in a shortest possible time. But the final result comes out to be negative.

Helen Keane (2005):

This article examines these two frameworks and their constitution of the male steroid user as psychologically disordered, drawing on a range of medical and psychological literature. The first framework understands steroid use as a form of illicit drug use, and constitutes the steroid user as an antisocial and excessively masculine subject. The second locates steroid use within the field of body image disorder, producing the steroid user as a damaged and feminized male.

Jay R. Hoffman (2006):

For almost half of this time no attempt was made by sports governing bodies to control its use, and only recently have all of the major sports governing bodies in North America agreed to banned from competition and punish athletes who test positive for anabolic steroids. Yet, controversy exists whether these testing programs deter anabolic steroid use t is of interest to understand why many athletes underestimate the health risks associated from these drugs.

Randall R. Wroble(2003):

Anabolic steroids remain a problem. Eighty-eight percent had heard of anabolic steroids, but only 64% had had their side effects explained to them. Only 47% stated that a parent, coach, teacher, or athletic trainer was their primary source of information. Results were compared to a 1989 baseline study completed before legislation lead to the scheduling of anabolic steroids. In 1989, 78% had heard of anabolic steroids, 50% had had the side effects explained to them, and 2% admitted to using steroids

Andrew Berdahl (2003)

The first thing that comes to people's minds about steroids is the fact that steroids are 1dangerous drugs. However, there are many kinds of steroids that are beneficial to the body. The structure of steroid is used to simulate appetite and bone growth, and it also is used to cure chronic wasting conditions. Steroid increases protein within cells, and that builds up muscles rapidly. Initially, body builders were the first people who used steroids

Tumbler: (2005)

The abuse of steroid is used in modern society. The usage of steroids is also catching up with school and college-going children and even business professionals. In a survey in 1999, it was revealed that as much as 479,000 students worldwide or 2.9 percent of total student population had used steroid by the last year of high school. In their aim to do so, they forget that steroids can be harmful and may pose a danger to their healthy, body, and even life.

II. Methodology

a) Data type

- Primary data

b) Type of Research

We are going to do quantitative research. Type of our data is primary data. In quantitative research we collect the data by conducting survey, Depth interview, and questionnaire

c) Research tool

- Questionnaire

The questionnaire was modified from the one designed. Because of our type of data we have selected is primary questionnaire fill up we have chosen. On every questionnaire we mentioned age, sex, occupation, marital status to know about them. Our first two questions show the acknowledgement about steroids. In other questions we asked their perception about steroids. In the ending of questionnaire we asked about usage of steroids by them or other people they know.

d) Type of questionnaire

- Close ended questions

e) Targeted area

- Gym's
- Universities
- Colleges

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f) Sample size

- 200

We take 250 questionnaires for our research in which 30 questionnaires were ruined and 15 were uncompleted. We get the exact data from 205 people and we take exact figure of 200 questionnaires as our sample size.

Type of sampling:

Simple random sampling

g) Findings

	Frequency	Percent
16-20	88	44.0
21-25	103	51.5
26-30	9	4.5
Total	200	100.0

Table (a)

In our survey the majority of people from which we have collected data about 21-25 years old because we are targeting the youth. The age from 16-20 years old is 44% of the total population. The least one are from 26-30 years old from which we have collected the data.

	Frequency	Percent
Female	49	24.5
Male	151	75.5
Total	200	100.0

Table (b)

Our targets of the population are mostly male from where we collect the data. The majority is male with the 75.5% of the total population and the remaining part of population is female with the percentage of 24. The total population we have target is about 200 people including male and female.

	Frequency	Percent
Single	188	94.0
Married	11	5.5
Widow	1	.5
Total	200	100.0

Table (c)

In our survey the marital status of most of the people are single. Mostly married people have no time they are much busy in their daily routine and busy life. 94 percent people of the total population are single in their marital status and 5.5 percent of our population are married remaining 0.5 percent have mentioned widow in the questionnaire.

	Frequency	Percent
Student	194	97.0
business man	5	2.5
Housewife	1	.5
Total	200	100.0

Table (d)

In the youth as we know mostly people are student. The 97% of the population have mentioned themselves as student, 2.5 % of our population from where we collect the data said that they are businessman rest of the population says that they are house wives with 0.5 percent of the population. So include all of them our total population become 200.

Corresponding to the objectives:

- Our first objective is to see what are steroids?

With perspective to our first objectives the questions in our questionnaire that fall in this category.

Table:-

The responses are given below in the table

		Frequency	Percent
Have you ever heard of steroids (a drug taken to increase muscle size)	Yes	167	83.5
	No	27	13.5
	Don't know	6	3.0
Do you know side effects of it?	Yes	119	59.5
	No	41	20.5
	Don't know	40	20.0

Table 1

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The response from the population with the reference to steroids is that 83.5% heard about steroids. Although 13.5% of population says that have not heard about steroids and 3% of targeted population says that they don't know about it.

It lies in our first objective to see what are steroids?

With perspective to the first objective 59.5 % of our population says that know about steroids. The people who say no are 20.5% of the population we have targeted and rest of the 20% say that they don't know about steroids side effects. Majority knows about the side effects of steroids.

- Our second objective is to see why steroids are consumed.

Table:-

Responses in the perspective of this question are mentioned in the table as given below:

Questions		Frequency	Percent
Have you ever used steroids as pain reliever?	Yes	37	18.5
	No	107	53.5
	Don't know	56	28.0
Do you know steroids are often used in medicine these days?	Yes	103	51.5
	No	45	22.5
	Don't know	52	26.0
Have you ever used steroids?	Yes	39	19.5
	No	136	68.0
	Don't know	25	12.5

Table 2

As we have mentioned about the response of usage of steroids as pain reliever. The responses in the fever of yes were 18.5% of the population and the response in the fever of no were 53.5 % of total population. Rest of the people said that they don't know about steroids as a pain reliever. Majority is I saying that they not used steroids as a pain reliever.

Responses for the acknowledgment about usage of steroids in the medicine are given in the table.

Research says that about 51.5% people of total population are aware of usage of steroids in the medicines. And 22.5% people of the total population says that they have no knowledge about usage of steroids are being used in the medicines. Although the other 26% of our targeted population says that they don't know about this.

Response for the usage of steroids in the youth is given in the table

According to the research 19.5% of the targeted population said: that have used steroids. On other hand 68% people deny about the usage of steroids their response was negative for the steroid usage and rest of 12.5% people says that they don't know about usage of steroids either they used or not.

- Our third objective is to find out advantages or disadvantages of steroids.

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The responses of steroids promotion in the view of youth is given below in the table:

Questions		Frequency	Percent
Do you think steroids should be promoted?	Yes	49	24.5
	No	122	61.0
	Don't know	29	14.5
To you steroids are healthy?	Yes	33	16.5
	No	109	54.5
	Don't know	58	29.0
Do you believe that steroids without proper nutrition and exercise will improve muscle size and strength?	Yes	59	29.5
	No	79	39.5
	Don't know	62	31.0
Do you feel that people take steroids to improve your chances for athletic success?	Yes	139	69.5
	No	32	16.0
	Don't know	29	14.5

Table 3

As the table show the views of youth for the promotion of steroid. 24.5% of the targeted population says that yes steroids should be promoted according to them but on other hand the majority says that steroids should not be promoted. 61% of the population says that steroids should not be promoted.

The perception of the people that steroids are healthy or not are given in the table:

Research says that 16.5% of the people are satisfied with the steroids that they are healthy. The population with majority 54.5% thinks that steroids are not healthy and 29% of the total population from where data is collected replied that they don't know about it either it healthy or injurious. It shows the advantages or disadvantages of steroids in the view of people.

Steroids without proper nutrition and exercise will improve muscle size who agrees with it and response yes is 29.5% and on other side people who disagree with it that steroids cannot improve muscle without proper nutrition and exercise is about 39.5. Majority falls in this segment that have said no and remaining says that they don't know

As the result shows that 69.5% feel think that steroids can improve chance for athletic success but 16% feel that people don't take steroids to improve their chances of success for athletics. The part consist of 14.5% of the targeted population feel that they have no idea or they don't know that people take steroids or not take steroids to improve their chances for athletic success.

- Our forth objective is to see awareness among youth about steroids.

The table given below shows the results from the targeted population:

Question		Frequency	Percent
Is it safe, if steroids used carefully will not harm an athlete?	Yes	54	27.0
	No	69	34.5
	Don't know	77	38.5

Table 4

The result shows that 27% of the population agrees with it that if steroids are taken carefully with proper dose they don't harm you. 34.5% says that steroids are harmful either they taken proper or not. There is also existences of people that don't know about steroids are harmful or not if they are taken carefully 38.5% of the total represents this.

III. Conclusion

This research was conducted to gauge the perception of steroids as a trend in the youth. Approximately one percent of 10 to 14 year-old youth sports participants are using or have used anabolic steroids. Even though usage has decreased by over

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50% since 1989, steroid use is still a serious problem. Insufficient knowledge and inappropriate attitudes regarding the benefits and risks of using anabolic steroids is also a major concern. About 51% have acknowledgement about steroids rather 49% rest of the steroids users take steroids without acknowledgement. Research impacts positive on the steroids as trend in the youth. Steroids should not be promoted 86% of the people elect it.

IV. Recommendation

Educational programs have shown to be effective against other forms of drug use. New educational and intervention efforts against anabolic steroids likewise should be instituted. These programs should start before junior high and continue through high school. Informational sources about steroids should come from qualified individuals including teachers, coaches, and trainers. Parents should also be involved and educated to help inform their children about steroids. It should be prescribed according to the Doctors advice.

Limitations:

The hurdles we have to face in our research are:

- University class timing
- Fuel consumption
- Lectures missing
- Problem in questionnaire fill up
- Miss match the timings of gym

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Appendix

Please answer every question on the appropriate line.

The University of Lahore

We the students of LBS are interested in learning more about anabolic steroids. Our objective is to help expand the body of knowledge about how steroids effects the young generation.

Topic: trend of steroids in the youth

QUESTIONNAIRE

Age ..... Sex ..... Marital status..... Occupation .....

- Have you ever heard of steroids (a drug taken to increase muscle size and/or strength)?

  ☐ Yes ☐ No ☐ don't know

- Do you know side effects of it?

  ☐ Yes ☐ No ☐ don't know

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❖ Do you know steroids are often used in medicines these days?

Yes No don't know

❖ Do you think steroids should be promoted?

Yes No don't know

❖ To you, steroids are healthy?

Yes No don't know

❖ Do you believe that steroids without proper nutrition and exercise will improve muscle size and strength?

Yes No don't know

❖ Have you ever used steroids as a pain reliever?

Yes No don't know

❖ Do you feel that people take steroids to improve your chances for athletic success (college scholarships, world championships, professional contracts, etc.)?

Yes No don't know

❖ Is it safe, if steroids used carefully will not harm an athlete?

Yes No don't know

❖ Have you ever used steroids?

Yes No don't know

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