

Trends of Steroids in the Youth

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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

Index terms—

1 Introduction

he 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".

2 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. 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):

3 Uses of

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.

4 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.

5 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.

6 Randall R. Wroble(2003):

Anabolic steroids remain a problem. Eightyeight 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 ??erdahl (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. 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. 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

7 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.

8 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.

9 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.

10 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.

11 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 ??able 1 ©

12 Don't know

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.

13 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: 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. The responses of steroids promotion in the view of youth is given below in the table: Table ?? 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: Table ?? 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.

14 III.

15 Conclusion

152 This research was conducted to gauge the perception of steroids as a trend in the youth. Approximately one
 153 percent of 10 to 14 year-old youth sports participants are using or have used anabolic steroids. Even though
 usage has decreased by over ¹



Figure 1: steroids: 1 .?



Figure 2:



Figure 3:

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Figure 4:

2

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

Figure 5: Table 2

50% since 1989, steroid use is still a serious problem.

Questions Insufficient knowledge and inappropriate attitudes Do you think steroids Yes regarding the benefi

should be promoted? acknowledgement about steroids rather 49% rest of the No

steroids users take steroids without acknowledgement. Don't know To you steroids are healthy? Yes No Res

steroids without proper nutrition and ? To you, steroids are healthy? No

exercise will improve muscle size and strength? Yes

Don't know No don't know

Do you feel that people take steroids to improve your chances for

Yes don't

athletic success? ? Yes

No know

Don't

know

No

? Have you ever used steroids as a pain reliever?

Yes

No don't

know

? Yes

No don't

know

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

Yes

No don't

know

Question ? Have you ever used steroids?

Is it safe, if steroids

Yes

used carefully will not Yes

No don't

No know

harm an athlete?

Don't

know

Figure 6: ?

.1 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.

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