Sport College Students Uses and Perceptions of Social Networking Sites of Sport Doping Information

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Abstract: The research explores sport college students use and perceptions of social networking sites (SNS) for sport doping information. **Method**: Twenty sport college students were interviewed. **Analysis**: The interview transcripts were analyzed using the qualitative content method. **Results**: The participants sharing in the study by using social networking sites for sport doping information used the site to check knowledge for sport doping from friends and relatives not from the specialists in this field, in that case the information in sport doping were not enough, so they were skeptical about the quality of information. They use of SNS mode was in four forms 1-active seeking 2-active scanning 3-non-directed monitoring encountering 4- sharing information. The results were discussed and noted for user's perceptions of sport doping information SNS. **Conclusions**: Using social networking sites for sport doping supplements information in popular among sport college students, and social networking sites seem not to be a good perceived tool for sport doping information and knowledge should be from professionals and trusted organizations.

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1. Introduction

Social media support people with information in different fields of life, this influence people seeking information and help in their work o hobbies or interest. Social media has extended to special interest as an example, the seeking on information about doping and supplement use in sport by the sport college participants between other people. As sport men and athletes tried to share their information and experiences and knowledge between each other.

There are many online means to interchange the information such as web forum, listserv, bulletin boards and social question and answer sites in sports and different fields. These provide information support to social networking sites users and help them to widen their knowledge to help in behavioral changes as reported by some reporters (Hwang and Kessler, 2004; Leeman and Whymark, 2001; Light, 2001).

Social networking sites have been growing in Egypt and around the world, specially among young people and college students. They have been an essential part of life for many teenagers and college students. As, SNS may offer valuable social benefits. There have been advantages in education to SNS explored by teachers and researchers. Dalsgaard (2006) stated that social network helps self governed and lend themselves to social constructivist pedagogies and Mason and Rennie (2008) reported that social network is a constructive method for education. Also, some researchers gave positive opinion about the use of SNS in the field of education (Alexander, 2006, Heavin, 2007, Pearson, 2009, Carter et al, 2008).

The education research suggested that the use of social networking sites have positive results. However, there are also risks. These risks can fall in different sides, such as the legal risks for student (Henderson et al, 2010), privacy invasion (Whelan, 2005), Lenhart and Madden, 2007), or problems like credit card indebtedness of college students by Wang and Xiao (2009), if college students credit cards are not co-signed by parents, the college students bear full legal responsibility for paying back the expenses, if not, they are subjected to legal risk, also there are some risk of using social networking in the field of health and doping behavior (Jelkmann 2009, Holt and Sonken, 2008).

Stimulating drugs in sport in one of the non-ethical methods to help the athlete to win in the

competition, so as to end this attitude an important organization was organized in (1999) which is called (WADA).

Doping in the use of an artificial or natural drug in an abnormal dose or by an unusual mean to elevate performance in an unusual way. The word doping comes from an African word, the Africans used a type of stimulant (alcohol) in their festival to help them to retard fatigue while dancing for a long duration, this drink was named "dope" hence the name doping was used to indicate the usage of a stimulant to retard fatigue and stresses. Also, a German scientist noticed that the use of testosterone increased muscle strength, which was also used to treat the dwarf persons. (Rogol 2010, Mitchell, et al, 2009, Hartgens and Kuipers, 2004).

Hartgens and Kuipers (2004), Harridge (2009, He et al (2008) reported that doping can affect the athletes negatively in different ways:

1- ***Ethical effects***: this administration of doping in sports may be an insult to the community and parents and sport as a whole as it is a kind of cheating.

2- ***Psychological effects***: many side effects such as depression, on motivation, aggressiveness fear and change of mood.

3- Physical and Health effects:

- Affects the liver, kidney and the heart.
- Affects negatively the weight, constipation, diarrhea.
- Negative effect on the women and men in the reproductive system.
- Affect the tendon of the muscle, growth, osteoporosis and cramps.

Mohamed Hefnawi (1997) published a list of banned substances and their numbers in a congress hold in the Olympic center in Maadi in a table.

Table (1)

Class of banned substances	No. of substances
A. Stimulants	339
B. Narcotics	48
C. Anabolic steroids	995
D. Beta Blockers	13
E. Diuretics	66
F. Masking Agents	23
G. Peptides	4
H. Others	76

Also, the Olympic Committee added every year some banned substance that are prohibited.

In 2010, Heshmat and Abdelkafy (2010) reported some added banned substances such as cannabinoids, gluco-corticoids. Alcohol (in some special sports), prohibited methods, chemical and physical manipulation (urine substitutes and alterations) and gene doping. (Raminez, 2005, Artioli et al, 2007, Azzazy et al 2009).

To understand the impact of social networking sites of doping in sports, it is of importance to know how college students use social networking sites for doping in sports information. Also, their interaction with a system is mediated by their perceptions.

Therefore, it is intended to investigate college student's perceptions of social networking sites in relation to doping in sports to know why users use, or do not use, social networking sites for sport doping information.

Due to the lack of research in this area, this research is exploratory in nature. Two research questions were proposed:

1) How do sport college students use social networking sites for sport doping related information?

2) What are their perceptions of this use?

2. Research Methods:

Twenty spot college students from the faculty of physical education, of Suez Canal district were interviewed about their use of social networking sites for sport doping related information and their perception of this use. The interview method was chosen for two reasons:

1- Due to difficulty to observe the user during using Social networking sites because of privacy.

2- Retrieval research (a method of finding stored information when it is needed) are well defined.

The interview technique allowed researchers to follow up the knowledge of the participants in the interview, to reach his perceptions of social networking sites. The participants were randomly selected and volunteered to this research, they write a consent of participating to the study. There was a phenomenological approach was undertaken in reaching the concept during interview. The interviews were for each participant alone, in a private office, they were conducted in year 2017. the basic characteristics of the participants of the ages, field of sport in interest, experience with social networking sites, and class status.

Table (2) Basic characteristic features of the participants. n = 20

Variables	M	SD
Age (y.)	21.4	1.4
Interest sport 5 body builder, 5 tracks, field, 5 footballers, 5 wrestlers		
Experience SNS (years)	6.3	0.8 They used SN extensively
Class (year attendance)	They attended the fourth year in the faculty	

The interviews were transcribed and analyzed about the participants use and perceptions of social networking sites for sport doping related information.

Categories were generated from the data, for comparison between participants for different text. The comparison will help to elucidate the properties of a category as well as differences between categories.

3. Results:

Sport student college demographics and experience with social networking sites.

The participants were male sport student college their numbers were twenty, they were attending the fourth year in the faculty of physical education. Their ages ranged in average (21.4±1.4 years), their major sport of interest was, body builders, track and field, football players, wrestlers. Their experiences with the web ranged from 5 to seven years (6.1±1.1y) and with the social networking sites 4 to 8 years (6.2±1.2 years). They were from Ismailia and several other governorates.

All the sport student college used Facebook daily, their friends ranged for each one 50-100 friends, they also used twitter (50%) with average friends of (20).

The most common activities of these students performed on social networking sites included establishing connections with friends, sending messages, photos, reading friends, posts, sharing videos, chatting extensively with their fiends, joining social events, birthdays and becoming a fan of an organization or stars specially in sport fields and asking many different questions in port fields. When they were asked whether they had used any social networking sites for sport doping related information, they all referred to Facebook and few answered twitter, and online forum.

Gross and Acquisti (2005), Boyd and Ellison (2007), reported that information seeking behavior can take different forms:

1) active seeking.
2) active scanning.
3) nondirected monitoring.
4) by proxy.

Active seeking is the actively as king questions or searches.

Active scanning means scanning of sources.

Non-directed monitoring means encountering information sources.

Non-directed monitoring means encountering information source as a generally informed by proxy refers to getting information through an intermediary.

Table (2) The use of social networking sites for sport doping information.

Mode	Specific use cases	No.
Active seeking and asking searching	• Asking relatives about the use of doping in sport. • Asking friends how to use doping and benefits. • Searching to find people posted articles about doping. • Searching to find whether there was a group page about doping.	5
Active scanning: following	• Following friend's doping uses to know what they use, what cannot to stay fit. • Following information about natural and safe doping.	3 1
Non-directed monitoring: encountering	• Keeping updated with doping uses.	2
Sharing information:	• Sharing doping articles with friends. • Sharing exercise routine with friends. • Posting recipes from pharmacies or supplement websites. • Sharing a supplement user with friend.	7
Participating	• Joining a group for learning doping supplement vocabulary. • Participating support group for abuse condition	3

Table (2) showed that 5 participants reported that they have been actively seeking information through asking questions relative and friends and searching the existing information on face book, through typing (doping in sport, and try to get information about how to get fitter and muscular and the best type to use and search to see if others posted articles or if there was a group page about doping.

Three participants reported they follow friends doping uses to know what they use, what cannot to stay fit. In face book, by following information about natural and safe doping, and scanning the incoming expecting to find something interest, this is a form of active scanning.

Three participants reported that they kept with friends doping uses. This behavior is a form of nondirected monitoring.

Seven participants mentioned that they have shared doping articles with friends, also sharing exercise routine with friends, and posting recipes about supplements from pharmacies or supplement web sites and sharing a supplement user with friend.

Participating in group activities by three participants, they reported they are joining a group for learning about doping supplement vocabulary, or participating support group for abuse condition, asking questions, receiving suggestions and sharing information with others.

Users perception of SNS for sport doping information. The use of SNS for sport doping information is mediate by the perceptions of suck sites in relation to the needed information.

The researcher examines the perception of the students of their use, and asked questions and allowed themes to appear from the interviews. Perceived their target in SNS for doping:

1- Information existing on the network.
2- People involved and organization.
3- Social networking technology.
4- Social consequence of the use.

Table (3) user's perceptions of sport doping information on SNS

Aspect	Perceptions	No
Credibility, trust, reliability	Positive: Reliable, good notes Negative: non-credible, not reliable false.	1 10
Availability	- Absence of knowledge where to search. - Non-available sport doping information on SNS	 5
Relevance	- Positive: unique, personalized - Negative non-specific, non-systematic	1 1
Currency	- Negative: out of date	1

Credibility of the information attract most participants. Some said that the information is reliable and good, many others, expressed a negative view as non credible, not reliable and false in case of the availability aspect: 5 of the participants view that there are absence of knowledge about searching and non available information about the topic.

As for the aspect of relevance, there was a positive view that it is unique and personalized, the negative view that it is non-specific and non-systematic. One participant commented that the currency of information was out of date.

People and organizations

Social networking sites are networks of connections between people and friends with common interests. So, people are a principle contributor of information. In case of using SNS for sport doping information, the users thought about the truth of their friends. The problem is that sport doping knowledge is not spreaded within people and may be more trustful information between medical personal or pharmacist, which indicated that asking about specific medical problem, might not be the wright thing if not asking a doctor. Also, some participants organizations to get information as ordinary people cannot answer the medical questions.

Social network technology

Most of the participants thought that social networking site, as a technology, were accessible, this was considered convenient and useful and effective but others, commented that social networking sites were not as effective as a direct interaction and not suitable for important situations social consequences of the use:

Some participants believed that the use of SNS for sport doping might be negative consequence a using or knowing about sport doping is very personal and must be secured, as (20%) of the participants did not feel safe to put such information on Facebook as it might be used against them, as it is well known that doping in sport is banned.

Others (15%) believed that spoking about doping is a positive social consequence, to be free of supplements and train and exercise without using a drug that might affect their health. This might inspire some friends to regular exercise and be free doping perceived use of SNS:

To assess how user's perceptions could influence their use of SNS for sport doping information.

The question about what circumstances participants would use SNS for sport doping purposes:

Three (3) users denied any use of SNS for doping purpose in the future. They may use other method like google.

Seven users accepted the use of SNS for doping purposes in three ways: (1) to look for doping related information, to communicate with friends on this issue and to join doping related organizations.

Four users mentioned their use of SNS information in the reaching advice and the benefit of

using supplement, or to use it to improve health and fitness.

Three others pointed that they will use SNS by contact to specialist and tell friend about benefits. The last two indicated that they will use SNS to participate in gym and health organization that fight doping.

About the preferred sources for doping information 15 participants answered the following ones:

- google, yahoo.
- Specialists.
- Related websites to doping in sports.
- Wikipedia.
- Libraries in universities databases.
- Parents and friend.
- Coaches and trainers.

4. Discussion:

Social network sites have become prominent in to day's digital environment. Only rare studies have explored people's behavior using social networking sites for sport doping information, and very little is known about how people make use of SNS for such kind of information.

SNS allows peoples to 1- construct a public profile within a bounded system 2- articulate a list of users with whom they share a connection and 3- view and traverse their list of connections and those made by others within the system (5- tutzman 2005). The researcher interview twenty college sport students about their use of SNS for sport doping, as well as their perceptions of SNS as an information application. This study indicated that only a few participants (5 users) have reported they have used such SNS for sport doping related information. Many researchers indicated that young sportsmen seek to develop muscles and strength through ergogenic means without knowing the risks of such implication (Choong et al., 2008), Barbara et al (2007), Barroso et al (2009). In this study, the participants used social networking sites for finding out mean to improve performance, actively searching for information (active seeking), actively following information about doping (active scanning) and monitoring friends and relatives doping using updates (non-directed monitoring). These activities are consistent with everyday life information seeking practices about the important of the needs of sport college students to improve strength and performance in their specific sports.

This study has identified the modes of behavior about sharing information with others and participating in group activities, this support the fact that social networking sites are to only an information channel, but also a communication channel. As web technologies become more interactive and social behavior models for information seeking as a technological means.

Researchers have demonstrated that successful managers spend more of their time networking than average ones, this may be the most important contributors to their success (Luthans, 1988). This insight can be traced to classic thought and is attributable to the fact that networking behaviors can facilitate learning and knowledge acquisition (Leeman & Whymark, 2007, Sonnenber, 1990).

The contribution of the study in identifying the criteria of the employing and use of SNS a source for doping in spot information for the sport college student, users perceived four factors: Information, people and organization, technology and social consequences of the use. In perceiving the information, significant results were on the credibility, availability and relevance of information. In perceiving people and organization, the results indicated to the knowledge and personal experience of the people and reputations of organizations, in perceiving the technology, the usability and accessibility was up in results in case of social consequences perception, it was emphasized that it is desired to protect privacy, and to manage social impression, and avoid risks. These issues are due to two features of SNS. 1) In online, people are formed on existing social ties. 2) Equipments on SNS are designed to support sharing information to a bread user. Also, the finding confirmed that searching abuse drugs and doping in sports information is a private matter and may be risky, and it must be a mean to have control over the flow of such sensitive information. So, it is postulated that the four aspects of the participants perceptions of SNS for sport doping information have a direct impact on their adoption and making use of this technology.

Participants in the study had an unfavorable view of social network sites as a source of sport doping information, as fear of the harm concerning privacy and self image.

So, in case of the intention to use SNS for personal matter as doping or health cases it is of importance to seek solid and specific source of information such as drug specialization, specialist for ergogenic aids and supplement or reputable sport stores for supplements and websites. (These are in agreement with (Rogol et al 2010, Holt and Sonksen, 2008, Harridge and Velloso, 2009).

For a better of social networking sites for sport doping information, the concerns of the users had in their perceptions of SNS, as the result indicate, the following design recommendation are proposed:

- It is important that social networking sites, provide clear indications of the quality of sport doping

information on the sites e.g. the source of information and the profession or reputation.

- It is useful that SNS could play sports doping information, visible to users, using post, messages, videos.
- Social networking sites use the knowledge to the advantage of users, finding users with similar experience could be implemented.
- Social networking sites should be clear about the protection of the privacy such as users can define custom groups, allowing users to send information to a targeted group, which help users to feel comfortable about seeking and sharing sport doping information.

By this discussion the propose questions were answered that:

1) How do sport college students use social working sites for sport doping related information?
2) What are their perceptions of this use?

5. Conclusions:

It is concluded that sport college students use of social networking sites for sport doping information should be with credibility and worthy of belief from professionals and trusted organizations and social networking sites seem not to be a good perceived tool for sport doping information.

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