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DOPING IN SPORTS AND ANTI-DOPING EDUCATION PROSPECTS

Сучасний активний розвиток спорту вищих досягнень в світі, а також поглиблена його комерціалізація, сформували сприятливі умови для виникнення негативних явищ. Найбільш відомими слід вважати, застосування допінгу, політизацію, комерціалізацію олімпійського спорту, екологічні проблеми проведення спортивних змагань, та подальше функціонування і експлуатація спортивних об'єктів. Названі аспекти зумовлюють взаємність олімпійського руху, а отже, він потребує допомоги та захисту своїх цінностей. У зв'язку з цим, питання допінгу, екології, політики тощо неодноразово ставали предметом обговорення на міжнародних конференціях і заходах МОК, МОА, ЮНЕСКО, ООН, Грінпіс [6, 8].

Найбільш зухвалою і небезпечною проблемою сучасного спорту ми вважаємо допінг. Його використання спортсменами руйнують один з одвічних спортивних принципів (Fair play), що як відомо, означає (Чесна гра). Окрім морального чинника допінг є небезпечним для життя і здоров'я спортсмена.

Наразі очевидно, що цілком подолати проблему допінгу в спорті не вдається, оскільки, здебільшого усі заходи ВАДА спрямовані на заборону вживання, виявлення і притягнення до відповідальності винних у

вживанні допінгу, тощо. Натомість не спостерігається формування глобальної концепції боротьби з допінгом в спорті на основі сучасної педагогічної та просвітницької роботи. Натомість освіченість спортсменів, тренерів і лікарів та їх усвідомлення небезпечних наслідків вживання допінгу можуть змінити ситуацію на краще.

Цілком очевидно, що найефективнішим засобом боротьби з допінгом може стати антидопінгова освіта, яка включатиме в себе комплекс педагогічних і практичних заходів, які формуватимуть негативне ставлення до вживання заборонених препаратів і методів в спорті. Попередить спортсмена, тренера і лікаря про негативний вплив допінгу на організм людини.

Ключові слова: олімпійський і професійний спорт, допінг, антидопінгова освіта.

Современный активное развитие спорта высших достижений в мире, а также углубленная его коммерциализация, сформировали благоприятные условия для возникновения негативных явлений. Наиболее известными следует считать применение допинга, политизации, коммерциализации олимпийского спорта, экологические проблемы проведения спортивных соревнований, и дальнейшее функционирование и эксплуатация спортивных объектов. Названные аспекты обуславливают уязвимость олимпийского движения, а следовательно, он нуждается в помощи и защите своих ценностей. В связи с этим, вопрос допинга, экологии, политики и т.д. неоднократно становились предметом обсуждения на международных конференциях и мероприятиях МОК, МОА, ЮНЕСКО, ООН, Гринпис [6, 8].

Наиболее дерзкой и опасной проблемой современного спорта мы считаем допинг. Его использование спортсменами разрушают один из вечных спортивных принципов (Fair play), что как известно, означает (Честная игра). Кроме морального фактора допинг является опасным для жизни и здоровья спортсмена.

Сейчас очевидно, что вполне справиться с проблемой допинга в спорте не удастся, поскольку, в основном все мероприятия ВАДА направленных на запрещение применения, выявления и привлечения к ответственности виновных в употреблении допинга, и тому подобное. Зато не наблюдается формирование глобальной концепции борьбы с допінгом в спорті на основе современной педагогической и просветительской работы. Зато образованность спортсменов, тренеров и врачей и их осознание опасных последствий употребления допинга могут изменить ситуацию к лучшему.

Вполне очевидно, что наиболее эффективным средством борьбы с допингом может стать антидопинговое образование, которое будет включать в себя комплекс педагогических и практических мер, которые будут формировать негативное отношение к употреблению запрещенных препаратов и методов в спорте. Предупредит спортсмена, тренера и врача о негативном влиянии допинга на организм человека.

Ключевые слова: олимпийский и профессиональный спорт, допинг, антидопинговое образование.

Current active development of sport in the world as well as its deepened commercialization has formed favorable conditions for the emergence of some negative phenomena. The most well-known should be considered the use of doping, politicization, commercialization of the Olympic sports, environmental problems during conducting of sports competitions, and subsequent functioning and maintenance of sports facilities. The above aspects determine the vulnerability of the Olympic movement, and therefore, it needs assistance and protection for its values. In this regard, the issues of doping, ecology, politics etc. have repeatedly been discussed at the international conferences and events of the IOC, the IOA, UNESCO, the UN, and Greenpeace [6, 8].

We consider doping to be the most insolent and dangerous issue of the modern sport. When being used by athletes, it destroys one of the fundamental sportive principles of fair play. Beside the moral factor, doping is highly dangerous for an athlete's health and even life.

Now it is clear that it is not possible to fully overcome the doping issue in sport, since mostly all of the WADA measures are aimed at prohibition of use, detection and prosecution of those guilty of using doping etc. However, there is no formation of the global fighting-against-doping conception based on the modern pedagogical and anti-propaganda activities. That is the level of knowledge of athletes, trainers and doctors and their awareness of dangerous consequences of doping use that can change the situation for better.

It is quite obvious that anti-doping education, including a complex of pedagogical and practical measures that will negative attitude towards the use of prohibited substances and methods in sport, may become the most effective way to fight doping and warn athletes, trainers and doctors about the negative impact of doping on human's organism.

Keywords: the Olympic and professional sports, doping, anti-doping education.

Problem statement and analysis of recent research. Increasingly, the attention of scientists and sports personalities has been drawn to an urgent necessity to introduce educational methods

that will promote the formation of anti-doping knowledge and views in coaches as well as in athletes.

The development of the Olympic and professional sports and expanding of its geography have determined the appearance of a number of problems and negative phenomena, namely: doping use, sport politicization, commercialization of sports, environmental issues related to the functioning and maintenance of sports facilities. In this regard, the issues of doping, ecology, politics etc. have repeatedly been discussed at the international conferences and events of the IOC, the IOA, UNESCO, the UN, Greenpeace, FIFA, UEFA and a number of other organizations.

Scientific researches [6, 7, 8] prove that doping appeared and was used in ancient Greece. In the 20 century chemical doping appeared. It includes drugs that stimulate the activity of the central nervous system, increase muscle mass, improve coordination, reduce body weight, and mask effect of anabolic steroids. Today we know about gene and sex doping. Besides, sportswomen get pregnant to cause the hormonal surge in their organisms.

As mentioned by Prof. V. Rodichenko [10], it is doping that is the most acute problem in the Olympic sports. There exist various solutions to this issue. It has been suggested, for example, to allow all athletes to use any means to win and get a record.

Apart from significant damage to the health and lives of athletes, use of these substances and methods contradicts the moral and ethical principles of sport, the sportive movement and the main tasks of modern sport as well, namely, to remain faithful to a consistent and relentless fight against doping which confirms the words of now former President of the IOC Jacques Rogge, who said: "Doping is certainly the biggest threat to sport in the 21 century. It endangers the health of athletes and deprives them of our trust. Although we can never have a zero doping level, I can say that we have made a great step forward. We have made fight against doping our number one priority" [7].

Recently, the issue of the purity of the Olympic sports has become especially topical, since wins at great international arenas do not only praise an athlete or the country he/she is representing, but also attract by their decent money remuneration. That is why, commercialism of trainers and their sportsmen often leads to conscious violation of the rules and regulations of the anti-doping control [6, 11, 16].

There are many examples of doping usage at the modern Olympic Games, which finished with great international scandals. Nowadays, disqualifications, depriving of the awards and titles have become the normal phenomena of the Olympic Games, World Championships, European Championships and other international sports forums [1, 6].

Today, the question of genetic doping is becoming more topical, since its specific feature is that it is difficult to detect. For example, the gene (IGF-1) does not extend beyond the skeletal muscle, which it has been administered in.

Doping is a threat to the Olympic sports. It contravenes and ruins ideology of the Olympism, and destroys common human values and norms of morality. The most horrible feature of the situation lies in the fact that the effect of many drugs is not practically explored, and scientists and doctors cannot give the exact predictions about the impact of these substances and genetic modifications on human body, to say nothing about the next generations [1].

Apparently, it is almost impossible to destroy the phenomenon of doping in the Olympic sports due to the current trends of the development in pharmacology and genetic engineering. Nevertheless, it can and should be minimized to prevent the decline of the principles of the Olympism and negative impact on human body. We suppose that this struggle must be based on a comprehensive, systematic and specific educational activity [3, 4, 7, 8, 14].

In our opinion, information and educational resources should be more actively used in the fight against this phenomenon. The aware professional will possess the knowledge about the

harmful effects of doping on human body that will give a possibility to inform sportsmen, pupils and students, and thus, maybe it will prevent them from using doping in future [6, 8].

It should also be mentioned, that the findings of our previous studies confirm the urgency of the doping issue and encourage us to search for new and more effective forms of fighting against this particularly negative phenomenon [6, 7, 8].

Today the fight against doping brings together a large number of experts who are studying the problem of doping in the Olympic and professional sports and many studies form their opinion [2, 4, 6, 12, 13, 15]. For a deeper analysis of this problem it is important to determine the position of experts on the fight against doping, that will help to create a new and the most effective concept of overcoming this pernicious phenomenon in modern sport.

The aim of the research is to establish the feasibility and prospects for the development of anti-doping education of sports specialists and athletes basing on expert assessments.

Methods of research. To achieve the aim the method of expert assessments was used. During the 22 International Seminar on Olympic Studies in Olympia (Greece) held in September 2015 at the International Olympic Academy (MOA) we were conducting a survey of 58 experts from 16 countries (MOA lecturers, leading scholars and young scientists). Expert survey has been carried out on the Internet site "Survey Momkey" and is available to be filled online on the website (<https://ru.surveymonkey.com/r/FRFQC6P>).

Research results. It has been established that 65.5% of the experts believe that athletes are not sufficiently informed about the negative consequences of the use of doping, and 89.6% note that the fight against this phenomenon in sport is an urgent problem.

There appear to be 87.9% of the proponents of the statement that athletes intentionally and deliberately use doping to improve athletic performance. Almost all the experts (96.5%) agree that anti-doping education is rather important and necessary to athletes. At the same time, 89.6% of the respondents believe that doping is a major problem in sport and the Olympic movement. 48.2% of the experts state that they personally know about the certain athletes who use doping. According to 81.0% of the experts the doping problem in sports cannot be solved completely, but it is possible to minimize this phenomenon (as claimed by 84.4% of the respondents).

First of all it is necessary to establish anti-doping education for coaches (such an opinion exists among 98.2% of the experts). The prevalence of doping use in the Olympic sports in the last ten years has increased several times, including non-Olympic sports. The main reasons for this, as indicated by 86.2% of the respondents, are the excessive commercialization of sports and pharmaceutical business.

It is interesting that 8.6% of the experts would support the introduction of a rule that allows free use of doping in sport. The idea of using a lie detector to establish the fact of doping use by athletes participating in important sporting events was supported by 62% of the experts. A large number of experts (67.2%) consider it expedient to use psychological testing to identify specific susceptibility of athletes to doping use, which will allow prompt taking of the preventive measures.

Alarming is the fact that 32.7% of the experts identify financial interest of the WADA in further expansion of athletes' doping use. Thus, 56.9% of the respondents assume that there is corruption in the WADA, which in some cases can lead to concealment of the true results of doping tests. This leads to a thorough study of the problem and possible changes in the management of doping control in the structure of the WADA.

Conclusion

On the basis of expert assessment, it has been found that the problem of doping in the Olympic and professional sports is a widespread phenomenon and therefore requires finding of the effective approaches to minimize its use by athletes. The functioning model of doping prevention is based largely on the prohibition and control, which, as we see, does not give the

desired results. It is obvious that only the awareness of athletes and coaches of the disastrous effects of this phenomenon through the system of anti-doping education can help to reduce the extent of doping use. Thus, there are all the reasons to assert the necessity to develop the concept of the educational anti-doping system and its implementation in the Olympic and professional sports.

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РОЗВИТОК ПСИХОМОТОРНИХ ФУНКЦІЙ ДІТЕЙ СТАРШОГО ДОШКІЛЬНОГО ВІКУ ПІСЛЯ КОХЛЕАРНОЇ ІМПЛАНТАЦІЇ ПІД ВПЛИВОМ ЗАСОБІВ ФІЗИЧНОЇ РЕАБІЛІТАЦІЇ

Дослідження присвячено визначенню ефективності комплексної програми фізичної реабілітації дітей з кохлеарним імплантом. Обстежено 19 дітей старшого дошкільного віку, які перенесли кохлеарну імплантацію. Розроблена програма включала кінезітерапію (дихальні, загальнорозвиваючі, спеціальні вправи), загартування, масаж (логопедичний, загальний), рекомендації батькам щодо особливостей побутової реабілітації. Після річного впровадження розробленої програми встановлено достовірне ($p < 0,05$) відносно вихідних показників зменшення суб'єктивних порушень в стані здоров'я дітей, можливість використання ними усного мовлення, покращення параметрів психомоторного розвитку, зростання розумової працездатності. Отримане покращення стану здоров'я дозволить дітям після кохлеарної імплантації вчасно піти до загальноосвітньої школи і повністю вчасно інтегруватись у суспільство здорових однолітків.

Ключові слова: діти старшого дошкільного віку, кохлеарна імплантація, фізична реабілітація.

Исследование посвящено определению эффективности комплексной программы физической реабилитации детей с кохлеарным имплантом. Обследовано 19 детей старшего дошкольного возраста, которые перенесли кохлеарную имплантацию. Разработанная программа включала кинезитерапию (дыхательные, общеразвивающие, специальные упражнения), закаливание, массаж (логопедический, общий), рекомендации родителям относительно бытовой реабилитации. После годичного использования разработанной программы установлено достоверное ($p < 0,05$) относительно исходных показателей уменьшение субъективных нарушений в состоянии здоровья детей, улучшение параметров психомотор-