

THE ATTITUDES OF FOOTBALLERS BELONGING TO DIFFERENT RANKS OF COMPETITION TOWARDS ALLOWED STIMULATION RECOVERY MEDICINES

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Abstract

Allowed stimulation recovery medicines are the substances and methods having physiological impact on the increase of sportsman's effect and with the aim of more effective recovery, that is to say, improving sports results that can hard be achieved by training means and methods, and they may be regarded as useful as long as they are used as a complement to training. If they are used wisely, they can increase the resistance of organism of sportspeople to training and competition stress and they have optimal effect on removing general and local fatigue. The aim of research lies in checking and analyzing the attitudes of footballers belonging to different ranks of competition on allowed stimulation recovery medicines. The sample of respondents consists of 120 footballers belonging to different ranks of competition (Super League of Serbia = 43, The Prime League of Serbia = 40, and Serbian League = 37). The sample of variables consists of the system of 10 attitudes (statements), and each attitude (statement) contains 5 verbal categories (marked from -2 to +2). Multivariate analysis of variance (MANOVA) and analysis of variance (ANOVA) are applied for determining multivariate and univariate significance of differences among footballers belonging to different ranks of competition. By analyzing the attitudes of footballers belonging to different ranks of competition to allowed stimulation recovery medicines it can be concluded that footballers are non-divided in the attitudes that allowed stimulation recovery means are applied in a purposeful and optimal way.

Key words: attitudes, allowed stimulative recovery medicines, football players.

INTRODUCTION

Allowed stimulation recovery medicines are the substances and methods having physiological impact on the increase of sportsman's effect and with the aim of more effective recovery, that is to say, improving sports results that can hard be achieved by training means and methods, and they may be regarded as useful as long as they are used as a complement to training (Malacko et al., 2004). Allowed stimulation recovery medicines, combined with energetic and substance means (sports diet), can be classified into so-called medical recovery means. If they are used wisely, they can increase the resistance of organism of sportspeople to training and competition stress and they have optimal effect on removing general and local fatigue.

The results of research from the area of applying recovery means have hardly been published (on the satisfactory sample of respondents and by using correct methods), so only the papers dealing with the attitudes of sportspeople towards training process

(functioning as part of preparatory actions) and training means of recovery can be taken into consideration. Comparing the attitudes to sport (of sportspeople belonging to different ranks of competition and of non-sportspeople) it is determined that the strongest values of the general attitude to sport were held by the sportspeople of the lowest rank of competition, then the top sportspeople had a bit lower values, and non-sportspeople mainly showed positive general attitudes to sport (Havelka et al., 1981). Examining boxers towards psychological preparation showed that top boxers have negatives attitudes, then boxers of higher socio-cultural level have positive attitudes and Yugoslav boxers still do not have differentiated attitudes to psychological preparation (Savić, 1984). The attitudes of young people to sports morale showed that non-sportspeople do not observe sport as a significant part of their lives, whereas sportspeople think that sport is very important in their everyday activities (Krsmanović, 1987).

Unfortunately, we have to state that there are a small number of available works dealing with

the same or similar topics and problems, especially in the field of football. However, there are written track records on determining the attitudes of footballers belonging to different ranks of competition, and on training and banned stimulation recovery means (Smajić et al. 2009, Smajić et al. 2009a).

The aim of research lies in checking and analyzing the attitudes of footballers belonging to different ranks of competition on allowed stimulation recovery medicines.

METHOD

The sample of respondents consists of 120 footballers belonging to different ranks of competition (Super League of Serbia = 43, The Prime League of Serbia = 40, and Serbian League = 37).

The sample of variables consists of the system of 10 attitudes (statements), and each attitude (statement) contains 5 verbal categories marked from -2 to +2 (-2: I completely disagree with the statement; -1: I partly disagree with the statement; 0: I do not mind; +1: I partly agree with the statement; and +2: I completely agree with the statement). The attitudes (statements) applied in the research are: 1. Sportspeople should not apply any stimulation recovery medicines during the training session, 2. Sportspeople should take analgesics only when they suffer from pain due to the injury,

3. Sportspeople should take analgesics when they are tired, 4. Sportspeople should not take proteins during recovery period, 5. Sportspeople should take sugar (glucose, fructose, honey, royal jelly) only as an additional source of energy, 6. Vitamins do not contribute to faster recovery of sportspeople, 7. Sportspeople can recover fastest if they use all types of massage (manual, water, vibrating etc), 8. Only the correct use of hydro-procedure (sauna, shower, bath) contributes to faster recovery of sportspeople, 9. Ointments and sports cream do not enable faster recovery, and 10. Allowed stimulation recovery medicines are always applied in a complex way.

Multivariate analysis of variance (MANOVA) and analysis of variance (ANOVA) are applied for determining multivariate and univariate significance of differences among footballers belonging to different ranks of competition.

RESULTS AND DISCUSSION

Table 1 shows multivariate significance of differences in attitudes to allowed stimulation recovery medicines among footballers belonging to different ranks of competition. The table has been made for this sub-sample treating all ten attitudes ($n=0$) and statistically significant difference at the level $p=.00$ is obvious.

Table 1 Multivariate significance of differences among footballers belonging to different ranks of competition in the system of attitudes to allowed stimulation recovery medicines

F	p
4.245	.0000

Since the multivariate significance of differences among groups cannot reveal between which groups the differences exist and how big they are, Table 2 shows the differences between the pairs of different rank of competition. By analyzing these two tables it is seen that the differences are statistically significant between footballers belonging to Super League and The Prime League of Serbia

as well as between footballers belonging to Super League and Serbian League, whereas there are no determined statistically significant differences between footballers belonging to The Prime League and Serbian League. Hence, it can be concluded that the differences are on the side of the footballer belonging to Super League.

Table 2 Multivariate significance of differences between the pairs of footballers belonging to different ranks of competition in the system of attitudes to allowed stimulation recovery medicines

Hotelling T² test		
	F	p
Super League – The Prime League of Serbia	7.607	.0000
Super League – Serbian League	4.376	.0002
The Prime League of Serbia – Serbian League	1.260	.2712

By analyzing Table 3 it can be seen that statistically significant differences in the whole group of attitudes were caused by all ten univariate statistical significance of differences, which is confirmed by the results of Roy test. Table 3 shows correlations(R) and Pearson Contingency Coefficient (C) and they reveal the connection among footballers belonging to different ranks of competition (Super League,

The Prime League of Serbia and Serbian League) as well as the connection between separate attitudes. One group of attitudes with larger connection (Attitudes 1, 3, 4 and 10) and the other with smaller connection (Attitudes 2, 5, 6, 7, 8 and 9) can be distinguished. At the same time, footballers showed a greater level of homogeneity in the second group of attitudes.

Table 3 Univariate significance of differences among footballers belonging to different ranks of competition in the system of attitudes to allowed stimulation recovery medicines

Roy test and ANOVA					
Cr = .0526					
	R²	CHI	F	p	Discrimination coefficient
1	.2483	.4501	19.3229	.0000	.07
2	.1433	.3613	9.7874	.0001	.00
3	.1707	.3933	12.0406	.0000	.01
4	.2153	.4250	16.0501	.0000	.11
5	.0779	.3290	4.9446	.0087	.00
6	.1155	.3457	7.6359	.0008	.07
7	.0891	.3500	5.7205	.0043	.01
8	.1094	.3405	7.1889	.0011	.03
9	.1213	.3516	8.0742	.0005	.03
10	.2365	.4375	18.1201	.0000	.14

CONCLUSION

Bearing in mind that there are a small number of available works dealing with football, it is illogical to compare the analysis with the papers belonging to other fields (research works mentioned in the introductory part) but only with the papers dealing with the same topics and problems.

By analyzing footballers belonging to different ranks of competition, that is to say, their attitudes to training recovery medicines, it has been determined that among all the groups

the differences are statistically significant, and that they do not have the same attitudes to the system of statements about training recovery medicines (Smajić et al. 2009). The similar findings, as in this research, have been obtained in the analysis of footballers belonging to the different ranks of competition, that is, their attitudes to banned stimulation recovery medicines, where is seen that the footballers of the first rank are different from the footballers belonging to the second and third rank, whereas footballers belonging to the second and third rank do not differ significantly in statistics (Smajić et al.

2009a). Such results probably reflect the fact that footballers belonging to different ranks of competition observe allowed and banned stimulation recovery medicines in the same way.

By analyzing the attitudes of footballers belonging to different ranks of competition to allowed stimulation recovery medicines it can be concluded that footballers are non-divided in the attitudes that allowed stimulation recovery means are applied in a purposeful and optimal way. In general, footballers support the attitude that sportspeople in the training

process should not use any stimulation recovery medicines, then they are against the use of analgesics (only to be used to alleviate the pain), and they support the attitudes that the following methods and substances should be used with the aim of faster recovery: carbohydrates as energetic sources (glucose, fructose, honey, royal jelly), vitamins, all types of massage, dosed hydro-procedures, ointment and sports cream. These positive attitudes of footballers mean that in direct practical use the allowed stimulation recovery medicines should be used in an expert way (dosed), with purpose and always in a complex way.

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STAVOVI FUDBALERA RAZLIČITOG RANGA TAKMIČENJA O DOZVOLJENIM STIMULATIVNIM SREDSTVIMA OPORAVKA

Originalni naučni rad

Sažetak

Dozvoljenim stimulativnim sredstvima oporavka smatraju se supstance i postupci koji fiziološkim putem deluju na povećanje učinka sportiste i u cilju što efikasnijeg oporavka, odnosno poboljšanja sportskih rezultata, koji se vrlo teško mogu ostvariti uobičajenim trenažnim sredstvima i metodama treninga, i ona se mogu smatrati korisnim sve dotle dok se koriste kao dopuna treninga. Ukoliko se racionalno koriste, ona u značajnoj meri povećavaju otpornost organizma sportiste na trenažna i takmičarska opterećenja i povoljno utiču na otklanjanje opšteg i lokalnog zamora. Cilj istraživanja sastoji se u proveravanju i analiziranju stavova fudbalera različitog ranga takmičenja o dozvoljenim stimulativnim sredstvima oporavka. Uzorak ispitanika čini 120 fudbalera različitog ranga takmičenja (super liga Srbije = 43, prva liga Srbije = 40 i srpska liga = 37). Uzorak varijabli sačinjava sistem od 10 stavova (tvrdnji), a svaki stav (tvrdnja) sadrži 5 verbalnih kategorija (označeni od -2 do +2). Za utvrđivanje multivarijantne i univarijantne značajnosti razlika između fudbalera različitog ranga takmičenja primjenjene su multivarijantna analiza varijanse (MANOVA) i univarijantna analiza varijanse (ANOVA). Utvrđivanjem stavova fudbalera različitog ranga takmičenja o dozvoljenim stimulativnim sredstvima oporavka, može se zaključiti da su fudbaleri bili jedinstveni u navedenim stavovima da se dozvoljena stimulativna sredstva oporavka primenjuju na svrsishodan i optimalno doziran način.

Ključne reči: stavovi, dozvoljena stimulativna sredstva oporavka, fudbaleri.

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