

Assesment of body building addiction on a group of sportsmen and sportswomen

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Abstract

Background. The psychotropic effect in behavioral addiction is induced by a series of substances, produced by the organism. So far, attention has been given to certain categories of addiction, with clinical and social relevance, like the addiction of speed, gambling or food. Although exercise is usually associated with the proper functioning of the body, there is evidence to support that excessive exercise can lead to physical and mental deterioration, with symptoms like anemia, immunodepression, menstrual disorders, irritability, anxiety, and depression.

Aims. The aim of the study was to assess the attitude toward sport on a representative sample, focusing on the addictive side. The study was initiated with the assumption that a large number of body building and fitness exercisers show a phenomena of dependency, considering the large number of hours spent on training.

Methods. The study was conducted on a sample of 55 subjects of both sexes, with an average age of 23 years. Volunteers were asked to complete a questionnaire with 9 relevant questions, and a number of demographic data. The raw data were interpreted using the statistical packages Microsoft Excel 2003, and GraphPad.

Results. The study revealed that the score of dependence increases with age and decreases with the degree of educational level, and that there are no significant differences between men and women ($p = 0.4$). Also, the practice of regular physical exercise has totally changed the lifestyle of each volunteer (5.14 / 7). From the age distribution of subjects emerged two local maximum scores, one around the age of 19-20 years, the other around the age of 35-36 years, corresponding to the changes in socio-economic status of persons in these age periods. The internal consistency reliability coefficient Cronbach α was 0.82, which confirms the reliability of the questionnaire for the assessment of body building addiction

Conclusions. The study, conducted for the first time in Romania, reported some aspects of the practice of compulsive and repeated physical education, highlighting the fact that our country faces risk factors in this direction. We plan to expand the samples and to increase the range of tests applied to the volunteers.

Keywords: addiction, sport addiction, body building addiction, endorphins, psychological health.