

DRUG

by Drug Drug

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Drug Use Policy

Banning of doping through “Drug use policy” is justifiable because of the negative health effects of these drugs on the athletes.

Perspective

The NBA drug use policy prohibits players from using performance-enhancing drugs (PED) such as methamphetamine, marijuana, and cocaine among others (Agyemang et al. p. 87). These drugs stimulate the bodies of the athletes making them more energetic such that they do not get tired easily. This gives these athletes an unfair advantage over the other players who do not use them. Therefore, to ensure level playing field, the relevant authorities have come up with this policy to eliminate drug use in NBA sport by banning those athletes that are found culpable of using performance-enhancing drugs. However, the opponents of this policy argue that just like every human being in society is at liberty to take risks of his/her actions, athletes should also be given the freedom to take actions for using drugs rather than being prohibited from using the same. After considering arguments of both sides, I find the argument supporting the drug use policy in the NBA to be more compelling because first, the use of PED has negative health effects on the athletes. Second, the use of these drugs by one athlete exerts pressure on others to use and lastly, the use of these drugs eliminates healthy competition in sports.

Analysis

Science has shown that the use of performance-enhancing drugs, for example, steroids have long-term negative effects on the health of the athletes (Hums, Mary & Joanne p. 312). This is so because steroids are known to cause serious and permanent health problems, for example, high blood pressure and heart failure. The use of steroids makes athletes gain more muscle mass and strength and as a result, the body of an athlete is forced to retain fluid during circulation. When excess fluid is retained in the body of a person during circulation that person is likely to experience an increase in blood pressure that will later result in heart failure (Lyons et al. p. 45). therefore, even though these athletes can enjoy short positive effects of using these drugs by winning their competitions, the cost they will incur in treating the health effects of these drugs is so high and most often, these effects can result in the death of the athletes. Hence, to prevent such scenarios from occurring on the NBA athletes, I believe that it was justifiable to come up with a drug use policy that banned steroids and other forms of doping in the competition.

When one athlete decides to use performance-enhancing drugs, it exerts pressure on other athletes to start using the same drugs. This is so because according to the survey by Agyemang et al. (p. 87) half of the NBA athletes confessed that as long as the performance drugs make them win the competition, they are willing to use them regardless of whether it will kill them eventually. This means that the use of PED has created a “win at any cost” mentality among the athletes. As a result, most athletes in ABA are now motivated to use these performance-enhancing drugs like never before because they believe their competitors are using the same. This is the reason some NBA athletes have been reported to be living below their standards since most of them use their fortune to acquire drugs living them with only a little money that cannot sustain their lives (Weston p. 76). The families of these athletes especially women with children are the ones who bear the great suffering because

they have to find other means of paying their bills. Therefore, to ensure that the athlete's motivation to engage in this sport is based on their passion and talent, it was justifiable to come up with the drug use policy.

All athletes using performance-enhancing drugs are not doing that to level the playing field but rather to gain an advantage over their competitors. Therefore, assuming every athlete is using these drugs, the instances of some of them taking 30 or 40 grams instead of 10 grams are likely to arise as some athletes will want to gain an advantage over their competitors who are also using the same drugs (Leeds et al. p. 56). The result of this is that it will lead to a competition that is being done by genetic mutants and not human beings as expected. Therefore to ensure that the NBA competition is healthy and is being done by human beings, it was justifiable to come up with an NBA drug use policy.

Recommendations

Considering the negative effects of using PEDs by the athletes and the fact that the use of these drugs especially in the NBA is increasing every day, I recommend that first, Preventive counseling should be prioritized by the NBA sport's governing body and their medical advisers. Through preventing counseling, the young NBA athletes who are a greater risk can be sensitized on the disadvantages of engaging in using PEDs. This will discourage them from using such drugs. Also, I recommend that the testing of NBA athletes should be mandatory. This is so because currently, NBA athletes are only tested when there is a probable cause which is wrong because some athletes using these drugs are not being punished. Therefore, it's important for the governing body to put measures that will ensure that all athletes are tested.

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