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To cite this article: Fatih Bektaş, Mehmet Türkmen, Idris Yılmaz, Mehmet Gül & Gülsen Karaman (2014) Perceptions of Doping from Wrestlers of the Turkish National Team Using the Metaphor Method, International Journal of Wrestling Science, 4:2, 55-62, DOI: [10.1080/21615667.2014.955073](https://doi.org/10.1080/21615667.2014.955073)

To link to this article: <https://doi.org/10.1080/21615667.2014.955073>



Published online: 30 Sep 2014.



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PERCEPTIONS OF DOPING FROM WRESTLERS OF THE TURKISH NATIONAL TEAM USING THE METAPHOR METHOD

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ABSTRACT

This study was conducted to identify the perception of previous and current wrestlers of the Turkish National Wrestling Team about the concept of “doping.” The general aim of the present study is to determine the Turkish wrestlers' views about the concept of “doping” through metaphors. In 2013, 108 wrestlers were randomly selected from active and previously active wrestlers on the Turkish National Wrestling Team, to participate in this study. The metaphors produced by the participants related to the “doping” concept were examined by the content analysis method, the frequency of each metaphor was identified and the categories were formed. In this context, the analysis and interpretation of the metaphors were achieved by the following four steps: (a) identification of the metaphors, (b) classification of the metaphors, (c) formation of the metaphors, (d) reliability and validity analyses. In the study, the wrestlers produced 106 metaphors related to the concept of “doping.” Based on their perceptions of doping, “avoidance,” “awareness,” “acceptance,” “exclusion,” “weakness,” and “ambition” categories were formed. Results have shown that the wrestlers perceive the concept of “doping” as something to be avoided; they are aware of its positive and negative consequences; they think that its use can be acceptable; they think that they would be excluded if they dope; they perceive using doping as a weakness and being inefficient; and they see ambition as passion.

Key Words: doping, metaphor, perception.

INTRODUCTION

Metaphor is an expression in which a person describes a concept or a case by using comparisons from his/her perception. “Metaphor” has many definitions and it was derived from the Greek word “Metapherein.” “Meta” means to change and “pherein” means to carry, (14) and the word “Metaphor” was used to mean “to carry something from one place to another place.” Metaphor is not only a thought material, type of a human conceptualization and a speech figure but also it is thought figure (13). Metaphors are one of the most powerful mental tools that structure, direct and control our thoughts about generation and processing of the events. Metaphors are also defined as “language of experiences” due to they give meaning to the individual's own experiences (17). From this aspect, metaphors direct, light, and guide our practices.

“We don't have a choice whether we think in metaphors or not. Metaphorical matches are part of our brain, and we think and speak metaphorically whether we want or not. Since metaphoric processes are mostly unconscious we think and speak with metaphors even we become aware or not. Moreover, since our brains materialize things, our metaphors reflect our usual experiences in life” (13).

Metaphors provide us with the opportunity to build abstract and detailed in advanced level. Metaphors are one of the most important tools to try to partly comprehend things, emotions, aesthetic experiences, ethical practices and mental consciousness that we couldn't understand entirely. They give opportunity to deductions used for motor emotional and other areas. Since we reason based on metaphors they mostly determine how we live our lives (13).

Metaphors are efficient tools to improve learning. If we want to discover something we first must imagine it. Metaphors might enable someone to be creative and to discover because metaphors are tools to form clear ideas in our minds, rather than unclear concepts in our imagination. Metaphors have the power to change our conceptual systems and to change students' world views (2). Metaphors can be used in different areas of education. Research in general shows how concepts or events in education and education management are

explained with metaphors by experimental group participants. These metaphors are used as tools to encourage learning, improve and plan creative thinking, guide education practices and to identify position of educators in modern education perception (11,10, 17, 20, 2, 16, 8, 21, 18, 4, 1, 19, 22, 3, 6, 7, 9, 24, 12). As for the literature related to sports, we see that metaphor concept has not been used much, but Bektaş et al. investigated Olympic-related perceptions of 2011 European Young Olympics volunteers by using a metaphor method (5). Metaphor is seen as a tool to create and form reality; it is a style of thinking and vision and a perception tool (25). Therefore, metaphors might contribute to solving problems in sports from different point of views, and also solve associated problems. Today, doping is the most common phenomenon against fair play in sports. Doping is against the fair play principle and doping means disobeying this principle. Thus doping in sports is an important problem that is destructive to sports ethics.

It should be noted that beyond its associated small or high health problems, doping has a destructive aspect for moral values and it is counter to sports ethics. Therefore, studies related to doping that use sportsmen, with their level of knowledge about doping, and their views about doping, can contribute to solving problems associated with doping. To date, there is no such studies involving Turkish sportsmen and such a study could contribute to what we know about doping. Moreover, metaphors found from this study should be used by other researchers who would prepare metaphor lists and scales regarding doping.

The Aim of the Study

The general aim of the present study is to identify the perception of previous and current wrestlers of the Turkish National Wrestling Team about the concept of “doping” with metaphors Within this framework, the following questions are asked:

1. Which metaphors are used by previous and current wrestlers of the Turkish National Wrestling Team to explain their perceptions about doping?
2. Under which categories are metaphors related to “Doping” produced by previous and current wrestlers of the Turkish National Wrestling Team grouped, based on their common properties?

METHOD

The present study aiming to identify the perception of previous and current wrestlers of the Turkish National Wrestling Team about the concept of “doping” was conducted as a screening type study. In this study, a qualitative research approach was used. Metaphors used by previous and current wrestlers of Turkish National Wrestling were described based on data collected with open ended questionnaires. The study group consisted of 108 randomly selected wrestlers who were still active or previously active in the Turkish National Wrestling Team in 2013.

Data Collection and Analyses

An open ended questionnaire form was prepared to identify the perceptions. The form was prepared and its validity confirmed through an evaluation by wrestling experts. In the form, wrestlers were asked to complete this sentence: “Doping is like ... Because ...” Metaphors related to sportsmen’s views about doping were analyzed by content analysis. At the same time, frequency values of the metaphors produced were recorded. The process of metaphor analysis and interpretation was conducted within the following four steps a.- “identifying metaphors,” b.- “classifying metaphors,” c.- “developing category” and d.- “reliability and validity analyses.” In identifying metaphors related to doping, attention was given to the following criteria: a.- participants should clearly state the metaphor, b.- metaphors shouldn’t include definition and c.- metaphors should be related. In classifying metaphors, subject, source and subject-source relation are considered to classify the category temporarily. After the analyses, 108 metaphors were accepted and metaphors produced by 2 participants were disregarded because they were not based on a logical argument. Some metaphors were represented by 3 sportsmen some were represented by 43. Frequency values of metaphors were calculated. Metaphors were categorized based on their subject and relation to their source, and 6 categories were formed. Validity of the categories was confirmed by two experts other than the researchers. Experts investigated the categories and their associated metaphors and appropriate quotations. Frequency values of metaphors related to doping were presented in table, some of the categories and their associated metaphors were demonstrated by figures and they were interpreted by using direct quotations from sportsmen.

RESULTS AND INTERPRETATIONS

In this section, metaphors were presented with tables and categories were shown with figures, and we interpreted each. Table 1 contains metaphors produced by wrestlers in alphabetical order with their frequency values.

Table 1. Distributions of metaphors produced by wrestlers.

M Number	Metaphor	f	M Number	Metaphor	f
1	Avoidance to ethics	1	28	Bad item	1
2	Alcohol	5	29	It is bad	2
3	Anti-doping	1	30	Rightful due	3
4	Very bad	2	31	Something bad	5
5	Discipline punishment	1	32	Angel	1
6	Energy	1	33	It is a must	3
7	Early development	1	34	dirt	1
8	Inequality	2	35	Harmful for health	1
9	Fanta	1	36	Unfair earning	1
10	Fenerbahçe (sport club)	1	37	Unhealthy life	1
11	Necessary	5	38	Cigarette	8
12	Unnecessary	3	39	Cigarette, alcohol, drug	1
13	Weakness laziness	1	40	Cigarette & alcohol	1
14	Lack of trust	1	41	Cigarette & heroin	1
15	Unfair earning	2	42	Cigarette & alcohol	3
16	Unfair treatment	5	43	Water	1
17	Dream	1	44	Crime	1
18	Figment of the imagination	1	45	Thrown game	3
19	Ambition	3	46	Shame	1
20	Stealing	6	47	Drug	1
21	Deception	3	48	Artificial	1
22	Alcohol drink	3	49	I didn't do	1
23	Drug	2	50	Harm	1
24	Drug, dangerous	1	51	Harmful	3
25	Good	1	52	Weed	1
26	Cheating	1	53	Poison	3
27	Bad	2	54	Wrong	1

As shown in Table 1, 108 sportsmen produced 54 metaphors related to their doping perception. Sportsmen explained their views about doping with these metaphors and they related these metaphors with wrestling. Among these metaphors mostly stated were cigarette, stealing, bad thing, unfair, necessary, alcohol, unnecessary, ambition, cheating, alcohol drink, rightful due, a must, cigarette alcohol, thrown game, harmful, poison, very bad, inequality, unfair earning, drug, bad, it is bad and they were represented more than once.

Most of these metaphors are clear concepts. It can be argued that doping is very influential in sports because sports can explain doping with many different metaphors. Categories formed based metaphors produced by sportsmen were demonstrated with Figure 1.

As shown in Figure 1, "avoidance," "awareness," "acceptance," "exclusion," "weakness," "ambition" categories were formed based on metaphors produced by sportsmen. In forming these categories, metaphors stated by sportsmen and their relation to doping were considered. Some of the metaphors belong to "avoidance" category were shown in Figure 2.

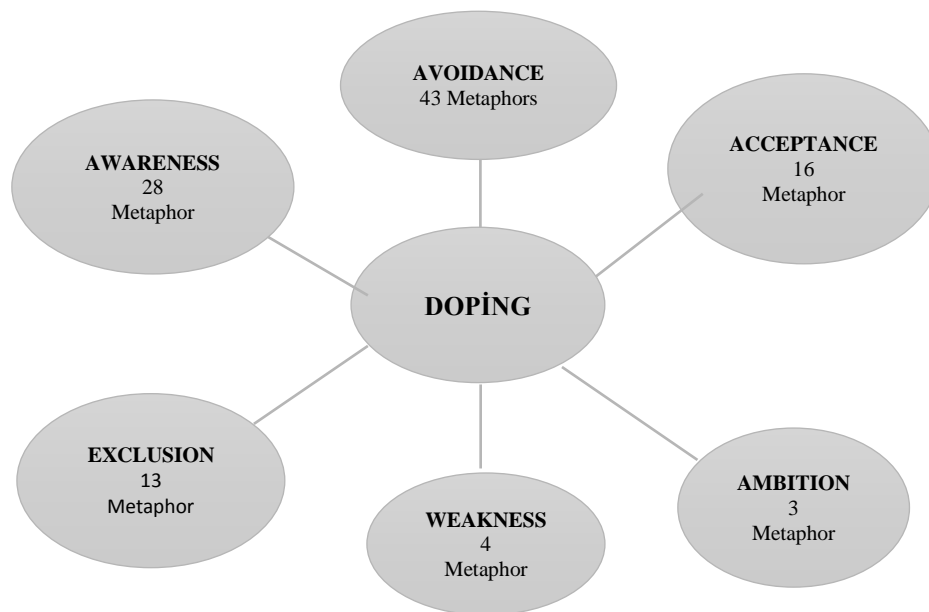


Figure 1. Categories formed related to perceptions of sportsmen about *doping*.

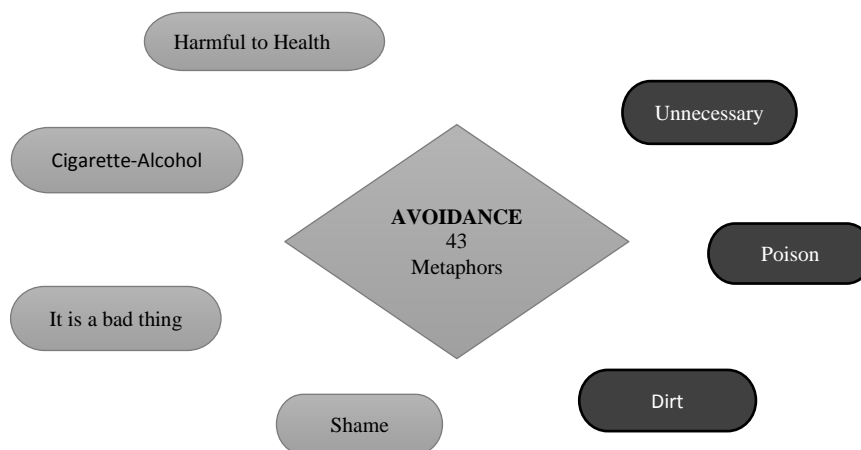


Figure 2. Avoidance.

As presented in Figure 2, cigarette, alcohol, unnecessary, it is bad thing, poison, it is harmful to health, dirt, shame metaphors formed Avoidance category. Sportsman who defines doping as cigarette states his view as *“Doping is like cigarette. Because it is harmful to health.”* Sportsman who defines doping as unnecessary states his view as *“Doping is unnecessary. Because anything that provides convenience to body detracts something from the body.”* Sportsmen who define doping as bad states his view as *“Doping is like a bad thing. Because it ends life and sport.”* Sportsmen who define doping as poison states his view as *“it falls somebody’s life apart.”* Sportsman who defines doping as harmful to health states his view as *“chemical.”* Sportsman who defines doping as dirt states his view as *“dirty sports life.”* Sportsman who defines doping as shame states his view as *“take away self-esteem.”* Based on these metaphors, it should be understood that doping with its every form should be avoided. Metaphors belong to awareness category were demonstrated in Figure 3.

As presented in Figure 3, early development, unfair earning, inequality, stealing, rightful due, unequal earning, artificial thing metaphors formed Awareness category. Sportsman who defines doping as early development states his view as *“Doping is like an early development. Because it is useless.”* Sportsman who defines doping as

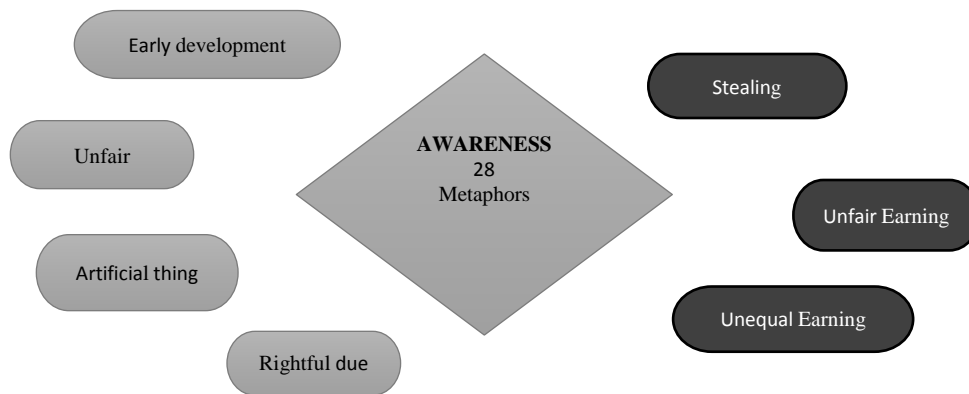


Figure 3. Awareness.

unfair earning states his view as *“it ends competition.”* Sportsman who defines doping as inequality states his view as *“cheating somebody of other sportsman’s rights.”* Sportsman who defines doping as rightful due states his view as *“it provides unfair earning.”* Sportsman who defines doping as unfair earning states his view as *“illegitimate money.”* Sportsman who defines doping as artificial states his view as *“collapses by time.”* Based on these metaphors, it should be understood that all sportsmen know the functions and consequences of using doping. Metaphors belong to acceptance category were demonstrated in Figure 4.

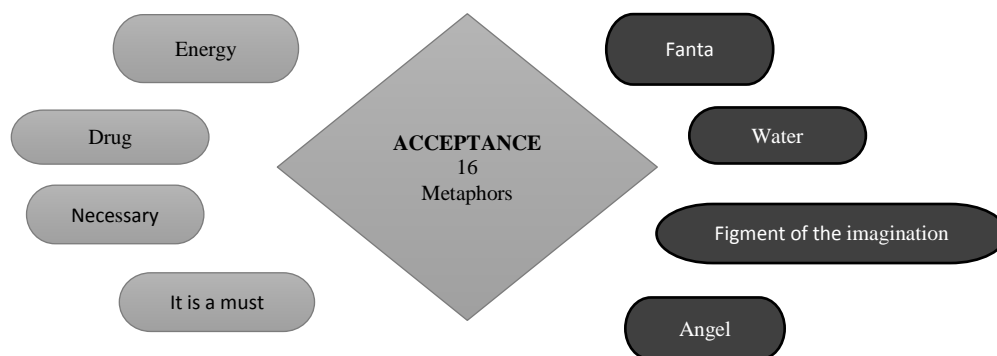


Figure 4. Acceptance.

As presented in Figure 4, energy, Fanta, necessary, figment of the imagination, drug, angel, it is a must, and water metaphors formed Acceptance category. Sportsman who uses Fanta metaphor states his view as *“the more you drink the more you want to drink”* Sportsman who defines doping as necessary states his view as *“There is no sportsman who has never used doping.”* Sportsman who defines doping as figment of imagination states his view as *“Success is meaningless without using doping.”* Sportsman who defines doping as drug states his view as *“it is taken.”* Sportsman who defines doping as angel states his view as *“it is unseen.”* Sportsman who defines doping as must states his view as *“there is nothing to do.”* Sportsman who defines doping as water states his view as *“you can’t do without it.”* Based on these metaphors produced by sportsmen under the influence of brilliance of championship and medal, it should be understood that sportsmen think that doping usage should be accepted.

Metaphors belong to exclusion category were demonstrated in Figure 5.

As presented in Figure 5, discipline punishment, Fenerbahce, stealing, deception, cheating, crime and thrown game formed Exclusion category. Sportsman who defines doping as discipline punishment states his view as *“Doping is like discipline punishment. Because it sends people away from school.”* Sportsman who defines doping as Fenerbahce (Turkish soccer team) states his view as *“you wouldn’t want to use it.”* Sportsman who defines doping as stealing states his view as *“stealing rights.”* Sportsman who defines doping as deception states his view

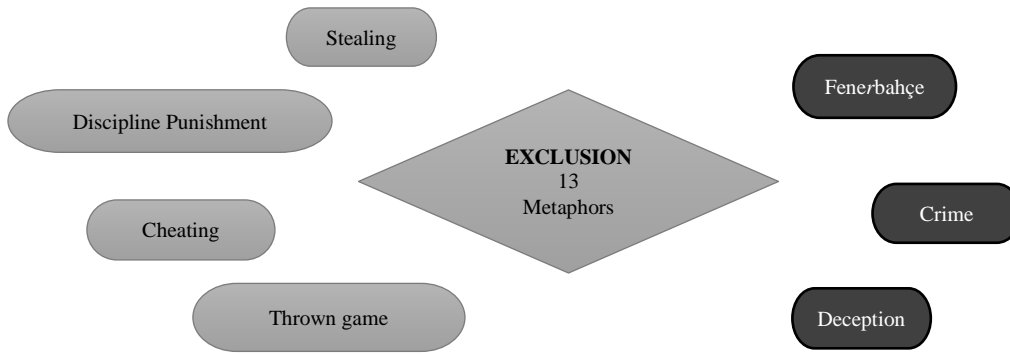


Figure 5. Exclusion.

as “you cannot succeed with deception.” Sportsman who defines doping as cheating states his view as “*stealing from other’s rights.*” Sportsman who defines doping as crime states his view as “*harms people.*” Sportsman who defines doping as thrown game states his view as “*it represents unfairness.*” Based on these metaphors, it can be said that when sportsmen use doping they know what to expect and they would be excluded. Metaphors which belong to weakness category were demonstrated in Figure 6.



Figure 6. Weakness.

As presented in Figure 6, escape from ethics, inequality, weakness laziness, mistrust formed Weakness category. Sportsman who defines doping as escape from ethics states his view as “*Doping is like escaping from ethics. Because weaks use it.*” Sportsman who defines doping as inequality states his view as “*when he uses doping he becomes stronger.*” Sportsman who defines doping as weakness laziness states his view as “*weapon used by cowards.*” Sportsman who defines doping as mistrust states his view as “*fear of failure.*” It is evaluated that these metaphors represent weak sportsmen. Metaphors belong to ambition category were demonstrated in Figure 7.

As presented in Figure 7, ambition was observed in three ways. In the first version sportsman states as “*Doping is like ambition. Because it is harmful to health.*” In the second evaluation sportsman states it as “*tries every way to win.*” In the third evaluation, he states it as “*later come health problems.*” It is understood from these metaphors that ambition turns into passion.



Figure 7. Ambition.

CONCLUSION AND SUGGESTIONS

In the present study aiming to identify perceptions of wrestlers who were still active and previously active in the Turkish National Wrestling Team in 2013, analyses showed that there were 108 metaphors. Wrestlers' views about doping were evaluated from different perspectives. Based on these metaphors, it was concluded that wrestlers don't have positive views about doping. In this respect, this study presents information about how using metaphors to identify wrestlers views about doping is important. In the study, it was found that wrestlers relate doping with metaphors such as angel, energy, water, must, necessary, cigarette, poison, alcohol, harmful, weakness, stealing, inequality. In Turkey, there is no study who investigates sportsmen's views about doping by using metaphors. Therefore, this study is not consistent or inconsistent with other studies. In the present study, which is the first one in the field, categories were formed based on metaphors produced by wrestlers. These categories were "avoidance," "awareness," "acceptance," "exclusion," "weakness" and "ambition." Bu Special to this study, when investigating metaphors related to "Doping" concept, most preferred metaphors were *cigarette* (f=8), *stealing* (f=6), *bad thing* (f=5), *unfair* (f=5), *necessary* (f=5), *alcohol* (f=5). This shows that wrestlers perceive doping as addictive such as cigarette and alcohol, thief who stoles medal, something bad. They also think that using doping when it is not caught leads inequality and that it is necessary for success.

Results of the present study can contribute to researchers who would prepare education program for doping. In the study, questionnaire was used to collect data about doping perception; future studies can use interview technique or study can be supported with the interview technique. This study can also be replicate by sportsmen from different branches and categories.

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