

Abstract

In the last few years, the interest in bodybuilding has increased but unluckily it is often accompanied by taking doping substances. At this time, we have been already informed about anabolic steroids exclusively through the media spreading the news about the doping scandals of top athletes. Although many books were written about doping and bodybuilding, their first publishing was dated to 2000 and the literature today mainly focuses on nutrition and training.

The goal of my thesis was to map the view of top bodybuilders on doping at the professional and hobby level and their knowledge of the effects of prohibited substances.

The qualitative research was made by the series of dialogues that were semi-structured and with the agreement of respondents. The information was recorded on a dictaphone, transcribed and edited.

The main research questions were based on the risks that are bodybuilders aware of, their motivation for the sports and possible use of the prohibited substances. They were also asked about their experience of the addiction to them.

According to the research, the athletes are well-informed about all the risks. The majority of them are regular users of excessive amount. The motivation for the bodybuilding and taking doping is different, but they have something in common. It is the desire of the appreciation and the feeling of being a part of the same group. Even though the respondents know about the psychological problems included the addiction, only one-third of them admitted symptoms on themselves.

The final suggestion is to familiarize the public with the issue of the risks of this sport and doping and mainly set efficient basic prevention for the hobby athletes in the gyms.

Keywords: Sport, bodybuilding, doping, supplements, side effects, addiction