Study of the Widespread Usage of Ergogenic Aids among Sri Lankan Youth in Districts of Colombo, Kandy, Galle and Kurunegala

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Ergogenic aids (EAs) is the most popular method of performance enhancing either by reaching physical or mental edge during competing or exercising through energy utilization enhancement via production, control and efficiency. This method of performance enhancing is popular not only among professional athletes but also among common youth. Recently, Sri Lankan youths have developed a popular trend towards these EAs. The study was conducted to analyse the usage of EAs among Sri Lankan youths referring to selected four main populated districts based on a closed-end questionnaire for five months on randomly selected 240 volunteer athletes. The collected data were analysed under three main criteria using both SPSS and MINITAB17 software. For age versus usage (age 15 to 25) Pearson Correlation Coefficients (PCC) were negative for all four districts. Highest percentage (16.70 %) of users were from Kurunegala with the age of 25, and Kandy, Galle, and Kurunegala showed a significant correlation with education level. PCCs were positive for all four districts relevant to the usage with education level, but the correlation was only significant for Colombo (also highest percentage, 27.5 %). Colombo, Galle, and Kurunegala had a significant correlation between usage and sport engagement. Kandy (82.9 %), Galle (74.6 %) and Kurunegala (63.3 %) districts had the highest percentages of users, but they were not engaged in any sport. Above results conclude that most of the youth in Colombo, Kandy, Galle and Kurunegala tend to use these ergogenic aids without any age variance, education level difference and especially even though they do not engage in any sport.

Keywords: Energy, Performance, Correlation