

## United Nations Office on Drugs and Crime

**Country:** Indonesia

**Delegate:** Buse Sert

**Topic :** The usage of appearance performance enhancing drugs (APEDs) and sports: their interconnection.



Appearance and performance enhancing drugs (APEDs) are most often used by males to improve appearance by building muscle mass or to enhance athletic performance. Steroids are popularly associated with doping by elite athletes, but since the 1980s, their use by male non-athlete weightlifters has exceeded their use by competitive athletes. Their use is closely associated with disordered male body image—most specifically, muscle dysmorphia. According to Indonesia, the increase in the unconscious use of these drugs among young athletes poses a great danger to the next generation of athletes and the sports ethics that are formed.

The question is, where do the bodybuilders get these beliefs?

- Possible sources, and quite reasonably so, are their instructors, colleagues, families, etc. In short, they are the person's significant others. In the sport of bodybuilding, colleagues may affect greatly the AAS use behavior of a bodybuilder, both through social pressure and formation of attitudes.

Kompas daily newspaper, Monday, May 6, 2013, reported that the usage rate of AAS had increased across Indonesia. Moreover, it is said that the usage of steroids is not only found among bodybuilders who want to gain an advantage, but also among the public whose lifestyle purpose involves using doping substances. People's insufficient knowledge of the consequences of these drugs and their unconscious long-term use and emission pose a great public health hazard. Indonesia is confident that access to and use of these substances must be controlled as soon as possible and the bright futures of the next generation of athletes must be protected.

The studies suggest that the TPB and/or related behavioral models can be effectively applied in research investigating the use of AAS. However, relevant research on professional or elite athletes is still lacking, especially in Indonesia. Thus there is a gap in our knowledge regarding the influences on AAS use in more advanced levels of body building sports.

Indonesia proposes two possible solutions that the UNODC can implement. The first possible solution is to proper labeling of drugs. Clear and descriptive instructions for use, to ensure that users are fully aware of their use of doping substances and to alert them of potential dangers. The second possible solution is to provide education on this subject in schools. The use of these drugs often begins due to environmental pressure and a sense of responsibility for success. The pressure that the environment puts on young people during their secondary and high school years can often force them to resort to these drugs to be better in their field. According to Indonesia; In addition to health education in schools, adding an elective course on this subject is very important for young generations to become conscious athletes.

In conclusion, The action to be taken on the usage of appearance performance enhancing drugs, which is a constantly developing and spreading issue, should be started without wasting time and a continuous stance should be displayed. Indonesia believes that a stable stance and international cooperation will reach a solution to the problem.