

Research Article

The Effect of Drug Abuse on the Sport Performance of Gore Football Club

Girma Bikila Banti* , Alemi Madaksa Deressa 

Sport Science, Metu University, Metu, Ethiopia

Abstract

Background of Study: The study aimed to assess the effects of drug abuse on the sports performance of Gore Football Club. It focused on how substance abuse among players may undermine training, competition readiness, and overall club performance. **Method:** A descriptive research design was employed, incorporating both quantitative and qualitative approaches. A sample of 60 individuals was selected using simple random sampling. Data collection included both survey instruments (quantitative) and interviews (qualitative) to gather information about players' substance-use behaviors and their perceived impact on performance. **Results:** Among the players studied, 67.3% reported chewing khat. Of these, 80% indicated they chew it to stay awake, and 69.1% attributed their chewing habit to family influence. Additionally, 50.5% reported abusing alcohol, with 65.5% using it to increase pleasure during sexual activity and 54.5% citing peer influence as a reason for drinking. Based on these findings, the researchers recommended that the sports commission implement educational programme and motivational mechanisms, that club leaders provide training on the effects of drug abuse on player performance, and that families support children in developing good behavioral habits.

Keywords

Drug, Sport, Performance, Football, Club

1. Introduction

Football is the world's most popular sport, being played in every nation without exception [1, 2]. However, football around the world faces many challenges. Quality training is a crucial predictor of performance, while environmental factors, access to resources, and social influences such as cultural background and the relative age effect are also important determinants of sporting expertise [3]. Furthermore, one of the major factors affecting football performance is the illegal use of drugs. In many countries, the illegal drug economy plays a prominent role in national discussions, and drug abuse often results from the interaction between the individual, the abused

substance, and the surrounding environment [4].

According to [5] football was introduced into Africa more than 100 years ago by British, Belgian, French, and Portuguese colonialists. However, there has been limited success by most African countries in international tournaments, especially at the World Cup. [6] Stated that one of the major factors affecting African football is the illegal use of drugs and other substances. The most commonly abused substances in many African countries include alcohol, khat, and tobacco, which are reported to be widely used among football players. [7] Reported that medical problems associated with khat

*Corresponding author: sanyibikila2@gmail.com (Girma Bikila Banti)

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intoxication include psychiatric manifestations such as deterioration of psychophysical function and schizophreniform psychoses.

Football in Ethiopia has faced significant challenges in adopting modern management methods that could enhance the game, and this may be one of the contributing factors to the national team's lack of success in regional, continental, and global competitions (Ethiopian Football Federation [8]) Football in Ethiopia has been notably affected by internal mismanagement, limited oversight and weak governance, leading to growing frustration among players and the wider public. For example, many clubs depend almost entirely on government subsidies, lack appropriate corporate governance structures, and routinely face financial distress such as unpaid player salaries and chaotic administrative control [9]. The Oromia League, which operates one tier below the Ethiopian National League, faces several challenges. [10] Stated that the major factors affecting Oromia regional clubs' participation in the Ethiopian National League include the use of substances such as khat, alcohol, and cigarettes by players, as well as a lack of adequate facilities and insufficient sports management.

One of the clubs competing in the Oromia Regional League is Gore Football Club, located in the Ilu Aba Bor Zone. Established in 2004 E. C. (2011/2012 G. C.), the club aimed to progress to the National League; however, multiple factors have hindered its success. The local community has expressed dissatisfaction with the club's performance over the years. Financial limitations, material shortages, technical inefficiencies, and personal issues among players have prevented Gore F. C. from advancing to the National League since its establishment. Researchers have observed that several players in the area are addicted to harmful substances, which negatively affect their performance. Players who abuse such drugs tend to perform at a lower level, reducing the overall team performance of Gore Football Club. Therefore, it is essential to assess the impact of drug abuse on football performance in order to propose effective solutions.

Statement of the Problem

Several scholars have discussed factors that influence the effectiveness of physical fitness programs. [11] Explained that developing a safe, effective, and health-enhancing exercise program suitable for everyone requires considering various factors such as age, current health status, personal interests, personality type, financial capacity, climate, and the availability of exercise facilities. This suggests that behaviours such as khat (chat) chewing can have a negative impact on physical fitness programs. [12] found that regional football clubs in Ethiopia face several significant hurdles: misuse of substances like khat, cigarettes, alcohol and performance-enhancing drugs; weak managerial practices; inadequate training facilities; poor dietary regimes; a lack of ongoing professional development opportunities for coaches; and low pay for both coaches and players. Additionally, the shortage of dedicated football pitches for training and com-

petition remains a major obstacle. [13] Conducted a cross-sectional survey to determine factors associated with drug use and abuse among secondary school students in the Kisumu region. The study examined the effects of age, gender, and peer influence on drug use and found that the most common reasons for substance use were enjoyment, experimentation, and influence from friends. The most commonly abused substances were alcohol, tobacco, cannabis, and khat.

Gore Male Football Club has not achieved its goal of qualifying for the national league. The club continues to face numerous challenges that restrict its progress to the national level. Despite its establishment several years ago, Gore Male F. C. has yet to qualify due to financial, managerial, and performance-related constraints. Consequently, the club's persistent underperformance has caused dissatisfaction among sports communities and supporters in the area. Since no prior study has investigated this issue, the researchers were motivated to assess the effect of drug abuse on the sporting performance of Gore Football Club.

2. Methodology

Study Area

Gore (Oromia: Goree), in the Illubabor Zone of southwestern Ethiopia, is a town located about 8°9'N, 35°31'E, at roughly 2,085 Meters above sea level. With an estimated population of 12,708 (as of 2005) it retains a small-town scale, balancing rural and urban characteristics. Because of its elevation and location in the highlands, Gore experiences moderate temperatures relative to lowland tropical zones, with a wetter season around June-August and drier periods in the later part of the year. Economically, Gore is known for its honey production and tea plantations most notably the large Gummaro tea estate of about 800 hectares nearby The town is served by Gore Airport, and has historical roots growing up around the palace of Ras Tessema Nadew in the 19th century.

Research Design

In order to employ this study, descriptive research design was used. Because it helps to describe facts and existing condition on the effect of drug abuse in sport performance. Mixed method of both quantitative and qualitative approaches was also employed.

Data sources

In this research primary and secondary data was used. As a primary data source, relevant data were collected from players, fans, coaches, technical staffs and leaders. Therefore for this study, the primary data source was participants of Gore football club. In addition to this, secondary data source were included legal document that were collected from government office regarding the issues under investigation. These were the data collected from Ale woreda youth and sport office and from Gore football club offices.

Population of the Study

The total population of this study included the coaching

staff, fans, players and technical committees. As the researchers has been informed from the sport commission of Ale woreda, the club currently has 3 technical staff, 2 coaching staff, 1 team leader, 25 players and 40 organized fans, totally about 71 population. Therefore, this study included about 71 total populations.

Table 1. Total population of the study.

Football club	Participants	Population
Gore town male F. C	Technical staff	3
	Coaching staff	2
	Fans	40
	Team leaders	1
	Players	25
	Total	71

Sample size and Sampling techniques

The researchers selected 35 fans and 20 players by using simple random sampling of lottery method. In other way, 1 leader of youth and sport office, 2 technical staff member, 1 coach and 1 team leader were also selected by using purposive sampling technique. To determine the sample size of the study,

Morgan (1970) sample size determination formula was employed as shown below.

$$n = \frac{N}{1+N(e^2)} = \frac{71}{1+71(0.1^2)}$$

n = the desired sample,

N = total of population= 71

e = the level of statistical significance test/percent margin of error (5%).

But due to lack of time and budget constraints the researcher considered=10% = e = 0.05

$$\text{Therefore, } n = \frac{N}{1+N(e^2)} = \frac{71}{1+71(0.05^2)} = 60$$

Therefore, the sample size of the study was 60 people; which are about 84.5% of the total population. Simple random sampling was used to select the sample of fans and players. Because simple random sampling enables all population to have equaled chance to include in the study. Since the total populations are in similar socio-economic and life style, they may have similar knowledge, perceptions and attitude toward the issue under the study. In addition, purposive sampling was used because it helps to select respondents who are more familiar with the issues of the study. Also, they are responsible in managing the rule and regulation of the club overcoming illegal drug abuse that helps them to perform effective football in each competition.

In general the sample population of the study is indicated in the following table.

Table 2. Sample population of the study.

Football club	Participants	Population (N)	Sample population (n)	Percent	Sampling techniques
Gore town male F. C	Technical staff	3	3	100	Purposive sampling
	Coaching staff	2	1	50	
	Fans	40	35	87.5	Simple random sampling
	Team leaders	1	1	100	Purposive sampling
	Players	25	20	80	Simple random sampling
	Total	71	60		

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Data Collection Instruments

Questionnaires

Questionnaire was prepared for sample of players and fans that was selected from the study area. In an attempt to collect quantitative data questionnaires was prepared as a main source of data gathering instrument. The questionnaire included the current status, knowledge and practice towards the use of drug and substances were asked.

In this part; the questionnaire had formats of questions such yes or No choices and degree of agreement scale from 5 =

strongly agree to 1 = strongly disagree). Also the status of the current practice from 5 = very high to 1 = very low. Thus, about 24 questions were asked with largely populated samples of 55 respondents. In general the researchers were distribute questionnaires to fans and players and collected in two days of completion.

Reliability and Validity

Reliability and validity are among the most essential concepts that a researcher must address to ensure that collected data lead to meaningful and trustworthy conclusions. According to [14] reliability refers to the consistency, stability,

and repeatability of research results. A study is considered reliable if consistent findings are obtained under similar conditions but at different times or with different participants.

To maintain the validity and reliability of the questionnaire used in this study, respondents were contacted to provide feedback on the clarity and relevance of the items. Additionally, the advisor's comments were obtained for the final revision of the instrument. The advisor's judgment enabled the researcher to identify weaknesses in the questionnaire and make appropriate corrections to enhance its validity. After incorporating all feedback, a pilot test was conducted to check the reliability of the data collection instrument before the main study.

Interview

To enhance the data gathered through questionnaires, the researchers developed both closed- and open-ended interview questions tailored for key stakeholders: technical staff, coaching staff, administrators, and team leaders. Semi-structured interview was used because it has a greater advantage allowing flexibility for both the interviewee and the interviewer. Any of them (interviewee) can ask for clarification to clear misunderstanding and interviewer can describe the meaning of the question in detail.

For this study, qualitative data were collected using semi-structured interviews guided by a detailed, pre-planned interview schedule. These interviews were conducted with purposively selected participants to ensure relevant insights into the research topic. The semi-structured format allowed for flexibility, enabling participants to express their views openly while ensuring that key topics were consistently addressed across interviews. First, more factual question was listed out carefully from the interview paper work before conducting interview with informants. About 10 open ended and close ended interview questions were held with interviewee in the same order. The researchers encouraged participants to speak openly and freely about the given topic with minimal guidance.

Document Analysis

In this study, secondary qualitative data were collected through a comprehensive analysis of various written documents related to Gore Town Football Club. The researcher examined archival materials such as the club's historical background, rules and regulations, short- and long-term plans, monthly and annual reports, match results, competition schedules, structural manuals, and other legally accepted documents. This approach allowed for an in-depth understanding of the club's operations and provided valuable insights into factors influencing player behavior and performance.

Method of Data Analysis

Analyzing and interpreting the collected data by using an important research method is determining factors to address the basic research and to achieve the aim of the study stated so far in chapter one. Therefore first the collected data through questionnaires was organized and arranged on the basis of the research questions and specific objectives according to their similarities. By using table, quantitative data were organized using frequency and percentage.

First, the status of player's illegal drug abuse and factors that players are abused to illegal drug were described in detail. With this manner, quantitative data collected through questionnaire were analyzed by using descriptive statistical method and then qualitative data collected through interview and document analysis was qualitatively described and presented according to the basic research questions consistently with quantitative data analysis. in triangulation with quantitative analysis. At the end the findings of the study were described by taking the main point of data analysis in to account.

3. Results

Types of Illegal drug Abuse.

Table 3. Types of Illegal drug Abuse by players.

No	Types of illegal drug	Yes		No		I don't understand	
			%	N	%	N	%
1	Abuse of alcohol	28	50.9%	27	49.1%	0	0
2	Abuse of chat chewing	37	67.3%	18	32.7%	00	0
3	Abuse of cigarette smoking	13	23.6%	42	76.4%	00	0

The above table shows that one of the major illegal drugs abused with players are alcohol. From the total number of respondents half of the accepted that they used to drink alcohol. Only lower than half of the total respondents 49.1% are

no addicted to alcohol. With the second item the number of respondents used to chew chat is more than that of respondents abused to alcohol. Meaningfully 67.3% respondents said that they chew chat and only 32.7% respondents didn't chew

chat.

Significantly; the number of respondents smoke separate are not large as those respondents abused to alcohol and chat. They take only 23.6% from the total respondents. 76.4% of

them didn't used to smoke cigarette. Helpfully, all of the total players and fans Gore football club are not abused to hashish.

The extent of Illegal drug Abuse

Table 4. Respondent's agreement with the extent of illegal drug abuse.

No	Degree of training		Very high	High	Medium	Low	Very low
1	Abuse of alcohol	N = 27	0	21	6	1	0
		%	0.0	75.0%	21.4%	3.6%	0
2	Abuse of chat chewing	N = 36	2	24	8	2	1
		%	5.4%	64.9%	21.6%	5.4	2.7%
3	Abuse of cigarette smoking	N = 13	3	8	1	1	
		%	23.1%	61.5%	7.7%	7.7%	0.0

From the Table 2, we have seen that the number of players abused to alcohol, chat and cigarette are 27, 36 and 13 respectively. Therefore the above table shows that the extents to which players are abused to different types of illegal drugs. From the total respondents abused to alcohol 75% of them are highly abused. Those 21.4% and 3.6% respondents are abused to alcohol with medium and lower extent respectively. In addition to this, the number of respondents highly abused to chewing chat is 64.9%. The left respondents accounted to 21.6% are in the medium states. There are 5.4% respondents said to be very high or low in chewing chat. Finally, 61.5% respondents accepted that they highly spokes cigarette. Moreover 23.1% of them are very high to abuse smoking cigarette. But there are no players or fans used to hashish in the study area.

The data founded from interview made with Coach and

sport leaders of Gore F. C the football sport development status of Gore woreda was remained poor by various reasons. For example, most players are abused to different types of illegal drugs. The most illegal drug that is used by players is chat and alcohol. Most players used both drugs and others used one of them. Beer and draft are the most widely used by players. Doing these when they come to training or competition, they couldn't performed as match as expected from them. These facts are making players seemed too weak to upgrade their playing status by participating in some training, by computing with other teams, and by collaborating with the sport offices. Theses is one of the major factor determining sport performance in Gore F. C.

Reasons for Illegal Drug Abuse

Table 5. Reasons for abusing to chew chat.

No	Reason for abuse	Yes		No		I don't know	
		N	%	N	%	N	%
1	To increase work performance	38	69.1%	14	25.5%	3	5.5%
2	Due to family chewing habit	21	38.2%	34	61.8%	0	0.0%
3	To stay awake	44	80.0%	9	16.4%	2	3.6%
4	Due to peer pressure	25	45.5%	29	52.7%	1	1.8%
5	To get personal pleasure	19	34.5%	10	18.2%	26	47.3%

As indicated in the table above, respondents were asked to indicate their reasons for being addicted to chewing khat.

Accordingly, about 69.1% of respondents reported that they chew khat to enhance their work performance, 38.2% at-

tributed their habit to family chewing practices, and 80% stated that they chew simply to stay awake. Additionally, 45.5% and 34.5% of respondents reported khat use due to peer pressure and for personal pleasure, respectively.

In summary, a large proportion of players in Gore F. C.

reported chewing khat primarily to improve work performance and to stay awake. However, the number of players who chew khat due to family influence, peer pressure, and for personal enjoyment is also notable.

Table 6. Reasons for abusing to drink alcohol.

No	Reason for abuse	Yes		No		I don't know	
		N	%	N	%	N	%
1	To get personal pleasure	15	27.3%	37	67.3%	3	5.5%
2	Due to peer influence	30	54.5%	25	45.5%	0	0.0
3	Due to academic work dissatisfaction	19	34.5%	34	61.8%	2	3.6%
4	To be sociable	17	30.9%	29	52.7%	9	16.4%
5	To increase pleasure during sexual practice	36	65.5%	19	34.5%	0	0.0

This table indicates the organized data on the response of participants with regard to reasons for abusing to drink alcohol. According to the table above, 27.3% and 54.5% respondent's believed that they are abused to drink alcohol in order to get personal pleasure and due to peer influence respectively. Similarly, 34.5% respondents accepted that they used to drink alcohol due to academic work dissatisfaction and 30.9% of them are to be sociable. The numbers of respondents replying players are used to drink alcohol to increase pleasure during sexual practice are very large in

number 65.5%. To generalize this, the major reasons why players abused to drinking alcohol are to get personal pleasure, due to peer influence due to academic work dissatisfaction, to be sociable and to increase pleasure during sexual practice. The data collected from key informants through interview indicates that there are player who are addicted to drink alcohol. They stated that majority of them are due to lack of control. There are also players used to drink alcohol due to peer pressure. Not only is this there also players who drink alcohol to get happiness.

Table 7. Reasons for abusing to smoke cigarette.

Smoking cigarette		Yes		No		I don't know	
		N	%	N	%	N	%
1	To stay awake	42	76.4%	13	23.6%	0	0.0
2	Due to peer pressure	33	60.0%	19	34.5%	3	5.5%
3	To get personal pleasure	9	16.4%	44	80.0%	2	3.6%
4	To increase work or academic performance	20	36.4%	29	52.7%	9	16.4%
5	To be sociable	5	9.1%	50	90.9%	0	0.0

Among the three types of substances abused by players that affect football performance in Gore F. C., the third is cigarette smoking. According to the survey, 76.4% of respondents indicated that players smoke cigarettes to stay awake, while 60% reported smoking due to peer pressure. Additionally, 16.4% smoke for personal pleasure, 36.4% to improve work

or academic performance, and 9.1% to be sociable. These results indicate that the main reasons for cigarette use among players are staying awake and peer influence.

Interviews with youth and sport office leaders, technical staff, coaches, and team leaders identified additional reasons for substance abuse among players, including khat chewing,

alcohol consumption, and cigarette smoking. These reasons include: Lack of recreational facilities in the study town, Influence from friends already addicted to khat, Limited understanding of the negative impacts of khat and other substances, Use of khat for gambling purposes. Regarding these issues, sport officials and coaches reported that they mostly advised players about the negative effects of substance abuse on sport performance and health. In some cases, they applied disciplinary measures, such as suspending players from competitions or training sessions. In summary, a large number of players in Gore F. C. are involved in chewing khat, drinking alcohol, and smoking cigarettes for reasons such as enhancing work performance; staying awake, family influence, peer pressure, and personal pleasure. Beyond individual behaviour, structural and environmental factors such as the lack of recreational facilities, gymnasiums, sport arenas, insufficient attention to sports by relevant authorities, and limited awareness of substance abuse consequences also significantly affect football performance in the study area.

Discussion

The results of the study on players from Gore F. C. indicate a substantial prevalence of substance use among participants, specifically alcohol (50.9%), khat chewing (67.3%), and cigarette smoking (23.6%). The degree of use is also noteworthy: among that admitting alcohol use, 75% reported a “high” extent of use; khat chewing likewise showed 64.9% at “high” extent and cigarette smoking 61.5% at the “high” end. These findings raise significant concerns when situated within the broader international literature on sport-related substance use and abuse.

Substance Use Patterns in Sport

The pattern of high alcohol use aligns with global findings where alcohol often emerges as the most commonly used psychoactive substance among athletes. For example, a survey of U. S. college athletes found that 80.5% reported alcohol use in the previous year. [15] Similarly, an international narrative review of elite athlete substance use reported that alcohol, nicotine, cannabis and prescription drugs are the most frequently observed substances in this population [16]. In the context of the Gore F. C. players, this suggests that the findings are not isolated but fit into a broader pattern of substance use in sporting contexts worldwide.

Khat Chewing and Regional Specificities

Khat (or chat) chewing appears with particularly high prevalence in the study 67.3% admitted use. While much of the literature focuses on global substances like alcohol, nicotine, and performance-enhancing drugs (PEDs), regional social and cultural norms play a strong role in influencing patterns of use. For example, the use of stimulants in certain sport contexts are motivated by performance enhancement or fatigue reduction, while other substances are used for sociocultural or recreational reasons. The high khat use in the study echoes the idea that local cultural practices markedly influence substance use among athletes.

Performance Enhancement vs. Recreational/Functional

Use

It is important to distinguish between substances used with the aim of enhancing performance (e.g., anabolic steroids, stimulants) and those used for other purposes such as recreation, coping, staying awake, or sociability. The interview data from the Gore F. C. context reveals that players chew khat to stay awake or to increase work performance, and drink alcohol “to get personal pleasure”, “due to peer influence” or “to increase pleasure during sexual practice. These motives align with findings in the general athlete literature that psychotropic substances are used both for recreational/functional purposes and for performance enhancement. For instance, a study from Switzerland indicates that elite athletes may self-medicate with psychotropic substances or use them recreationally alongside performance-enhancing motives [16]. Hence, the behavior observed in the Gore F. C. study may reflect both performance-related motives (staying awake, improving performance) and non-performance motives (social reasons, peer influence, pleasure). This dual motive complicates intervention strategies because the focus may need to be broader than simply anti-doping.

Implications for Sport Performance and Health

The findings have several implications:

Performance decline and training interference: The players themselves and coaches noted that substance use (particularly khat and alcohol) impairs training readiness, match performance and progression. This aligns with general findings that substance use among athletes may correlate with poorer training outcomes, higher injury risk and impaired recovery. *Health risks and dependency potential:* Regular use of alcohol, khat, and cigarettes in a sporting context carries risks of addiction, health deterioration, decreased physical capacity and negative psychosocial outcomes. The global review of psychotropic substance use in athletes highlights the medical and social risks of such use [17]. *Social and structural factors:* The study’s qualitative data pointed to structural and environmental drivers - lack of recreational facilities, peer influence, limited awareness of negative effects, and a sporting culture that doesn’t strongly enforce preventive measures. The international literature likewise emphasizes that substance use in athletes is not solely individual behavior but intertwined with organizational, cultural and contextual factors. For example, sports organizations often test minimally for recreational/illicit use, and athletes may use substances off-competition to cope with stress or downtime [18].

Comparison with International Prevalence

While the Gore F. C. data reports high prevalence of khat and alcohol use, the literature on doping and substance use in football and sport more broadly suggest lower prevalence for doping but higher for recreational substances. A study in English professional football found that performance-enhancing drug use was rare (6% knew of a player using PEDs) but recreational drug use was more common (45% knew of a player using recreational drugs) [19]. A study in Malawi among elite football players found that 91% reported

use of performance-enhancing substances (though this study's definition included caffeine, energy bars, herbal products rather than illicit "illegal" drugs) and 81% cited performance improvement as the motive [20]. A Saudi study among elite footballers estimated doping prevalence at 3.9% and susceptibility at 17.1%. [21].

Summary

The aim of the study was assessing the effects of drug abuse on Gore F. C sport performance. The specific objectives are to describe the types of illegal drugs mostly used by participants of Gore football, to examine the extents to which participants of Gore football are abused to illegal drugs and to identify the major factors that players are abused to illegal drug.

In order to employ this study, descriptive research design was used in line with mixed method of both quantitative and qualitative approaches was also employed. Because it helps to describe facts and existing condition on the effect of drug abuse in sport performance. In this research primary and secondary data was used. From the total population of the study, 60 samples were selected including coach, sport leaders and fans etc. Simple random sampling was used to select the sample of fans and players. In other way, administrator of youth and sport office, technical member staff, coaching and team leader will also selected by using purposive sampling technique. In this study, to collect the necessary data questioners, interview and document analysis was used as data gathering instruments.

In Gore town F. C players are abused to drink alcohol, chew chat and smoke cigarette. However, the numbers of respondents smoke separate are not large as those respondents abused to alcohol and chat. Helpfully, all of the total players Gore town football club are not abused to hashish. When we see the extent of illegal drug abuse by the respondents, 75%, 64.9% and 61.5% players are highly abused to drink alcohol, chewing chat and smoking cigarette respectively. The remaining percent are abused to medium or lower level. Consistently interview participants replied that sport performance of Gore town is found to be poor by various reasons. For example, most players are abused to different types of illegal drugs. The most illegal drug that is used by players is chat and alcohol. Most players used both drugs and others used one of them. Also, large numbers of players in Gore F. C are abused to chat chewing, drinking alcohol and smoking cigarette are to increase work performance, to stay awake, due to family chewing habit, due to peer pressure and to get personal pleasure. In addition to this lack of available recreational place, lack of gymnasium and sport arena, influence of friends, lack of attention towards sport activity by concerned bodies, lack of understanding are also additional factors affecting football performance in the study area.

Results

Based on the main points taken from the data analysis part, the following the researcher founded the following major points that addressed the basic research question s and specific objectives of the study stated so far in chapter one.

The study found that players of Gore Town F. C. engage in substance abuse, including alcohol consumption, khat (chat) chewing, and cigarette smoking. However, the number of respondents who smoke is smaller compared to those who abuse alcohol and chew khat. Notably, none of the players reported using hashish. Among the players, 67.3% reported chewing khat, with 80% using it to stay awake and 69.1% attributing the habit to family influence. Additionally, 50.5% reported drinking alcohol, with 65.5% using it to enhance sexual pleasure and 54.5% citing peer influence as a reason for their drinking. These substances are commonly used to increase work performance, stay awake, due to family habits, peer pressure, and personal pleasure. Contributing factors to poor football performance include lack of recreational facilities, inadequate gymnasiums and sports arenas, insufficient attention from relevant authorities, and a general lack of understanding regarding the impacts of substance abuse.

Recommendation

Based on the study's findings, several measures are recommended to reduce substance abuse and improve performance at Gore Town F. C. Club management should engage in thorough planning and supervision, including consistent monitoring of activities, provision of suitable facilities, and implementation of training programs to raise awareness among players about the consequences of drug use. Establishing recreational spaces can serve as a positive alternative to substance use. The Gore Sport Commission should create recreational areas to discourage khat chewing and organize regular competitions to keep players actively engaged. Coaches are advised to use specialized, evidence-based training techniques rather than relying on traditional methods to enhance player development. Families should support their children in developing good habits and understanding the risks of drug abuse. Additionally, community members, including those not directly involved in sports, should actively discourage substance use and provide guidance to foster a supportive environment for healthy lifestyles.

Abbreviations

F. C	Football Club
ENSP	Ethiopian National Sport Policy
FIFA	Federation of International Football Association
HGH	Human Growth Hormone
HIV	Human Immunodeficiency Virus
PES	Performance Enhancement Specialist
USA	UNITED State of America
WADA	Worlds Anti-Doping Agency
WHO	World Health Organization

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Author Contributions

Girma Bikila Banti: Conceptualization, Investigation, Writing – original draft

Alemi Medeksa Deressa: Data curation, Formal Analysis, Methodology

Data Availability Statement

The datasets used and/or analyzed during the current study available from the corresponding author on reasonable request.

Conflicts of Interest

The authors declare no conflicts of interests.

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Biography



Metu University.

Girma Bikila Banti was born on May 16, 1994 G. C. in Mida kegn Wereda, West Showa Zone, Oromia Regional State. I attended primary and junior school at Goda Arba Primary School, and I attended secondary school at Balemi High School and preparatory school. Then I joined Mattu University, natural and computational science faculty, in 2006 E. C. and graduated with a Bachelor of Sport Science (B. Sc.) in 2008 E. C. After I graduated from Mettu University, I joined Wellega University for PDGJ training in 2009. And also I joined Jimma University, Department of Sport Science, to pursue a master's in coaching athletics in 2010 E. C. I have been teaching since 2019 at Dembidollo University (2019-2020) and at Mattu University 2020 and still as a lecturer and Head of Sport Science at