

# Sports and use of anabolic androgenic steroids among icelandic high school studen...

[Science](#), [Biology](#)



Summary Summary Thorolfur Thorlindsson conducted a research d “ Sport, and use of anabolic androgenic steroids (AAS) among Icelandic high school students: a critical test of three perspectives” (Thorlindsson, 2010, p. 1). The purpose of this research was to figure out the whether sports is the main reason due to which high school level students abuse AAS or whether there are other factors that contribute to this abuse. In order to conduct this research a total of 11, 031 high school level students of the region of Iceland were surveyed. The responses of the survey helped the researchers in figuring out that abuse of AAS is not mainly because students want to participate and perform well in sports. They even figured out that one of the major reasons for this abuse was that students wanted to remain fit but not due to reasons related to sporting activities. The researchers even found out that there was a positive link between abuse of AAS and other illegal substances and consumption of alcoholic drinks and cigarettes. The researchers failed to figure out a strong link between school performance and AAS abuse, but they figured out that there was a strong link between AAS abuse and lack of rules and regulations in the school. The researchers conclude that abuse of illegal drugs and AAS should not be considered as a sports related issue and should be taken up as a issue related to health as well as social issue. The recommended that prevention should be targeted towards those students who were wanting to remain fit but not for sporting purposes.

## References

Thorlindsson, Thorolfur, & Halldorsson, Vidar. (2010). Sport, and use of anabolic androgenic steroids among Icelandic high school students: a critical

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