**Topic**

**Should sports allow performance enhancing drugs?**

**Thesis Statement**

Performance enhancing drugs should not be allowed in sports as they create an unfair playing field, promote unethical behaviour, and can have serious long-term health consequences.

**Introduction**

Sports have long been seen as a way to test physical and mental strength, to improve and to reach levels of excellence. But recently, performance-enhancing drugs (PEDs) have been making headlines in the sports world and raising questions about the fairness of competition (Singh et al., 2022). PEDs, such as steroids, hormones, and other substances, are used to increase performance by enhancing muscle strength, endurance and recovery times. But should sports allow the use of performance-enhancing drugs?

The question of whether or not sports should allow the use of performance-enhancing drugs has been debated for a long time. On one hand, some argue that PEDs should be allowed because they do not give athletes an unfair advantage over their opponents. They argue that as long as the drugs are used responsibly and with the proper medical supervision, their use should be allowed. On the other hand, many argue that PEDs are a form of cheating and should not be allowed in sports because it gives those using them an unfair advantage over their opponents who do not use them.

The majority of regulatory bodies, such as the International Olympic Committee, the World Anti-Doping Agency, and the National Collegiate Athletic Association, have passed regulations that make it illegal to use performance-enhancing drugs (PEDs). Despite the ban, many athletes continue to use them, often in secret, in order to gain a competitive edge. This has led to a situation in which some athletes are at an unfair advantage over their opponents (Salinas et al., 2019).

It is an ethical question that must be considered from all angles. Sports are meant to be a way to test physical and mental strength, but allowing performance-enhancing drugs could lead to an uneven playing field. Ultimately, it is up to governing bodies and sports organizations to decide whether or not they will allow the use of PEDs.

**Opposing Side of the Argument**

The contention that performance-enhancing drugs should not be permitted in sports is the counterargument to the question of whether or not sports should permit the use of such drugs. Those who oppose the use of PEDs argue that allowing them would create an unfair playing field and give those who use them an advantage over their opponents who don’t. They argue that PEDs do not increase an athlete’s skill or talent, but instead give them an artificial boost that gives them an unfair advantage. They also argue that PEDs can lead to health risks, such as liver damage, heart problems and even death. Those who oppose PEDs also argue that allowing them would encourage cheating and would taint the spirit of the sport. They argue that sports should be based on hard work and dedication, and that allowing PEDs would make it easier for athletes to cheat and gain an unfair advantage over their opponents. They also argue that allowing PEDs would make it more difficult for athletes to compete on a level playing field, and would undermine the integrity of the sport. Finally, those who oppose the use of PEDs argue that there should be a zero-tolerance policy on the use of PEDs, as this would send a strong message that cheating is not tolerated in sports. They argue that allowing PEDs would encourage athletes to use them and would create an environment in which athletes are not held accountable for their actions.

**Themes**

***Theme 1:*** The Health Impact of Performance Enhancing Drugs: Performance enhancing drugs can have serious health consequences, including kidney damage, liver damage, high blood pressure, and hormonal imbalances (Kabiri et al., 2019). Therefore, allowing performance-enhancing drugs in sports could put athletes at risk of serious health issues.

***Theme 2:*** The Fairness of Performance Enhancing Drugs: Performance enhancing drugs present an unfair advantage to those who use them, as it gives those athletes an unfair edge over their opponents who have not used them. This could lead to an unequal playing field, skewing the results of competitions and devaluing the achievements of athletes who do not use performance enhancing drugs.

***Theme 3:*** The Economic Impact of Performance Enhancing Drugs: Performance Enhancing Drugs can also have an economic impact, as the use of such drugs can drive up costs for athletes and organizations (Gupta et al., 2022). In addition, the use of performance enhancing drugs could lead to an increase in injuries, which would add to the financial burden for teams and organizations.

**References**

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