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Investigation of Athletes' Tendency to Use Doping in Terms of Sport Commitment and Self-Discipline Levels: A Systematic Literature Review

Sporcularda Doping Kullanım Eğiliminin Spora Bağlılık ve Öz Disiplin Düzeyi Açısından İncelenmesi: Bir Sistematik Literatür Taraması

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Abstract: The main purpose of this study is to examine athletes' tendency to use doping in terms of sport commitment and self-discipline levels. The study was designed as a systematic literature review. This review focuses on the themes of doping tendency, sport commitment, self-discipline, moral disengagement, motivational climate, and value-based education. The source pool was created from the attached studies and international literature for which DOI information could be verified. Domestic texts without DOI information were evaluated for contextual background. The main bibliography was built from studies that include DOI information. The findings show that doping tendency cannot be explained by a single variable. Therefore, sport commitment can be both protective and risk-enhancing. Harmonious passion, a clean sport identity, and a task-oriented motivational climate weaken doping tendency. By contrast, obsessive passion, performance pressure, fear of status loss, and normative approval strengthen doping intention. Self-discipline and self-regulatory efficacy are among the most important personal resources for anti-doping behavior. Moral disengagement lies at the center of these relationships. Consequently, doping tendency constitutes a dynamic area of vulnerability between individual will and environmental pressure. Effective prevention programs should not rely only on prohibition and sanctions. Programs should jointly include the goals of value-based education, self-discipline development, transformation of the social environment, and healthy structuring of sport commitment.

Keywords: Doping, doping tendency, sport commitment, self-discipline, moral disengagement, clean sport.

Özet: *Bu çalışmanın en temel amacı, sporcularda doping kullanım eğilimini spora bağlılık ve öz disiplin düzeyi açısından incelemektir. Çalışma, sistematik bibliyografik literatür incelemesi biçiminde tasarlanmıştır. Hazırlanan bu derleme, doping eğilimi, spora bağlılık, öz disiplin, ahlaki çözülme, motivasyon iklimi ve değer temelli eğitim temalarına odaklanmıştır. Kaynak havuzu, ekli çalışmalar ve DOI bilgisi doğrulanabilen uluslararası literatür üzerinden oluşturulmuştur. DOI bilgisi bulunmayan yerli metinler bağlamsal arka plan için değerlendirilmiştir. Ana kaynakça ise DOI içeren çalışmalardan kurulmuştur. Elde edilen bulgular, doping eğiliminin tek bir değişkenle açıklanamayacağını göstermektedir. Bu nedenle spora bağlılık koruyucu da olabilmekte, risk artırıcı da olabilmektedir. Uyumlu tutku, temiz spor kimliği ve görev yönelimli motivasyon iklimi doping eğilimini zayıflatmaktadır. Buna karşılık obsesif tutku, başarı baskısı, statü kaybı korkusu ve normatif onay doping niyetini güçlendirmektedir. Öz disiplin ve öz düzenleyici yeterlik ise doping karşıtı davranışın en önemli kişisel kaynaklarındandır. Ahlaki çözülme, bu ilişkilerin merkezinde yer almaktadır. Sonuç olarak doping eğilimi, bireysel irade ile çevresel baskı arasındaki dinamik bir kırılganlık alanı oluşturmaktadır. Etkili önleme programları yalnızca yasak ve yaptırıma dayanmamalıdır. Programlar, değer temelli eğitim, öz disiplin geliştirme, sosyal çevreyi dönüştürme ve spora bağlılığı sağlıklı biçimde yapılandırma hedeflerini birlikte içermek zorundadır.*

Anahtar Kelimeler: *Doping, doping eğilimi, spora bağlılık, öz disiplin, ahlaki çözülme, temiz spor.*

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INTRODUCTION

Doping constitutes one of the most controversial ethical problems in sport and is among the foremost issues in this field. This problem is not accepted merely as the use of prohibited substances. It is also recognized as an issue of justice, health, effort, and trust. Therefore, doping simultaneously concerns the fields of sport sciences, psychology, ethics, and public health (Vlad et al., 2018).

Doping behavior is often associated with performance enhancement. This explanation is an appropriate and valid perspective. However, it cannot be considered sufficient on its own. The athlete should not be regarded merely as a physical entity. Athletes make decisions within the context of performance pressure, team culture, coach expectations, family support, economic goals, and personal identity. Therefore, doping tendency must be addressed as a multidimensional construct (Morente-Sánchez & Zabala, 2013).

Studies in the current literature have shown that the decision to dope does not arise only from a lack of knowledge. Some athletes know the prohibitions, yet consciously engage in the offense despite this knowledge. Even when athletes possess knowledge about prohibited substances and their potential health risk, Nevertheless, doping intention may still develop and the substances may be used as a personal choice. This situation is explained and interpreted in terms of moral disengagement, normative approval, pressure to win, and insufficient self-regulation (Chan et al., 2015; Hodge et al., 2013; Ring & Kavussanu, 2018).

Sport commitment constitutes an important conceptual structure at this point. Commitment, in particular, reflects the meaning that athletes attribute to what they do. However, commitment is not one-dimensional. Harmonious commitment can protect the athlete. Obsessive commitment, on the other hand, may bring the athlete closer to risky behaviors. Chrico et al. (2021) found that athletes who experience a loss of personal meaning become more open to doping intention through obsessive passion.

Self-discipline is also accepted as a fundamental variable for understanding doping tendency. Self-discipline reveals the athlete's ability to choose between short-term gain and long-term value. This ability cannot be regarded merely as willpower. It also consists of the capacity for planning, impulse control, self-monitoring, and resistance to social pressure. Chan et al. (2015) showed that low self-control is

associated with doping attitudes and doping intention, and identified this fact in their study.

In this study, we examined doping tendency, sport commitment, and self-discipline together. The purpose of the study was to show how the relationship among these three variables has been established in the literature. The study also includes the themes of moral disengagement, motivational climate, and anti-doping education. Thus, the subject is addressed not only as the use of prohibited substances but also as a matter of athlete behavior and value systems, thereby making a significant contribution to the field and the literature.

In the literature, the relationships between doping tendency and personality traits, sport commitment and motivation, and self-discipline and academic/athletic achievement have mostly been examined separately. Existing studies generally treat sport commitment as an entirely "positive" psychological variable; however, in cases of "excessive sport commitment," athletes may resort to prohibited practices such as doping out of fear of losing their careers. The existing literature has not clearly established the level of sport commitment beyond which a tendency toward doping may emerge. Likewise, the distinction between self-discipline exercised under doping pressure or performance anxiety and general personal self-discipline, as well as their respective effects on doping tendency, has not been sufficiently clarified. This study will contribute to a systematic comparison of how the balance among sport commitment, self-discipline, and doping tendency varies among athletes.

Problem Statement

The fight against doping has long been conducted through the logic of control, testing, and punishment. This approach is an important necessity for sport and athletes. However, it cannot be considered sufficient on its own. Athletes are not always able to make decisions under rational and calm conditions. When the findings and results of studies in the literature are examined, they show that some decisions are made under pressure. Others become normalized within the team and are accepted as ordinary.

When the literature is examined, it is seen that there are three main axes explaining doping tendency. The first axis is the most important individual factor. Self-control, moral identity, values, risk-taking, and personality traits are evaluated within this axis. The second axis is the social sphere and sociality. Coaches, teammates, family, perception of rivals, and normative approval are included in this group. The third axis is the system and the systemic structure. Reward systems, selection pressure, injury, career transitions, and the perception of testing are evaluated within this axis (Veltmaat et al., 2023).

These three axes intersect with sport commitment and self-discipline. Sport commitment is both a source of healthy identity and a reason for choice. However, when winning becomes the only value, it produces a serious risk. Self-discipline prevents this risk from turning into behavior. Therefore, examining the two concepts together is both necessary and compulsory.

Purpose of the Research

The main purpose of this study is to evaluate, within a systematic bibliographic framework, the literature that examines athletes' tendency to use doping in terms of sport commitment and self-discipline levels.

The study seeks comprehensive answers to three questions. First, under what conditions does sport commitment reduce or increase doping tendency? Second, what role do self-discipline and self-regulatory efficacy play in doping intention? Third, how do moral disengagement and normative influence function as mediators in these relationships?

METHOD

Review Design: The present study was designed and implemented as a systematic bibliographic literature review. Within the scope of its main purpose, the aim was not to combine existing findings quantitatively in the form of a meta-analysis. The primary objective was to map clearly the conceptual relationships among doping tendency, sport commitment, and self-discipline.

Bibliographic mapping is not merely the process of listing sources in chronological order. This approach clearly shows how concepts are connected to one another. In this study, we conducted the mapping around three central concepts: doping tendency, sport commitment, and self-discipline.

In the literature, doping tendency is often measured as doping intention, positive doping attitude, openness to performance-enhancing substances, or doping vulnerability. Sport commitment is associated with passion, athlete identity, motivational orientation, and clean sport identity. Self-discipline is explained through self-control, self-regulatory efficacy, refusal skills, and the strength of moral self-sanctioning.

Moral disengagement functions as a critical bridge among these three central concepts. In particular, moral disengagement is evaluated as the athlete's mental process of making behavior that conflicts with his or her own ethical standard appear acceptable. This process greatly facilitates the decision to dope. Hodge et al. (2013), Ring and Hurst (2019), and Guo et al. (2021) demonstrated in their studies that this mechanism is strong in relation to doping attitudes and intentions.

Data Extraction and Thematic Synthesis: The source selection used in this study was carried out in three stages. In the first stage, the attached studies were examined comprehensively. In the second stage, studies with DOI information were identified and evaluated using the keywords doping, sport commitment, passion, self-control, self-regulation, moral disengagement, clean sport, motivational climate, and anti-doping education. In the third stage, the sources were classified according to theme, method, sample, and findings, and then interpreted through differentiation.

Table 1. Search strategy and selection logic

Stage	Application	Purpose
1	Examining the attached studies at full-text and abstract level	To determine the local context and basic concepts
2	Selecting international studies with DOI information	To increase source reliability and accessibility
3	Coding according to the themes of doping tendency, sport commitment, and self-discipline	To establish the conceptual relationship network
4	Adding the themes of moral disengagement, normative influence, and education	To explain the mediating and contextual variables of the doping decision

Source Selection and Synthesis Flow

Source selection is based on identifying the studies that are closest to the subject and whose DOI information is clear. This preference was prepared in accordance with the user's request for accessible and verifiable sources. The sources were not merely increased in number. Each source was evaluated according to its theoretical or empirical contribution.

The source pool includes studies from the fields of psychology, sport sciences, public health, sport ethics, and anti-doping policy. This is highly compatible with the interdisciplinary nature of doping tendency. This is because doping behavior is simultaneously accepted as a behavioral, social, ethical, and medical issue.

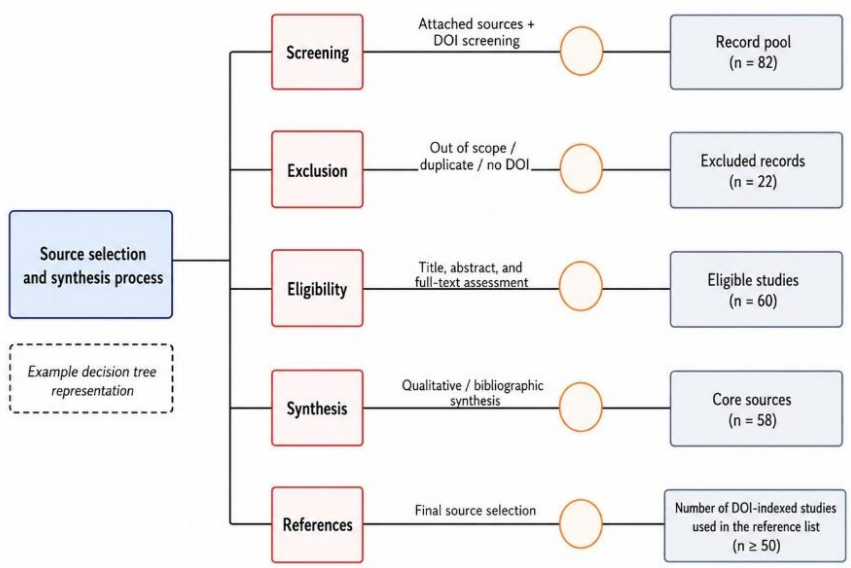

Figure 1. Decision tree for source selection and synthesis flow

Note: The flow shows the DOI-focused source pool created for this article draft and is not a meta-analytic PRISMA flow

The numerical values in the figure clearly show the number of records in the source search and selection process. The values are not field data or the result of statistical analysis. The initial source pool consisted of 82 records. Twenty-two records were excluded from the research because they were out of scope, duplicate, or lacked DOI information. After the eligibility assessment, 58 core sources were identified, and the study aimed to include at least 50 DOI-based studies in the bibliography.

Inclusion and Exclusion Criteria

All sources used in the study were determined according to inclusion criteria. These criteria included whether the study was related to doping, performance-enhancing substances, doping intention, doping attitudes, or clean sport behavior in the context of athletes or the sport environment. In addition, it was considered important that the sources used in the study had DOI information, offered psychological, ethical, behavioral, or social explanations, and were published as peer-reviewed journal articles or academic book chapters.

The exclusion criteria were also applied carefully in the study. Studies that presented only biochemical analyses and did not establish a relationship with athlete behavior were excluded. In addition, studies without DOI information, popular texts, sources that were merely news items, duplicate records, and out-of-scope publications were not used in the study. Domestic sources without DOI information were not included in the main bibliography. However, they were evaluated at the background level to understand the Turkish context.

When Figure 1 below is evaluated within the framework of the bibliographic concept map explaining doping tendency, the studies in the field are seen to draw attention to this issue. Therefore, studies conducted in the field must be mapped especially in terms of factors. This is because mapping reveals which study measures which dimension and shows the researcher the path to follow.

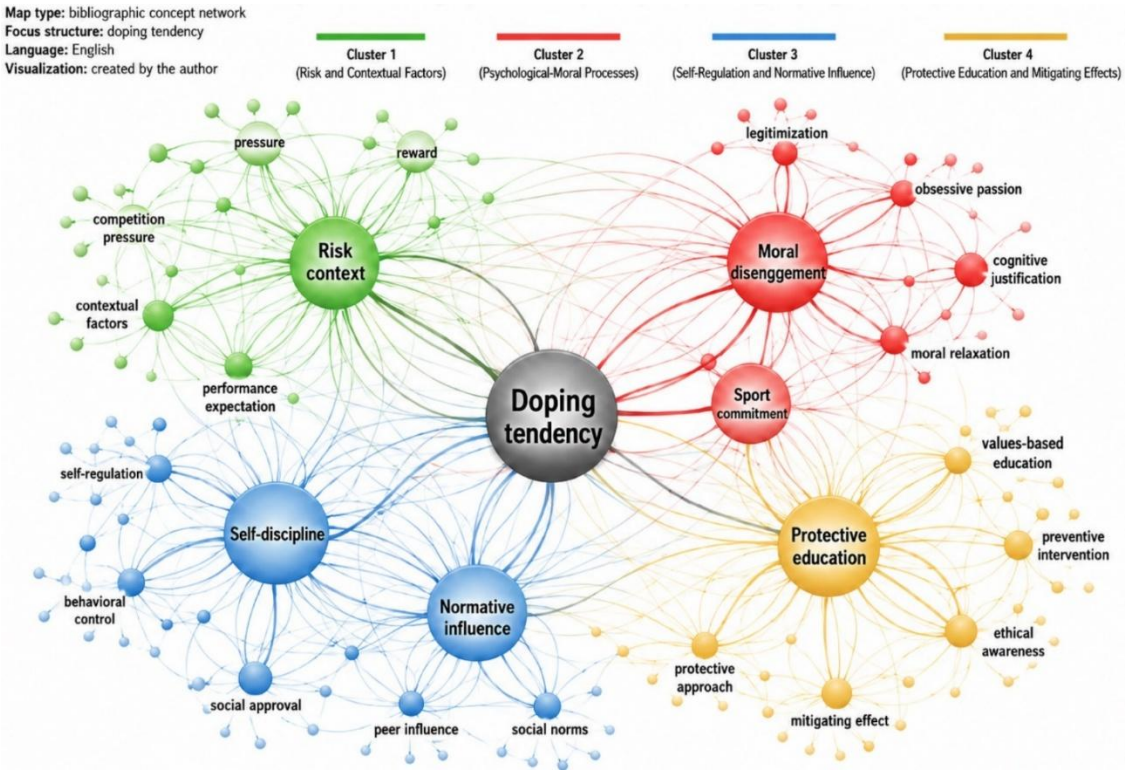

Figure 2. Bibliographic concept map explaining doping tendency.

Note: The figure was originally prepared using the findings of Veltmaat et al. (2023), Chirico et al. (2021), Chan et al. (2015), Hodge et al. (2013), Ring and Kavussanu (2018), and Guo et al. (2021)

FINDINGS

The Multidimensional Structure of Doping Tendency

Doping tendency is not only related to the desire to access a substance. This tendency is directly connected to the athlete's desire to win, social environment, ethical reasoning, and self-regulation skills. Veltmaat et al. (2023) clearly stated that doping vulnerability depends on the balance between risk and protective factors. This approach aims to understand the process rather than morally stigmatizing the athlete who dopes as an isolated individual.

This finding is highly important for the field and the subject. If anti-doping education remains limited to the message that "doping is bad," its effect decreases. This is because the athlete is already considered to possess this knowledge. The real issue here is the strength required to translate this knowledge into behavior under pressure. This strength is understood to be related to self-discipline and self-regulation. A recent meta-analysis (Ntoumanis et al, 2014) found that self-regulatory efficscy was a strong negative predictor of doping intention.

Reardon and Creado (2014) showed that athletes may turn to substance use under stressors such as performance pressure, injury, pain, and career uncertainty, thereby making a significant contribution to the field. Therefore, doping behavior should not be evaluated only as performance enhancement. In some cases, it must also be seen as a coping behavior. However, this does not justify the behavior or make it legally acceptable. It only broadens the scope of prevention strategies.

When studies in the Turkish context are examined, a similar picture emerges. In a study conducted with university athletes, significant differences were found between team and individual athletes' views on doping. This study emphasizes that visual-content-based education may be more effective than superficial warnings (Zorba & Atalay, 2024). A domestic study based on expert opinions identified lack of knowledge, high rewards, sport culture, inadequate control, and poor management as among the main causes (Tarakçıoğlu, 2020).

Sport Commitment: Two Dimensions, Protective and Risk-Producing

At first glance, sport commitment is accepted as a protective variable. Athletes who are committed to sport train more regularly. They set goals for themselves. They adapt strongly to training discipline. They also value team principles. These characteristics are among the main factors that support clean sport behavior.

However, commitment is not always considered healthy. Obsessive commitment ties the athlete's entire self to success. In this case, defeat may be perceived by the athlete as a loss of personal value. Chirico et al. (2021) found that obsessive passion and moral disengagement play an important role in the relationship between loss of personal meaning and doping intention.

This distinction is highly critical in terms of the literature findings. Harmonious passion directs the athlete to establish a balanced relationship with sport. Obsessive passion, however, makes winning the sole criterion. In such a situation, doping begins to appear in the athlete's eyes not as cheating but as a means of reaching the goal. This interpretation is highly compatible with the life-cycle model of performance enhancement developed by Petróczi and Aidman (2008).

The motivational climate also determines the quality of sport commitment. A task-oriented climate emphasizes development and effort. An ego-oriented climate, on the other hand, aims to surpass the opponent and places the outcome at the center. Barkoukis et al. (2013) and Guo et al. (2021) demonstrated that an ego-oriented climate is positively associated with doping intention. This relationship often operates through moral disengagement as well.

Therefore, when measuring sport commitment, the question of "how committed" is not sufficient on its own. The question of "what kind of commitment" must also be asked. Healthy commitment combines with a clean sport identity. Unhealthy commitment becomes dependent on status, reward, and external approval.

Self-Discipline and Self-Regulatory Efficacy

Self-discipline constitutes the fundamental personal resource that can prevent doping tendency from turning into behavior. Self-discipline is not merely hard work. It is the capacity to postpone short-term interests, resist social pressure, and preserve an ethical goal. This situation should be accepted as a whole.

Chan et al. (2015), in their study with young athletes, found that athletes with low self-control had higher doping attitudes and intentions. The same study also shows that self-control is positively associated with avoidance of doping. This result suggests that self-discipline is an active protective variable for anti-doping behavior.

Ring and Kavussanu (2018) showed that self-regulatory efficacy is related to doping likelihood both directly and indirectly through moral disengagement. This situation is interpreted as follows: if the athlete believes that he or she can resist prohibited substances, the likelihood of doping decreases. However, if this belief is weak, moral disengagement comes into play.

Strong self-discipline does not mean that the athlete will never experience doping pressure. In this case, pressure continues. However, the athlete manages this pressure. Refusal skills, communication with the coach, checking substance contents, acting carefully regarding supplement use, and obtaining medical support form part of this skill.

Moral Disengagement: The Mechanism at the Center of The Relationship

Moral disengagement is one of the strongest explanatory concepts in the doping literature. Athletes may make behavior that conflicts with their own values appear acceptable through various justifications. Justifications such as "everyone does it," "I am only leveling the playing field," "the harm is exaggerated," or "I had no other choice" constitute important examples of this process.

Hodge et al. (2013) comprehensively stated in their study that moral disengagement strongly predicts positive attitudes toward performance-enhancing substances. Ring and Hurst (2019) showed that guilt has a mediating role in the effect of moral disengagement mechanisms on doping likelihood. These findings show that ethical knowledge alone is not sufficient.

Moral disengagement is also related to sport commitment. When athletes attribute excessive meaning to sport, they may perceive failure as personal annihilation. In this case, doping may be seen as a way of preserving existence rather than as a moral violation. This interpretation is consistent with the search-for-meaning approach proposed by Chirico et al. (2021).

Moral disengagement operates inversely with self-discipline. When self-discipline is strong, the athlete can recognize justification earlier. When self-discipline is weak, justification may turn into behavior.

Normative Influence and the Athlete's Environment

The athlete's environment plays a very strong role in the decision to dope. The coach, teammates, family, managers, sponsors, and perceptions of rivals are the most important parts of this environment. If athletes think that their environment approves of doping, doping intention may increase. This effect is stronger especially among young athletes.

Lucidi et al. (2008) examined the social-cognitive mechanisms regulating adolescents' use of doping substances. When the findings of this study are evaluated, they show that attitudes, social norms, and self-regulatory efficacy are related to doping intention. These results demonstrate that individual self-discipline cannot be considered independently of the social environment.

Veltmaat et al. (2023) state that athletes do not view dopers only as people of bad character. The study reports that athletes also take factors such as pressure, injury, economic difficulties, and environmental influence into account. This finding clearly shows that the distinction between "good athlete" and "bad athlete" is insufficient.

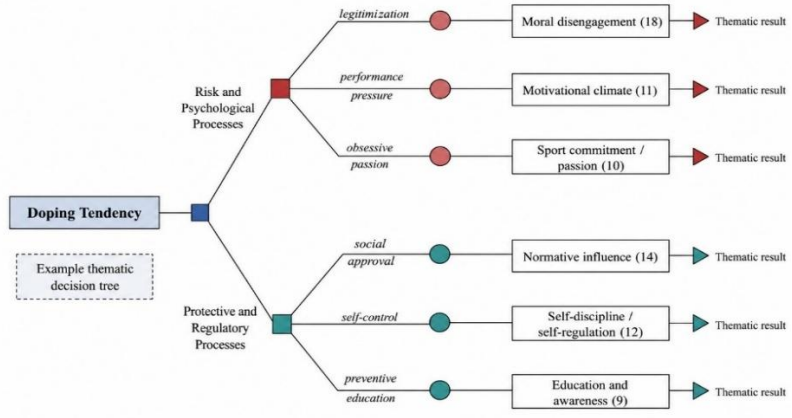

Figure 3. Thematic decision tree related to doping tendency; thematic density in the DOI-based literature

Note: The coding was organized according to the titles, abstracts, methods, and findings sections of the main studies used in the review

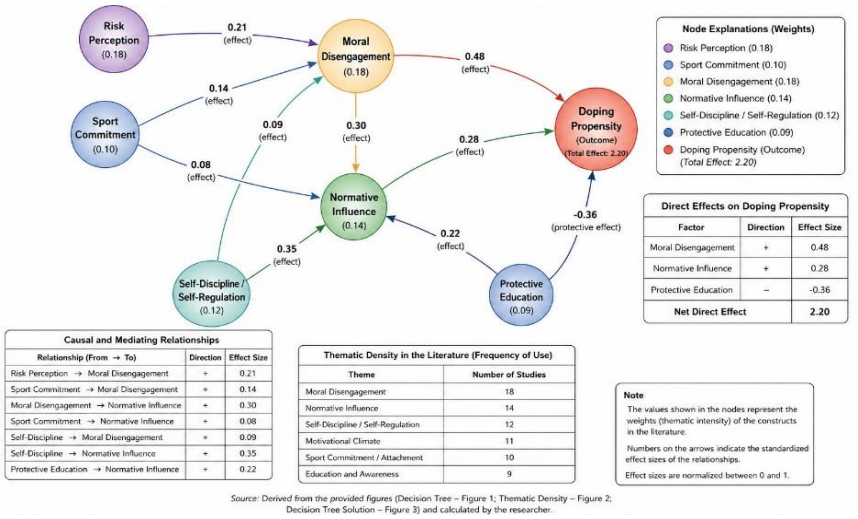

Figure 4. Conceptual relationship model derived from the literature synthesis

The node values in Figure 4 clearly show the relative density of the themes that stand out in the systematic literature review. The arrows indicate the direction of the conceptual relationships among the variables based on the literature. The effect values are interpreted not as experimental coefficients but as indicators of thematic weighting and conceptual synthesis. Figure 4 was created in line with the findings obtained within the scope of the research, based on the prominent findings in the international literature with DOI information.

The numerical values in the figure are not statistical coefficients based on field data. Node values show the relative density of themes in the literature, while arrow values show the normalized weight of the conceptual relationship among variables. Therefore, the values should not be interpreted as experimental findings. They should be interpreted as indicators of thematic and conceptual synthesis based on a systematic literature review.

Summary of Core Studies

Figure 5 includes selected studies that constitute the main backbone of the review. The figure does not contain the entire bibliography; rather, it includes core sources that directly contribute conceptually to the research and are directly connected with the subject of the study.



Figure 5. Conceptual map of core studies on athletes' tendency to use doping

DISCUSSION

Sport Commitment Is Not Always Protective

The most important result obtained from this review is that sport commitment is a bidirectional variable. Harmonious commitment serves the athlete's development. Obsessive commitment, on the other hand, ties the athlete's self to outcomes. This increases doping tendency.

When sport commitment is healthy, the athlete values effort, rules, and long-term development. In this case, clean sport behavior becomes part of the athlete's identity. However, if commitment is built only on medals, scholarships, money, status, or social approval, pressure increases. As pressure increases, moral justification becomes easier.

This result carries an important warning for sport education. Coaches want to increase athletes' commitment. However, if this commitment is built only on winning, risk emerges. Therefore, the language of training must be supported by the values of development, effort, honesty, and long-term health.

Self-Discipline Is the Behavioral Foundation of Anti-Doping Behavior

Self-discipline performs a concrete function in refusing doping. When athletes encounter a risky suggestion, they need not only knowledge but also a response plan. Self-discipline contributes to the operation of this plan.

Therefore, self-discipline training must include three components. The first is impulse control. The second is self-monitoring and substance control. The third is communication skills against social pressure. When these components are not developed together, knowledge does not turn into behavior.

Self-discipline also enables early recognition of moral disengagement. Athletes can monitor their own justifications. They recognize thoughts such as "everyone does it" or "nothing will happen from just one time" and interpret them in their own favor. This awareness can stop the doping decision before it even begins.

Moral Disengagement Should Be Placed at the Center of Prevention Programs

Moral disengagement is the most critical psychological mechanism of doping tendency. This is because doping often does not begin with athletes seeing themselves as bad people. On the contrary, athletes begin to view their own behavior as reasonable. Therefore, education programs must explicitly address patterns of justification.

Abstract advice is not sufficient in combating moral disengagement. Scenario-based education must be used. Athletes should work through real situations such as pressure after injury, a teammate's suggestion, a coach's indirect guidance, or reward pressure.

This approach is particularly important for young athletes. Young athletes are more dependent on authority figures. In addition, fear of being excluded from the team can become a stronger factor. Therefore, value-based education must be applied not only to the individual but also to the athlete's environment.

The Turkish Context

In Türkiye, the issue of doping should not be addressed only as athlete behavior. When the domestic literature is examined, it emphasizes structural factors such as high reward systems, inadequate control, coach influence, and sport culture. These factors may create environmental conditions that increase doping tendency.

Studies on university athletes show that knowledge and attitudes about doping may differ according to branch, psychological reasons, and type of sport. Therefore, a standard one-size-fits-all education is not sufficient. The risk structure of the branch, age level, competition level, and career goal should be taken into account.

The model to be recommended for Türkiye is a gradual education model that continues from school sports to elite sport. In this model, doping knowledge, ethical decision-making, self-discipline, supplement literacy, and coach responsibility should be included together.

Practical Recommendations

The first recommendation is to make anti-doping education value-based. Education should not consist only of lists of prohibited substances and sanctions. Athletes should be taught decision-making skills in the most effective way.

The second recommendation is to develop self-discipline modules. These modules should include goal setting, impulse control, resistance to social pressure, supplement control, and help-seeking behavior.

The third recommendation is to include coaches and the team environment in the process. When athletes are educated alone, environmental pressures will continue. Therefore, a clean sport culture should be established at the team level.

The fourth recommendation is to monitor the quality of sport commitment. Athletes may be highly committed. However, if this commitment becomes obsessive, the risk will increase. Sport psychologists and coaches must be aware of this distinction.

The fifth recommendation is to prepare scenario-based education for young athletes. Real situations should be used instead of abstract explanations. In this way, athletes can learn in advance how to act in risky moments.

The sixth recommendation is that anti-doping programs should not treat self-discipline training merely as a general ethics course. Programs should aim to develop behavioral skills. The athlete must know very well in which situations he or she may be at risk. In addition, the athlete must know and learn what to say and whom to consult.

The seventh recommendation is that training programs should not only teach athletes a list of prohibited substances. The programs should also introduce patterns of self-deception and offer broader content.

The eighth recommendation is that prevention programs should not only target the athlete. Coaches, families, health personnel, and team managers should also be involved in the

program. This is because a doping culture can be produced not only through individual decisions but also through the daily language of training.

For this reason, prevention programs should not target only the athlete. Coaches, families, health personnel, and team managers should also be involved in the program. This is because doping culture can be produced not only through individual decisions but also through the daily language of training.

Conclusions

This study shows that athletes' tendency to use doping is closely related to sport commitment and self-discipline levels. However, the relationship is not linear. When sport commitment is healthy, it can be protective. When it becomes obsessive, it produces risk.

Self-discipline is one of the most important personal resources for anti-doping behavior. When self-control and self-regulatory efficacy are strong, doping intention weakens. When these resources are weak, moral disengagement and social pressure become more effective.

Doping tendency should not be narrowed to an individual mistake. This tendency arises from the combination of athlete identity, motivational climate, reward system, coach influence, team norms, and personal vulnerabilities. Therefore, prevention policies must be multilevel.

The strongest prevention approach is one that jointly addresses value-based education, self-discipline development, clean sport identity, transformation of the social environment, and a culture of fair competition. This model should aim not only to reduce doping cases but also to make sport more reliable and healthier.

Limitations of the Research

This study is a literature review and examination. No new field data were collected. Therefore, the findings should not be interpreted as causal results.

Priority was given to sources with DOI information in the study. This preference increased accessibility. However, it also caused some domestic studies without DOI information to be reflected only to a limited extent in the bibliography.

Bibliographic mapping is based on qualitative thematic classification. Future studies may conduct quantitative bibliometric analyses based on Web of Science or Scopus data using VOSviewer, Bibliometrix, or CiteSpace.

Recommendations for Future Research

Future research should focus on examining the relationship between doping tendency and sport commitment separately through the dimensions of obsessive and harmonious passion.

The effect of self-discipline on doping intention should be tested through moral disengagement and normative approval. Structural equation modeling may be used for this purpose.

Comparative studies should be conducted in Türkiye among young athletes, university athletes, and elite athletes. Differences between branches should also be examined.

The effectiveness of anti-doping education should be monitored longitudinally. Measurement immediately after education is not sufficient. Behavioral change should be evaluated over time.

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GENİŞLETİLMİŞ ÖZET

Çalışmanın Amacı: Bu çalışmanın temel amacı, sporcularda doping kullanım eğilimini spora bağlılık ve öz disiplin düzeyi açısından kapsamlı olarak literatür destekli incelenmesidir. Hazırlanan bu çalışma, konuyu sistematik bibliyografik literatür incelemesi içinde ele almıştır. Doping bu çalışmada yalnızca yasaklı madde kullanımı olarak görülmemektedir. Aynı zamanda etik, sağlık, adalet, emek ve güven sorunu olarak da değerlendirilmiştir. Bu nedenle çalışma, sporcunun karar sürecini çok boyutlu bir yapı içinde literatür destekli olarak kapsamlı bir şekilde açıklamaktadır. Başarı baskısı, takım kültürü, antrenör beklentisi, sosyal çevre, sporcu kimliği ve öz düzenleme becerisi bu yapının en önemli parçalarını oluşturmaktadır. Çalışmada temel amaç, doping eğilimi ile spora bağlılık ve öz disiplin arasındaki ilişkiyi kavramsal olarak ortaya koymaktır. Böylece bu konu, yalnızca ceza ve denetim ekseninde değil, sporcu davranışı ve değer sistemi içinde tartışılmıştır.

Araştırma Problemleri: Araştırma üç temel problem üzerinden yapılandırılarak ilerletilmiştir. İlk problem, spora bağlılığın doping eğilimini hangi koşullarda azaltıp hangi koşullarda artırabileceği şeklindedir. Çalışmada spora bağlılığın her zaman koruyucu olmadığı açıkça vurgulanmaktadır. Uyumlu bağlılık, temiz spor davranışını desteklemektedir. Buna karşılık obsesif bağlılık, başarı baskısı ve statü kaybı korkusu nedeniyle risk oluşturmaktadır. İkinci problem ise öz disiplin ve öz düzenleyici yeterliğin doping niyeti üzerindeki rolüdür. Öz disiplin, sporcunun kısa vadeli çıkar ile uzun vadeli değer arasında seçim yapabilme gücünü açıkça ifade etmektedir. Üçüncü problem ise ahlaki çözülme ve normatif etkinin bu ilişkilerde nasıl bir aracılık işlevi gördüğü şeklindedir. Bu çalışma, doping eğilimini bilgi eksikliğinden ibaret görmemektedir. Bu eğilimi değerler, baskı, öz kontrol, sosyal norm ve ahlaki gerekçelendirme süreçleriyle birlikte açıklamaktadır.

Literatür Araştırması: Literatür araştırması, doping eğilimi, spora bağlılık, öz disiplin, ahlaki çözülme, motivasyon iklimi, normatif etki ve temiz spor eğitimi temaları üzerine kurulmuştur. Kaynak havuzu, DOI bilgisi doğrulanabilen uluslararası çalışmalarla oluşturulmuştur. Metin içerisinde yer alan kaynaklar ile kaynakça da yer alan kaynaklar bir bütün olarak değerlendirilmelidir. Metin içiresinde yer alan kaynaklar çalışmanın temel yapısın oluşturmaktadır. Kaynakçada yer alan metin içerisinde atıf almayan çalışmalar ise alana katkı yapan diğer literatür çalışmalarıdır. DOI bilgisi bulunmayan literatürdeki yerli ve Türkçe metinler ise Türkiye bağlamını anlamak için arka plan düzeyinde değerlendirilmiş ve araştırmaya dahil edilmiştir. Literatürde doping eğiliminin tek bir nedenle açıklanamayacağı çok net görülmektedir. Uyumlu tutku, görev yönelimli motivasyon iklimi, temiz spor kimliği ve değer temelli eğitim koruyucu unsurlar olarak çalışma ve araştırmada öne çıkmaktadır. Obsesif tutku, ego yönelimli iklim, başarı baskısı, normatif onay ve ahlaki çözülme ise doping niyetini güçlendiren unsurlar arasında yer almaktadır. Özellikle ahlaki çözülme, çalışmanın merkezindeki açıklayıcı kavramlardan birisini oluşturmaktadır. Çünkü sporcu, etik değerleriyle çelişen bir davranışı bazı gerekçelerle kabul edilebilir hale getirebilmektedir. Ortaya çıkan bu durum, doping karşıtı eğitimin yalnızca bilgi aktarmakla sınırlı kalmaması gerektiğini göstermektedir.

Yöntem: Bu çalışma, sistematik bibliyografik literatür incelemesi olarak tasarlanmıştır. Hazırlanan bu çalışma mantığı ile benzer türden çalışmalar literatürde çok fazla yer almamaktadır. Özellikle çalışmada kullanılan haritalandırma yöntemi daha fazla halk sağlığı ile tıp alanındaki çalışmalarda kullanılmakla birlikte mühendislik ve teknoloji alanında sıklıkla kullanılmaktadır. Bu çalışmada amaç olarak, bulguları nicel meta-analiz yoluyla birleştirmek değildir. Asıl çalışmada hedeflenen, kavramlar arasındaki ilişki ağını açık biçimde haritalandırmaktır. Kaynak seçimi bu nedenle çalışma kapsamında üç aşamada yürütülmüştür. Önce ekli çalışmalar tam metin ve özet düzeyinde incelenmiştir. Daha sonra doping, sport commitment, passion, self-control, self-regulation, moral disengagement, clean sport, motivational climate ve anti-doping education anahtar kelimeleriyle DOI bilgisi bulunan çalışmalar literatürde saptanmıştır. Son aşamada kaynaklar tema, yöntem, örneklem ve bulgu yönünden sınıflandırılmıştır.

Çalışmaya sporcu veya spor ortamı bağlamında doping niyeti, doping tutumu, performans artırıcı madde kullanımı ya da temiz spor davranışıyla ilişkili akademik kaynaklar dâhil edilmiştir. Yalnızca biyokimyasal analiz sunan ve sporcu davranışıyla ilişki kurmayan çalışmalar kapsam dışında bırakılmıştır. Çünkü bu seçim, çalışmanın davranışsal ve etik odağını korumaktadır.

Sonuç ve Değerlendirme: Çalışmanın sonuçları incelendiğinde; doping eğiliminin bireysel hata olarak daraltılamayacağını göstermektedir. Saptanan bu eğilim, sporcu kimliği, motivasyon iklimi, ödül sistemi, antrenör etkisi, takım normları, ahlaki çözülme ve kişisel kırılganlıkların birleşimiyle ortaya çıkmaktadır. Spora bağlılık sağlıklı biçimde kurulduğunda koruyucu olabilmektedir. Ancak başarıyı tek değer haline getiren obsesif bağlılık risk üretmektedir. Öz disiplin ve öz düzenleyici yeterlik ise doping karşıtı davranışın temel kişisel kaynakları oluşturmaktadır. Sporcu baskıyı yönetebildiğinde, riskli önerileri reddetme gücü artmaktadır. Bu nedenle etkili anti-doping politikaları yalnızca yasak ve cezaya dayandırılmamalıdır. Değer temelli eğitim, öz disiplin geliştirme, temiz spor kimliği, sosyal çevre dönüşümü ve adil rekabet kültürü birlikte ele alınması gerekmektedir. Çalışma ayrıca yeni saha verisi üretmediği için sonuçların nedensel bulgu olarak yorumlanmaması gerektiğini belirtmektedir. Buna rağmen derleme, doping eğilimini anlamak için güçlü ve bütüncül bir kavramsal çerçeve sunmaktadır.