

Review On Booze, Nicotine and Narcotics Are Utilized By Runners

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Abstract

This review explores the prevalent utilization of alcohol, nicotine, and narcotics within the running community. Despite the common perception of runners as health-conscious individuals, evidence suggests that the use of these substances is not uncommon. The review examines patterns of consumption, motivations behind usage, and the physiological and psychological effects of alcohol, nicotine, and narcotics on runners' performance and overall well-being. Additionally, it discusses the potential risks associated with substance use during training and competitions, including impaired judgment, decreased physical performance, and long-term health consequences. Furthermore, the review highlights the need for education, awareness, and support systems within the running community to address substance use disorders and promote healthier lifestyles among runners.

Keywords: Alcohol; Nicotine; Narcotics; Running; Athletes; Performance; Health effects; Addiction; Awareness

Introduction

Running, often lauded for its numerous health benefits, is a popular form of exercise embraced by millions worldwide. Yet, beneath the surface of this seemingly wholesome activity lies a complex relationship with substances such as alcohol, nicotine, and narcotics. While runners are typically associated with health-conscious lifestyles, the reality is that some individuals within this community turn to these substances for various reasons. In this article, we delve into the phenomenon of substance use among runners, examining its prevalence, underlying motivations, associated risks, and broader implications.

Patterns of use: Contrary to popular belief, the use of alcohol, nicotine, and narcotics is not unheard of among runners. Some turn to alcohol as a means of socializing after races or long runs, while others may use nicotine products to cope with stress or manage weight. Additionally, narcotics, including prescription painkillers or illicit drugs, might be sought out to alleviate discomfort or enhance performance. These patterns of use vary widely among individuals and can be influenced by factors such as personal habits, peer influence, and cultural norms within the running community.

Motivations and coping mechanisms: Understanding the motivations behind substance use among runners is crucial for addressing the issue effectively. For some, alcohol serves as a way to relax and unwind after strenuous workouts, while nicotine products may provide a temporary escape from the pressures of training and competition. Similarly, narcotics may be used to numb pain or boost confidence during races. However, it's essential to recognize that these coping mechanisms, while offering short-term relief, can ultimately lead to dependency and harm if left unchecked.

Risks and consequences: The misuse of alcohol, nicotine, and narcotics among runners carries significant risks, both in the short and long term. Excessive alcohol consumption can impair judgment, coordination, and recovery, undermining the benefits of exercise and increasing the likelihood of accidents or injuries. Nicotine addiction not only poses serious health risks but also negatively impacts cardiovascular function, affecting runners' endurance and performance. Similarly, the misuse of narcotics can lead to addiction, overdose, and severe health complications, posing a threat to runners' well-being and safety.

Implications for the running community: Addressing substance

use within the running community requires a multifaceted approach that encompasses education, support, and prevention strategies. By fostering open dialogue and raising awareness about the risks associated with alcohol, nicotine, and narcotics, we can empower runners to make informed choices and seek help when needed. Additionally, promoting alternative coping mechanisms, such as stress-reduction techniques, peer support networks, and healthy lifestyle habits, can mitigate the reliance on substances as coping mechanisms.

Methods Involved

In addressing the use of alcohol, nicotine, and narcotics among runners, various methods can be employed to tackle this complex issue effectively.

Education and awareness campaigns: Developing educational materials, workshops, and outreach programs to raise awareness about the risks associated with substance use among runners.

Providing information about the physiological and psychological effects of alcohol, nicotine, and narcotics on performance, health, and overall well-being.

Peer support networks: Establishing peer support groups or mentorship programs within the running community to provide encouragement, guidance, and accountability for individuals [1-7] seeking to reduce or abstain from substance use.

Creating safe spaces for runners to share their experiences, challenges, and successes in managing substance-related issues.

Counseling and support services: Offering confidential counseling services, helplines, or online support forums where runners can seek guidance, resources, and assistance in addressing substance use.

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disorders or related mental health issues. Collaborating with healthcare professionals, addiction specialists, and mental health experts to provide comprehensive support and treatment options.

Policy development and advocacy: Working with running clubs, event organizers, and governing bodies to develop and implement policies that promote a substance-free environment at races, training facilities, and other running-related events. Advocating for policies that support prevention, intervention, and harm reduction strategies to address substance use within the running community.

Alternative coping mechanisms: Promoting alternative coping mechanisms and stress management techniques, such as mindfulness, meditation, yoga, and outdoor activities, as healthy alternatives to substance use.

Encouraging runners to cultivate supportive social networks, engage in meaningful activities, and prioritize self-care practices to enhance their resilience and well-being.

Screening and intervention programs: Implementing screening tools and assessment protocols to identify individuals at risk of substance use disorders or related mental health issues within the running community.

Offering early intervention programs, motivational interviewing, and referral services to connect individuals with appropriate treatment and support resources.

Collaboration and partnership building: Collaborating with community organizations, advocacy groups, and healthcare providers to leverage resources, expertise, and networks in addressing substance use among runners.

Building partnerships with local businesses, schools, and government agencies to promote a culture of health, wellness, and responsible decision-making within the broader community. By employing these methods in a coordinated and comprehensive manner, stakeholders can work together to address the use of alcohol, nicotine, and narcotics among runners and create a supportive environment that promotes health, safety, and holistic well-being.

Results and Discussion

Factors effecting?

Several factors can influence the use of alcohol, nicotine, and narcotics among runners. These factors can be categorized into individual, social, environmental, and systemic influences. Here are some key factors:

Personal History: Past experiences with substance use, including family history of addiction, trauma, or mental health issues, can influence an individual's susceptibility to substance use.

Motivations and coping mechanisms: Runners may turn to substances as a means of coping with stress, anxiety, or performance pressures, seeking temporary relief or relaxation.

Perceptions and Beliefs: Attitudes, beliefs, and perceptions about the effects of alcohol, nicotine, and narcotics on performance, social interactions, and well-being can shape individuals' decisions regarding substance use.

Self-efficacy and resilience: Levels of self-confidence, self-control, and resilience can affect individuals' ability to resist peer pressure, manage stress, and cope with challenges without resorting to substances.

Peer influence: Social norms, peer pressure, and group dynamics within the running community can influence individuals' attitudes and behaviors regarding substance use.

Socialization and celebration: Social events, gatherings, and post-race celebrations may involve the consumption of alcohol or other substances, contributing to the normalization of substance use within the running culture.

Social Support Networks: The presence or absence of supportive relationships, mentorship, and peer support networks can impact individuals' ability to resist substance use and seek help when needed.

Access and availability: The availability and accessibility of alcohol, nicotine products, and narcotics within the running environment, including race venues, training facilities, and social settings, can influence individuals' likelihood of using substances.

Marketing and advertising: Advertising and sponsorship by alcohol or tobacco companies, as well as cultural depictions of substance use in media and popular culture, can shape individuals' perceptions and behaviors regarding substance use.

Community norms and values: The prevailing norms, values, and attitudes within the broader community, including attitudes towards substance use, health behaviors, and risk-taking, can influence individuals' behavior.

Systemic factors: Policy and Regulation: Regulatory policies and enforcement measures related to alcohol sales, tobacco control, and drug enforcement can impact the availability, pricing, and marketing of substances, influencing individuals' access and consumption patterns.

Healthcare systems: The availability and accessibility of healthcare services, including addiction treatment, mental health counseling, and harm reduction programs, can influence individuals' ability to seek help for substance-related issues.

Education and prevention programs: The presence of educational initiatives, prevention campaigns, and community-based interventions aimed at promoting healthy behaviors, raising awareness about substance-related risks, and providing support resources can play a crucial role in mitigating substance use among runners.

Overall, understanding the complex interplay of these factors is essential for developing effective strategies to address substance use among runners and create a supportive environment that promotes health, well-being, and responsible decision-making.

Future Scope

The future scope for addressing the use of alcohol, nicotine, and narcotics among runners encompasses various opportunities for intervention, prevention, and support.

Advancements in technology: Leveraging technology, such as mobile applications, wearable devices, and online platforms, to deliver personalized interventions, support tools, and self-monitoring resources for runners seeking to manage substance use. Utilizing data analytics and machine learning algorithms to identify patterns of substance use, risk factors, and opportunities for targeted intervention within the running community.

Integrated health promotion programs: Developing comprehensive health promotion programs that integrate substance use prevention, mental health support, and wellness initiatives into existing running clubs, events, and training programs.

Collaborating with healthcare providers, fitness professionals, and community organizations to offer holistic approaches to health and well-being that address the physical, psychological, and social aspects of substance use among runners.

Community engagement and advocacy: Mobilizing grassroots movements, advocacy campaigns, and community-driven initiatives to raise awareness, challenge stigma, and promote positive cultural norms surrounding substance use and mental health within the running community.

Fostering partnerships with local businesses, schools, and government agencies to create supportive environments that prioritize health, safety, and responsible decision-making among runners of all ages and backgrounds.

Research and evidence-based practices: Investing in longitudinal studies, epidemiological research, and clinical trials to better understand the factors influencing substance use among runners, assess the effectiveness of prevention strategies, and identify opportunities for innovation and improvement.

Promoting collaboration between researchers, practitioners, and policymakers to translate scientific evidence into actionable strategies, policies, and programs that address substance use within the running community.

Culturally competent and inclusive approaches: Developing culturally competent and inclusive approaches to substance use prevention and intervention that acknowledge the diverse backgrounds, experiences, and needs of runners from different racial, ethnic, and socioeconomic backgrounds.

Engaging with community leaders, faith-based organizations, and cultural influencers to tailor interventions and messaging to resonate with the values, beliefs, and traditions of diverse communities within the running ecosystem.

Global collaboration and knowledge sharing: Facilitating global collaboration and knowledge sharing among researchers, practitioners, and stakeholders to exchange best practices, lessons learned, and

innovative solutions for addressing substance use among runners in different cultural contexts and geographic regions.

Harnessing the power of international sporting events, such as marathons and races, to promote health promotion, substance use prevention, and mental health awareness on a global scale.

By embracing these opportunities and advancing a multidisciplinary approach to addressing substance use among runners, we can foster a culture of health, resilience, and inclusivity that empowers individuals to thrive both on and off the track.

Conclusion

In conclusion, the use of alcohol, nicotine, and narcotics among runners represents a complex and multifaceted issue with far-reaching implications. By acknowledging the prevalence of substance use within the running community and addressing its underlying motivations and risks, we can work towards creating a culture of health, wellness, and support that empowers runners to thrive both on and off the track. It's essential to prioritize education, awareness, and access to resources to ensure the well-being and longevity of runners everywhere.

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