

# **ANTI-DOPING EDUCATION PROGRAM AND AWARENESS ON THE USE OF SUPPLEMENTS FOR YOGYAKARTA NATIONAL PARALYMPIC COMMITTEE'S (NPC) COACHES AND ATHLETES**

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## **ABSTRACT**

Doping cases in athletes are a major issue with consequences for athletes and sports organizations. The problem found among athletes is the lack of knowledge regarding anti-doping rules and the existence of doping cases among athletes. The aim of this Community Service (PkM) is to increase the knowledge of DIY NPC athletes and coaches about anti-doping rules and awareness of supplement use.

This PkM activity was attended by 10 coaches and 40 athletes, held in July 2023. The PkM activity consists of several stages, namely the preparation, implementation and evaluation stages of the activity. The preparation stage includes coordination with NPC DIY as well as preparing training materials and activity evaluation sheets. The implementation stage includes providing material related to the latest anti-doping rules and awareness of the use of supplements for athletes using lecture, discussion and demonstration methods. The evaluation stage is carried out by providing a pretest and posttest as well as an evaluation sheet on participant satisfaction with PkM activities.

The anti-doping education program and awareness of the use of supplements for DIY NPC athletes and coaches is going very well. The enthusiasm of participants when taking part in activities is good. Participants' knowledge and attitudes regarding anti-doping rules increased. The level of participant satisfaction is generally good. The results of this PkM activity can be applied by athletes and coaches to improve their performance in a sporting manner and free from doping.

*Kata Kunci: Anti-doping education, supplements, NPC*