

## **Abstract**

The subject of this study is the recognition of the link between service in the Police of the Czech Republic (PCR) and abuse of substances for supporting muscle growth and anabolic steroids.

The service of PCR officer is often been connected to physical strenght and psychical resistance, which is given by training, personality and self-confidence of the officer. Masculinity and muscular body is seen by some officers as essential for this job and the standard there is shifted when compared to the other people. Anabolic Steroids – substances accesible on the illicit market – can be abused for fast muscle growth and outreaching the limits of ordinary man.

The first part of this study is theoretical part, in which the aspects of police service are described, as they are risk factors for development of exercise addiction and abuse of substances for supporting muscle growth.

The second part is practical part, where the research is described among the PCR officers, who are exercising regularly and are ranked in the Public Order Police Service. This research is searching for similarities between usage of supplements and Anabolic Steroids and subjectively viewed professional requirements. Also the amount of subjectively seen medical problems was compared between group of steroid-using officers and those officers, who do not use Anabolic Steroids and are exercising regularly. It has been found that there is widespread risk of exercise addiction and common use of supplements. Furthermore has been found that the abuse of Anabolic Steroids is not an uncommon phenomenon and that this abuse is bringing many problems with it.

## **Keywords:**

Police of the Czech Republic, Anabolic Steroids, Exercise Addiction