

Abstract

Title:

Monitoring the use of chewing tobacco in ice hockey players.

Goals:

The aim is to determine the frequency, causality of chewing tobacco use in IH players and its sport-social context. Why is chewing tobacco so popular among hockey players recently.

Methods:

The research was based on a questionnaire survey. The survey consisted of 22 questions, respondents always had a choice of several options, except for 3 questions that were open-ended. Some questions were of the YES/NO response type and some were multiple choice. The questions were structured from the most basic to the more specific. The only mandatory question in the questionnaire was question number one. The questionnaire ended for respondents who selected the NO option in question one. Thus, respondents had the option of skipping questions. The entire questionnaire was anonymized as much as possible and was conducted over the Internet. It took a maximum of 5 minutes to complete and some took considerably less time.

Results:

The results show that 35.2 % of the 216 hockey players use chewing tobacco, and in relatively large quantities. Almost 40 % of them chew 7 or more sachets per day, feeling focused and relaxed after using it. Most respondents were introduced to chewing tobacco because of ice hockey and teammates. In the hockey environment, the portioned form is the most popular, mostly from the Siberia brand. Tobacco is very popular with hockey players and is readily available. Players buy tobacco at gas stations and newsagents. There is awareness of the diseases and harmful effects of chewing tobacco among 66 % of the respondents.

Conclusion:

Chewing tobacco has become an integral part of the sporting world and we are seeing more and more of it. It is part of the social environment of ice hockey and its use occurs from the age of 16. This trend is emerging in football, baseball, and hockey environments. It has found popularity with athletes because it is less harmful than cigarettes. Even though it has minimal

harmful effects, prevention is necessary for young hockey players. The educational role of the coach is very important and banning these substances (illegal for minors) and addressing the issue.

Keywords:

ice-hockey, nicotine, tobacco, snus, addiction, habit