

## **Effects of Skill Program to Decision Making: Comparison between Prohibited Substance (Recreational Drugs) Addicted and Non-Addicted Young Rugby Players in Sri Lanka**

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The aim of the current study is to identify the effects of psychological skill programs conducted to decision making: comparison between prohibited substances (recreational drugs) mentioned as alcohol, cigarettes, and cannabis addicted and non-addicted young rugby players in Sri Lanka. Participating in sports can be perfectly benefitting positively in mentally and physically in multifold ways. The attention giving to the decision-making process of the dangerous drug-addicted and non-addicted young athletes should be more concerning among modern society. This study examines the relationship between drug addiction along with the decision-making of young athletes and the effects of the psychological skill program conducted on young rugby players. The study was structured as a combination of survey and experimental research designs. All the data of this study were collected from dispensing two standard and subject related questionnaires to the study sample at three stages under the topics of athletes' decision making and athletes drug consumption. Psychological skill program conducted covering two weeks for each district Colombo and Kegalle, to enhance the decision-making ability of the youngsters. Results indicate that there was a significant negative correlation between drug addiction and young athlete's decision-making ability ( $p < 0.05$ ). Results show that there was a minus correlation between drug addiction and decision making of the Kegalle district study sample (-0.772) and for the Colombo district (-0.874). The study designated that there is a positive effect of psychological skill training on the decision making of young rugby players with a mean value difference of respectively highlighted segments of the questionnaire. This study concludes that most young athletes are addicted to using recreational drugs from their childhood and it caused their decision-making ability as school students as well as athletes. Moreover, the respondents mentioned that the main factor for their drug addiction was the influence that they got from their friends and peers. This study recommends that giving a high knowledge to teenagers about drug abuse and switching their minds to open up for psychological practices lead their value of life as to become valuable teenage contributors to the society.

**Keywords:** *decision making, recreational drugs, psychological program*