

## NEW ZEALAND BODYBUILDER SURVEY

### Bodybuilding Opinions: “Body Technologies and Steroids”

#### Introduction by Anne Probert

This paper is part of a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. 382 bodybuilders responded to the survey and these papers provide insight into the lives and views of such participants.

**The survey included a list of 36 statements and participants were asked to define on a scale from 1 to 4 the extent they agreed or disagree with the statements. (1= strongly disagreed; 2= somewhat disagreed; 3= somewhat agreed; 4= strongly agreed).**

Although each statement pertains to many complex issues, for the purposes of simplicity, I have categorised them into several broad sections.

This paper documents the results of those statements which I have broadly categorised as relating to “**Body Technologies and Steroids**”.

Specifically, it highlights bodybuilder responses i.e. their views, self-perceptions and opinions, with respect to the following survey statements:

- **If steroids were legal, I believe that controlled and carefully planned use of them is an acceptable way to enhance bodily appearance.**
- **If steroids were legal, I believe they would be more acceptable for use by male bodybuilders than female bodybuilders.**
- **I believe bodybuilding in New Zealand is largely drug/steroid-free.**
- **I would consider implants (e.g pecs, breast, calf implants) in order to gain the ultimate bodybuilder shape.**

These results, in conjunction with other survey outcomes, provide preliminary insights on a range of issues. They will combine with more in-depth information, to be gathered via personal interviews with competitive bodybuilders in New Zealand, planned for 2006.

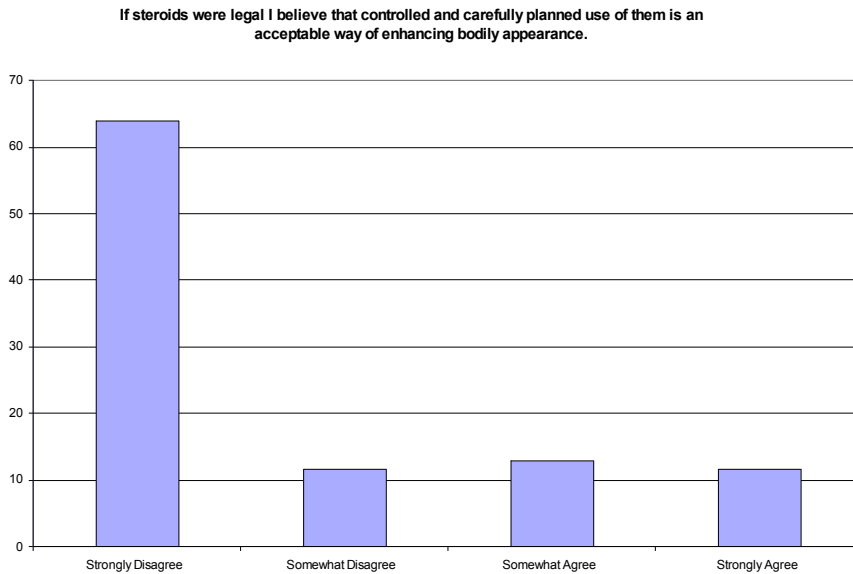
Check out the results over the following pages ...

## Survey Results

**Statement:** If steroids were legal, I believe that controlled and carefully planned use of them is an acceptable way to enhance bodily appearance.

**Outcome:** The majority of respondents "strongly disagreed" with this statement.

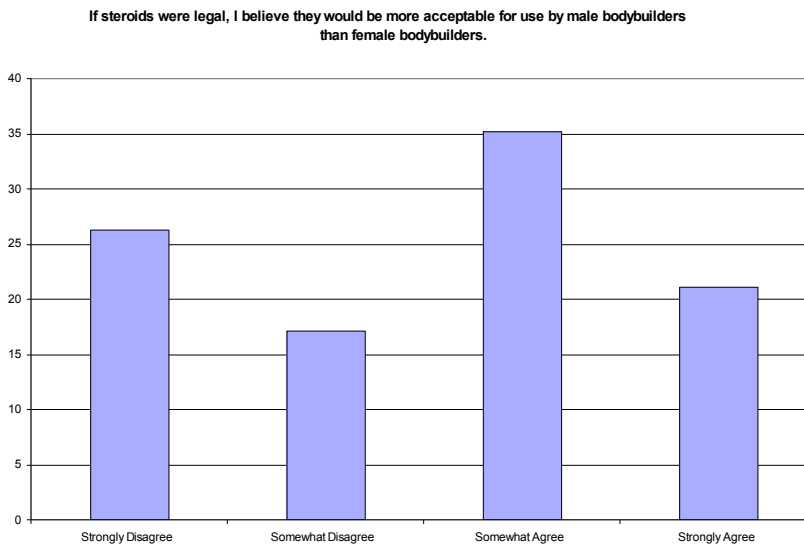
**Mean score:** 1.72



**Statement:** If steroids were legal, I believe they would be more acceptable for use by male bodybuilders than female bodybuilders.

**Outcome:** the majority of respondents "somewhat agreed" with this statement.

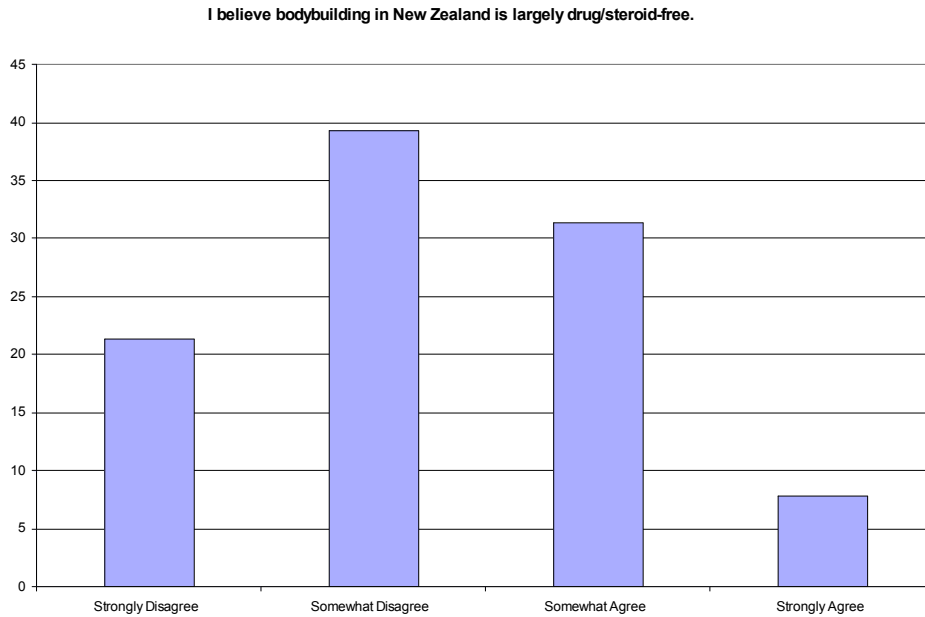
**Mean score:** 2.51



**Statement:** I believe bodybuilding in New Zealand is largely drug/steroid-free.

**Outcome:** the majority of respondents "somewhat disagreed" with this statement.

**Mean score:** 2.25



**Statement:** I would consider implants (e.g pecs, breast, calf implants) in order to gain the ultimate bodybuilder shape.

**Outcome:** The majority of respondents "strongly disagreed" with this statement.

**Mean score:** 1.60

