

ORIGINAL SCIENTIFIC PAPER

A Content Analysis of Published Articles in Montenegrin Journal of Sports Science and Medicine from 2012 to 2018

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Abstract

Montenegrin Journal of Sports Science and Medicine (MJSSM) is a scientific journal that exists for five years and has so far released 75 scientific papers in 12 editions. The papers are from various fields of sports science - biomechanics, physiology, sports medicine, anthropology, methodology and other areas of sports. In this paper, we classified works by fields, method of address analysis and found that the most numerous works from the physiology of sports, which are the most cited and best quoted in scientific databases. We have also established that the published works had themes - the most up-to-date tendencies in sports science. These research can be useful for further theoretical research, as well as for theoreticians. The authors of the works are researchers from all over the world, as well as the editorial board. The MJSSM includes works from exact disciplines, primarily physiology of sports, as well as from social sciences, thus achieving a synergistic effect. The highly cited topics in the field of physiology of sports are raised by the work of social sciences. These topics when they find themselves in the magazine with a social label increase their own visibility.

Key words: science, journal, sport, medicine, Montenegro

Introduction

Sixth year of publication of the Montenegrin Journal of Sports Science and Medicine (MJSSM) was marked by the 1st edition of the 7th volume, which is in summary the 12th edition of this scientific journal. In the latest issue, 10 scientific papers have been published. The authors are from different countries, from the USA, Croatia, Bosnia and Herzegovina, Estonia, Lithuania, Spain, Hungary, New Zealand, Turkey, Serbia and Montenegro, Slovenia, Portugal and Brazil. The scientific journal has an editorial board of twenty members with respectable scientists from all over the world. The beginning of the publication was very difficult for editors because high standards were set, and the authors could not then be repatriated by publishing in an internationally recognized magazine. However, due to the quality of the work, the situation changed successfully, and the magazine reached the highest level in the world of science.

In 2015, Montenegrin Journal of Sports Science and Medicine entered the Web of Science and in 2016 the Scopus, and since then we have no problems because now there is a much greater interest than there is a space, so now we are working on technical improvement in terms of design, proof-reading by the lecturer whose natural language is English, so that we become more recognizable by authors and index databases. We expect that even in 2017 we will get Impact Factor by Web of Science, which would be the biggest success related to publishing activity of scientific journals in Montenegro ever (Popovic, personal communication).

Magazines that would be used in practice will be published in English, which can be a limitation for Montenegrin non-scientific and general public due to insufficient knowledge of English. The publication of papers in the Montenegrin Journal of Sports Science and Medicine and Sport Mont journals is a condition for scientists to advance



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to academic titles, which sometimes creates problems for the editorial office, because the pressure comes especially from

those who lack professional knowledge and quality, Popovic acknowledges.



Picture 1. Journal's web page

The Montenegro Journal of Sports Science and Medicine has united authors and works from the field of natural and social sciences who have thus contributed to the development of sports science, dealing with diverse and interesting topics.

Methods

Content analysis is a method often present in media researches that qualitatively and quantitatively systematize primarily journalistic forms of communication, so statistical methods are used, in the simpler form of addition and descriptors, due to the detection of frequencies and the frequency of topics and messages in the processing of data. Content analysis units in this paper are the titles of scientific papers published in the Montenegro Journal of Sports Science and Medicine, from September 2012 to March 2018. During this period, 75 papers were published in 12 editions of the journal. The papers are classified by the fields of sports science - biomechanics, physiology, sports medicine, anthropology, methodology and other works.

Results

A wide variety of topics is from the *physiology of sports* that is part of sports medicine, and it examines the body and its functions during physical activity. Works in this area are - "Comparative Analysis of Morphological Characteristics of Goalkeepers in Football and Handball" (Milanovic, Vuleta, & Sisic, 2012), "Comparison of Instep Kicking Between Preferred and Non-Preferred Leg in Young Football Players" (Bjelica, Popovic, & Petkovic, 2013), "Plasma Growth Hormone and Prolactin Levels in Healthy Sedentary Young Men After Short-Term Endurance Training in Hot Environment" (Cicioglu & Kiyici, 2013), "Qualitative and Hierarchical Analysis of Protective Factors Against Illicit Use of Doping Substances in Athletes Calling a National Anti -Doping Phone-Help Service" (Mohamed, Bilard, & Haww, 2013), "Effect of Half-Time Cooling on Thermoregulatory Responses and Soccer-Specific Performance Tests" (Zhang et al., 2014), "Effect of

Egg White Protein Supplementation Before Acute Resistance Training on Muscle Damage Indices in Untrained Japanese Men" (Hasegawa et al., 2014), "Age-Related Patterns of Physical and Physiological Characteristics in Adolescent Wrestlers" (Demirkan, 2015), "Acute Effect of Lower-Body Vibration as a Recovery Method After Fatiguing Exercise" (Nepocatyč, Balilionis, Katica, Wingo, & Bishop, 2015), "Effect of Menthol on Respiratory and Perceptual Responses to Exercise in Firefighter Protective Gear" (Zhang, Balilionis, & Casaru, 2015), "Performance-enhancing effects of dietary nucleotides: to mitochondria play a role?" (Ostojic, 2015), "The acute effects of hip abductors fatigue on postural balance" (Sarabon, Hirsch, & Majcen, 2016), "Acute Response of Some Iron Indices of Young Elite Wrestlers to Three Types of Aerobic, Anaerobic, and Wrestling Exercise" (Tayebi, Mahmoudi, Shirazi, & Sangi, 2017), "Pulmonary Function in Prepubescent Boys: The Influence of Passive Smoking and Sports Training" (Jelicic, Uljevic, & Zenic, 2017) and "Analysis of Dietary Intake and Body Composition of Female Athletes over a Competitive Season" (Nepocatyč, Balilionis, & O'Neal, 2017), "Muscle Damage Indicators after Land and Aquatic Plyometric Training Programs" (Wertheimer, Antekolovic, & Matkovic, 2018).

Sports medicine applies medicine and science for the prevention, detection, treatment and rehabilitation of injuries caused by sports, exercise or recreation. The themes of sports medicine published in the MJSSM are: "Evaluation of Behavior to Pain Measures in Athletes - A Correlative Analysis" (Kumar, Sandhu, & Shenoy, 2013), "Osgood Schlatter's disease - A burst in young football players" (Domingues, 2013), "Overuse Knee Injuries in Athletes" (Kezunovic, 2013), "Theoretical Issues and Methodological Implications in Searching Visual Search Behaviours: A Preliminary Study Comparing the Cognitive and Ecologic Paradigms" (Afonso, 2013), "Perceived Muscle Soreness, Functional Performance and Cardiovascular Responses to an Acute Bout of Two Plyometric Exercises" (Arazi, Asadi, & Chegini, 2016), "Common Injuries of



Picture 2. Collage of the front pages (2012-2014)

Collegiate Tennis Players (Valleser & Narvasa, 2017) and “Common Running Overuse Injuries and Prevention” (Kozinc & Sarabon, 2017).

Biomechanics works on the techniques of athletes' movement and improvement solutions are included in the MJSSM. The works are as follows: “The Influence of Basketball on the Asymmetry in the Use of Limbs” (Cvorovic, 2012), “Effects of Internal, External and Preference of Attentional Focus Feedback Instructions on Learning Soccer” Head Kick” (Miçoogulları, Kirazcı, & Altunsöz, 2012) and “Comparison of training and competition opportunities in leisure time among people with intellectual disabilities in selected European countries” (Francova, Valkova, & Sinkovsky, 2013), “The Effect of Kick Type on the Relationship between Kicking Leg Muscle Activation and Ball Velocity” (Cerrah, Soylu, Ertan, & Lees, 2018).

Anthropology of sports that studies the links between certain disciplines and characteristics of athletes in MJSSM was represented by the following works: “Predictors Affecting the Ranking in Women Armwrestling Competition” (Akpınar, Zileli, Şenyüzlü, & Tunca, 2012), “Future of Alpine Skiing Schools-gender related programs” (Cigrovski, & Prlenda, 2014), “Do Significant Achievements of a National Football Team Can Strengthen National Identity in Montenegro?” (Popovic & Bjelica, 2014), “Analysis of the Relevant Factors of Retaining Women in Judo” (Sindik, Rendulic, Corak, & Lewis, 2014), “Why Left-handers / footers are overrepresented in some sports?” (Akpınar & Bicer, 2014), “Comparison

of Fitness Levels between Croatian and Lithuanian Students” (Novak, Podnar, Emeljanovas, & Martinen, 2015), “Body Height and Its Estimation Using Arm Span Measurements in Bosnian and Herzegovinian Adults” (Popovic, Bjelica, Tanase, & Milasinovic, 2015), “Analysis of the Relevant Factors for Engaging Women in Various Sports in Croatia” (Sindik, Mikic, Dodigovic, & Corak, 2016), “Comparison of Psychological Skills, Athlete's Identity, and Habits Physical Exercise of Students of Sport Faculties in Four Balkan Countries” (Sindik et al., 2017), “Local Geographic Differences in Adult Body Height in Montenegro” (Popovic, 2017), “Physical Activity can not be treated as a predictor of anthropological status among six-year-old children” (Lovric, Jelaska, & Bilic, 2018), “Differences in Physical Activity and Academic Performance between Urban and Rural Schoolchildren in Slovenia” (Sember, Morrison, Jurak, Kovac, & Starc, 2018).

During 2017, teachers and associates of the Faculty of Sport and Physical Education conducted 41 anthropometric measurements, on individuals, clubs and representative selections from the country and abroad were tested for different ages. Teachers and associates of the Faculty of Sports, in cooperation with the Student Parliament, also implement a project - diagnosing student population at the University of Montenegro, which will contribute to the creation of a representative database for future scientific research work and adequate preventive recommendations to the Montenegrin population when it comes to the health status of young people.



Picture 3. Collage of the front pages (2015-2018)

In the Montenegrin Journal of Sports Science and Medicine, works from *sports methodology*, *pedagogy* and *anthropo-motoric* and *anthropometry* are also presented: “Metric Characteristics of One Battery of Motor Measuring Instruments” (Jaksic, Matic, & Cvetkovic, 2013), “The Coaching Process in Football - A qualitative perspective” (Sarmiento, Pereira, Anguera,

Campaniço, & Leitão, 2014), “Comparison of the Anaerobic Power of Brazilian Football Professional Players Grouped by Tactical Position” (Santos et al., 2014), “Comparative Study of Anthropometric Measurement and Body Composition between Elite Handball and Basketball Players” (Muratovic, Vujovic, & Hadzic, 2014), “The Determination of Physical

Activity Levels of Trainers in Kastamonu, Turkey” (Gunay, Cengizhan, & Ozsari 2015), “Office Sitting Made Less Sedentary - A Future-forward Approach to Reducing Physical Inactivity at Work” (Chia, Chen, & Suppiah, 2015), “Presence of the Re (Sæther, 2016), “Match Analysis in Volleyball: a systematic review” (Silva, Marcelino, Lacerda, & Vicente João, 2016), “Accuracy and Criterion-Related Validity of the 20-M Shuttle Run Test in Well-Trained Young Basketball Players” (Stojanovic et al., 2016), “Inter and Intra Positional Differences in the Ball Kicking Among U-16 Croatian Soccer Players” (Radja, Erceg, & Grgantov, 2016), “Evaluation of Scoring Skills and Non Scoring Skills in the Brazilian SuperLeague Women’s Volleyball” (Oliveira, Valladares, Vaz, & João, 2016), “The Influence of the Number of Players on Workload during Small-Sided Games Among Elite Futsal Players” (Hulka & Weisser, 2017), “Middle School Students Free-living Physical Activity on Physical Education Days, Non- Physical Education Days, and Weekends” (Marttinen, Fredrick, & Silverman, 2018), “The Perception of Autonomy Supportive Behavior as a Predictor of Perceived Effort and Physical Self-Esteem among School Students from Four Nations” (Hein et al., 2018), “A Physical Activity Learning Module Improves Medical Students’ Skills and Confidence for Advising Patients on Physical Activity” (Mandic, Wilson, Clark-Grill, & O’Neill, 2018), “Force-Velocity Profiles of Elite Athletes Tested on a Cycle Ergometer” (Bozic & Bacvarevic, 2018), “Discriminate Scoring Skills and Non-Scoring Skills According to Results in the Brazilian Men’s Volleyball SuperLeague” (Oliveira, Vaz, Pastore, & João, 2018).

In the field of *sport research* and *sociopsychology*, MJSSM’s activities include: “Preliminary psychometric validation of the Multidimensional inventory of sport excellence: attention scales and mental energy” (Sindik, Botica, & Fiskus, 2015), “Socioeconomic, Personal and Behavioral Correlates of Active Commuting among Adolescents” (Marques, Peralta, Sarmento, Martins, & Carreiro da Costa, 2016), “The Impact of Social Capital Domains on Self-Rated Health among Serbian High School Students?” (Novak et al., 2016), “Health-Related Fitness Knowledge of Middle School Students in Public and Private Schools” (Serbes, Cengiz, Sivri, & Filiz, 2017), “Comparison of Standard and Newer Balance Tests in Recreational Alpine Skiers and Ski News” (Cigrovski, Franjo, Rupcic, Bakovic, & Matkovic, 2017), “Systemic Mapping of High-Level Women’s Volleyball Using Social Network Analysis: The Case of Attack Survey, Freeball and Downball” (Hurst et al., 2017), “Medical Students Awareness of the Connections between Physical Activity and Health” (Mandic, Wilson, Clark-Grill, & O’Neill, 2017), “Swim Speed Tests as a Method for Differentiating the Profiles of Young Swimmers” (Siljeg, Sindik, & Leko, 2017), “Examining Attitudes of Physical Education Teacher Education Program for Students in Teaching Profession” (Yildizer, Ozboke, Tascioglu, & Yilmaz, 2017), “A Comprehensive Mapping of High-Level Men’s Volleyball Gameplay Through Social Network Analysis: Analyzing Serve, Side-Out, Side Transformation and Transition” (Loureiro et al., 2017), “Collaborative Learning with the Application of Screen-Based Technology in Physical Education” (Luptáková & Antala, 2017), “Functional-Strengthening: A Pilot Study on Balance Control Improvement in Community-Dwelling Older Adults” (Josephson & Williams, 2017), “Perceived Autonomy Support and Basic Psychological Needs of Participants in a Women’s Health-Related Exercise Program according to Exercise Stage

of Change and Exercise Type” (Mehrtash & Ince, 2018).

In the field of *methodology in scientific research*, the paper was published: “Two Aspects of Bias in Multivariate Studies: Mixing Specific with General Concepts and” Comparing Apples and Oranges” (Sindik, 2014).

In the journal you can also find the “Report of the 9th International Scientific Conference on Transformation Processes in Sport” Sports Performance” (Popovic & Vujovic, 2012), “Report of the 10th International Scientific Conference on Transformation Processes in Sport” (Krivokapic & Muratovic, 2013).

In the previous issue of the magazine, the most numerous were works from Croatia 16, Turkey 12, Montenegro 8, Portugal 8 and USA 6 papers. Following are the number of authors from Serbia who were 5, Slovenia 3, Czech 2, Norway 2, Brazil 2, Iran 2, New Zealand 2 and one by authors from Slovakia, Switzerland, Japan, Singapore, Philippines and India.

Discussion

In this paper, we classified the topics from the MJSSM by fields, the method of analyzing the titles and we found that the most numerous are papers from the sports techniques (16), physiology of sports (15), sociopsychology of sports (15), and sports anthropology (12). The papers from the physiology of sports are the most highly quoted and best quoted, which is why the journal is advancing towards the highest scientific bases in sports science. We have also established that the published works had themes - the most up-to-date tendencies in sports science. This research can also be useful for further theoretical research, as well as for sports practitioners. Dr. Ines Varela-Silva of the British University of Lagboro, one of the researchers who attended the 14th International Scientific Conference “Transformational processes in sport - sports achievements”, told the web portal of the University of Montenegro that sport can not be separated from society because it affects all its segments: “It is important to publish papers in journals dealing with sports science. However, if you want to achieve multi-disciplinarity or interdisciplinarity, then you have to work with people from other areas and publish works in editions related to sports science, but also to physical activity, public health. You can not separate sports from society, since it has an impact everywhere” (Maros, 2017). Varela-Silva emphasized the increasing productivity of scientists in the field of sports science, which publish up to 25,000 works annually, which is at the level of the publication in the field of IT technology.

The Montenegrin Journal of Sports Science and Medicine is related to a scientific conference organized by the University of Montenegro and the Montenegrin Sports Academy every year in early April, where respectable and respected professors and scientists working on a voluntary basis will be housed and respected, reviewed and edited by the magazine. The International Scientific Conference “Transformation Processes in Sports - Sports Achievements” was organized for the 15th time from 12 to 15 April 2018 in Budva, as well as the 14th Congress of the Montenegrin Sports Academy, which gathered around 150 researchers from all over the world.

In addition to organizing the conference, from 2017 the editorial board of the magazine started awarding the award for outstanding sports results on the international level and promotion of the Montenegrin sport. So far, this recognition has been won by basketball player Bojan Dubljevic, handball play-

er Ana Milacic and karate players Mario Hodzic. With this, the MJSSM further promoted its role in sports and the general public in improving the awareness of the importance of sports.

MJSSM is a part of the family of scientific journals in the field of sports in Montenegro. The Sport Mont journal has been published since 2003 and is the oldest scientific journal in the field of sports science and health in Montenegro, which is SCOPUS scientific base. The third journal Journal of Anthropology of Sport and Physical Education is published in 2017 and is currently being published in our language, and it is a project of younger colleagues from the Faculty of Sport and Physical Education.

To recall, the Montenegrin Journal of Sports Science and Medicine contains a wide range of topics - from social, humanistic, and natural sciences. The editorial board very skillfully fits the works from all areas of sports science, which is not an easy task because of the wide range and variety of themes. It is interesting to point out that social science topics are much less quoted than those in the field of exercise physiology, but the sports sciences that unite them into one scientific field succeed in making a good fit sometimes incompatible, which results in mutual benefits. Given that the topics in the field of exercise physiology are much more cited than topics in the field of social sciences, they raise the ranking of subjects in social sciences, while, on the other hand, topics from e.g. exercises physiology manage to find themselves in a magazine that has a social label, and thus become more visible and beyond the highly specialized journals in the field of exercise physiology.

To mention at the end, the Montenegrin Journal of Sports Science and Medicine is the only Montenegrin scientific journal that is indexed in the two most prestigious Web of Science and Scopus databases, which takes a leading position in scientific journals.

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Conflict of Interest

The authors declare that there are no conflicts of interest.

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