

REVIEW PAPER

A Content Analysis of Published Articles in Montenegrin Journal of Sports Science and Medicine from 2019 to 2020

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Abstract

Montenegrin magazine for sports science and medicine "Montenegrin Journal of Sports Science and Medicine" (MJSSM), is the only magazine in Montenegro with the index in two world databases: Web of Science and Scopus. Articles published in this magazine stem from different fields of sports science: biomechanics, physiology, sports medicine, anthropology, methodology and other fields related to sports. In the previous three editions of this magazine, 30 articles have been published which are classified according to the following science fields: Sports Medicine, Sports Training, Anthropology of Sport; Sports Psychology; Sports Physiology; Systematic Analysis of Sports Articles. The analysis revealed that the articles in the field of Sports Training are the most numerous, therefore the most cited works as well as the best positioned. Sports Training is an integral part of a triage technology which enables an athlete's transformation processes of certain segments of the anthropological status as well as an improvement of technical and tactical elements which ultimately lead to the realization of the top sports achievements. Also, results published in the magazine "Montenegrin Journal of Sports Science and Medicine" in the field of Sports training could be beneficial in monitoring athletes, notifying corrections during training methods, estimating and improving capability differences among athletes from different sports orientations.

Keywords: Science, Journal, Sport, Medicine, Montenegro

Uvod

Crnogorski časopis za sportsku nauku i medicinu Montenegrin Journal of Sports Science and Medicine (MJSSM) je jedini časopis u Crnoj Gori koji je indeksiran u dvije svjetske baze podataka, Web of Science i Scopus. Časopis se objavljuje dva puta godišnje, u martu i septembru, a posljednje izdanje donosi 10 naučnih radova koja potpisuju poznata imena 38 naučnika iz svih krajeva svijeta. Riječ je o naučnicima iz SAD-a, Turske, Španije, Islanda, Irana, Portugala, Ujedinjenog Kraljevstva i Poljske. Sa naučnog aspekta, pojedine teme koje se obrađuju u časopisu MJSSM su podrška trenerima u praktičnom radu. Autori, između ostalog, obrađuju i teme kao što je promocija fizičke aktivnosti i studentska percepcija igre Pokemon Go, učinci šestonedjeljnih treninga

košarkaša na pijesku naspram treninga na parketu, doping i stavovi turskih sportista, uticaj vježbi u bazenu kod starijih žena. Ovo su samo neke od istraživanja na aktuelne teme u oblasti sportskih nauka i medicine, uključujući sve aspekte zdravlja i sporta koje su uključene u ovaj časopis.

Glavni urednici ovog časopisa prof. dr Duško Bjelica i prof. dr Stevo Popović navode da će, prema dosadašnjoj statistici i citiranosti na svjetskom nivou, časopis imati svoj najveći domet u 2020. godini. „MJSSM” časopis će biti ponovo procijenjen od Web of Science, a dosadašnje indikacije ukazuju da će časopis biti uključen u baze ESCI (Science Citation Index Expanded) i SSCI (Social Science Citation Index), čime će imati veći nivo uticaja (Bjelica & Popović, 2020).

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Radovi i prezentirani sažeci koji su prijavljeni u okviru konferencije koju organizuje Crnogorska sportska akademija u saradnji sa Fakultetom za sport i fizičko vaspitanje Univerziteta Crne Gore i drugim međunarodnim partnerima, biće objavljeni u supplementu ovog časopisa, nakon sljedeće konferencije. Svrha postojanja ovog časopisa je između ostalog i da se minimiziraju problemi kao što su odlaganje u publikacionom procesu objavljivanja članaka ili prevazilaženja ranijih problema. Stoga, časopis pruža: online otvoren pristup, brzo objavljivanje, mišljenje stručnjaka i istraživača, post publikacijske alate za pokazivanje kvaliteta i učinka, zajednicu zasnovanu na zajedničkom

jeziku članaka i svjetsku medijsku pokrivenost.

Metod rada

U ovom radu biće korišćena metoda analize sadržaja, koja se efikasno primjenjuje u raznovrsnim područjima ljudskog rada i stvaralaštva. Ona podrazumijeva korišćenje pisanih izvora kao osnovne jedinice izvora informacija. Jedinica analize sadržaja su naslovi naučnih radova objavljenih u časopisu "Montenegrin Journal of Sports Science and Medicine". Ovdje su to svi naučni članci objavljeni kroz tri broja za 2019. i 2020. godinu časopisa Montenegrin Journal of Sports Science and Medicine.



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U pomenutom časopisu u zadnja tri broja je objavljeno 30 radova, koji će biti klasifikovani prema sljedećim naučnim oblastima: sportska medicina, sportski trening, antropologija sporta; psihologija sporta; fiziologija sporta i sistemska analiza radova.

Rezultati

Nakon sprovedene kompletne analize sadržaja iz časopisa Montenegrin Journal of Sports Science and Medicine, izvršena je klasifikacija radova iz šest oblasti, kako je prikazano u Tabeli 1.

Tabela 1. Klasifikacija objavljenih radova prema naučnim oblastima

| Naučne discipline | Broj objavljenih radova |
|----------------------|-------------------------|
| Sportska medicina | 4 |
| Sportski trening | 10 |
| Antropologija sporta | 2 |
| Psihologija sporta | 7 |
| Fiziologija sporta | 4 |
| Sistematska analiza | 3 |
| Total | 30 |

Sportska medicina je naučna disciplina koja se bavi primjenom medicine i nauke u sprječavanju, prepoznavanju, liječenju i rehabilitaciji povreda izazvanih sportom, vježbanjem ili rekreativnim aktivnostima. Ova naučna oblast u "Montenegrin Journal of Sports Science and Medicine" časopisu je bila zastupljena kroz sljedeće radove: "Respiratory parameters in elite finn-class sailors" (Pezelj, Milavic, & Erceg, 2019), "Comparison of the static and dynamic balance between normal-hearing and hearing-impaired wrestlers" (Coskun, Unlu, Golshaei, Kocak, & Kirazc, 2019), "Doping Knowledge and Attitudes of Turkish Athletes: A Cross-Sectional Study" (Ozkan et al., 2020), "Manner of Executi-

on and Efficacy of Reception in Men's Beach Volleyball" (Palao, Lopez-Martinez, Valades, & Hernandez, 2019).

Sportski trening kao sastavni dio trenažne tehnologije, omogućavaju transformacione procese pojedinih segmenata antropološkog statusa sportiste i usavršavanje tehničko-taktičkih elemenata, što u krajnjem vodi ka postizanju vrhunskih sportskih dostignuća. Iz ovog veoma važnog segmenta su prikazani sljedeći radovi: "Exponential versus linear tapering in junior elite soccer players: effects on physical match performance according to playing positions" (Krespi, Sporis, & Popovic, 2019), "Neuromuscular adaptations after blood flow restriction training combined

with nutritional supplementation: A preliminary study" (Chulvi-Medrano et al., 2019), "The Effects of High-Intensity Interval Training on Skeletal Muscle Morphological Changes and Denervation Gene Expression of Aged Rats" (Tayebi, Siahkhouhi, Keshavarz, & Yousefi, 2019), "The Association between Relative Age Effect, Goals Scored, Shooting Effectiveness and the Player's Position, and her Team's Final Classification in International Level Women's Youth Handball" (Saavedra, & Saavedra, 2020), "The Effects of A 6-Week Plyometric Training Programme on Sand Versus Wooden Parquet Surfaces on the Physical Performance Parameters of Well-Trained Young Basketball Players" (Ozen, Atar, & Koc, 2020), "The Effect of an In-Season 8-Week Plyometric Training Programme Followed By a Detraining Period on Explosive Skills in Competitive Junior Soccer Players" (Branquinho et al., 2020), "Warm-Up Striding Under Load Does Not Improve 5-Km Time Trial Performance in Collegiate Cross-Country Runners" (O'Neal et al., 2020), "The influence of coaches' instruction on technical actions, tactical behaviour, and external workload in football small-sided games" (Batista et al., 2019), "The important game-related statistics for qualifying next rounds in Euroleague" (Dogana, & Ersoz, 2019) i "Normative Profile of the Efficacy and Way of Execution for the Block in Women's Volleyball from Under-14 to Elite Levels" (Echeverría, Ortega, & Palao, 2020).

Antropologija sporta je naučna disciplina koja se bavi konstrukcijom antropoloških modela, utvrđivanjem strukture i relacija antropoloških karakteristika, kao i utvrđivanjem relacija u odnosu na odgovarajuće kineziološke fenomene. Zastupljeni radovi iz ove oblasti su sljedeći: "Regional differences in adult body height in Kosovo" (Masanovic, Bavcevic, & Prskalo, 2019) i "Investigation of Pool Workouts on Weight, Body Composition, Resting Energy Expenditure, and Quality of Life among Sedentary Obese Older Women" (Rezaei-pour, 2020).

Psihologija sporta je nauka koja, objašnjavajući brojna stanja psihe sportista u različitim okolnostima, položaj jedinice u sportskom kolektivu, odnose pojedinca prema grupi ili šire društvenoj zajednici, kao i zakonitosti unutar složenih psiholoških okvira, zastupljeni su sljedeći radovi: "Fathers – an untapped resource for increasing physical activity among African American girls" (Blackshear, 2019), "The effects of weekly recreational soccer intervention on the physical fitness level of sedentary young men" (Aslan, Salci, & Guvenc, 2019), "Psychological State and Behavioural Profiles of Freshman Enrolled in College and University Instructional Physical Activity Programmes under Different Policy Conditions" (Kim, & Cardinal, 2019), "Factors Affecting Critical Features of Fundamental Movement Skills in Young Children" (Marinsek, Blazevic, & Liposek, 2019), "How Grit is Related to Objectively Measured Moderate-to-Vigorous Physical Activity in School Student" (Hein, Kalajas-Tilga, Koka, Raudsepp, & Tilga, 2019), "Does it Promote Physical Activity? College Students' Perceptions of Pokémon Go" (Yan, Finn, & Breton, 2020) i "Evaluation of Risks and Benefits of Physical Activity of Hypertensives and Normotensives: Fighting a Societal Burden" (Bras et al., 2020).

Fiziologija sporta je integralni dio sportske medicine i bavi se izučavanjem funkcionisanja organskih sistema i organizma u cjelosti prilikom raznovrsnih fizičkih aktivnosti čovjeka. Iz ove oblasti su zastupljeni sljedeći radovi: "Connection in the fresh air: A study on the benefits of participation in an electronic tracking outdoor gym exercise programme" (Johnson, Ivarsson, Parker, Andersen, & Svetoft, 2019), "Examination of Exercise-Induced Skeletal and Cardiac Muscle Damage in Terms of Smoking" (Ipekoglu, Taskin, & Senel, 2019), "Burnout and Coping Strategies among Private Fitness Centre Employees" (Georgiou, & Fotiou, 2019) i "The Effect of 16-Minute Thermal Stress and 2-Minute Cold Water Immersion on the Physiological Parameters of Young

Sedentary Men" (Podstawski, Boryslawski, Clark, Laukkanen, & Gronck, 2020).

Sistemska analiza radova predstavlja veoma bitne karike u složenom sistemu društvenih odnosa u sportu. Zastupljena su tri rada u kojima je prikazana zanimljiva hronološka retrospektiva tema koje su se odnosile na pojedina sportska zbivanja, objašnjen je i način sistematizacije analize radova. A radi se o sljedećim radovima: "Research Quality Evaluation in Social Sciences: The Case of Criteria on the Conditions and Requirements for Academic Promotion in Serbia, Slovenia and Montenegro" (Popovic, Pekovic, & Matic, 2019), "The Development of an Online Surveillance of Digital Media Use in Early Childhood Questionnaire- SMALLQ™- For Singapore" (Chia, Tay, & Chua, 2019) i Match Analysis in Handball: A Systematic Review" (Ferrari, Sarmento, & Vaz, 2019).

Diskusija

U ovom radu su klasifikovane teme iz časopisa „Montenegrin Journal of Sports Science and Medicine” koji su objavljeni kroz tri broja za 2019. i 2020. godinu, te na osnovu medote analize sadržaja došli do podatka da su najbrojniji radovi iz oblasti Sportskog treninga (10), zatim Psihologije sporta (7), Sportske medicine (4), Fiziologije sporta (4), Sistematske analize (3) i Antropologije sporta (2).

Kao što je već navedeno, najveći broj istraživanja je iz Sportskog treninga, za koje se može reći da su najviše citirani i najbolje kotirani, što ne čudi s obzirom na veliki opseg ove naučne discipline i sami značaj problematike koju tretira. Sportski trening, kao sastavni dio trenažne tehnologije, omogućava transformacione procese pojedinih segmenata antropološkog statusa sportiste i usavršavanje tehničko-taktičkih elemenata, što u krajnjem vodi ka postizanju vrhunskih sportskih dostignuća (Bjelica & Fratric, 2011; Bjelica, 2013; Bajramovic, Likic, Manic, & Mekic, 2015; Bajramovic et al., 2018). Da je trenažni program rada kod svih naučnih originalnih radova iz oblasti sportskog treninga doveo do pozitivnih transformacija, potvrđuje Vukotic (2018) u svom naučnom radu gdje je izvršila analizu sadržaja objavljenih originalnih naučnih radova iz oblasti sportskog treninga. Takođe, utvrđeno je da su objavljeni radovi u ovom časopisu imali za temu najsavremenije tendencije u sportskim naukama, pa je i to razlog napredovanja časopisa u smjeru najviših naučnih baza u sportskim naukama. Ne može se izostaviti činjenica da se MJSSM časopis i dalje suočava sa velikim uspjehom, i ako je ušao u dvije najprestižnije baze podataka indeksa (Web of Science i Scopus), jedna od tih baza podataka (Scopus) i dalje nastavlja da prepoznaje razvoj ovog časopisa, dok se sa druge strane očekuje da MJSSM uskoro dobije faktor uticajnosti (IF) od strane Web of Science-a i tako uđe na teško dostupnu i prestižnu SCI listu, čime bi zabilježio najveći uspjeh izdavačke djelatnosti u istoriji naučnih časopisa u Crnoj Gori.

Časopis „Montenegrin Journal of Sports Science and Medicine” vezan je za naučnu konferenciju koju Univerzitet Crne Gore i Crnogorska sportska akademija organizuju svake godine početkom aprila, gdje budu ugošćeni i uvaženi respektabilni profesori i naučnici koji rade na volonterskoj osnovi, na recenzijama i uređivanju časopisa. Zapravo, naučni radovi sa konferencije se objavljuju u časopisima „Montenegrin Journal of Sports Science and Medicine”, „Sport Mont” i „Journal of Anthropology of Sport and Physical Education”, koji su indeksirani u prestižnim svjetskim međunarodnim bazama.

Časopis „Montenegrin Journal of Sports Science and Medicine” vezan je za naučnu konferenciju koju Univerzitet Crne Gore i Crnogorska sportska akademija organizuju svake godine početkom aprila, a koju je UNESKO-ov Internacionalni savjet za sportsku nauku i fizičko vaspitanje proglasio za jedan od najznačajnijih događaja u oblasti sporta za 2019. godinu, koja je okupila je 223

delegata iz gotovo 50 država, dok naučne radove potpisuje 364 autora i koautora (Bavcevic, 2019).

Ono što je važno istaknuti još za časopis jeste da je od 2017. godine urednički odbor časopisa pokrenuo dodjeljivanje nagrade za izuzetne sportske rezultate na međunarodnom planu i promociju crnogorskog sporta. To priznanje do sada je pripalo košarkašu Bojanu Dubljeviću, rukometašici Ani Milačić i karatisti Mariu Hodžiću. Time je "MJSSM" dodatno promovisao svoju ulogu u sportskoj i široj javnosti na unapređenju svijesti o značaju sporta.

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Conflict of Interest

The authors declare that there are no conflicts of interest.

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