



**UNIVERSITETI I PRISHTINËS
"HASAN PRISHTINA"
FAKULTETI I EDUKIMIT FIZIK DHE SPORTIT**



**KONFERENCA SHKENCORE
PËR EDUKIM FIZIK DHE SPORT**

SCIENTIFIC CONFERENCE FOR PHYSICAL EDUCATION AND SPORT

**Amfiteatri,
Fakulteti i Edukimit Fizik
dhe Sportit**

22 Qershor 2015



UNIVERSITETI I PRISHTINËS
"HASAN PRISHTINA"

FAKULTETI I EDUKIMIT FIZIK DHE SPORTIT



KONFERENCA SHKENCORE PËR EDUKIM FIZIK DHE SPORT SCIENTIFIC CONFERENCE FOR PHYSICAL EDUCATION AND SPORT

22

qershor
June

2015

Amfiteatri, Fakulteti i Edukimit Fizik dhe i Sportit

FTESË

Kemi nderin t'ju ftojmë në konferencën shkencore të Fakultetit të Edukimit Fizik dhe Sportit të Universitetit të Prishtinës, të titulluar: "Konferenca Shkencore për Edukim Fizik dhe Sport", e cila do të mbahet më 22.06.2015 në Amfiteatrin e Fakultetit të Edukimit fizik dhe Sportit, Prishtinë. Konferenca organizohet nga Fakulteti i Edukimit Fizik dhe Sportit në bashkëpunim me Universitetin e Prishtinës.

Konferenca punimet do t'i zhvillojë në suaza të këtyre temave dhe nën-temave:

1. Edukimi fizik,
2. Sport,
3. Rekreacion,
4. Mjekësi sportive,
5. Marketing e menaxhim sportiv,
6. Aspekte psiko-sociale

INVITATION

We are honored to invite you to the scientific conference of the Faculty of Physical Education from the University of Prishtina titled "Scientific conference for Physical Education and Sport" that will be held on 22.06.2015.

The conference will be organized by the Faculty of Physical Education and Sport in cooperation with University of Prishtina.

Conference papers will be conducted within following topics and subtopics:

1. Physical Education,
2. Sport,
3. Recreation,
4. Sport Medicine,
5. Marketing and Sports Management,
6. Psycho-Social Aspects



KRYETAR I KONFERENCËS CONFERENCE PRESIDENT

Dekani- Prof. Dr. Sadik
KRASNIQI, Dean
sadik.krasniqi@uni-pr.edu

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Prishtinës
Rector of the University of
Prishtina

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Bajçinca
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SEKRETARIATI SECRETARIAT

Prof. Dr. Aziz Dujaka
Sekretar: Gani Ibrahim

LEKTORE: Flutura Gërmizaj

DATAT / DATES

Afati përfundimtar për dorëzimin e abstrakteve: 15.04.2015
Abstract submission deadline: 15.04.2015
Pranimi / refuzimi i abstrakteve: 01.06.2015
Abstracts review response: 01.06.2015
Dorëzimi i punimeve të plota: 15 Qershor 2015
Submission of full papers: June 15, 2015

KUOTA E REGJISTRIMIT | CONFERENCE QUOTA free

GJUHA E KONFERENCËS | CONFERENCE LANGUAGE

Punimet mund të prezantohen në gjuhën shqipe dhe angleze.
Papers may be presented in Albanian and English.

PROGRAMI | PROGRAMME

Regjistrimi / Registration : 22. 06. 2015 prej orës 9.00- 9.30
Dita e konferencës / day of conference : 22.06. 2015

UDHËZIME RRETH PUNIMEVE

Abstraktet të dërgohen në dy gjuhë: shqip e anglisht në këtë email adresë: conference.fefs@uni-pr.edu
Abstraktet të dorëzohen shqip dhe anglisht, kurse abstraktet që do të jenë vetëm në anglisht mund të mbeten si të tilla.
Çdo pjesëmarrës mund të prezantojë vetëm një punim gjatë konferencës, qoftë si autor ose si bashkautor.
Çdo autorë mund të merr pjesë me maksimalisht dy punime, si autorë ose si koautorë.

GUIDELINES

Abstracts should be sent to the following email address:
conference.fefs@uni-pr.edu

Abstracts that will be sent only in one language will not be accepted, whereas abstracts that will be only in English can remain as such.

Every participant can present only one paper as author or co-author. Every author can participate with two papers mostly, as author or co-author.

PUBLIKIMI | PUBLICATION

Punimet e plota do të botohen në revistën e Fakultetit e që emërtimi i revistës do të bëhet publike në ditën e konferencës.
Full papers will be published in the Scientific Journal of the Faculty.

RREGULLAT E SHKRIMIT | PAPER STYLE

Punimet shkencore duhet të jenë të shkruara sipas Formatit APA (American Psychological Association)
Scientific papers should follow APA style (American Psychological Association)
<http://www.apastyle.org/>

FORMA PËR DORËZIMIN E ABSTRAKTIT
ABSTRACT SUBMISSION FORM

| | |
|----------------------------------------|--|
| Emri dhe mbiemri / Name and Surname | |
| Institucioni / Institution | |
| e-mail adresa / e-mail address | |
| Numri i telefonit / Telephone number | |
| Titulli i punimit / Title of the paper | |

Abstrakt (deri në 250 fjalë) / Abstract (up to 250 words)

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Fjalë kyçe (maksimumi 5) / Keywords (maximum 5)

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UNIVERSITETI I PRISHTINËS FAKULTETI I EDUKIMIT FIZIK DHE I SPORTIT

organizon

“Konferencën Shkencore për Edukim Fizik dhe Sport”,

22 Qershor 2015, në Amfiteatrin e Fakultetit

AGJENDA E KONFERENCËS

| E hënë, 22 Qershor 2015 | |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00 - 10:00 | Regjistrimi |
| 10:00 - 10:20 | Hapja e Konferencës Fjalët hyrëse: Dekani, Rektori i Universitetit të Prishtinës, Ministri i Arsimit Shkencës dhe Teknologjisë, Ministri i Kulturës Rinisë dhe Sportit |
| 10:20 - 10:30 | Prof. Dr. Aziz Dujaka – Prezentimi i veprimtarisë kërkimore shkencore të Fakultetit deri më sot |
| 10:30 - 11:00 | Koktej/Pauzë |
| PËRBËRJA E PANELIT | |
| | Dr. Hasim Rushiti Dr. Aziz Dujaka Dr. Shemsedin Vehapi Dr. Bujar Turjaka Dr. Shqipe Bajcinca |
| 11:00 - 11:15 | Mustafë Aliu AFTËSITË LËVIZORE DHE PROCESI DIDAKTIKO-METODIK NË GJIMNASTIKË |
| 11:15 - 11:30 | Elona Hasmujaj Vetëvlerësimi dhe mirëqënia psikologjike |
| 11:30 - 11:45 | Sadik Krasniqi RËNDËSIA E HULUMTIMIT NË EDUKIM FIZIK DHE SPORT |
| 11:45 - 12:00 | MIFTAR ZIBERI Muskujt që marrin pjesë në pasimi i topit me gishta dhe ushtrimet për zhvillimin e tyre |
| 12:00 - 12:15 | Aziz Dujaka Pasqyrimi i testimit të forcës eksplozive muskulare të tipit të kercimeve |
| 12:15 - 12:30 | Shemsedin Vehapi Reformimi i strategjive të mësimdhënies së Edukimit Fizik sipas ndryshimeve në Kurrikulin e Kosovës |
| 12:30 - 12:45 | Elvira Dode, Etleva Haxhihyseni Muskujt që marrin pjesë në pasimi i topit me gishta dhe ushtrimet për zhvillimin e tyre |

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|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12:45 - 13:00 | Helga Dizdari, Sofia Bunke, Elia Psoun Tittle of the paper: Attachment, competitive anxiety and self-confidence among competitive swimmers in Sweden |
| 13:00 - 13:15 | Marsela Shehu, Rigerta Selenica PËRFSHIRJA E ADOLESHENTËVE NË AKTIVITET FIZIK GJATË PROÇESIT MËSIMOR DHE KOHËS SË TYRE TË LIRË. |
| 13:15 - 13:30 | Naser Rashiti DALLIMI DHE KRAHASIMI I LOJËRAVE OLIMPIKE DHE KAMPIONATIT BOTËROR NË ECJEN SPORTIVE 50 KM. TEK ATLETËT KULMINANT |
| 13:30 - 14:30 | KOHA E DREKËS |
| 14:30 - 14:45 | Artan R. Kryeziu, Isa Asllani, Lorik Ramaj Theoretical model according positions as well morphological characteristics to those motor comparing basketball palyers |
| 14:45 - 15:00 | Lorik Ramaj, Artan Kryeziu, Ferki Segaqa ANALIZA E NDIKIMIT TË PROGRAMIT STERVITOR NË PËRFORMANCËN LËVIZORE TË PJESTAËRVE AKTIV DHE REKRUTËVE TË RINJË TË FSK-së |
| 15:00 - 15:15 | Hazir Salihu, Hasan Bytyqi NDIKIMI I LIDHMËRIVE NË DISA NDRYSHORE MORFOLOGJIKE DHE LËVIZORE BAZIKE E SPECIFIKE TEK BASKETBOLLISTËT E RINJ |
| 15:15 - 15:30 | Izedin Mehmeti THE MYSTERY OF MOTIVATING YOUNGSTERS IN PHYSICAL EDUCATION |
| 15:30 - 15:45 | Milaim Berisha Kodi ndërkombëtar i vlerësimit të elementeve në Gjymnastikë Artistike |

Shpërndarja e certifikatave për prezntim të punimit bëhet pas perfundimit të të gjitha prezntimeve te Sekretari i Fakultetit

SECONDARY SCHOOL STUDENTS AMOTIVATION IN PHYSICAL EDUCATION AND SPORTS: CAUSE-EFFECT RELATIONSHIP

Mehmeti, Izedin.¹, Gllareva, Ilir², Halilaj, Besim.², Morina, Besnik.²

¹University of Montenegro (Niksic, Montenegro), ²UP” Hasan Prishtina”-Department of Sport Sciences

Abstract

The study represents perceptions of secondary school students about amotivation, causes and consequences of their involvement in physical education (PE). Methods: the study was conducted in four secondary schools, school children (n =440; n = 220 boys, n = 220 girls) aged 15–16 yrs completed the questionnaire developed for this study, subjects of the current study were from the albanian community, residents of urban and suburban areas,

The students were categorized as students characterized by a lack of perceived competence –(amotivation) based on the results of their responses derived from a questionnaire specially prepared for this study, in order to measure the students' motivation for the compulsory school subject of PE and sport in public sector Kosovo secondary schools’, where there is no gymnasium. The findings identified a range of amotivation causes, of whom at the top of the list are: lack of sport gymnasium, negative previous and current students’ experiences in PE classes; "digitalized generation of kosovar adolescents" (internet, social networks, and underestimation of PE by society (social barriers). The influence of social factors on the different types of motivation is exerted through the satisfaction of the psychological needs for competence, autonomy and relatedness. PE teachers may benefit in their daily basis teaching by keeping in mind that some students may come to the lesson having negative preconceptions about PE and sports, and it’s time to make them having a great time during PE class.

Keywords: *physical education (PE), sports, school, amotivation*

ATTACHMENT, COMPETITIVE ANXIETY AND SELF-CONFIDENCE AMONG COMPETITIVE SWIMMERS IN SWEDEN

Helga Dizdari, Sofia Bunke, Elia Psoun Lund University

Abstract

Attachment refers to an affectionate long-lasting bond that connects one person to another across time and space (Ainsworth, 1978; Bolwby 1969). According to Bolwby (1969), author of this theory, attachment behavior is manifested in order to increase individuals' sense of security, especially in times of need and stress. This psychological construct has been strongly related with the way individuals adjust themselves in various contexts. The relationship between attachment and sports performance, has not yet received much attention from the scientific sport psychology community and remains one of the most unexplored topics in this area (Carr, 2012). Thus, the aim of this study was to examine possible relationships between attachment styles, competitive anxiety, self-confidence and performance, among competitive swimmers aged 17-20. The participants were 44 swimmers from all over Sweden, classified into two groups; high-competitive elite athletes (N=24) and sub-elite athletes (N=20), based on the annual performance results according to Swedish Swimming Federation Database. It was hypothesized that high-elite swimmers differ significantly from sub-elite swimmers in their attachment styles, competitive anxiety and self-confidence scores. Attachment styles were measured by both a narrative based assessment (SBST: Psouni & Apetroaia, in press) and a self-reported measure of attachment (ASQ; Feeney et al., 1994). Whereas, performance anxiety and self-confidence were measured through the Competitive State Anxiety Inventory-2 (Martens et al., 1990). T-test, correlations and multiple regressions were subsequently performed to evaluate differences between groups (elite versus sub-elite) and to explore relationships and correlation among different variables. The hypotheses were partially supported by the findings. The study found one significant result, which stated that insecure anxious attachment style combined with young age predicted lower performance results among swimmers. Interestingly this style was found to be prevalent among sub-elite swimmers. The findings should be treated in a very careful way and ethical considerations should be considered.

Keywords: *attachment, competitive anxiety, self-confidence, performance.*

THE ROLE OF THE PARENTING STYLE IN THE SOCIAL RELATIONS TEEN

Ingrit Luani University of Tirana

Abstract

The objective of this study is to analyze if the social relations teen vary according to their parenting style. The steps are followed in this study were the review of the literature and results of different studies with similar subject. For teenagers good friends can be like a personal support group. They can provide a sense of belonging, a feeling of being valued and help with developing confidence; a sense of security and comfort in being with others going through the same experiences; a source of information about the changes that puberty brings, and what's going on physically and emotionally; a way to experiment with different values, roles, identities, ideas. The longitudinal study of Rick Nauert PhD at University of Virginia discovered parents' psychological control strongly influences adolescents' ability to balance autonomy and obtain closeness in relationships. The study included 184 ethnically and socioeconomically diverse teens, 13-18, the youths reported the degree to which their parents used psychological control. (Some parents used psychological control by saying, "If you really cared for me, you wouldn't do things to worry me," while others acted less friendly toward their teens when the adolescents didn't see things in the same way the parents did.) Child development experts generally identify the authoritative parenting style as the "best" approach to parenting because children raised by authoritative parents tend to develop good social skills.

Keywords: *parenting style, authoritative parenting style, social relations teen*

THE MYSTERY OF MOTIVATING YOUNGSTERS IN PHYSICAL EDUCATION

Izedin Mehmeti, University of Montenegro (Niksic, Montenegro)

Abstract

This study examined perceived competence and motivation of the elementary junior high schools (EJHC) toward physical education (PE) and sports activities taught in PE, and the perceived effectiveness of their PE curriculum for improving their fitness and skill levels. Students from five high schools and 15 intact physical education classes, from different municipalities of Kosovo country agreed to participate in current study. Data were collected using a questionnaire completed by 513 students, 169 of whom participated in focus group interviews.

Results indicated student preference for a wider variety in sport and fitness activities, non- competitive activities, the current form of PE curriculum implemented in all over Kosovo state is quite outdated, focusing mostly on team sports rather than overall fitness. Most students liked PE class that included some form of game play. In addition, they stressed the need for adding interesting activities that included active participation while having fun. What is wrong with most children in most Kosovo schools today is that they are not getting the exercise that they should be getting. If children are not going to exercise at home or community due to lack of sport facilities, then they should be required to at school.

Well planned and well organized School based PE and sports allow children to learn how to win and lose with grace, how to set goals, and help students socialize and make friends.

Keywords: *Motivation, youngsters, Physical education (PE), Sport activities*

INTERNATIONAL CODE OF ASSESSMENT IN GYMNASTICS

Milaim Berisha, Sakarya University (Türkiye)

Abstract

In every sport significant differences in their compositional structures and other natures are being observed. The difference form an athlete to another contains the common between them. This distinction is achieved by evaluating the demonstration of the athletes from an authorized panel. Given that gymnastics is part of one of sports with the higher complexity even judgment in gymnastics is equally complex. This is why this paper will be "International code of assessment in Gymnastics." In the following we will briefly introduce themes which will be explained in the paper, which are: The main objectives of the evaluation in artistic gymnastics, Gymnasts rights obligations and their sentences, The rights , duties and the responsibilities of coaches, Composition of tools judgement, Judgement function (D), Judgment function (E), Judgment function (R), The function of judgment the lines and time, The contents of the note E, The contents of notes D, Logging by the Jury, Penalties for errors strongly attitudes etc. In order to achieve the mentioned points above, the most modern methods and literature data will be used from the International Gymnastics Federation (FIG). It will also be used literature by various authors who have discussed emphasis on specific details of the evaluation of gymnastics elements or key points of particular importance to the escalation of gymnastics elements according to their difficulty. The highest level of knowledge about a phenomenon is the its judgement . Recognizing the value of gymnastics elements and assessing the right ones this sport can reach high levels in Kosovo.

MOTOR SKILLS AND DIDACTIC- METHODOLOGY PROCESS IN GYMNASTICS

Mustafë Aliu Faculty of Physical and Sports Education

Abstract

The motor skills are integral part of the bio psychosomatic status by exceptional importance in human's adaptive process. The so far researches are relying on the morphological field, Kinesiology, psychological, sociological, the cognitive abilities, conative characteristics etc... The analysis are conducted on three fields (Harris-Kraiser). On the first field are isolated 23 factors, on the second are interpreted 4 dimensions and on the third field are identified the central regulators for the regulation of motion reactions. The motor skills with the methodology of measuring instruments for gymnastics represent theory- practical basic and a foothold for ongoing transformational motoric aesthetic abilities in the meantime is a methodological- didactic process depending on factors conglomerate. In the area of physical education and sport gymnastics In the area of physical education and sports, gymnastics uses mostly analytical synthetic and complex methods, while their efficiency is not satisfactory researched meaning that motion methodological researches in latent bio psychosomatic filed should be conducted and other didactic methods.

Key words: *Motor skills, bio psychosomatic status, factors, didactics.*

ZHVILLIMI I FITNESIT FIZIK TË PËRCJELLUR ME PROGRAME TRAJNIMI NË PERIUdhËN GJASHTË JAVORE DHE KRAHASIMI NDËRMJET DY GRUPEVE TË NDRYSHME NË FORCËN E SIGURISË SË KOSOVËS

Lorik Ramaj¹, Artan Kryeziu², Isa Asllani³ Ferki Segaqa¹

¹ Universiteti i Prishtinës “Hasan Prishtina.

² Gjinnazi “Hasan Nahi”, Qendra për Kërkime, Studime në Edukimin Fizike Sport dhe Shëndet (CRSPES) Prishtina, R. Kosovës &

³Fakulteti i Kulturës Fizike, Universiteti Shtetëror i Tetovës

Abstrakt

Në këtë punimi si qëllimi kemi hulumtimin e efektit të programit trajnimi gashtë javorë si dhe komperacioni ndërmjet dy grupeve të ndryshme të Pjestarët e Forcës së Siguris së Kosovës. Në këtë punim eksperimental kanë marrë pjesë 215 pjestarë prej tyre në grupin e parë kanë bërë pjesë 154 pjestarë, ndërsa në grupin e dytë kanë bërë pjesë 61 pjestarë. Bateria e Testeve ka qenë në qëndrueshmeri: (3200m vrapim) qëndrueshmeri muskulare: (2 min perkulje të kraheve posht-lart “pompa” dhe ushtrime për bark “barkore”). Përmes metodës statistikore të T-testi janë vërtetuar dallimet domethënëse statistikore ndërmjet grupeve të fazës fillestare dhe finale si dhe krahasimet ndërmjet dy grupeve në këtë bateri të testeve.

Fjalet kyqe: Programi i trajnimi, fitnesi fizike, qëndrueshmeri, qëndrueshmeri muskulare, FSK

THEORETICAL MODEL ACCODING POSITIONS AS WELL MORPHOLOGICAL CHARACTERISTICS TO THOSE MOTOR COMPARING BASKETBALL PALYERS

Artan R. Kryeziu¹, Isa Asllani² Lorik Ramaj³

¹ Gymnasium "Hasan Nahi", Center for Research, Studies in Physical Education, Sport and Health (CRSPES) Pristina, R. Kosovo

² Faculty of Physical Eduaction, State University of Tetova &

³ University of Pristina "Hasan Prishtina"

Abstract

For comparison we have taken a theoretical model from basketball players according positions. We have make a research experiment in which are included (N= 59) basketball player in 16 years old from basketball school "Drita" from Gjilan, we have taken for experimental research. In this model we have applied 7 morphological variables as well from basic and situacional motoric tests. Through basics statistical parameters and univariate analysis of variance (ANOVA) we have achieved significant differences between groups by positions.

Keywords: *Theoretical model, positions, morphological, motor*

VETËVLERËSIMI DHE MIRËQËNIA PSIKOLOGJIKE

Elona Hasmujaj, Fakulteti i Shkencave të Edukimit, Universiteti i Shkodrës “Luigj Gurakuqi”

Abstrakt

Vetëvlerësimi i referohet asaj se si ne ndihemi në lidhje me veten. Përfshin besimet (për shembull, "Unë jam kompetent", "Unë jam i vlefshëm") dhe emocione të tilla si triumf, dëshpërim, krenari dhe turp (Mruk, 2006). Vetëvlerësimi varet nga faktorë të brendshëm, nga skemat njohëse të personit dhe subjektivitetin me të cilin ai e percepton veten dhe realitetin e tij. Në konceptin e vetëvlerësimit ndërhyjnë marrëdhëniet shoqërore dhe emocionale, personaliteti dhe arritjet tona. Është një faktor dinamik, i cili zhvillohet në rrjedhën e jetës dhe është subjekt i ndryshimeve të shumta. Vetëvlerësimi i lartë dhe i ulët përcakton se si ne synojmë drejt "vetës ideale" dhe se si ne mund t'a arrijmë atë. Vetëvlerësimi varion midis dy ekstremeve: ato që kanë vetëvlerësim të ulët, mungesë besimi në vetvete dhe në aftësitë e tyre dhe subjekte me vetëvlerësim të lartë, të cilët janë në gjendje të zgjedhin pa shumë hezitim mënyrën më të lehtë të jetesës. Këta njerëz ka gjasa të ndihen më të sigurtë në vetvete dhe janë në gjendje të marrin vendime të drejta. Për të arritur në një panoramë të plotë të ndikimit të vetëvlerësimit në mirëqënien psikologjike të një personi, është realizuar një analizë të literature, bazuar në teoritë e studiuesve të ndryshëm të fushës klinike së bashku me vizionin e autorit për temën.

Fjalë kyçe: *vetëvlerësim, analizë e literaturës, skema njohëse, vete reale, vete ideale.*

SPECIFIC SOCIAL FACTORS THAT CONTRIBUTE IN THE EMERGENCE OF POST-PARTUM DEPRESSION

Romina Dedi University of Tirana

Abstract

Post-partum depression is a type of [clinical depression](#) which can affect women after [childbirth](#). The aim of this study is to examine if some specific social factors may affect the emergence of post-partum depression, if some psychological factors are the same in all the member of the sample. These specific social factors that I have analyzed are social and familiar perceived support, the economical status, the employment status of woman and rural/urban residence. Women in the sample have had approximately the same pregnancy experience concerning to health complications and symptoms of depression and anxiety. They have all had planned pregnancy and that was their first pregnancy. Than it has been realized a quasi-experiment at the obstetric-gynecological hospital of Shkodra with a duration of about 4 months to find out if there is a correlation between social factors during pregnancy and symptoms of post-partum depression. The instruments that are used are Multidimensional Scale of Perceived Social Support and Edinburgh Postnatal Depression Scale. It has been found that women who had low social and familiar support, low income, who are employed are more likely to have post-partum-depression, compared to them with medium or high social and familiar support, normal or high income and who are unemployed. There has been found no significant difference between woman who live in urban and rural residence. Respectively 21 of 30 women with low social\family support, low income and employed status, have had symptoms of post-partum depression compared with 8 of 30 women in the comparison group.

Keywords: *Post-partum depression, social risky factors, Edinburgh Postnatal Depression Scale, Beck's, pregnancy.*

THE PARTICIPATION OF THE ADOLESCENTS IN PHYSICAL ACTIVITY DURING THEIR LEISURE TIME

Shehu Marsela 1, Selenica Rigerta 2 Sports University of Tirana, Faculty of Movement Sciences, Department of Social Sciences and Education.

Abstract

Introduction: Regular physical activity is an important component in the fight against obesity and chronic health conditions. Schools are an important venue for increasing opportunities for physical activity among youth. **The aim of this study is** to present the level of involvement of adolescents in PA over the last 7 days during their leisure time. **Method:** The instrument used in this study is “Physical Activity Questionnaire for Adolescents (PAQ-A), by Kowalski, Crocker, & Kowalski, (1997), made up 8 questions. The sample of the study includes 337 adolescents aged 15 – 19 (113 Male and 224 Female). The statistical data processing was performed by SPSS statistical program, version 20. Cronbach’s Alpha .796 was used to assess the reliability of the instrument. **Results:** Volleyball, football and athletics sports are among the most favored by adolescents in their leisure time. 55.5% of adolescents claim that they are always intensely involved in the class of PE and 30.3% of them claim that after lesson they prefer to stay sitting talking or doing homework and 55.5% of them stay around or walk around. In extracurricular activities 40.9% of adolescent’s claim that they are not included ever and 37.1% of them state that they are included 1 times at the week also during weekends (45.4%). **Discussion and conclusion:** The subjects were more engaged to get involved in PA at class than during their leisure time because of school duties.

Key words: *physical activity, physical education, extracurricular activities, leisure time.*

RËNDËSIA E HULUMTIMIT NË EDUKIM FIZIK DHE SPORT

Sadik Krasniqi, Fakulteti i Edukimit Fizik dhe i Sportit

Abstract

Fillimisht kuadri duhet të jetë me kompetencë, për të pas qasje në punën dhe përcjelljen e procesit të transformimit të fëmijëve, si në edukim fizik ashtu dhe në aktivitete sportive. Kjo nënkupton që **kuadri** duhet të ketë njohuri të mjaftueshme paraprake, për etapat zhvillimore të fëmijëve dhe të rinjve, njohuri nga të gjitha fushat që kanë të bëjnë me zhvillimin dhe përparimin e gjithëmbarshtëm të individit dhe për fenomenet tjera komplekse socio-psikologjike, dhe faktorëve ndikues endo-egzogjen, në sferën e edukimit fizik dhe të sportit. Të gjitha llojeve të programeve punuese duhet të iu paraprijnë veprimet e nevojshme hulumtuese, varësisht nga qëllimi i kuadrit profesional. Qëllimi apo objektivi punues i kuadrit duhet të jetë shumë qartë i definuar dhe i arsyetuar së pari për vetën e vetë e edhe për grupin e ekspertëve kompetent të cilët janë të thirrur për miratimin e programeve të caktuara punuese. Çdo qëllimi apo objektivi duhet t'i paraprijnë një numër veprimesh të caktuara hulumtuese për hartimin e përmbajtjeve programore. Hulumtimet mund të jenë të rrafshit të edukimit fizik, sportit, menaxhmentit sportiv, Rekreacionit, bio-mjeksore sportive, biomekanike, analitike, socio-psikologjike, historike, kualitative, kuantitative, transversale, longitundinale etj. Çdo punë programore e bazuar në hulumtime kërkimore është veprimi më i drejtë dhe më me pak gabime.

***Fjalë kyçe:** Hulumtim, Program, Edukim Fizik, Sport, Mjekësi Sportive, Menaxhment, Rekreacion, Veprim, Kuadër Profesional*

THE DIFFERENCES IN EGO IDENTITY STATUSES BETWEEN RELIGIOUS AND NON-RELIGIOUS ADOLESCENTS

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Abstract

Religion plays an important role in the creation of identity among adolescents. The influence of religion is also reflected in the phases of identity creation in adolescence. The purpose of this study is the identification of identity differences among adolescents who are believers of a religion and those who are not religious. The methodology of this study is divided into 3 steps. In the first step we have identify the religious and non-religious adolescents through a pilot questionnaire. The sample contains 80 teens from the city of Shkodra, 40 males and 40 females. The second step is focused on measuring the identity statuses of adolescents who have agreed to continue testing for the purpose of the study (N 73). The third step of the study is focused in analyzing through SPSS 20, the differences of identity statuses between adolescents who are religious and those who are not. The analysis of differences is made from the test scores of Layne Bennion and Gerald Adams' Objective Measure of Ego Identity Status and according to the fourth identity's statuses of the test. The analyzed components are: identity achievement IA, identity diffusion ID, moratorium MO, foreclosure FO. It is found that are some differences in the Ego Identity statuses of Moratorium and Foreclosure, but these founds did not make big differences to the way of Identity achievement. The results of this study will bring productive discussions in the conference.

Keywords: *Identity, religious adolescents, non-religious adolescents*