

Fakultet za sport i fizičko vaspitanje
Univerzitet Crne Gore
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Broj: 01 - 471/4
Nikšić, 13. 9. 2023

**UNIVERZITET CRNE GORE
ODBORU ZA DOKTORSKE STUDIJE**

SENATU

Poštovani,

Molim Vas da imenujete Komisiju za ocjenu doktorske disertacije pod nazivom: "Uticaj materijalnog statusa domaćinstva i stepena obrazovanja roditelja na uhranjenost adolescenata u Crnoj Gori", kandidata mr Pavla Malovića.

U prilogu Vam dostavljamo:

- D2 obrazac;
- Potvrdu o predaju doktorske disertacije organizacionoj jedinici;
- Odluku Vijeća o imenovanju komisije za pregled i ocjenu doktorske disertacije broj 01-471/5 od 7.9.2023.godine;
- Kopiju rada kandidata publikovanog u časopisu sa odgovarajuće liste;
- Saglasnost mentora;
- Bio-bibliografija kandidata;
- Bio-bibliografije sa odlukama o izbornim zvanjima predloženih članova Komisije.

S poštovanjem,

Dekan

prof. dr Rašid Hadžić



ISPUNJENOST USLOVA DOKTORANDA

OPŠTI PODACI O DOKTORANDU			
Titula, ime, ime roditelja, prezime	mr Pavle (Veska) Malović		
Fakultet	Fakultet za sport i fizičko vaspitanje		
Studijski program	Fizička kultura		
Broj indeksa	2/2019		
NAZIV DOKTORSKE DISERTACIJE			
Na službenom jeziku	Uticaj materijalnog statusa domaćinstva i stepena obrazovanja roditelja na uhranjenost adolescenata u Crnoj Gori		
Na engleskom jeziku	The impact of household wealth and parental educational level on adolescent nutrition in Montenegro		
Naučna oblast	Sportske nauke		
MENTOR/MENTORI			
Prvi mentor	prof. dr Duško Bjelica	Univerzitet Crne Gore	Sportske nauke
KOMISIJA ZA PREGLED I OCJENU DOKTORSKE DISERTACIJE			
Doc. dr Jovica Petković	Univerzitet Crne Gore		
Prof. dr Duško Bjelica	Univerzitet Crne Gore		
Doc. dr Kosta Goranović	Univerzitet Crne Gore		
Datum značajni za ocjenu doktorske disertacije			
Sjednica Senata na kojoj je data saglasnost na ocjenu teme i kandidata	12. 12. 2020.		
Dostavljanja doktorske disertacije organizacionoj jedinici i saglasnost mentora	05. 04. 2022.		
Sjednica Vijeća organizacione jedinice na kojoj je dat prijedlog za imenovanje komisija za pregled i ocjenu doktorske disertacije	05. 09. 2023.		
ISPUNJENOST USLOVA DOKTORANDA			
U skladu sa članom 38 pravila doktorskih studija kandidat je/nije cijelokupna ili dio sopstvenih istraživanja vezanih za doktorsku disertaciju publikovao u časopisu sa (SCI/SCIE)/(SSCI/A&HCI) liste kao prvi autor.			
Spisak radova doktoranda iz oblasti doktorskih studija koje je publikovao u časopisima sa (upisati odgovarajuću listu)			
1. Malovic, P., Vrevic, E., Bacovic, D., Bojanic, D., & Ljubojevic, M. (2023). The Relationship between Certain Parental/Household Socio-Economic Characteristics and Female Adolescent Obesity in Montenegro. <i>Children</i> , 10(5), 820. https://doi.org/10.3390/children10050820			
pISSN: 2251-6085, eISSN: 2251-6093			
Science Citation Index Expanded (SCIE)			
Obrazloženje mentora o korišćenju doktorske disertacije u publikovanim radovima			

Za mentora je imenovan prof. dr Duško Bjelica na sjednici Senata održanoj 8. 5. 2020. godine, a imenovani je saglasan da je kandidat ispunio sve uslove za prelazak na sljedeći proceduralni korak, odnosno u proces imenovanja Komisije za pregled i ocjenu doktorske disertacije, a što je dokumentovano potpisom saglasnošću istog br. 471/1 od 3. 5. 2023. godine. Mentor, takođe, ističe da je kandidat u publikovanom radu „The Relationship between Certain Parental/Household Socio-Economic Characteristics and Female Adolescent Obesity in Montenegro“ koji je objavio u časopisu indeksiranom u SCIE indeksnoj bazi, koristio rezultate iz doktorske disertacije na adekvatan način, odnosno u navedenom radu su prezentovani djelovi doktorske disertacije kako nalažu Pravila doktorskih studija.

Datum i ovjera (pečat i potpis odgovorne osobe)

U Nikšiću,
11. 9. 2023.



DEKAN
G. Jilavci

Prilog dokumenta sadrži:

1. Potvrdu o predaji doktorske disertacije organizacionoj jedinici
2. Odluku o imenovanju komisije za pregled i ocjenu doktorske disertacije
3. Kopiju rada publikovanog u časopisu sa odgovarajuće liste
4. Biografiju i bibliografiju kandidata
5. Biografiju i bibliografiju članova komisije za pregled i ocjenu doktorske disertacije sa potvrdom o izboru u odgovarajuće akademsko zvanje i potvrdom da barem jedan član komisije nije u radnom odnosu na Univerzitetu Crne Gore

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Broj: 01-491/S
Nikšić, 9.9.2023

Na osnovu člana 64 Statuta Univerziteta Crne gore i člana 41 Pravila doktorskih studija,
Vijeće Fakulteta za sport i fizičko vaspitanje iz Nikšića, na sjednici održanoj
05.09.2023.godine, donijelo je:

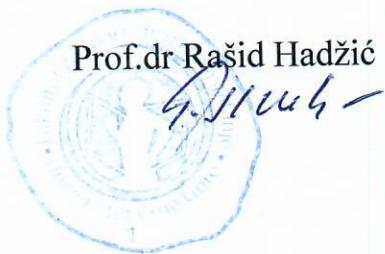
ODLUKU

Utvrđuje se da su ispunjeni uslovi iz člana 38 Pravila doktorskih studija, te se predlaže Senatu Univerziteta Crne Gore da da saglasnost na predlog Komisije za ocjenu doktorske disertacije pod nazivom: „Uticaj materijalnog statusa domaćinstva i stepena obrazovanja roditelja na uhranjenost adolescenata u Crnoj Gori” kandidata mr Pavla Malovića, u sastavu:

1. Doc. dr Jovica Petković, docent Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, predsjednik
2. Prof. dr Duško Bjelica, redovni profesor Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, mentor
3. Doc. dr Kosta Goranović, docent Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, član

Dekan

Prof.dr Rašid Hadžić



Dostavljeno:

-a/a
-Odboru Centra za doktorske studije UCG
-Senatu UCG

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Broj: 1118
Nikšić, 18.1.2022

Na osnovu službene evidencije i dokumentacije Fakulteta za sport i fizičko vaspitanje iz Nikšića, izdaje se:

POTVRDA

Mr Pavle Malović, student doktorskih studija Fizička kultura na Fakultetu za sport i fizičko vaspitanje u Nikšiću, dostavio je ovom Fakultetu doktorsku disertaciju pod nazivom: „Uticaj materijalnog statusa domaćinstva i stepena obrazovanja roditelja na uhranjenost adolescenata u Crnoj Gori”, dana 05.04.2022.godine na dalji postupak.





Број: 08-229
Датум, 29.01.2015. г.

Ref:	Црна Гора		
Date:	УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ		
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ			
Примљено:	02.02.2015.		
Орг. јед.	Број	Прилог	Вриједност
	95		

На основу члана 72 stav 2 Zakona o visokom obrazovanju (Službeni list Crne Gore br. 44/14) i člana 18 stav 1 tačka 3 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore, na sjednici održanoj 29. januara 2015. godine, donio je

ODLUKU O IZBORU U ZVANJE

Dr DUŠKO BJELICA bira se u akademsko zvanje **redovni profesor Univerziteta Crne Gore** za predmete: Teorijske osnove fizičke kulture, na osnovnom akademском studijskom programu Fizička kultura i nematičnim fakultetima, Teorijske osnove tjelesnog i zdravstvenog obrazovanja, Fudbal - tehnika, metodika, Fudbal - taktika, na osnovnom akademском studijskom programu Fizička kultura, Teorija fizičkog vaspitanja i osnove školskog sporta, Teorije sportskog treninga, na postdiplomskom specijalističkom akademском studijskom programu Fizička kultura na **Fakultetu za sport i fizičko vaspitanje** i Teorija igre, na postdiplomskom primjenjenom specijalističkom studijskom programu Predškolsko vaspitanje na Filozofskom fakultetu.

REKTOR

Prof. Radmila Vojvodić

IZVOD IZ BIOGRAFIJE - prof. dr Duška Bjelice

Prof. dr Duško Bjelica je redovni profesor Univerziteta Crne Gore iz oblasti sportskih nauka.

Rođen je 1963. godine u Podgorici, gdje je završio osnovnu i srednju ekonomsku školu - smjer fizičko vaspitanje. Nastavnički fakultet, smjer fizičko vaspitanje, završio je na Nastavničkom fakultetu Univerziteta „Veljko Vlahović“ u Nikšiću, nakon čega je diplomu profesora fizičke kulture i višeg fudbalskog trenera stekao na Fakultetu fizičke kulture Univerziteta u Novom Sadu. Magistrirao je na Fakultetu fizičke kulture Univerziteta „Sv. Kiril i Metodije“ u Skoplju. Zvanje doktora nauka iz oblasti fizičke kulture stekao na Fakultetu sporta i fizičkog vaspitanja državnog Univerziteta u Beogradu 2003. godine.

Profesor Bjelica bio je predsjednik i član Savjeta za sport Crne Gore. Bio je i član Savjeta za visoko obrazovanje Crne Gore. Bio je predsjednik Upravnog odbora Univerziteta Crne Gore. Sada je član UOUCG.

Od 2005. godine radi na Univerzitetu Crne Gore, na Filozofskom fakultetu u Nikšiću , gdje je od 2003. godine predavao i kao saradnik . Bio je i rukovodilac studijskih programa fizička kultura, sportski treneri i sportski novinari, kao i specijalističkih, master i doktorskih studija fizičke kulture. Odlukom Senata iz 2005. godine izabran je u zvanje docenta, a odlukom istog univerzitetskog tijela iz 2010. godine u zvanje vanrednog profesora. U zvanje redovnog profesora izabran je u januaru 2015.godine.

Profesor Bjelica je bio član Matične komisije za osnivanje Fakulteta za sport i fizičko vaspitanje UCG i predsjednik Komisije za pisanje elaborata za osnivanje istog. Nalazi se na listi međunarodnih eksperata za akreditacije ustanova visokog obrazovanja i osnivanja studijskih programa. Bio je dekan Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore iz Nikšića. Član je Senata Univerziteta Crne Gore. Biran je i za člana Odbora za doktorske studije UCG. Kao univerzitetski profesor predavanja je držao na fakultetima za sport i fizičko vaspitanje univerziteta u Beogradu, Nišu, Novom Pazaru, Novom Sadu, Mostaru, Ljubljani, Tuzli i Sarajevu.

Prof. Bjelica je bio aktivni fudbaler i fudbalski trener. Takođe, više od 12 godina , još iz srednoškolskih dana bio je dopisnik Jugoslovenskog sportskog lista Sport iz Beograda za Crnu Goru u kojem je objavio oko 2350 članaka. Sarađivao je kao učenik i student i sa Pobjedom, Titogradskom tribinom, časopisom Karate ring. Bio je član Predsjedništva i član Skupštine Crnogorskog olimpijskog komiteta.

Uređuje međunarodni časopis Montenegrin Journal of Sports Science and Medicine. Glavni je urednik časopisa Sport Mont . Član je redakcije više naučnih internacionalnih časopisa van Crne Gore . U dva mandata je bio član Skupštine Fudbalskog saveza Jugoslavije i član Skupštine FSCG. Dugi niz godina je bio generalni sekretar FSCG. Jedan je od osnivača Otvorene međunarodne zabavne fudbalske škole u Crnoj Gori sa sjedištem u Danskoj (Kopenhagen).

Dobitnik je ugledne nagrade sportskog komiteta Huan Antonio Smaran u Barseloni 2007.godine lično od počasnog predsjednika MOK-a.

Proglašavan je i za najboljeg sportskog radnika u Podgorici , za najboljeg pedagoga fizičke kulture u Nikšiću, a od Fakulteta za sport i fizičko vaspitanje iz Sarajeva, Novog Sada, Nikšića i Mostara dobitnik je ustanovljenih nagrada za naučni doprinos od međunarodnog značaja. Više puta je nagrađivan i od USNCG. Dobitnik je Priznanja i od Olimpijskog komiteta BiH. Učesnik je brojnih međunarodnih naučnih kongresa i konferencija širom svijeta a na nekim je imao zapaženih i plenarnih izlaganja koja su javno publikovana. Bio je i predsjednik Crnogorske sportske akademije iz Podgorice, stručne i naučne sportske organizacije. Predsjednik je Međunarodne naučne konferencije CSA.

Naučna interesovanja u okviru sportskih nauka prof. Bjelice su : teorija fizičke kulture , teorija igre , teorija fizičkog vaspitanja i školski sport, sportski trening , tjelesno i zdravstveno obrazovanje , fudbalski sport.

Prof. dr Duško Bjelica je do sada, kao autor i koautor, objavio preko 450 radova u međunarodnim časopisima i na konferencijama, kao i 74 knjige - naučnih i stručnih monografija i udžbenika.

Objavljeni radovi i udžbenici nalaze se u svim svjetskim citatnim bazama .

1. OBJAVLJENI RADOVI U ČASOPISIMA

1.1 Objavljeni radovi u međunarodnim časopisima

SCIE/SSCI

1. Bjelica, D., Popovic, S., Kezunovic, M., Petkovic, J., Jurak, G., & Grasgruber, P. (2012). Body Height and Its Estimation Utilizing Arm Span Measurements in Montenegrin Adults. *Anthropological Notebooks*, 18(2), 69–83.
2. Hadzic, R., Bjelica, D., Vujovic, D. & Popovic, S. (2012). Influence of Motor Abilities on Quality of Performing Technical Elements in alpine Skiing. *Technics Technologies Education Management*, 7(4), 1641-1645.
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4. Popovic, S., Bjelica, D., Molnar, S., Jaksic, D. & Akpinar, S. (2013). Body Height and Its Estimation Utilizing Arm Span Measurements in Serbian Adults. *International Journal of Morphology*, 31(1), 271-279.
5. Popovic, S., Akpinar, S., Jaksic, D., Matic, R. & Bjelica, D. (2013). Comparative Study of Anthropometric Measurement and Body Composition between Elite Soccer and Basketball Players. *International Journal of Morphology*, 31(2), 461-467.
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9. Bjelica, D., Idrizovic, K., Popovic, S., Sisic, N., Sekulic, D., Ostojic, Lj., Spasic M., & Zenic, N. (2016). An Examination of the Ethnicity-Specific Prevalence of and Factors Associated with Substance Use and Misuse: Cross-Sectional Analysis of Croatian and Bosniak Adolescents in Bosnia and Herzegovina. *International Journal of Environmental Research and Public Health*, 13(10), 968; doi:10.3390/ijerph13100968.
10. NCD Risk Factor Collaboration (2017). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128•9 million children, adolescents, and adults. *Lancet*, 390 (10113), 2627-2642. doi: 10.1016/S0140-6736(17)32129-3
11. Arifi, F., Bjelica, D., Sermaxhaj, S., Gardasevic, J., Kezunovic, M. & Popovic, S. (2017). Stature and its estimation utilizing arm span measurements in Kosovan adults: National survey. *International Journal of Morphology*, 35(3), 1161-1167.
12. NCD Risk Factor Collaboration. (2019). Rising rural body-mass index is the main driver of the global obesity epidemic in adults. *Nature*, 569(7755), 260–264. doi: 10.1038/s41586-019-1171-x
13. Gardasevic, J., Akpinar, S., Popovic, S., & Bjelica, D. (2019). Increased Perceptual and Motor Performance of the Arms of Elite Water Polo Players. *Applied Bionics and Biomechanics*, 6763470. doi: 10.1155/2019/6763470.
14. Gardasevic, J., Bjelica, D., & Vasiljevic, I. (2019). Morphological characteristics and body composition of elite soccer players in Montenegro. *International Journal of Morphology*, 37(1), 284-288.

15. NCD Risk Factor Collaboration. (2020). Height and body-mass index trajectories of school-aged children and adolescents from 1985 to 2019 in 200 countries: Pooled analysis of 2,182 population-based studies with 65 million participants. *Lancet*, 396(10261), 1511–1524. doi: 10.1016/S0140-6736(20)31859-6
16. Gardasevic, J. & Bjelica, D. (2020). Body composition differences between football players of the three top football clubs. *International Journal of Morphology*, 38(1), 153-158.
17. Masanovic, B., Popovic, S., Jarani, J., Spahi, A., & Bjelica, D. (2020). Nationwide Stature Estimation From Armspan Measurements in Albanian Youngsters. *International Journal of Morphology*, 38(2), 382-388.
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20. Masanovic, B., Popovic, S., Bjelica, D., & Gardasevic, J. (2020). The 2018 National Report on Children's and Adolescents' Physical Activity and Physical Fitness for Montenegro. *Iranian Journal of Public Health*, 49(10), 1992-2000.
21. Popovic, S., Banjevic, B., Masanovic, B., & Bjelica, D. (2020). Body Mass Index and Measures of Body Fat for Defining Obesity and Underweight: A Cross-Section of Various Specialties in Montenegrin Army Soldiers. *Iranian Journal of Public Health*, 49(12), 2376-2383. doi: 10.3389/fpubh.2020.627529
22. Popovic, S., Masanovic, B., Martinovic, S., Bjelica, D., & Gardasevic, J. (2020). Trajectories in Body Height, Body Weight, BMI, and Nutrition Status from 1979 to 1987: A Measurement-Based Analysis of 15,717 Male Adolescents from the Capital City of Montenegro. *Frontiers in Public Health*, 8(610358), 1-6. doi: 10.3389/fpubh.2020.610358 (SCIE/SSCI)
23. Malovic, P., Bjelica, D., Atanasov, D., Trivic, T., Drapsin, M., & Trajkovic, N. et al. (2020). Knee strength ratios in male judokas: age-related differences. *ARCH BUDO*, 16.
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25. Masanovic, B., Gardasevic, J., & Bjelica, D. (2021). Body height and its estimation utilizing shoulder blade length measurements of montenegrin adolescents of both sexes. *International Journal of Morphology*, 39(1), 287-293. (SCIE)
26. Vukotic, M., Milosevic, Z., Bjelica, D., & Zarubica, M. (2021). Mental distress During the COVID-19 pandemic of Female Students adults Without a pre-existing Mental health condition. *African Health Sciences*, 21(4), 1544-5.
27. Gardasevic, J., Bjelica, D., Bajramovic, I., Masanovic, B., & Popo, A. (2021). Differences in body composition between water polo players (U18) of the southeast Europe top clubs. *International Journal of Morphology*, 39(2), 430-435. (SCIE)
28. Bjelica, D., Gardasevic, J., Milosevic, Z., Bozic, P.R., & Masanovic, B. (2021). Trajectories of Body Height, Body Weight, BMI, and Nutrition Status from 1979 to 1987: A Measurement-Based Analysis of 8740 Montenegrin Male Adolescents from the Municipality of Berane. *International Journal of Environmental Research and Public Health*, 18(10), 5490. doi:10.3390/ijerph18105490 (SCIE/SSCI)
29. Malovic, P. & Bjelica, D. (2021). The Impact of Socio-Economic Status on Obesity of Adolescents in the Largest Municipality in the Former Yugoslavia. *Iran J Public Health*, 50(11), 2337-2338. (SCIE)

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31. Vukotic, M., Milosevic, Z., & Bjelica, D. (2021). Body Height and Its Estimation Utilizing Shoulder Blade Length Measurements of Montenegrin Adolescents of Both Sexes. *International Journal of Morphology*, 39(3), 902-906. (SCIE)
32. Spalevic, Z., Veljovic, V., Bjelica, D., & Masanovic, B. (2012). Body Mass Index and Measures of Body Fat for Defining Obesity and Underweight: A Cross-Sectional Study of Various Specialties in Montenegrin Police Force. *International Journal of Morphology*, 39(6), 1677-1682. (SCIE)

ESCI

1. Popovic, S., Bjelica, D., Tanase, G.D., & Milasinovic, R. (2015). Body Height and Its Estimation Utilizing Arm Span Measurements in Bosnian and Herzegovinian Adults. *Montenegrin Journal of Sports Science and Medicine*, 4(1), 29-36.
2. Popovic, S., Arifi, F., & Bjelica, D. (2017). Standing Height and its Estimation Utilizing Foot Length Measurements in Kosovan Adults: National Survey. *International Journal of Applied Exercise Physiology*, 6(2), 1-7.
3. Gardasevic, J., Rasidagic, F., Krivokapic, D., Corluka, M., & Bjelica, D. (2017). Stature and Its Estimation Utilizing Arm Span Measurements in Male Adolescents from Federation of Bosnia and Herzegovina Entity in Bosnia and Herzegovina. *Montenegrin Journal of Sports Science and Medicine*, 6(1), 37–44. udc: 572.512-053.8(497.6)
4. Bjelica, D., Popovic, S., Tanase, G.D., & Gardasevic, J. (2017). Dependence of female ball in handball repulsion on the pressure within this sport. *Acta Kinesiologica*, 11(Supp. 1), 67-72.
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2. RADOVI NA NAUČNIM SKUPOVIMA

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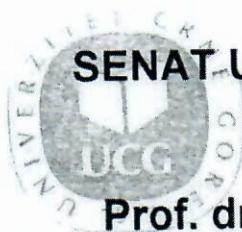
Црна Гора
УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Документ	20.9.2022		
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Na osnovu člana 72 stav 2 Zakona o visokom obrazovanju („Službeni list Crne Gore“ br 44/14, 47/15, 40/16, 42/17, 71/17, 55/18, 3/19, 17/19, 47/19, 72/19 i 74/20 i 104/21) i člana 32 stav 1 tačka 9 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore, na sjednici održanoj 16.9.2022. godine, donio je

O D L U K U O IZBORU U ZVANJE

Dr KOSTA GORANOVIĆ bira se u akademsko zvanje **docent** Univerziteta Crne Gore iz oblasti **Sportske nauke** na **Fakultetu za sport i fizičko vaspitanje Univerziteta Crne Gore**, na period od pet godina.



SENAT UNIVERZITETA CRNE GORE

PREDsjEDNIK

B. Božović

Prof. dr Vladimir Božović, rektor

Kosta Goranović, rođen je 02. 03. 1974. godine u Trebinju, Bosna i Hercegovina.

Državljanin je Crne Gore. Nastanjen je u Nikšiću.

Osnovnu i srednju školu završio je u Trebinju, Bosna i Hercegovina.

Diplomirao je na Fakultetu za fizičku kulturu Univerziteta u Novom Sadu 1999. godine, sa prosječnom ocjenom 8,00.

Zvanje magistra nauka iz oblasti fizičke kulture stekao je 2005. godine na Fakultetu za fizičku kulturu u Novom Sadu, gdje je odbranio magistarsku tezu na temu „Uticaj programiranog rekreativnog vježbanja na neke dimenzije psihosomatskog statusa radnika“.

Doktorsku disertaciju na temu „Prediktivne vrijednosti dijagnostičkih procedura u ocjeni fizičke pripremljenosti sportista“ odbranio je 2009. godine na Fakultetu za sport i turizam u Novom Sadu, čime je stekao zvanje doktora nauka u sportu.

U septembru 2022. godine, na Fakultetu za sport i fizičko vaspitanje Univerziteta Crne Gore, izabran je u zvanje docenta iz oblasti Sportske nauke. Na istom fakultetu izabran je za prodekanu za međunarodnu saradnju.

Od 2014. do 2021. godine bio je angažovan na Fakultetu za sportski menadžment Univerziteta Donja Gorica kao saradnik u nastavi na predmetu *Teorija sporta*, kao i nastavnik na predmetima *Antropomotorika i Teorija sportskog treninga*.

U periodu od 2008. do 2011. godine, na Fakultetu za sport i fizičko vaspitanje u Nikšiću, bio je angažovan kao saradnik u nastavi na sledećim predmetima: *Teorija sporta, Istraživanja u sportu, Kondicija izabranog sporta, Transformacioni procesi u sportu, Resursi u sportu, Aktivnosti u prirodi i Olimpizam*.

Kao autor i koautor, objavio je trideset naučnih i stručnih radova iz oblasti sportskih nauka u zemlji i inostranstvu, od kojih su dva na SCI listi u kategoriji Q1 i Q4.

Bio je mentor za izradu diplomskih radova, kao i predsjednik i član komisije za odbranu diplomskih i specijalističkih radova na Fakultetu za sport i fizičko vaspitanje Univerziteta Crne Gore i Fakultetu za sportski menadžment Univerziteta Donja Gorica.

U Fudbalskom savezu Crne Gore jedan je od autora izrade nacionalne strategije i programa za razvoj i unapređenje omladinskog fudbala u Crnoj Gori.

Od 2019. do 2022. godine, u Fudbalskom savezu Crne Gore, bio je član stručnog štaba i kondicioni trener mlade reprezentacija Crne Gore (U 21).

Od 2014. godine, u Fudbalskom savezu Crne Gore, Centru za edukaciju trenera FSCG, stalni je predavač iz oblasti kondicije na svim nivoima programa za obrazovanje trenera po UEFA kriterijumima.

Kao član delegacije Centra za edukaciju trenera FSCG, više puta je bio aktivni učesnik studijskih posjeta elitnim evropskim fudbalskim klubovima. Pohađao je specijalističke seminare u organizaciji UEFA, koji su obuhvatili razne obuke sa posebnim akcentom na fitnes u fudbalu.

Kao kondicioni trener FK Sutjeska Nikšić, ostvario je odlične rezultate u stručnom i praktičnom radu sa fudbalerima. Kao član stručnog štaba FK Sutjeska od 2012. godine, osvojio je četiri titule prvaka Crne Gore, kao i jedan trofej pobjednika KUP-a Crne Gore. Četiri puta je učestvovao u kvalifikacijama za Ligu šampiona UEFA, kao i dva puta u kvalifikacijama za Ligu Evrope UEFA.

Od 2016. godine predavač je po pozivu Instituta za sport i sportsku medicinu Crne Gore, kao i Udruženja sportske medicine Crne Gore.

Zvanje instruktora samoodbrane stekao je nakon uspješno obavljene specijalističke obuke u Policijskoj akademiji u Danilovgradu.

Bio je član Žirija za dodjelu *Nagrade oslobođenja Nikšića* za 2018. godinu, iz reda istaknutih naučnih, kulturnih i sportskih radnika sa teritorije Opštine Nikšić.

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Црна Гора
УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Примљено:	20. 9. 2022		
Орг. јед.	Број	Прилог	Вриједност
	1451		

Na osnovu člana 72 stav 2 Zakona o visokom obrazovanju („Službeni list Crne Gore“ br 44/14, 47/15, 40/16, 42/17, 71/17, 55/18, 3/19, 17/19, 47/19, 72/19 i 74/20 i 104/21) i člana 32 stav 1 tačka 9 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore, na sjednici održanoj 16.9.2022. godine, donio je

ОДЛУКУ О ИЗБОРУ У ЗВАНЈЕ

Dr JOVICA PETKOVIĆ bira se u akademsko zvanje **docent** Univerziteta Crne Gore iz oblasti **Sportske nauke** na **Fakultetu za sport i fizičko vaspitanje** Univerziteta Crne Gore, na period od pet godina.

SENAT UNIVERZITETA CRNE GORE


PРЕДСЈЕДНИК
Božović
Prof. dr Vladimir Božović, rektor

Biografija – doc. dr Jovica Petković

Zovem se Petković (Slobodana) Jovica, rođen sam 26. aprila 1982. godine u Šavniku i državljanin sam Crne Gore sa prebivalištem u Nikšiću. Završio sam osnovnu školu „25. maj“ u Šavniku kao dobitnik diplome „Luča 1“ i bio đak generacije. Srednju Ekonomsku školu sam završio u Nikšiću 2001. godine, takođe kao nosilac diplome „Luča 1“ i najbolji đak generacije. Filozofski fakultet (odsjek za Fizičku kulturu) sam upisao 2001. godine, a diplomirao 21. juna 2005. godine sa prosječnom ocjenom 9,37 što je ujedno i najbolja prosječna ocjena na tom odsjeku od njegovog osnivanja.

U toku studija bio sam stipendista Opštine Nikšić, kao i Ministarstva prosvjete i nauke kao talentovani student. Magistrirao sam u Novom Sadu na Fakultetu za sport i turizam 29. maja 2008. godine na temu: „Uticaj različitih programa fizičke aktivnosti na antropološke karakteristike mladih u Crnoj Gori“ pod mentorstvom prof. dr Zlatka Ahmetovića. Na Fakultetu za menadžment u sportu u Beogradu, dana 1. septembra 2009. godine odbranio sam doktorsku disertaciju pod nazivom: „Motoričke sposobnosti i morfološke karakteristike u predikciji sportskog rezultata u borilačkim sportovima i sportskoj gimnastici“ pod mentorstvom prof. dr Đorđa Nićina.

Od oktobra 2005. godine sam honorarno angažovan kao asistent – saradnik na grupi predmeta na odsjeku za fizičku kulturu, a u septembru 2006. godine dobio sam status zaposlenog na pomenutom radnom mjestu. Od 2006. godine sam obavljao poslove sekretara na studijskom programu Fizička kultura, a osnivanjem Fakulteta za sport i fizičko vaspitanje (od 5. juna 2008. godine) obavljao sam funkciju Rukovodioca studijskih programa za obrazovanje sportskih trenera, sportskih novinara i fizička kultura. U periodu od septembra do decembra 2014. godine bio sam VD Dekana Fakulteta za sport i fizičko vaspitanje, a takođe sam obavljao poslove prodekana za nastavu na pomenutom fakultetu i bio član strukovnog Vijeća UCG za oblast društvenih nauka.

Bio sam član Komisije za pisanje elaborata o opravdanosti otvaranja doktorskih studija, kao i član Komisije za pisanje izvještaja o podobnosti teme i kandidata za magistarske studije. Bio sam Mentor, Predsjednik i član Komisije za odbranu magistarskih radova. U toku svog radnog angažmana imenovan sam za međunarodnog eksperta za akreditaciju. Bio sam kordinator tima za reakreditaciju Fakulteta za sport i fizičko vaspitanje 2012. godine.

Predavač sam na seminaru rukometnih trenera koji se održava pod pokroviteljstvom rukometnog saveza Crne Gore od 2011. godine, protekle 3 godine sam predavač na programu edukacije rukometnih trenera, a takođe sam jedan od autora Strategije razvoja rukometa u Crnoj Gori od 2016. do 2024. godine.

Učestvovao sam kao predavač na drugom bjelopoljskom seminaru „Fizička priprema sportista 2021. godine“, a takođe u svojstvu predavača bio sam učesnik na seminaru „Nova znanja i vještine u primjeni sportskog treninga“ za sportske trenere i sportske pedagoge, pod pokroviteljstvom Opštine Budva 7. juna 2022. godine.

U organizaciji rukometnog saveza Crne Gore i pod pokroviteljstvom EHF (evropska rukometna federacija), 12. juna 2022. godine bio sam jedan od predavača na XX državnom seminaru za rukometne trenere i obnavljanje EHF PRO licenci.

Trenutno obavljam funkciju prodekana za nastavu na Fakultetu za sport i fizičko vaspitanje.

Oženjen sam i otac jednog djeteta.

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BIOGRAFIJA

Pavle Malović, rođen je 8. 6. 1993. godine u Nikšiću. U rodnom gradu završava osnovnu školu "Ratko Žarić", kao i srednju školu, gimnaziju "Stojan Cerović". Osnovne studije na Fakultetu za sport i fizičko vaspitanje u Nikšiću upisuje 2014. godine, smjer Fizička kultura, a završava 2017. godine. Tokom osnovnih studija tri puta biva nagrađivan priznanjem za najbolji postignuti rezultat u tekućoj godini. Iste godine upisuje specijalističke studije na pomenutoj univerzitetskoj jedinici, a završava septembra 2018. godine, odbranom diplomskog rada na temu "Razlike u antropometrijskim karakteristikama i tjelesnoj kompoziciji između ragbi reprezentacije Crne Gore i reprezentacije Bugarske", čime stiče zvanje specijaliste Fizičke kulture, sa prosječnom ocjenom B (9.42), nakon čega isti, u vidu originalnog naučnog rada, objavljuje u časopisu *Journal of Anthropology of Sport and Physical Education*. Po završetku specijalističkih studija upisuje magisterski nivo studija, smjer Fizička kultura i završava u septembru 2019. godine odbranom rada na temu "Procjena mišićne sile i dinamičke asimetrije natkoljene muskulature džudista različitih uzrasnih kategorija", sa prosječnom ocjenom B (9.08), čime stiče zvanje magistra nauka, a rezultate istog objavljuje u vidu originalnog naučnog rada u časopisu indeksiranom u Web of Science elektronskoj bazi podataka *Archives of Budo* (IF-1.59). Studijske 19/20 upisuje doktorske studije, na već pomenutoj univerzitetskoj jedinici i u roku završava sve obaveze predviđene planom i programom. Od oktobra 2018. godine biva angažovan kao saradnik u nastavi na Fakultetu za sport i fizičko vaspitanje u Nikšiću. Funkciju predstavnika studenata Fakulteta za sport i fizičko vaspitanje obavljao je od 2016. godine u dva mandata od po dvije godine, a u pomenutom periodu kao član Studentskog parlamenta Univerziteta Crne Gore

zastupa interese studenata u Senatu Univerziteta Crne Gore. Od 2018. godine kao predstavnik studenata postaje član komisije za obezbjeđenje i unapređenje sistema kvaliteta. Nakon isteka drugog mandata ostaje u Studentskom vijeću, kao i u vijeću Fakulteta, kao predstavnik studenata doktorskih studija, sve do oktobra 2022. godine. Decembra 2018. godine osvaja Studentsku sportsku ligu u rukometu sa ekipom Fakulteta za sport i fizičko vaspitanje, čiji je bio predstavnik. Avgusta 2019. godine predvodi delegaciju iz Crne Gore, na Evropskom univerzitetskom prvenstvu u borilačkim sportovima, održanom u Zagrebu (EUSA), u okviru kojeg sportisti bilježe zavidne rezultate. Godinu kasnije biva izabran za predsjednika Univerzitetske izborne komisije za izbor predstavnika studenata na 19 univerzitetskih jedinica, a ujedno i članova Studentskog parlamenta Univerziteta Crne Gore, za mandatni period 2020-2022. godine. Tokom 2021. godine bio je uključen u tim košarke u kolicima KK OSI Paramount, koji djeluje pod okriljem Paraolimpijskog komiteta Crne Gore, što ujedno predstavlja i reprezentaciju Crne Gore u pomenutom sportu i aktivno učestvovao u Balkanskoj i NLB ligi. Aktivno se bavio fudbalom od 2003. do 2012. godine i prošao sve mlađe selekcije zaključno sa omladinskom u FK Sutjeska iz Nikšića. Učesnik je mnogih konferencija i aktivan je u naučno-istraživačkom radu, dok je trenutno primarno posvećen obavezama koje su u opisu posla saradnika u nastavi na Fakultetu za sport i fizičko vaspitanje.

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Article

The Relationship between Certain Parental/Household Socio-Economic Characteristics and Female Adolescent Obesity in Montenegro

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Abstract: Background: Considering that obesity is characterized today as a public health challenge and an epidemic in many countries in the world and that one of the main predictors for obesity is socio-economic status (SES), the aim of this paper was to assess the relationship between the SES of parents/guardians and female adolescent obesity in Montenegro. Methods: A stratified random probability sample method was used, and the number of participants in this study was 596, aged 15.8 ± 0.58 , from all three regions in Montenegro. As SES was a factor in this research, specific SES parameters such as household wealth and parental educational level were collected for parent/guardian of each child. The following anthropometric indices were utilized to evaluate nutritional status: body mass index (BMI) and waist to height ratio (WHtR). Results: Regarding nutritional status, it can be said that no statistically significant difference between female adolescents according to the regions of Montenegro was found. Of all the adolescents in the study, 15.4% of them were above the normal nutrition level as measured by BMI, while 12.2% were classified as obese by the WHtR. Furthermore, the study found a significant negative relationship between a mother's level of education and obesity in female adolescents, with odds ratios of 0.31 ($p = 0.035$) and 0.19 ($p = 0.009$) for secondary and high level education, respectively. This suggests that daughters of mothers with higher levels of education are less likely to be obese. Conclusions: In regard to the nutritional status of the respondents in this study, their values fell within the normal range compared to the European average. However, the results regarding the relationship between certain SES characteristics and obesity suggest a similarity to developed countries.



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1. Introduction

Today, obesity represents a public health challenge [1], and in many countries around the world, the issue is characterized as an epidemic [2]. Additionally, many authors consider obesity to be one of the factors that increases the risk for the occurrence of non-communicable diseases [3,4], as well as one of the basic predictors of a person's health. It has been proven that adolescents with a high birth weight have a 1.93-times higher chance of facing overweight and obesity during their adolescence [5], and if obesity is present at an earlier age, there is a risk that the child may have problems with obesity during adulthood [6–9]. The important fact is that overweight and obese adolescents may be affected by psychosocial sequelae due to dissatisfaction with body shape, which includes depression, social stigmatization, bullying, behavioral problems, a lack of quality of life, self-esteem problems, etc. [10,11]. Additionally, mental health problems and factors may be associated with bad eating habits, which may lead to anorexia and bulimia nervosa, binge-eating disorders, or night eating syndrome [12–15]. The problems of bullying and stigmatization that are related to obesity in early childhood can also have an impact on physical and emotional health during adulthood [10]. Black et al. stated that the above-mentioned sequelae are specifically significant for women because overweight and obesity

can possibly be transmitted to the next generation (cited in [16]), which indicates that we should pay special attention to women as a population, due to their importance regarding reproductive functions. Therefore, if obesity is present in a woman during pregnancy, it can negatively affect the health of both the mother and the child later in life [17]. Additionally, Rahman et al., Khan et al., and Machado emphasize the importance of tackling this problem in the female population because women suffering overweight and obesity are more likely to have complications related to pregnancy, such as gestational diabetes and hypertension, postpartum hemorrhage, preeclampsia, caesarian section, infection at the site of intervention, congenital malformations, birth before the estimated period, and the possibility of prenatal death of newborn babies (as cited in [16]). Regarding children and adolescents aged 5–19, the data show that the prevalence of overweight and obesity dramatically increases. Globally, over 340 million children and adolescents aged 5–19 were overweight or obese in 2016, while 18% of girls were overweight and 6% were obese, which is significantly more than in 1975. Additionally, in 2016, around 40% of women aged 18 and older were overweight, and 15% of these were obese, a number that has almost tripled since 1975 [18]. When it comes to Montenegro specifically, research conducted by Vasiljevic [19] demonstrated that 7.6% of female adolescents belong to categories over a normal weight as measured by body mass index, while 9.7% were considered obese in terms of waist to height ratio, which indicates that something needs to be done to address this problem. It is important to note that one of the key predictors for obesity is socio-economic status (SES) and economic insecurity [20], while financial status, as well as the level of parental education, are the most relevant indicators of SES, and may affect the risk of obesity in children [21]. Additionally, an important point by Hiilamo et al. [22] and Barich et al. [23] is that many studies have shown that the female population is more susceptible to the negative consequences of obesity caused by socio-economic status than the male population. Given that a positive ratio of overweight and obesity with SES has been confirmed in many developing countries, which the World Bank defines as countries with a per capita income of up to USD 12.275 [24], which also includes Montenegro [25], it can be said that a real possibility exists that Montenegro may be following the same trend. The high prevalence of obesity and overweight in developed, as well as developing, countries [2–4] has led many researchers to join the fight against this disease. An important method required to undertake this involves, in particular, a proper and adequate assessment of the condition of the target population. Specifically, a way of assessing the health of a particular demographic is the regular anthropometric control and monitoring of the conditions of respondents, which could be the key to preventing the rise of obesity as a common problem in human society. Therefore, on the basis of the aforementioned factors, the goal of this research was to determine the nutritional status of participants and to uncover the relationship between SES and female adolescent obesity in Montenegro, while the respondents are young and still able to make essential changes in their lives when it comes to nutritional status and nutritional habits if the results show that it is necessary.

2. Materials and Methods

The stratified random probability sample method was used according to the standards of national studies, and the total number of individuals examined in this study was 596 (15.8 ± 0.58). The schools sampled for this research were determined using the Probability Proportional to Size (PPS) procedure and the Active Data option in Excel and included all three regions of Montenegro. Considering that in this research, household wealth and parental educational level are taken into account, the same number of questionnaires was collected. Regarding the socio-economic status of the parents/guardians of the respondents included in this study, it is defined on the basis of two questions, i.e., categories, which best determine the mentioned status [21] within the standardized questionnaire (European childhood obesity surveillance initiative—COSI) [26], and Table 1 shows the modified categorization of the replies offered.

Table 1. Questions and predefined answer options are included in the standardized COSI questionnaire for collecting data on the socio-economic status of parents/guardians as well as categorization of response options used for the purposes of this research.

Questions	Answers Provided in the Questionnaire	Categorization of Replies for Research Purposes (Merged Responses)
Parental education level		
What is the highest level of education you or your spouse/partner have completed? Please select one answer only for each of you.	<ol style="list-style-type: none"> 1. Primary school or less 2. Secondary/High school 3. Vocational school 4. Undergraduate/Bachelor's degree 5. Master's degree or higher 	<ol style="list-style-type: none"> 1. Basic level of education 2. Secondary level of education (2nd and 3rd responses) 3. Higher level of education (4th and 5th responses)
Economic status level		
Including all your household earnings per month, please tick the box which best represents your household situation? Please tick one box.	<ol style="list-style-type: none"> 1. We easily pass the month with our earnings 2. We pass the month without serious problems with our earnings 3. We have trouble meeting the ends the month with our earnings 4. We barely meet the ends in the month with our earnings 	<ol style="list-style-type: none"> 1. Lower level of household economic status (3rd and 4th responses) 2. Higher level of household economic status (1st and 2nd responses)

Information concerning socio-economic status and levels of parental education was self-reported by the parents/guardians, and it is important to mention that the level of education was obtained for both parents/guardians where possible.

Measurements were carried out in accordance with the guidelines of the International Society for the Advancement of Kinanthropometry (ISAK). Experienced researchers, who are also professors and teaching associates at the Faculty for Sport and Physical Education at the University of Montenegro, were responsible for conducting the testing. The measurements were taken in the morning hours, so as not to encounter possible variations in certain parts of the body [27]. The measurements were recorded by an assistant who was solely in charge of maintaining accurate data entry [28]. The testing of the participants was conducted in the gymnasiums of secondary schools in Montenegro. Respondents were barefoot and wearing sports clothes during the measurement process. Body height was measured using an anthropometer, calibrated at 1mm. Body mass was measured using a digital scale with a precision of 0.1 kg. Waist circumference was measured using an inch strip, calibrated at 0.1mm, by precisely determining the measurement point, which was the area between the lower edge of the tenth rib and the iliac ridge, and was measured on bare skin. On the basis of these measurements, the following anthropometric indices were created to evaluate nutritional status: through body mass index (BMI percentile) and the waist to height ratio (WHtR). Reference categorization was used as the method recommended by the Center for Disease Control and Prevention (CDC). When assessing nutritional status, respondents who were below the 5th percentile were considered to fall into the underweight category; participants were placed in the normal weight category if values ranged from the 5th to the 85th percentile; while the overweight category included those respondents who were in the >85th to \leq 95th percentile. At the very end of the scale, obesity was established if a value exceeded the 95th percentile [29]. Additionally, the reference category for the WHtR was 0.5, which means that all participants with values below 0.5 belonged to the non-obese category, while those with values of 0.5 and above belonged to the obese category [30].

The chi-square (χ^2) test was used to determine possible differences in tested variables between the tested groups of respondents in the predefined nutrition categories, all in relation to regions. The level of significance was set to $p < 0.05$. Binary logistic regression analysis was used to access the relationship between socio-economic status and obesity

indexes. Connectivity is presented as an odds ratio (OR) with a confidence interval of 95% (CI—confidence interval) and a statistical significance of $p < 0.05$. In binary logistic regression models, the dependent variable was the WHtR ratio and was encoded as a dichotomy variable with reference values set at 0.5.

3. Results

This study involved 596 female adolescents from secondary schools in Montenegro, with an age range of 14.4 to 17.5 years and a mean age of 15.8 ± 0.58 years. All participants completed the assessments, and Table 2 presents the descriptive parameters of their body height, body mass, and waist circumference. Anthropometric indices were calculated based on these measurements to evaluate the nutritional status.

Table 2. The anthropometric characteristics of the participants ($N = 596$).

Measures	Min	Max	Mean \pm S.D.
Age (years)	14.4	17.5	15.8 ± 0.58
Body height (cm)	148.0	189.9	167.67 ± 6.34
Body mass (kg)	42.4	134.6	61.19 ± 10.74
Waist circumference (cm)	58.9	123.0	73.41 ± 8.68

Legend: Min—minimum; Max—maximum; Mean \pm S.D.—mean \pm standard deviation.

Regarding the socio-economic characteristics of parents/guardians, Table 3 presents the precise information regarding the data collected. Results show that the majority of mothers and fathers had a secondary level of education (65.6% and 65.4%, respectively), while 88.6% of respondents reported a higher level of household economic status.

Table 3. Level of parental education and household economic status.

Scheme	N	Collected %
Mother's education level		
Basic level of education	21	3.6
Secondary level of education	387	65.6
Higher level of education	182	30.8
Father's education level		
Basic level of education	17	2.9
Secondary level of education	377	65.4
Higher level of education	183	31.7
Level of household economic status		
Lower level of household economic status	67	11.4
Higher level of household economic status	523	88.6

Based on the results shown in Table 4, it should be noted that female adolescents, according to the BMI percentiles represented as percentage values, mostly belong the normal weight category. Most of the respondents that crossed the line into above normal weight are from the territory of the central region of Montenegro. When examining the general level of nutrition of female adolescents, it should be noted that 1.7% belong in the underweight category, 82.9% belong in the normal weight category, 11.9% belong in the overweight category, and 3.5% belong in the obese category. In total, 15.4% belong to categories above normal weight. When analyzing the data obtained through χ^2 , it should be noted that there were no statistically significant differences between the respondents from different regions in terms of BMI-percentiles. When considering the results regarding WHtR ratio, it can be seen that the female respondents, in the overall sample, mostly belong to the normal weight category, i.e., their values are below the overweight limit (0.50), accounting for 523 respondents (87.8%), while 73 participants belong to the obese category (12.2%). When regions are taken into account, it can be said that the highest number of respondents who are suffering from obesity were in the central region, which

means that out of 275 respondents from this area, 41 were considered obese (14.9%); out of 175 respondents from the northern region, 18 were considered obese (10.3%); and in the coastal region, out of 146 respondents, 14 were considered obese (9.6%). Regarding all three regions, most of the respondents from the coastal region belonged to the normal weight category: 90.4%. The data obtained through χ^2 analysis indicates that there were no statistically significant differences in WHtR ratio among the tested respondents from different regions.

Table 4. Obesity prevalence in terms of regions based on BMI percentile and WHtR ratio in female adolescents and possible differences between them (N = 596).

Region	BMI Percentile								p	
	Underweight		Normal Weight		Overweight		Obesity			
	N	%	N	%	N	%	N	%	N	%
Northern	3	1.7	148	84.6	18	10.3	6	3.4	175	100
Central	6	2.2	223	81.1	34	12.3	12	4.4	275	100
Coastal	1	0.7	123	84.2	19	13	3	2.1	146	100
Total	10	1.7	494	82.9	71	11.9	21	3.5	596	100

WHtR						p
Region	Non-obese		Obese		Total	
	N	%	N	%	N	%
Northern	157	89.7	18	10.3	175	100
Central	234	85.1	41	14.9	275	100
Coastal	132	90.4	14	9.6	146	100
Total	523	87.8	73	12.2	596	100

Legend: BMI percentile—percentile values of body mass index; WHtR—waist to height ratio; Region—region in Montenegro; p—statistical significance.

Based on the results shown in Table 5, a statistically significant relationship between the mothers' education levels and female adolescent obesity was observed. Specifically, respondents whose mothers had a mid-level of education were 69% less likely to be obese (OR = 0.31; $p = 0.035$), while respondents whose mothers had higher levels of education were 81% less likely to be obese (OR = 0.19; $p = 0.009$), relative to the reference category.

Table 5. Relationship between socio-economic characteristics and obesity rates in female adolescents.

Socio-Economic Characteristics	OR (95%CI)	p
Mother's education level		
Basic level of education	1	
Secondary level of education	0.31 (0.10–0.92)	0.035
Higher level of education	0.19 (0.06–0.66)	0.009
Father's education level		
Basic level of education	1	
Secondary level of education	2.26 (0.43–11.84)	0.333
Higher level of education	2.11 (0.36–12.19)	0.405
Level of household economic status		
Lower level of household economic status	1	
Higher level of household economic status	0.81 (0.37–1.74)	0.586

Legend: OR (95%CI)—odds ratio (OR) with a confidence interval of 95%.

4. Discussion

Regarding nutritional status, as can be seen in the first two tables, it can be said that there is no statistically significant difference between female adolescents in terms of the regions of Montenegro. However, regarding BMI, 11.9% of respondents were found to be overweight, while of these, 3.5% were obese. The total number of adolescents above the

normal nutrition level was 15.4%. When we take into account data from a PhD dissertation by Vasiljevic [19] on a sample of adolescents in Montenegro, it is clear that the percentage of adolescents suffering from overweight and obesity is much higher in the current study—in their research, 6% of respondents were overweight, while only 1.6% were obese. If we make a comparison with the United States, there has been a dizzying rise in obesity from decade to decade. From 1980 to 2014, obesity prevalence had increased from 10% to 21% [31], while other official data have confirmed that between 2017 and 2018, 16.1% of adolescents were overweight, 19.3% were obese, and 6.1% belonged to the extreme obesity category [32]. In Asian countries, the prevalence of overweight among female adolescents was 13.7%, while obesity was confirmed to be 6.2% [33]. Regarding African countries, it should be mentioned that over the years, overweight and obesity have increased. From 1998 to 2016, the trend toward overweight and obesity in female adolescents increased from 26.77% to 33.88%, respectively [34]. Additionally, a recent publication, which, among other things, calculated obesity prevalence assessment based on the value of BMI, provides an accurate picture of the level of nutrition in a sample of adolescents aged 15 and over in 35 European countries, including the 27 European Union (EU) Member States, 5 EU candidate countries, and 3 countries located in the European Free Trade Association (EFTA). In this research, it is confirmed that the mean value of obesity in all conducted countries for female adolescents was 15%. Thus, it can be said that the girls in this study (15.4%) were above the defined value at the European level. It would be interesting to compare the results obtained in this study with results from countries that surround Montenegro. Thus, considering that the corresponding levels are 15% in Serbia, 13% in Croatia, 16% in Slovenia, and 17% in North Macedonia [35], it can be said that the results are fairly similar. It is important to mention that the aforementioned countries were all part of the former Yugoslavia, and it can therefore be assumed that they likely have similar lifestyles. However, Montenegro is not included in this list, so the data obtained in this research gain further significance.

Results based on the WHtR ratio indicate that 12.2% of female adolescents belonged to the obese category. In research conducted by Vasiljevic [19], based on the aforementioned index, 9.7% of female respondents were obese. However, it should be taken into account that the sample in that study included 771 female adolescents of all secondary school levels, while the current study included 596 respondents from only the first and second levels of secondary school, so there is a real possibility that more respondents from specific grades could reflect more realistic conditions.

Based on the above, it can clearly be seen that there is a difference between the resulting values when comparing these two indicators. However, a main limitation of BMI is that it does not separate muscle tissue from fat tissue in the calculation nor the distribution of fat across certain body parts [36]. Therefore, many authors argue that the WHtR ratio should be used before BMI, for many reasons including the aforementioned ones [37–44].

Based on the results obtained through the assessment of the relationship between the SES of parents/guardians and adolescent obesity, it can be seen that the situation is not expected and deviates from previously stated claims. Specifically, one of the most important systematic review studies [45] found that there was a negative ratio of obesity and SES in developed countries in people of the female sex, i.e., an increase in SES decreases the prevalence of obesity. Additionally, recent studies conducted in the United States and Spain have confirmed the negative ratio of SES and obesity in adolescents, but in this case, it should also be noted that the US and Spain are developed countries [46,47]. In contrast, studies conducted in Africa confirmed that the relationship between socio-economic status and adolescent obesity is positive and that adolescents from the highest SES households had a greater chance of being obese than those from lower SES households. They posited that an increase in wealth increases the availability of unhealthy food [34,48]. However, this study found that the level of a mother's education has a significantly negative relationship with obesity of female adolescents, and it can be said that the situation is the same as in other developed countries. It has also been reported that the results of the relationship between the level of household wealth and the obesity of female adolescents are following a similar

trend. Still, in this case, a statistically significant relationship was not found. Therefore, the fact is that in most households, mothers have the responsibility when it comes to food choices and culinary-based obligations [49,50]. Based on the above, there is a very real possibility mothers having a higher level of education as well as the increasing availability of information via social media, when used constructively, can influence the formation of a clearer picture of the importance of healthy lifestyles that should be practiced in children in which the inevitable factor is the consumption of healthy food in optimal quantities. The study design represents a limitation of this investigation, as it does not take into account more covariates that determine nutritional status, physical activity, and the diet and daily habits of adolescents. Additionally, more characteristics of parental socio-economic status could be taken into account. Moreover, during the realization of this study, researchers faced interference from the COVID-19 pandemic, e.g., a limitation for respondent sampling. All these limitations need to be taken into account for future research on the same topic. However, these limitations do not diminish the importance of this preliminary study in Montenegro. Instead, it serves as an excellent starting point for future research, which can be able to access more detailed data and reach more thorough conclusions.

5. Conclusions

Based on the above, it is possible to define the final conclusions of this study with a high level of confidence. Specifically, the study's findings have practical implications in terms of raising awareness about the relationship between SES and obesity in female adolescents. It is recommended that the results be presented to parents/guardians through public meetings or stands, as they play a significant role in their children's nutritional status [51]. Considering Montenegro has been working towards European and Euro-Atlantic integration for a long time, where one of the benefits of would be the better socio-economic status of citizens [52], may be a reason for the negative correlation between SES and obesity. It can be assumed that the country is on track to meet the requirements and preconditions for joining the society of developed countries. While keeping in mind the limitations and recommendations provided in this study, these findings may serve as a baseline for further research on the relationship between SES and adolescent overweight and obesity in southeastern European countries.

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Црна Гора
УНИВЕРЗИТЕТ ЧРНЕ ГОРЕ
ФАКУТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Потврђено:	3.5. 2023		
Секција	Број	Прилог	Вриједност
01	471/1		

PISMENA SAGLASNOST

Saglasan sam da doktorski rad „Uticaj materijalnog statusa domaćinstva i stepena obrazovanja roditelja na uhranjenost adolescenata u Crnoj Gori“, kandidata Pavla Malovića, kreće u dalju proceduru, odnosno da se imenuje Komisija za pregled i ocjenu doktorske disertacije, budući da sadrži sve elemente propisane za dalju proceduru.

Takođe naglasio bih da kandidat u publikovanom radu koji je objavio u časopisu indeksiranom u SCIE bazi podataka koristio rezultate iz doktorske disertacije na adekvatan način, odnosno u navedenom radu su prezentovani djelovi doktorske disertacije kako nalaže pravila doktorskih studija.

Referenca za publikovani rad u Science Citation Index Expanded (SCIE):

- Malovic, P., Vrevic, E., Bacovic, D., Bojanic, D., & Ljubojevic, M. (2023). The Relationship between Certain Parental/Household Socio-Economic Characteristics and Female Adolescent Obesity in Montenegro. *Children*, 10(5), 820. <https://doi.org/10.3390/children10050820>

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S poštovanjem,

Nikšić, 03. 05. 2023. Godine

Prof. dr Duško Bjelica

