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Assoc. Prof. Dr. Biljana Popeska is associated professor at Faculty of Educational Sciences at Goce Delcev University in Stip, Republic of North Macedonia of both under graduated and post – graduated level. Her research interest is related with didactics of physical education for primary education, motor development of children, sport pedagogy and physical activity in leisure time. She is Head of University Sport Center at Goce Delcev University and coordinator of university sport activities and sport events. Since 2015 Popeska is a part of FLV program, serving as Senior Future Leader and also a national representative at Global Community Health Foundation. Popeska is also a member of several national and international associations related to physical education such as Macedonian federation of sport pedagogues; Board Member of EUPEA, Assistant national delegate of FIEP, member of CEREPS, EEPEN network and other networks promoting PE and physical activity. She has more than 50 publications of scientific and professional articles published in international Journals and proceeding books from conferences. Popeska is active conference participant, with more than 50 conference paper presentations globally. As SFLV, she participated in Global Forum on Physical Education Pedagogy (GoFPEP 2016) held in Turkey, ICSPHW 2016 in Philippines, BRICSCESS 2017 in Brazil, ICSSPE 2018 in Capadocia, Turkey; BRICSCESS 2019 in South Africa, ICPESS 2021 in Jacarta. Popeska was a part from research teams included in HopSport Brain Break study and PACS study coordinated by Global Community Health Foundation.

Physical Activity Level and Psychological Well-being of University Students and Possibilities for its Improvement: Case Study from North Macedonia

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Physical, emotional, and mental health are important aspects of overall well-being. According to the WHO “Well-being is a state in which the individual realizes their potential, can cope with the

normal stresses of life, can work productively and fruitfully, and is able to contribute to their community". On the other side, physical activity is recognized as one of the most effective ways to improve overall wellbeing. When it comes to young people, universities are recognized as important places for promotion of wellbeing and active lifestyle. This study is focused on examination of physical activity level and level of psychological wellbeing among students at two universities in North Macedonia and to explore students' opinions about possibilities that the university can offer with aim to improve participation in physical activity and overall wellbeing. Physical activity level of students was examined using short version of IPAQ questionnaire. Psychological well-being was examined using revised short version of Psychological Well-being scale adopted by Ryff (1989) that measure six dimensions of well-being: Autonomy, Environmental mastery, Personal growth, Positive relations with others, the Purpose of life and the Self-acceptance. Possibilities of the universities were identified using open-ended questions. The study was conducted at sample of 230 students from Goce Delchev University and International Balkan University in North Macedonia, including students of all study years. The results from this study provide solid basis for outlining recommendations for practical activities which can be applied at higher education institutions, with final aim of improving students' physical activity level and well-being.