

INTERESTS OF UNIVERSITY STUDENTS FROM BULGARIA AND MACEDONIA FOR PARTICIPATION IN HEALTH ENHANCING PHYSICAL ACTIVITY

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Abstract:

Universities are not just places for gaining knowledge and professional experiences. They have also very important role in supporting personal development of student, their health and overall wellbeing. In this regard, promotion of healthy and active lifestyle, implementation in health enhancing physical activities are important tasks for high – educational institutions. The aim of presented study is to determine interest of students for different types of physical activities aimed to improve health and well – being, movement habits and in this regard, differences that occurs between students from two different countries. The study was conducted on a total sample of 400 university students (200 students from Sofia University in Bulgaria and 200 students from Goce Delcev University, Macedonia). Specially designed questionnaire, was administrated. Descriptive and comparative methods were used. Obtained data were analyzed using descriptive statistics parameters. Differences were determined using non parametric statistics. Obtained results suggest on similar weekly level of movement, different interest for indoor and outdoor activities, different preferences for sport, different habits for active transportation and similar expectations from universities in promotion of HEPA and technical support in organization of physical activities. Recommendations are given in several segments including: activities that can be promote at university, active transportation and manners to decrease sedentary behavior, following personal fitness as method for motivation and the role of university to promote and support healthy and active lifestyle among student's population.

Keywords: physical activity, students, habits, differences.