

REVIEW

BY PROF. TATIANA SIMEONOVA IVANOVA, PhD, MD.

MEMBER OF THE SCIENTIFIC JURY ACCORDING TO ORDER No. R-109-344 OF 09.10.2019.

Re: DISSERTATION WORK FOR AWARD OF EDUCATIONAL AND SCIENTIFIC DOCTOR IN HIGHER EDUCATION 7. HEALTH AND SPORTS, PROFESSIONAL 7.4. PUBLIC HEALTH

SCIENTIFIC SPECIALTY: PUBLIC HEALTH MANAGEMENT

TOPIC OF THE DISSERTATION WORK: "THE IMPACT OF THE BULGARIAN NATIONAL DANCES ON THE HEALTH OF THE STUDENTS FROM THE MEDICAL UNIVERSITY - VARNA"

AUTHOR: JULIETA GEORGIEVA VIDENOVA

1. BRIEF BIOGRAPHICAL DATA AND CAREER DEVELOPMENT

Julieta Georgieva Videnova was born on 22.05.1970 in Varna.

In 1994 she graduated from the National Sports Academy - Master's Degree Program, majoring in Athletics Coach and Physical Education Teacher. In 2018. He graduated from the Medical University "Prof. Dr. Paraskev Stoyanov" with a Master's Degree in Public Health.

She is currently working at the Medical University "Prof. Dr. Paraskev Stoyanov", Department of Foreign Language Training, Communication and Sports, Physical Education and Sports Training Sector.

In her professional career, Mrs. Videnova grew gradually and steadily - from 1994 to 1995 he was a teacher of physical education at "Peter Peter Beron" Secondary School in Kostinbrod, from 1995 to 2003 he was a Methodist at applied science laboratory and lecturer in "Theory and methodology of sports training" at the Sports School "Georgi Benkovski" - Varna, in 2003 he is a teacher of physical education and sports at the Medical University - Varna. Since 2007 he has been a manager - Head of Sport Sector at the Medical University - Varna and since 2012 he has been a folk dance teacher at the Medical University - Varna.

In the period 1986 - 1990 he is a competitor of the national team of Bulgaria in athletics and multiple republican champion in the sprint disciplines for girls. He holds a national record of 200m. He has run sixth in the European Girls Championship in Birmingham, UK, and in 1988, participates in the Sudbury World Cup - Canada.

In her teaching activities, Ms. Videnova has led classes in the disciplines Physical Education and Sports and Folk Dances.

Ms. Videnova's publishing activity is characterized by 18 publications in Bulgarian scientific periodicals and 4 publications in foreign scientific journals.

Ms. Videnova was enrolled as a doctoral student in independent training in the scientific specialty Public Health Management with an order of the Rector of the Medical University - Varna, № P109-469 / 20.07.2018. After fulfilling all the requirements and submitting a thesis, she was dismissed with the right of defense, submitted the necessary documents and admitted to the present public defense.

2. SIGNIFICANCE AND ACTUALITY OF THE DISSERTATION WORK

THE DISSERTATION WORK "THE INFLUENCE OF THE BULGARIAN NATIONAL DANCES ON THE HEALTH OF THE STUDENTS FROM THE MEDICAL UNIVERSITY - VARNA" for the award of the educational and scientific degree "Doctor" to the Medical University "Prof. Dr. P. Stoyanov", Varna.

The importance of this dissertation is determined by the contemporary requirements for the rational use of the potential of people in general, and especially of young people - medical students and other majors at a medical university, by presenting an active position in the field of health promotion and inclusion. elements of our national culture - Bulgarian folk dances as a natural physical activity among Bulgarian students.

The combination of knowledge in the field of physical education and sport, in-depth knowledge in the field of physical activity, social interaction and the influence of Bulgarian folk dances on public health have allowed to present an up-to-date dissertation with many layers for public health, health promotion and last but not least - the importance of improving academic learning.

It is this position that is represented in this study and it determines the importance and relevance of the dissertation.

3. CHARACTERISTICS AND ASSESSMENT OF DISSERTATION WORK

The dissertation consists of 139 pages and is structured in 8 main sections: Introduction, Chapter One - Review of the Scientific Literature, Chapter Two - Purpose and Tasks, Chapter Three - Material and Methods, Chapter Four - Results and Discussion, Chapter Five - Conclusions, Recommendations and Contributions, Bibliographic List, Applications.

The work is properly structured and is illustrated with 6 figures, 10 tables and includes 9 applications, the last, the 9th application, includes 4 separate creative biographies.

The bibliographic list includes 117 literary sources, of which 43 are in Cyrillic and 74 are in Latin.

The literature review is characterized by logically following sections, devoted to the history and importance of Bulgarian folk dances, their classification and definition, the folklore areas in Bulgaria, as an appropriate basis for the transition to the study of attitudes, interest and motivation for engaging in folk dances. a smooth transition to the place of the Bulgarian folk dances in the promotion of health and their characterization as motor culture, physical activity and discipline. The review can be defined as an in-depth presentation for the first time in this context and perfectly suited for use as a solid theoretical basis for proving the views of the author.

A thorough review of the literature allows the purpose and objectives of the study to be formulated. To achieve the goal, aimed at studying the influence of Bulgarian folk dances on the health of

students from MU-Varna and their place in academic training, 6 tasks have been formulated, the sixth task, which provides a study aid for the study of Bulgarian folk dances, is particularly impressive. , also available on the University's online Blackboard platform.

The methodology of the study is well selected, using appropriate and diverse methods - questionnaire method, assessment of the level of physical capacity. Adequate application of the Delphi Method for Expert Assessment, aimed at reaching consensus on the place of Bulgarian folk dances in the compulsory curriculum in higher education as a type of motor activity improving the health and quality of life of students, should be particularly appreciated. .

Appropriate statistical methods are also applied - alternative, correlation, non-parametric, parametric, variational and graphical analyzes.

Results and discussion. Discussion of established facts was done in good faith and in a logical sequence. 184 students were divided into two groups - sports and dance.

Self-assessment of health is made on three levels: the physical, mental / emotional and social dimensions. The subjective assessment of the health of the Bulgarian folk dancers at the beginning and at the end of the semester showed an increase in the levels of mental health ($t = 2.868$, $p < 0.006$). There was a difference in the improvement of subjective assessment at the physical level ($t = 1.246$, $p < 0.216$) and at the social level ($t = 0.532$, $p < 0.596$), but it was not statistically significant.

The subjective assessment of the health of non-dancers at the beginning and at the end of the semester showed an increase in the levels of physical health ($t = 2.340$, $p < 0.021$) and mental health ($t = 2.868$, $p < 0.006$). There was a difference in the improvement of subjective assessment at the social level, but it was not statistically significant ($t = 1.543$, $p < 0.126$).

Through a standardized questionnaire, the emotional state and stress levels of the students participating in the study were examined in the middle of the semester once. The data from the cumulative point results show that over 50% of the participants in the study have high levels of stress, with differences between the two groups being minimal but in favor of the dancers of the Bulgarian folk dances.

The anthropometric profile obtained, and especially the results of the BMI calculation, indicate the need for locomotor activity. Comparative anthropometric analysis shows identical results between the two groups, which is indirect evidence of the completeness of dance as a motor activity.

The Delphi survey was conducted in the period April-June 2019 with 12 experts, divided into three groups, forming 3 panels: Expert, Institutional and Teaching Panels. It is affirming the view that "Bulgarian folk dances are a specific motor activity, sport, social phenomenon, a means of revealing the authenticity of the people, a way of entertainment and emotional charge".

I completely agree with the facts established by the author that dancing is equivalent to a motor activity with sports activities, ie. as well as sports activities have a beneficial effect on the organization of daily life, on the levels of stress, on the overall health. Being involved in Bulgarian folk dance as a course helps to reduce the risks of obesity and mild depression among university students who have a busy daily life and a sedentary lifestyle. Dancing also has a bearing on building the professional behavior of their

practicing students, helping to bridge differences, create dating and lasting friendships — qualities necessary for the successful realization of future healthcare professionals.

The conclusions drawn are well presented and fully meet the stated purpose and tasks. The main conclusion is correct - Bulgarian folk dances with their unique movements, combined with folk music, are attractive not only as effective physical activity, but also as a means of communication and fun. The consensus reached through the implementation of the Delphi Method fully confirms the hypothesis of Ms. Videnova - the practice of dancing improves health and quality of life, which is why they should take a worthy place in the curriculum of all higher education institutions in Bulgaria, as an equal alternative to sports. activities in the students' curriculum and, of course, the teaching of Bulgarian folk dances at MU-Varna is a successful academic model.

I fully accept the author's recommendations to the various institutions and I hope that they will find their solution in favor of the Bulgarian folk dances.

CONCLUSION

The presented dissertation on **"THE IMPACT OF THE BULGARIAN FOLK DANCES ON THE HEALTH OF THE STUDENTS OF THE MEDICAL UNIVERSITY - VARNA"** with author Julieta Georgieva Videnova, correspondent with the requirements.

The topic of the dissertation is significant in the context of health promotion and academic training. The purpose and objectives of the study are clearly formulated and fully realized. The combination of methodological approaches presented is interesting and fully in line with the studies foreseen. The surveys are adequate, sufficient in scope and analyzed on the basis of statistical evidence. The conclusions are well presented, the contributions are original.

This leads me to conclude with a positive assessment.

CONVENIENT CONVINCED I OFFER THE MEMBERS OF THE SCIENTIFIC JURY TO VOTE POSITIVELY FOR THE EDUCATIONAL AND SCIENTIFIC DEGREE "PHD" AT JULIETA GEORGIEVA VIDENOVA, PUBLIC HEALTH, SCIENTIFIC SPECIFICITY "PUBLIC HEALTH MANAGEMENT".

SOFIA, November 5, 2019

MADE THE REVIEW:

(Prof. TATIANA IVANOVA, MD, PhD)

