

## OPINION

for selection of a professor in a professional field: 3.2 Psychology (General and age psychology), announced for the needs of Sofia University

**Author of the opinion:** Prof. Klavdia Sapundjieva, Sofia University

Only one candidate participates in the competition - Assoc. Prof. Dr. Margarita Angelova Bakracheva. The competition was announced in SG, issue 22 of 16. 03. 2021. There are no violations of the procedure, and the presented set of documents is in accordance with the Regulations for development of the academic staff of Sofia University. The candidate meets the national requirements for participation in the competition.

### **1. Biographical data and teaching status**

Margarita Bakracheva was born on April 19, 1976. She has a master's degree in pedagogy, majoring in Social Pedagogy at Sofia University. She has been a Doctor of Psychology since 2003. She is currently an Associate Professor of Psychology at Sofia University, Department of Social Pedagogy and Social Work and is Vice Dean of the Faculty of Education and Arts. Margarita Bakracheva is an authoritative lecturer, trainer, project manager, researcher with broad interests and strong academic activity. He is a member of the Union of Scientists in Bulgaria, the Society of Psychologists in Bulgaria, the Society of the Bulgarian Association for Training and Development, a member of editorial boards of Bulgarian and international scientific journals. There are also three prestigious scientific awards. He is a supervisor of graduates and successfully defended doctoral students (3). The competition is provided with the necessary hours and lecture courses.

## 2. Scientific creativity and contributions of the candidate

Margarita Bakracheva is the author of numerous publications in various scientific genres. They present her as an active author and researcher in the field of psychology. Their total number is 111. Assoc. Prof. Bakracheva participated in the competition with 56 publications that fully cover the national requirements for professor - habilitation thesis, 2 other published monographs, articles and reports in refereed and indexed editions (4), publications in unrefereed but peer-reviewed publications, studies (2), individual chapters in collective monographs (3).

The main habilitation paper "Identity and stress management" (2017) is dedicated to the links between identity and coping strategies, as the main thesis is that in the individual aspect of active coping strategies stimulate the construction of identity. On this basis, a model for the formation of skills for self-reflection and coping with stress has been proposed. This is *a real contribution* aimed at identity and the definition of the most adaptive coping strategies. This research line is continued in the other two monographs submitted for the competition. The monograph "Proactive mindfulness - pathways to psychological well-being and flourishing" (2020) presents the results of three studies that outline some of the possible paths to prosperity and the attitude to the most effective individual choices. These are scientific summaries with *a real contribution* to the practical learning of ways and means to prosperity and life satisfaction. Of particular interest are the results presented in the monograph "The Many Faces of the Self (Image of Self in Contemporary Reality)" (2019), because they focus on the interests and values of young people, as well as possible ways to stimulate prosocial behavior through virtual interaction. It is also a resource *contribution* to future research.

The other publications cover various thematic fields of psychology, as well as various applied models and scales:

- Stress management strategies and models for self-reflection (3.1, 4.1, 4.2, 7.22, 7.26, 7.39, 7.32, 7.38, 7.39, 7.40, 10.1, 10.2).
- Problems related to mental well-being and models / programs for learning and implementing the most effective individual choices (3.1, 4.1, 4.2, 7.1, 7.2, 7.12, 7.38, 7.39, 7.40).
- Psychosocial identity and adaptive strategies for self-affirmation (3.1, 6.4, 7.3, 7.5, 7.7, 7.11, 7.21, 7.24, 7.35, 7.41, 10.3).
- Virtual identity as a component of general self-determination (4.2, 7.4, 7.6, 7.9, 7.16, 7.20, 7.31).
- Models for coping with stress and self-preservation, scales for measuring national identity, the degree of derealization when using social networks, motivation to learn, etc. (3.1, 4.1, 4.2, 6.1, 6.2, 7.15, 7.17, 7.18, 7.33, 9.1, 7.9, 7.25, 7.32, 7.34).
- Prevention of violence through the formation of prosocial attitudes, assertive behavior and experiential learning (4.2, 6.1, 6.2, 7.29, 7.37).
- Intercultural dialogue and response to the needs of disadvantaged people (7.13, 7.28, 7.34, 7.36, 6.3, 7.27, 7.43).
- Educational process and parenting style (7.23, 7.42, 9.2, 7.8, 7.10, 7.14, 7.19).

The publications are on the topic of the competition. The references are correct, although in some places they are sometimes in the so-called abstract style. It is a positive fact that the candidate has publications in international publications and collections with international participation. The fact of reaction and conducting current research is also positive - e.g. associated with Covid -19. This is a guarantee for scientific reflection in the future. A positive fact are the research diversity and diverse interests of Assoc. Prof. Bakracheva, as well as the orientation to interesting and little studied problems such as: psychology in

photography, the application of social constructivist theory in e-learning, tattoos - personal choice or form of connection, the place of ethics. in psychological practice, etc.

The overall summary of the achievements of the candidate for professor is reflected in the contributions, which are reliable and correct. A list with a sufficient number of citations, corresponding to the required indicators, is also presented.

### **3. Critical remarks and recommendations**

Although I take into account the diverse interests and the dominant practical orientation of the candidate, I would recommend a future larger and more comprehensive theoretical and historical study in the field of general psychology.

**4. Summary:** Margarita Bakracheva is a scientist and researcher with diverse interests, broad culture and sense of current issues. She is an authoritative lecturer and a respected colleague with strong academic activity.

**5. Conclusion:** Based on the mentioned scientific achievements, the position of the candidate among the academic community, his overall teaching activity and academic activity, I give my **positive assessment** and propose that Margarita Angelova Stefanova-Bakracheva be elected to the academic position of "professor" at Sofia University "St. Kliment Ohridski ", by professional field: 3.2 Psychology (General and age psychology).

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Author of the opinion:

(Prof. Klavdia Sapundjieva)