

## OPINION

*Subject:* competition for a professor in a professional field 3.2. Psychology,  
General and developmental psychology

*From:* full prof., Vanya Matanova, PhD, DSc

In the current competition for the needs and on a full-time position in the Department of Social Pedagogy and Social Affairs at FNOI, Sofia University "St. Kl. Ohridski", the only candidate is Assoc. Prof., PhD Margarita Angelova Stefanova-Bakracheva.

Assoc. Prof. Margarita Bakracheva has a Master's degree in Social Pedagogy, PhD in Psychology since 2004., Associate Professor at Sofia University since 2018. Since 2002 is a part-time assistant at various universities.

The candidate Assoc. Prof. Margarita Bakracheva presented the relevant documents certifying the educational and scientific degree Doctor of Psychology, and for the academic position Associate Professor. Ass.prof. Bakracheva successively occupies advisory, therapeutic, training and organizational positions in different institutions. Her teaching and scientific activity are in the field of this competition.

The scientific and teaching activity of Assoc. Prof. Bakracheva is a logical consequence of her professional path. This is the natural path of a committed and dedicated specialist. Assoc. Prof. Bakracheva participated in the competition with 3 monographs, one of which was presented as a habilitation work, published in the period 2017-2020, 4 articles in refereed and indexed scientific journals, 43 articles and reports in non-refereed scientific journals, 2 studies in unreferred editions with scientific review, 3 chapters from collective monographs. This scientific output meets the minimum requirements for the academic position of "full professor". Assoc. Prof. Margarita Bakracheva submitted a reference to evidentiary material concerning the minimum national requirements, in accordance with the Implementing Regulations of Law for development of the academic staff in Republic Bulgaria. He is a supervisor of 3 dissertations in the field of psychology and social pedagogy and 9 master thesis.

The teaching activity of Assoc. Prof. Bakracheva is based on extensive information, analytical skills and the ability to synthesize knowledge from various scientific fields, which materializes in the development of curricula related to current issues of psychology, social pedagogy and social work. In terms of content, these curricula reflect the current state of scientific knowledge and provide a very good quality of education. Her pedagogical

qualities and teaching skills are highly appreciated by both the students and the Academic Management of FNOI.

The main research interests of Assoc. Prof. Bakracheva are related to counseling at different ages. The results of her research are addressed to psychologists, social workers, educational institutions. The presented scientific papers reveal in-depth and multi-layered discussions and analyzes in these areas.

In her scientific production, Assoc. Prof. Bakracheva researches a number of psychological constructs, on the basis of which she derives models applicable in practice.

Based on the analysis of the scientific production of Assoc. Prof. Bakracheva, some significant contributions can be derived, having theoretical and practical-applied meaning:

1. Coping is analyzed taking into account the influence of external and internal factors and its effect on variables in the personal aspect. A component of optimal identity is the transformation of reactive into proactive behavior. Escaping from reality, conspiracy theories, tattoos are regarded as specific coping strategies. The so-called accommodative coping, which is a rethinking of opportunities and reformulation of goals.
2. The optimal well-being analyzed as a learning process, based on which are displayed models of intervention and programs for proactive mindfulness.
3. On the basis of tracking the distress and the style of identity, the most adaptive strategy of modernity has been formulated - postponing stable choices and extending the period of experimentation.
4. A new approach to the study of virtual identity has been proposed. Weather in social media is a coping strategy in conditions of uncertainty, maintaining identity and making choices.
5. Programs and interventions have been proposed to support personal self-determination, self-reflection and coping behaviors that ensure personal effectiveness and improve coping skills, creating resources for better adaptability throughout the life cycle.
6. In connection with dependencies, an innovative typology has been developed, distinguishing the profiles of dependencies, which can be applied as a screening tool. A conceptual model for shortening the period of adaptation to changing environments and related experiences, defined as "weightlessness states", is derived.
7. Scales have been developed for the degree of experience of derealization in social networks, for measuring national identity, motivation for learning, stereotypes and social attitudes, which have good psychometric indicators.

8. Through experiential learning, building a prosocial attitude and distinguishing between assertiveness and aggression, an opportunity is offered for the prevention of violence and deviant behavior.
9. In connection with intercultural dialogue and social equality, the potential of art and creativity as a supracultural phenomenon supporting and stimulating tolerance and inclusion has been outlined and analyzed.

Not a small part of Assoc. Prof. Bakracheva's scientific production is dedicated to adolescence, an area that is often neglected, both because of its difficulty and because of the prevailing opinion about the inevitability of deviant behavior in this age period. With a lot of skill, empathy, understanding and dedication, Assoc. Prof. Bakracheva analyzes the risk factors, as well as those that support the consultation process in this age period.

Submitted papers are very wide fields-stress, parental roles, identity, coping strategies to social entrepreneurship, some of which first object of scientific interest.

This issue requires and presupposes a very high general culture, flexible mind and critical thinking, which Assoc. Prof. Bakracheva undoubtedly possesses. I highly appreciate the ability of Assoc. Prof. Bakracheva to talk about complex things simply and clearly. Her rich professional experience is combined with respect and admiration for the classics of psychological science.

The scientific production of Assoc. Prof. Margarita Bakracheva shows very broad competencies in various fields of scientific knowledge, high analytical skills, ability to summarize data and thus outline unexplored areas.

## **Conclusion**

The scientific production of Assoc. Prof. Margarita Bakracheva gives me reason to believe that she has excellent theoretical training in several scientific fields, combined with very good practical skills, which makes her a respected and valuable researcher, practitioner and lecturer. Her research and teaching activities are highly valued by students, academic leaders and educational institutions.

The analysis of the scientific research and teaching activities, scientometric data of publications and personal characteristics of Assoc. Prof. Margarita Bakracheva allows me full confidence to offer the Honorable Scientific jury award of Associate Professor Margarita Bakracheva academic position "professor" in the professional field 3.2. Psychology (General and Developmental Psychology).

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Signature: *Vanya Matanova*

(Full Prof. Vanya Matanova, PhD, DSc)