

OPINION

by Prof. Dr. Kalin Kanchev Gaidarov - professor at NATFIZ "Krastyu Sarafov"
of a dissertation for awarding the educational and scientific degree "doctor"

by: area of higher education 3. Social, economic and legal sciences

professional direction 3.2. Psychology

doctoral program "Social Psychology"

Author: Teodora Silvestrova Medneva

Topic: "Burnout syndrome in freelancers: factors, diagnosis and prevention of occupational distress"

Research supervisor: Assoc. Prof. Dr. Yury Pavlov Yanakiev - Plovdiv University "Paisiy Hilendarski"

1. General presentation of the procedure and the doctoral student

Teodora Medneva is a doctoral student of independent training in the Department of Psychology of the Pedagogical Faculty of Plovdiv University "Paisiy Hilendarski" in the doctoral program "Social Psychology". The dissertation work was discussed and referred for defense to the members of the departmental council at a meeting on 30.10.2023.

Teodora Medneva has completed two university master's programs, which are related to the development of the dissertation, "Management Psychology" and "Human Resource Management", and has administrative experience in the field of human resource management.

2. Relevance of the topic

The topic of the dissertation is related to diagnosis, prevention and management of occupational stress. However, the emphasis of the scientific work, which gives it special relevance, is the studied community - freelancers. This group of workers began to appear in the focus of scientists only recently, and there are serious prospects for increasing its volume

3. Knowing the problem

Teodora Medneva has developed a theoretical-empirical work with an applied focus. The theoretical part of the dissertation examines basic theories and ideas related to occupational stress and occupational burnout. A number of serious scientific studies in this area are cited. A differential analysis of the conceptual nest around the category "stress" was made, which allowed the author to find correct operationalizations of the main concepts he uses.

4. Research methodology

The overall methodology of the research is presented in the second chapter, which includes: subject, object, goals and tasks, hypotheses, tools, sample and organization of the implementation. Three main hypotheses are formulated, and the second and third include five sub-hypotheses. They cover basic socio-demographic and professional-organizational factors affecting the level of professional burnout. The sample includes 1,231 respondents, which is impressive, and, moreover, there is good internal diversification. The empirical research was conducted in the period 2020-2022 in a profiled online platform.

Two diagnostic tools were used – a questionnaire for self-assessment of burnout and a questionnaire for assessment of burnout factors.

The statistical model for the analysis of the raw empirical data is very well prepared and implemented, using the methods of descriptive statistics, dispersion analysis, t-test, correlation analysis and structural analysis.

5. Characterization and evaluation of the dissertation work and contributions

The dissertation is a serious scientific research that fully meets the requirements for this type of development. The dissertation student shows a thorough knowledge of the literary sources on the subject. Along with basic works, a number of modern scientific and applied publications were also studied. A complex design of the empirical study was developed, including an author's psychodiagnostic tool. The convincing use of the statistical tools, as well as the substantive analysis of the obtained results, is impressive. The dissertation also contains an attached panel in which significant aspects of dealing with burnout syndrome in freelancers are shown

6. Evaluation of the publications and personal contribution of the doctoral student

The author's individual approach and personal commitment to the developed topic is obvious. The contributions that are indicated by the dissertation are described clearly and precisely and correspond to the content of the work. Teodora Medneva's publications fully correspond to the researched issues.

7. Abstract

The submitted abstract corresponds to the requirements and correctly describes the essence of the dissertation.

8. Recommendations for the future use of the dissertation contributions and results

Teodora Medneva has an established author's handwriting and this allows her to continue scientific research in the field not only of the psychology of occupational stress, but also in the global space of applied psychology. Given this, I recommend that she continue her scientific development by carrying out new research and publications.

The scientific results presented by the author can be used to create a comprehensive model for the prevention and prevention of occupational stress and professional burnout in the sphere of the self-employed and freelancers, which will fill a significant void in Bulgarian applied psychology.

CONCLUSION:

WITH THE FOREGOING IN MIND, I RECOMMEND TO THE MEMBERS OF THE HONORABLE SCIENTIFIC JURY TO VOTE FOR THE AWARD OF THE EDUCATIONAL AND SCIENTIFIC DEGREE OF DOCTOR IN: AREA OF HIGHER EDUCATION 3. SOCIAL, ECONOMIC AND LEGAL SCIENCES, PROFESSIONAL DIRECTON 3.2. PSYCHOLOGY OF TEODORA SILVESTROVA MEDNEVA

09.01. 2024

Prepared the opinion:

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