

OPINION

**by Assoc. Prof. Stoil Mavrodiev, Ph.D., D.Sc, South-West University "Neofit Rilski",
Blagoevgrad**

on a dissertation for the award of the educational and scientific degree "**doctor**"

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

Professional field: 3.2. Psychology, doctoral program "Positive Psychology"

Author: Stanislav Raychev Alexandrov

Topic: " Exploring the Experience of Well-Being in Early Adulthood"

Scientific supervisor: Assoc. Prof. Irena Levkova, P.h.D.

1. General presentation of the procedure and the doctoral student

The set presented by Stanislav Alexandrov, including materials on paper, is in accordance with the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its implementation and the regulations of Plovdiv University "P. Hilendarski", contains all the necessary documents, including an abstract and publications on the topic. I consider the procedure to be legal.

2. Relevance of the topic

The doctoral student addresses a profound topic that is invariably present in the field of positive psychology, existentialism and phenomenology – namely the experience of well-being. The research is set within the age framework of early adulthood. This is the age, as the doctoral student specifies, in which the individual embarks on life, and the experience of well-being or the lack thereof is of key importance for overall personal functioning.

The choice of the scientific problem, the subject of the dissertation, is very well argued.

Although there is sufficient research on mental well-being, including by Bulgarian authors, the significance of the study is maintained by the search for answers to complex questions: how different aspects of human experience - expectations for the future, experience in the present moment and past experience, and experiences influence well-

being. All this makes the dissertation research relevant and valuable for psychological science and practice.

3. Knowing the problem

Stanislav Alexandrov demonstrates excellent awareness and competence in the theoretical and empirical study of psychological well-being and its related constructs. The present work builds on his enduring interests in the field of positive psychology.

4. Research methodology

The presented statistical analysis of the collected data, as well as the research design of the empirical study itself, reveal a well-thought-out concept of the dissertation work. Relevant methods for empirical data collection were used, which include four instruments corresponding to the topic and the subjects studied.

5. Characterization and evaluation of the dissertation work and contributions

The dissertation has a classical structure and is spread over a total of 239 pages.

The first chapter is devoted to the theoretical presentation and justification of the main constructs, the subject of the scientific study. The issue of well-being is holistically and comprehensively examined, its various dimensions and phenomenology are outlined. Starting from philosophical approaches, the author examines psychological theories of well-being from the standpoint of humanistic psychology.

Well-being is presented in the context of early adulthood, thus clarifying its age specificity and determination by the previous stages of ontogenetic development.

The relationship between well-being and other psychological phenomena such as hope, mindfulness, etc. has been studied.

The design of the study is well structured. The main goal is to establish relationships between flourishing, hope, mindfulness and quality of life in the period of early adulthood. The formulated 5 hypotheses are relevant to the overall goal. The number of subjects studied is sufficient. The methodological tools are correctly presented, including the PERMA profile, the Hope Scale, the Cognitive- Affective Scale mindfulness and Quality of Life Scale.

The data from the empirical study were subjected to correlation and regression analysis.

Arguably, data for the verification of each of the hypotheses are presented; it is specified to what extent they are confirmed or rejected.

The discussion revealed the doctoral student's analytical abilities and his ability to summarize empirical facts.

The conclusions are profound and specific.

I fully accept the self-assessment of the contributions formulated by Stanislav Alexandrov, they clearly show what has been achieved.

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

The 3 publications presented are fully related to the topic of the dissertation; they have been published in scientific collections and meet the Minimum National Requirements.

I have no doubt that the prepared work is the personal work of the doctoral student, and that the results obtained and the accompanying contributions to the analyses carried out are the personal merit of Stanislav Alexandrov.

7. Autor's abstract

Both in terms of structure and content, the abstract correctly reflects the main parts of the dissertation. It shows the key theoretical statements, the design, and the analyses of the obtained results.

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

I recommend that the author continue and expand his research in this area in the future.

CONCLUSION

Stanislav Alexandrov's dissertation work was carried out at a high scientific level and contains original contributions.

The author possesses very good psychological and research competencies. The scientific contributions are of a methodological and applied-practical nature.

Given the above, I confidently give my positive assessment and will vote **FOR** the awarding of the educational and scientific degree "Doctor" to **Stanislav Raychev Alexandrov** in the field of higher education: 3. Social, economic and legal sciences, professional field 3.2. Psychology; doctoral program "Positive Psychology".

Date: 07.01.2025

Prepared the Opinion:.....

(Assoc. Prof. Stoil Mavrodiev, Ph.D., D.Sc.)