

## ANNOTATIONS OF SCIENTIFIC PAPERS OF ASSOCIATE. D.P.S.N. MANOL NIKOLOV MANOLOV

for participation in a competition for the academic position "**professor**" by  
field of higher education" **3. Social, economic and legal**

**sciences,**

professional field **3.2. Psychology** (Pedagogical and Age Psychology)

The publications (20 issues) for review under the competition can be classified. By type: monograph – 5 issues; articles published in scientific publications, refereed and indexed in world-renowned databases of scientific information – 2 issues; articles and reports published in non-refereed journals with scientific review or published in edited collective volumes – 12 issues; university textbook – 1.

### MONOGRAPHS

1. **Manolov, M.** (2025). In the mirror on temperament. Development and challenges in early childhood. Publisher: Manol Manolov, printing "Color Print BG" Ltd. ISBN 978-619-91664-6-8, p. 181. COBISS.BG-ID 70210312 – *Habilitation thesis*

The monograph presents an analysis of children's temperament as a biopsychosocial construct of key importance for early development. In the introduction, the author argues for the need for a local, Bulgarian reading of temperament theory, taking into account its importance for adaptation, emotional regulation, and the emergence of behavioral difficulties.

The first chapter outlines the evolution of theoretical paradigms – from the classical typologies of Hippocrates and Galen to the contemporary models of Thomas & Chess, Rothbart and Kagan. It is emphasized that temperament is a relatively stable but susceptible to social influences structure that serves as a mediator between biology and the environment. A comprehensive review of the empirical evidence on the stability of temperamental traits and their prognostic value for subsequent personal functioning has been conducted.

The second chapter presents results from an original empirical study involving 140 children aged 3–7. Validated psychometric instruments were used to assess temperament (Rothbart questionnaire) and behavioral indicators (SDQ). Scientific findings confirm significant correlations between negative emotionality, inhibitory control, and socioemotional difficulties. It has been found that high activity and emotional reactivity increase the risk of hyperactive behavior, anxiety, and social maladjustment. Regression analyses show that temperamental traits are predictors of both difficulties and manifestations of strengths – such as social engagement and empathy. Additionally, parental perceptions are often influenced by their own emotional states, including anxiety and depression.

The third chapter develops a model of interventions based on temperamental characteristics. Strategies for working with parents (promoting sensitivity and consistency), with teachers (adapting approaches to difficult temperaments), and with children (emotional learning, developing self-regulation) are discussed. It is emphasized that a "good match" between temperament and environment (goodness of fit) is a condition for mental well-being.

**2. Manolov, M. (2024). Bulgarian cynicism. Cross-cultural analysis. Veliko Tarnovo: St. St. Cyril and Methodius", ISBN: 978-619-208-390-8, COBISS.BG-ID – 64344840**

The monograph presents a socio-psychological and cultural-anthropological analysis of the phenomenon of cynicism in a Bulgarian context and compares it with empirical data from the USA and Great Britain. In the introduction, the author connects cynicism with his earlier research on self-discrimination, emphasizing typical Bulgarian attitudes towards collective identity and social passivity. It is emphasized that cynicism among Bulgarians often manifests itself as a denial of one's own ethnic group and leads to group irresponsibility and refusal of social engagement.

The first chapter is dedicated to the cultural and historical formation of the Bulgarian national character. The transgenerational transmission of values, the role of Orthodoxy, Bogomilism, social passivity and social isolation are examined. The author formulates the thesis of a "social vacuum" in which the Bulgarian functions as separated from institutions, with dominant generic and individualistic survival strategies. The concept of

the "ordinary Bulgarian" as a stable, but extra-historical and often apolitical subject, whose social belonging is defined through the "second network" of personal connections, and not through identification with the state.

The second chapter theorizes cynicism as a socio-psychological attitude based on distrust, a negative assessment of human nature, and a rejection of the legitimacy of institutions. The conceptual connections between Zero-Sum Beliefs, social axioms, self-stereotypes, and social cynicism are examined. Particular attention is paid to the way in which cynical attitudes correlate with auto-aggression, auto-stigmatization, and emotional alienation. The author emphasizes that among Bulgarians, cynicism often protects fragile self-esteem through displacement and projection.

The third chapter presents a cross-cultural empirical study involving three national samples – from Bulgaria, the UK and the USA. Standardized psychometric instruments were used to measure cynicism, self-esteem, and narcissistic tendencies. The results confirm the hypothesis of higher levels of cynicism and lower self-esteem among Bulgarian participants, with the relationship between cynicism and self-esteem being negative. A culturally specific profile of interpersonal victimization is also observed, which confirms the thesis of self-discrimination in the social attitudes of Bulgarians.

The conclusions outline a complex and critical picture of the cultural psychodynamics of Bulgarian cynicism. The author proposes a theoretical model according to which cynicism in the Bulgarian context is not simply a negative attitude, but

an adaptation strategy in conditions of social frustration, historical distrust and institutional inefficiency. The need for targeted culturally sensitive policies and educational interventions aimed at restoring trust, collective identity and social responsibility is emphasized.

3. **Manolov, M., Ivanov, Iv.** (2023). Public policies regarding gender-role stereotypes and attitudes leading to violent relationships in the Bulgarian family (policies and practices). Veliko Tarnovo. Faber Publishing House. ISBN: 978-619-00-1612-0, COBISS.BG-ID - 59781640, 119 pages.

The monograph analyzes the interrelationship between public attitudes, gender-role stereotypes and manifestations of violence in the family environment in Bulgaria, examining them in the context of social policy and European regulatory frameworks. It combines theoretical analysis with empirical data and formulates practical recommendations oriented towards institutional strategies for addressing domestic violence.

The first chapter explores the psychological and sociocultural foundations of domestic violence through an analysis of attitudes, prejudices, and mechanisms of pathological communication. The authors propose an interpretation of attachment as a predictor of violent behaviors. The three main styles of insecure attachment (anxious, avoidant, and disorganized) and their relationship to violence — both on the part of the perpetrator and the victim — are examined. Empirical findings, supported by meta-analyses, highlight the dominant role of anxious attachment in the cycle of victimization and aggression.

The second chapter presents results from a mixed study: quantitative (analysis of attitudes and stereotypes in a national sample) and qualitative (focus groups and interviews in different areas of the country). The results show a high prevalence of normalized beliefs that legitimize male control and limit female autonomy. Particularly worrying is the lack of institutional response and consistent policy. The study also identified culturally conditioned attitudes that support tolerance of violence, especially among less educated and socially isolated groups.

The third chapter is dedicated to formulating policy recommendations. The authors propose a strategic framework for institutional intervention, urging the introduction of educational programs for emotional literacy, family education, and screening for risky attitudes in school and social settings. The emphasis is placed on the need for systematic work with management structures and political elites in forming public policies that recognize, condemn and address violence as a structural social phenomenon.

A key conclusion of the monograph is that domestic violence is not simply an individual deviant act, but a socio-psychological symptom, maintained by culturally conditioned beliefs and institutional helplessness. The authors call for systematic and scientifically sound policy, based on empirical data and cultural reflection.

4. **Manolov, M., Dobrev, D.** (2021). Political psychology in the field of Bulgarian ethnopsychological peculiarities. Plovdiv. Manol Manolov Publishing House. ISBN: 978-619-91664-3-7, COBISS.BG-ID 44956680, p. from 257 - 471.

The monograph offers an original and critical reading of political psychology, interpreting it through the prism of Bulgarian ethno-psychological specifics. The work is structured in two interconnected parts, each of which has its own research weight, but together they build a comprehensive vision of the interaction between cultural patterns, identity and political behavior.

The first part, developed by Dobrin Dobrev, outlines a critical framework for traditional Western political psychology, emphasizing the need for a new paradigm adequate for the analysis of political processes in culturally conditioned societies such as the Bulgarian one. The author subjects concepts such as power, state, leadership, and political identity to deep theoretical analysis, and views political ideologies as culturally conditioned constructs that cannot be considered in isolation from the historical and social context. One of the key conclusions in this section is that the Western paradigm in political psychology – dominated by behaviorist and empirical models – fails to take into account the transmission of collective values and historical traumas that shape political culture in post-totalitarian societies.

The second part, written by Manol Manolov, develops an ethnopsychological analysis of Bulgarian political identity. By precisely tracing historical stages – from the time of the Proto-Bulgarians and Slavs to the April Uprising and the building of the national state – the author outlines the main features of the Bulgarian national character: ambivalence towards power, self-stigmatization, collective fatalism and a deficit of political commitment. This section argues that the adoption of Christianity had a deeply disintegrative impact on national unification, replacing previous forms of social cohesion with new hierarchical structures, the perception of which was ambiguous.

The monograph also includes an empirical study of the contemporary self-stereotypes of Bulgarians, which shows that although the value model remains relatively stable, there is a growth in individualism, political apathy, and a retreat from the idea of public good. In the last chapter, the author analyzes four historical figures – Rakovski, Levski, Benkovski, and Stambolov – not simply as biographies, but as symbols of political leadership, embodying or contradicting popular psychological trends.

Major scientific contributions of the work include: (1) establishing the critical approach as a relevant method in political psychology; (2) building an interdisciplinary connection between ethnopsychology, historical sociology and political science; (3) introducing the “wandering political identity” model as an explanatory framework for political behavior in Bulgaria; and (4) formulating recommendations for restoring trust and leadership based on collective identity and historical awareness.

5. **Manolov, M., Stoyanov, Iv. (2021).** Psychology of parenting styles in the field of life meaning. University Publishing House "St. St. Cyril and Methodius", ISBN 978-619-208-151-5, COBISS.BG-ID 1285541860 p. 102-203.

The monograph explores the interaction between parenting styles and the subjective experience of meaning in life, integrating psychological, cultural, and systemic perspectives on the family. The main research hypothesis is that the presence of a parent's sense of meaning in life is positively associated with the practice of an authoritative parenting style, while its absence is a prerequisite for authoritarian or permissive parenting.

The first part is devoted to typologies of parental behavior, using Baumrind's classic schema of authoritarian, authoritative, and permissive styles. The authors present a Bulgarian psychometric instrument for assessing parental behavior, including factors such as verbal hostility, warmth and inclusion, explanation of consequences, and democratic participation. Emphasis is placed on the relationship between parenting style and the child's emotional development, their social competence, and self-reflection as a condition for autonomy.

The second part analyzes the family as a system through the prism of folk psychology and systems theory (Minukhin, Satir). Particular attention is paid to the cultural models of upbringing in Bulgaria, the paternalistic role of the mother and the father's withdrawal from the educational processes. The risky tendency towards attributing meaning to life through the child is emphasized, which can lead to transgenerational conflicts, rigid hierarchy and psychological obsession. The functions of the family – from emotional regulation to socialization – are also examined as factors for the child's identity and mental health.

The third part includes an empirical study with a Bulgarian sample, which establishes that high levels of experienced life meaning correlate with more frequent manifestations of authoritative parenting - warmth, clear rules, explanation of consequences. Conversely, in the absence of meaning and a search for personal identity, higher values are observed on the scales for permissive and authoritarian style. The data confirm that parental insecurity and low self-esteem adversely affect the stability of the family environment. The scientific contribution of the work consists of: (1) developing a psychological model that connects parenting with the existential meaning of the personality; (2) creation of a new psychometric instrument for assessing parental style in Bulgarian cultural context; (3) integration of folk psychology and systems theory in the analysis of the contemporary Bulgarian family dynamics.

## SCIENTIFIC ARTICLES IN BULGARIAN

6. **Manolov, M. (2024).** Bulgarian adaptation of the Interpersonal Victimization Propensity Scale (IVP) - Diogenes Library, issue. 32, volume 1,

p. 55-72. St. St. University Library Cyril and Methodius", COBISS.BG-ID - 1225567716, ISSN: 2367-9549 (Online), ISSN: 1314-2763 (Print),  
<https://doi.org/10.54664/CYMP7323>

The study presents the psychometric adaptation of the Interpersonal Victimization Scale (TIV; Gabay et al., 2020) to the Bulgarian cultural environment. The main research question is whether the four factors of the original scale – moral elitism, rumination, lack of empathy, and need for recognition – retain their structure in a Bulgarian sample. The study involved 1,796 individuals, and factor analysis confirmed a four-factor model, but with culturally specific overlap between the factors "rumination" and "need for recognition." The results indicate that Bulgarians exhibit high values of moral elitism and lack of empathy, associated with an anxious and avoidant attachment style. Cross-cultural differences with Anglo-Saxon and Asian samples support the thesis of the influence of cultural attitudes on the interpretation of interpersonal conflicts. The author offers an interpretation through the prism of moral perfectionism and self-discrimination and emphasizes the importance of the results for prevention through educational and therapeutic interventions.

7. **Manolov, M. (2024).** Dynamics of perceptions of the self in the field of identity statuses. In: Contemporary Humanities, vol. 20, 1, p. 86-100. Burgas Free University. Center for Humanities. ISSN 1313-9924. COBISS.BG-ID - 1125170660.

The aim of the study is to establish how the perception of the three aspects of the self (real, ideal, obligatory) varies depending on the identity status (achieved identity, moratorium, predetermined identity, diffusion). The Ego Identity Process Questionnaire (EIPQ) and the theory of self-fragmentation (Higgins, 1987) were used on a sample of 378 individuals. The results show that personality traits dominate all forms of self-description, but to varying degrees relative to statuses. The highest levels of internal conflict and negative emotions are observed in the "moratorium" status, while the "achieved identity" is associated with higher emotional well-being and integration. The "Ideal Self" is associated with a pursuit of positive emotions and values, and "I must" - with a heightened sense of duty and social roles. The study highlights the significance of identity status for emotional regulation and self-concept and offers an interpretive framework for diagnosis and interventions in adolescents and young adults.

8. **Manolov, M. (2023)** OVERVIEW ON  
THE BASED EVIDENCE-BASED APPROACHES TO  
PREVENT HOMELESSNESS

VIOLENCE. In: VIOLENCE in the Bulgarian family: collection of reports from a scientific and practical conference, April 21, 2023, Veliko Tarnovo. – V. Tarnovo: Faber, 2023., National Reference List: ID No. 4931, ISBN: 978- 619-00-1672-4, COBISS.BG-ID – 62967304



The report analyzes the effectiveness of internationally recognized programs for primary, secondary and tertiary prevention of domestic violence, with a focus on their applicability in the Bulgarian context. The main research question is what evidence-based interventions can be adapted to the educational, social and legal systems in our country. Established school programs such as Fourth R, Safe Dates, Green Dot, as well as the Duluth model for working with perpetrators are presented. Results from international meta-analyses confirm the effectiveness of interventions that include role modeling, cognitive-behavioral techniques, and active work with bystanders. The findings highlight the lack of systematic primary and secondary prevention in Bulgaria and the need for integration of such programs into the school and community environment.

9. **Manolov, M. (2021).** Cynicism as an attitude among Bulgarians. Prerequisites for raising a child. In: Developmental Psychology. University Library "Paisiy Hilendarski" ISSN 1313-759X. Online ISSN 2738-7240. COBISS.BG-ID - 1125168356, chief editor Assoc. Dr. Yuri Yanakiev.

The study analyzes the relationship between cynicism as a social psychological attitude, self-discrimination, and parental messages in early childhood. The main research question is whether cynical attitudes toward peers correlate with low self-esteem, hostility, and perceptions of discrimination. Scales for cynicism, aggression, discrimination, and self-esteem were used in a sample of 382 Bulgarians. The results show that over 85% of respondents attribute negative characteristics to their compatriots, such as envy, pessimism, and selfishness. Cluster analysis shows that the highest levels of cynicism are observed in individuals with high hostility and feelings of discrimination, as well as low self-esteem. Interviews with mothers of young children reveal that parenting often includes messages that devalue the child's experiences and encourage conformity, which lays the foundation for low self-esteem and social isolation. The author proposes a conceptual framework in which cynicism is viewed as a psychological defense mechanism that develops into self-discriminatory attitudes.

## SCIENTIFIC ARTICLES IN A FOREIGN LANGUAGE

10. **Manolov, M., Ivanov, Iv., Chavdarova, V. (2023).** Gender-Role Stereotypes in the Bulgarian Family: Cross-Generational Transmission of Gender Attitudes. Societies. 2023; 13(7):152. <https://doi.org/10.3390/soc13070152>.

The article explores the intergenerational transmission of gender-role stereotypes in the Bulgarian family through large-scale quantitative ( $n = 2800$ ) and qualitative research ( $n = 700$  in 35 focus groups). The main research question is whether age, social context, and family dynamics influence the persistence and transformation of traditional gender roles. Factor analysis reveals two stable dimensions of stereotypes – expectations towards women and towards men – which vary significantly across age groups. The most

Low levels of stereotyping are observed in the young (up to 28 years old), while the groups 29–40 and over 50 years old. exhibit the highest values. Cluster analysis shows that traditional attitudes prevail in socially isolated and poor regions. The authors conclude that the social role of gender is dynamic and depends on both age crises and regional, educational and cultural factors, emphasizing the need for targeted policies to change attitudes.

- 11. Manolov, M., Stoyanov, Iv. (2025).** The relationship between coping strategies and attachment styles in adolescents: implications for psychological resilience. *Psychological Thought*, vol. 18(1). South-West University “Neofit Rilski”. pages - 117-132

The study analyzed the relationships between attachment styles and coping strategies in 306 Bulgarian high school students. CSI and ECR-R questionnaires were used, with the main question being how levels of attachment anxiety and avoidance influence the choice of adaptive and maladaptive coping mechanisms. The results show that secure attachment is associated with adaptive strategies such as problem-solving and seeking social support. High levels of anxiety and avoidance correlate with increased use of maladaptive strategies – self-criticism, social withdrawal, and avoidance. ANOVA confirms that both anxiety and avoidance significantly reduce the use of emotionally engaged and problem-oriented strategies. The authors emphasize the importance of therapeutic interventions aimed at improving attachment security in order to strengthen psychological resilience.

- 12. Manolov, M., Avramova-Todorova, G. (2023).** DEVELOPMENT OF PERSONAL COMPETENCES THROUGH STEM: EVIDENCE-BASED METHODS AND THEIR USE IN EDUCATIONAL SYSTEMS. *EDULEARN23 Proceedings, 15th International Conference on Education and New Learning Technologies, Palma, Spain. 3-5 July, 2023. Pages: 7007-7015 ISBN: 978-84-09-52151-7, ISSN: 2340-1117, doi: 10.21125/edulearn.2023, Publisher: IATED <https://library.iated.org/publications/EDULEARN23/start/1125>*

The purpose of the report is to outline scientifically based approaches for measuring the effectiveness of STEM education on the development of personal competencies - critical thinking, emotional intelligence, adaptability, creativity and self-esteem. Established international instruments such as MSLQ, SMQ, CAT, CAS and 21st Century Skills Assessment are analyzed, and their applicability in the Bulgarian education system is discussed. The main emphasis is placed on the need to create a multidimensional tool for assessing STEM effectiveness, tailored to local conditions. The authors emphasize that combining cognitive, emotional, and motivational dimensions is crucial for the sustainable development of 21st century skills in students.



- 13. Manolov, M. (2023).** EXPLORING THE RELATIONSHIP BETWEEN ATTACHMENT STYLE AND THE TENDENCY FOR INTERPERSONAL VICTIMHOOD IN CROSS-CULTURAL SAMPLE. IJASOS- International E-journal of Advances in Social Sciences 9 27 417–428. <https://doi.org/10.5281/zenodo.10459408>

The article explores the relationship between attachment styles and the tendency towards interpersonal victimization (TIV) in three cultural contexts – Bulgaria, the USA/UK (Anglo-Saxon) and Asia (mainly China). The Attachment Style Questionnaire (AAQ) and TIV (Gabay et al., 2020) were administered to 391 participants. The main hypothesis confirms that Bulgarians have the highest values on all TIV scales, especially moral elitism and need for recognition, which correlate with anxious and avoidant attachment. In Asians, there is no significant relationship between attachment styles and TIV, while in Anglo-Saxons, a correlation is found between anxiety and lack of empathy. Rumination is associated with all styles and in all cultures. The results highlight the culturally specific dynamics of interpersonal attitudes and the importance of attachment as a predictor of victimization perceptions, especially in individualistic and self-denying cultures such as the Bulgarian one.

- 14. Manolov, M. (2023)** PSYCHOPATHOLOGY OF LIFELESS SELF. CONCEPTUALIZATION AND LINGUISTIC MODEL IN VINCENT VAN GOGH'S LETTERS TO HIS BROTHER THEO. VIII-INTERNATIONAL EUROPEAN CONFERENCE ON INTERDISCIPLINARY SCIENTIFIC RESEARCH. July 13-15, 2023 / Rome, Italy. ISBN: 978-625-367-216-4, by IKSAD Publishing House, pp. 839-852

The report introduces the concept of the “psychopathology of the lifeless self” — a clinical construct arising from insecure attachment and grieving dynamics in the family, in which parents project unfinished grief for the deceased child onto the next child. Using Van Gogh's letters to his brother Theo (n = 658), analyzed using LIWC and SPSS, the author explores identity formation under conditions of enduring parental disintegration and lack of mirror emotional response. Factor and cluster analysis reveal two dominant expressive phases – early rational, socially oriented and late emotionally fragmented, with increased negativity, moralizing, and identification loss. The conclusion is that Van Gogh builds "double identity" in which the mask of the "expected son" replaces his authentic personality. Artistic expression is a form of self-legitimization and a late attempt to integrate a disintegrated identity.

- 15. Manolov, M., Stoyanov, Iv., Georgieva, Zl. (2020).** Social Inheritance of Fear. Open Journal of Social Sciences Vol.8 No.9, September 2020, 1-15 page, DOI:

10.4236/jss.2020.89001.

<https://scirp.org/journal/paperinformation?paperid=102624>

The article explores how fears are passed down through generations through parental character structures and parenting styles. The theoretical part interprets the ideas of Wilhelm Reich and Fritz Riemann regarding character defenses and basic forms of fear in order to analyze how the psychodynamics of the parent influences the emotional development of the child. The empirical study involved 126 parents and their children aged between 3 and 8 years. The WIPPF, IBQ, and SDQ questionnaires were used. The results show that high levels of fear in children correlate with parental profiles dominated by compensatory behavior, excessive trust, idealization, and an absence of balance in parental roles. The regression model explains 74% of the variation in childhood fear. The conclusion emphasizes that unconscious anxiety transmitted through upbringing can lead to persistent patterns of insecurity in children, and therapeutic intervention should be aimed at correcting parental roles and character stylizations.

**16. Manolov, M. (2019)** Influence of Categories of Modernity in the Consciousness of Young People. *Psychology*, 10, 1077-1094, Scientific Research Publishing Inc., ISSN Online: 2152-7199, ISSN Print: 2152-7180 DOI: 10.4236/https://doi.org/10.4236/psych.2019.  
<https://www.scirp.org/journal/paperinformation?paperid=93321>

The article explores how young people (ages 20–25) perceive socially significant categories of the hypermodern era – such as gender, violence, social networks, ideal body, voting, freedom, etc. The main hypothesis is that participants will objectify their meaning, reducing them to rational and external descriptions, without internal meaning. The method involves free associations to 15 categories, analyzed by content and frequency. The results confirm that superficial and opposing associations dominate – e.g. "power" and "crime" to voting; "prison" and "restriction" to marriage; "mania" and "stupidity" to veganism. Freedom and love are most positively valued, but often idealized and presented as "unattainable." The author concludes that the consciousness of young people is dominated by objectified knowledge and a rejection of traditional values, which reflects the cultural transformation towards fragmentation, individualism, and consumer-oriented life.

**17. Manolov, M., Voznyuk, A. (2019).** ON THE PROBLEM OF HUMAN CONSCIOUSNESS: FROM FACTS TO THEORETICAL SPECULATIONS. *Diogenes Library*, 27(1). "St.St." UI Cyril and Methodius", COBISS.BG-ID - 1225567716, ISSN: 2367-9549 (Online), ISSN: 1314-2763.

The article proposes an interdisciplinary conceptualization of human consciousness, based on empirical facts from neuroscience, physics, and psychology, as well as philosophical speculation. The main thesis is that consciousness is not reduced to neurophysiological processes, but exhibits characteristics of

a holistic, non-local, resonant and creative system. A theoretical framework is presented in which consciousness is viewed as a dynamic structure corresponding to the quantum properties of the Universe and subject to principles such as asymmetry, nonlinearity, and autopoiesis. Through the analysis of the functions of the cerebral hemispheres, the stream of consciousness is interpreted as an encounter between the subjective and the transcendent, in which language is a key mediator of experience. The authors propose a model in which individual consciousness arises through the integration of social, linguistic, and existential structures, and its flexibility allows for the interpretation and management of reality in conditions of freedom. The article concludes with the thesis that consciousness can only be understood through the dynamics of its flow – as a point of intersection between past, present, and future.

**18. Manolov, M., Stoyanov, Iv., Georgieva, Zl., Trifonova-Dimitrova, P. (2018).**

Social Inheritance in the Context of Psychology. *Open Journal of Social Sciences*, 7, 50-59. <https://doi.org/10.4236/jss.2019.77005>, ISSN Online: 2327-5960, ISSN Print: 2327-5952 <https://scirp.org/journal/paperinformation?paperid=93676>.

The article develops a theoretical framework for conceptualizing social inheritance in the field of social and developmental psychology. The main research question is how socio-psychological mechanisms—such as parental symbolic systems, emotional support, and linguistic modeling—participate in the transgenerational transmission of attitudes, values, and cognitive schemas. The authors propose a model in which social inheritance occurs not only through economic and cultural capital, but also through experienced emotional explanations of reality at an early age. The emphasis is placed on the role of trust, emotions, and identification in family communication. A research design is proposed for future empirical studies with three generations (adults, parents, and children aged 3–8) to examine how critical ages, symbolic language, and family build sustainable behavioral and cognitive patterns.

**19. Manolov, M., Stoyanov, Iv., Georgieva, Zl. (2019).** The Role of Bulgarian Proverbs in the Modern Family. *Open Journal of Social Sciences*, 7, 300-317.

The article explores the socio-psychological function of Bulgarian proverbs as a mechanism for intergenerational social heredity in the context of upbringing, family roles and value attitudes. The main research question is to what extent short language structures (proverbs) continue to influence young people's self-perception and parenting attitudes, and how they differ from the perceived models of their parents. The study involved 177 respondents who rated 30 proverbs according to their significance for themselves and their parents. Factor and cluster analysis revealed five main factor groups, among which the following stand out: authoritarian upbringing, traditional gender roles, and collectivist norms. The results show a clear shift in the direction of values among young people — from authoritarianism to more flexible family roles and individualism, with the family remaining a central value. The authors conclude that although

While the content of proverbs is preserved, their interpretation changes in the context of cultural dynamics and social expectations.

## **PUBLISHED UNIVERSITY TEXTBOOK**

**20. *Angelova, V.*** A book for the fourth grade mathematics teacher. Sofia, Prosveta Plus Publishing House, 2019, 180 p., ISBN 978-619-222-279-6

The “I am not a victim!” handbook is a practical and educational tool aimed at three main audiences: (1) persons who have experienced or are at risk of domestic violence; (2) specialists in the fields of social work, psychology and law; and (3) students of social sciences and humanities preparing for professional work in the field of prevention. Structured as an accessible handbook, the text covers a wide range of topics — from definitions and forms of violence, through psychological profiles of victims and abusers, to coping strategies, preparing a safety plan, and knowing the rights of victims.

Victimological analysis plays a central role, presented through concepts such as "cycle of violence", "Stockholm syndrome", and "difficulty of choice", demonstrating how systemic violence leads to psychological and social disempowerment. Attention is paid to vulnerable groups – children, adults, men and women – with practical guidelines for institutional and psychological support. The manual includes real examples and case studies from practice, while also outlining the legal options for protection under Bulgarian and European legislation.

A special contribution of the publication is its integrative approach, combining educational, therapeutic and social perspectives, which makes it applicable in university preparation, professional practice and self-help in crisis situations.

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