

REVIEW

by Assoc. Prof. Rasho Makaveev, Doktor
of the dissertation work of Nina Stoyanova Dyakova
on the topic

"Key factors influencing the individual performance and sports achievements of young men and women shooting competitors"

For the award of the educational and scientific degree "DOCTOR", field of higher education 3., social, economic and legal sciences, professional field 3.4. Social activities, doctoral program "Social policy, psychological research and social work"

Scientific supervisor: Assoc. Prof. Dr. Irina Todorova Todorova

General presentation of the procedure

The analysis of the documents in the procedure for acquiring the educational and scientific degree "Doctor" shows that the doctoral student Nina Dyakova has submitted a complete set of necessary materials. They are in accordance with the Higher Education Act, the Act on the Development of the Academic Staff of the Republic of Bulgaria, the Regulation for the Acquisition of the Educational and Scientific Degree "Doctor", as well as all documents accompanying the procedure, which fully meet the administrative requirements.

The documents submitted by the candidate for evaluation and review are the following:

- Dissertation;
- Abstract;
- Scientific publications – 6 pieces.

Brief biographical data about the candidate

Nina Stoyanova Dyakova was born in 1973. She graduated from the National Academy of Sciences "Vasil Levski" with a Bachelor's degree in "Sports Shooting Coach" in 1995. Since 2023 she has been a doctoral student in the specialty Social Activities and Psychological Research at the Technical University of Varna. Since 1995 she has been a teacher of specialized sports training - sports shooting at the Sofia University "Georgi Benkovski", city of Varna, and in her rich professional career she has been part of the coaching teams

of various national sports shooting teams. Her graduates are winners of numerous medals of national and international scale.

Relevance of the dissertation problem

The scientific work presented to us for consideration is dedicated to revealing and developing the factors of sports achievement in sports shooting. The topic is extremely large-scale, interesting and significant for the theory of sports training and for sports-pedagogical practice. The author has focused in particular on the psychological provision of sports training of sports shooting competitors, which is a significant and inseparable part of the overall system of sports training, and especially important in the selected sensitive period in view of the age of the contingent. Ultimately, it can be said that the scientific work is ambitious, it goes significantly beyond the sphere of sports and sports training. It has an interdisciplinary, practical-applied nature and socio-social significance. The author scientifically justifies the need for innovative models for conducting and managing the specific sports training of sports shooting competitors, fully applicable to elite athletes from other sports. The results obtained as a result of a systemic-structural analysis and the recommendations logically derived from them can be used in practice when working with adolescents, even non-athletes.

Data on the presented dissertation work

The work presented in this way impresses with a classic structure for such works. The introduction is concise and quite skillfully directs the reader's attention to the essence of the work. The work is structured in 259 pages including literature and appendices, in three chapters and thirty-seven sub-chapters, including eleven appendices. The work is excellently illustrated with one hundred and seventy-five diagrams and one hundred and thirty-four tables. A large number of literary sources are used: 402, in Cyrillic 10, the rest in Latin, including Internet sources.

In the first chapter – a literature review – the cognitive processes influencing the performance of athletes practicing sports shooting in competitions are presented in detail, as well as sensitive features of their development during adolescence. Of interest are the complex networks involved in the regulation of higher cognitive functions. Based on the serious literature study, a wide range of psychological factors influencing the sports result have been selected. At the end of the chapter, the author skillfully summarizes that successful performance in a particular sport is achieved on the basis of a complex systemic approach without belittling any of the subsystems of the sports training system. The conscious and searching analysis of the scientific literature shows the solid knowledge of the doctoral student on the subject under study.

Chapter two describes strategies for improving the overall performance of shooting competitors, both popular interventions for increasing attention and improving psychological readiness, and complex approaches for improving achievements. In the long-term aspect, the developed strategies for achieving a high level of sports achievements and a program plan for increasing them make a strong impression and convince of the author's strong personal commitment to the topic being developed. The chapter ends with a summary that focuses attention on the essence of the information presented, but I believe that it is appropriate to add the formulated working hypothesis here.

The methodology of the study is presented in the third chapter, as the goal is well-formed, and the tasks are correctly selected with a view to its implementation. The organization, object, subject and contingent of the scientific work are described in detail and accurately. The complex methodology of the study is excellently selected and described, as well as the subsequent mathematical and statistical processing. The results are reasonably divided into two stages according to the specifics of their characteristics and are presented in great detail. The analysis is done skillfully and presented informatively.

A serious summary of the vast information presented in the chapter follows, and my personal opinion is that it should end with it.

The third chapter presents the practical work of the doctoral student with a very large volume of research conducted, presented in three logically connected stages. Analysis of the database shows significant dependencies and regularities, largely confirming the author's preliminary expectations. The reliability of the information presented entirely stems from the doctoral student's rich practical experience and the opportunities for collecting experimental data from a large contingent over the years.

Scientific contributions

From the analysis of the doctoral thesis, I can summarize and summarize some main theoretical, methodological and practical-applied contributions:

- The dissertation represents an important contribution to the field of sports training in sports shooting. The necessary theoretical basis is provided and the most modern trends and methods in the field are analyzed.
- A practical diagnosis of the current state of the sports training system in Bulgaria has been carried out. The results of the study contribute to scientific knowledge in the field by identifying key factors influencing the final result, namely "sports achievement".

- A very serious and large-scale empirical study of the psychological factors influencing the sports achievements of sports shooting competitors has been conducted.
- A relationship between low sports achievements and temperament type has been revealed.
- The relationship between academic and sports achievements has been analyzed.
- A relationship between sports achievements and achievements in other areas such as relationships and training has been established.
- A connection has been established between high sports achievements and positive experiences of competitors, against the background of increased levels of family anxiety.

Through a thorough, comprehensive and targeted sports analysis, a complex conceptual framework has been developed for managing the sports training of sports shooting competitors.

The theoretical framework has been enriched by identifying key factors of great importance for the mental preparation and preparedness of athletes.

A complex toolkit has been developed for assessing the mental preparation of competitors, with minimal subjectivity, as well as a complex methodology for training with the corresponding result. The scientific and applied contributions are related to a developed and tested training program for developing attention, focus and tension regulation. A model has been built for assessing and supporting competitors. The formulated recommendations for practice are oriented towards real implementation of the results and have high practical and applied significance.

The results of the conducted research, as well as the diagnostic tests proposed therein, can be used to predict opportunities for high sports achievements.

Assessment of the abstract and publications

The abstract is well structured and reflects the content of the dissertation in a summary. The individual main parts of the work are presented, up to the essence of the development, namely the obtained results and analyses, the formulated conclusions, recommendations and scientific contributions.

The doctoral student has fulfilled the requirement for giving publicity to the work before the official defense, by presenting more than the minimum number

of publications. They reflect parts of the results, analyses and conclusions of the dissertation, which allows to build an objective initial idea of the process of its creation.

Critical notes on the dissertation

I consider it appropriate, correctly drawn conclusions and recommendations, as well as the conclusion to be presented in a separate chapter, which will improve the presentation of the work.

The conclusions are based on the overall research and its analysis and are presented in a completely informative and comprehensive manner. The recommendations arise logically from the work and are maximally oriented towards practical benefits regarding the preparation of sports shooting competitors, but would also be of significant benefit to other athletes.

The indicated possibilities for correction do not in any way diminish the merits of the extremely voluminous and rich scientific research, but would only contribute to its even better presentation.

Conclusion

The considered work provokes my professional interest through its relevance, innovation and practical applicability. From the in-depth analysis, I can express my professional expert opinion that the dissertation work is a completed educational and scientific product with certain contributions regarding its conceptual and methodological dimensions. The doctoral student demonstrates the necessary qualities to reveal, analyze, summarize and interpret scientific facts, events, processes, phenomena and regularities.

The work proposed to me for review possesses all the merits required for such a type of work. I give my positive assessment and with sufficient reason and conviction I propose to the esteemed members of the scientific jury to award the doctoral student ***Nina Stoyanova Dyakova*** the educational and scientific degree "**Doctor**" in the field of higher education 3., social, economic and legal sciences, professional field 3.4. Social activities, doctoral program "Social policy, psychological research and social work"

I personally vote with conviction "YES"

Prepared the review:

Assoc. Prof. Rasho Makaveev, doctor

12.03.2026

