

STATEMENT

By prof. Veselina Nikolaeva Ilieva, Ph.D.
Konstantin Preslavsky University of Shumen

Subject: dissertation work for the acquisition of the ESD "doctor"
Doctoral Program "Social Work, Psychological Research and Social Policies"
Professional field 3.4. Social activities, Technical University - Varna

Topic: ***Key factors influencing the individual performance and sporting achievements of male and female shooting competitors***

Author: **Nina Stoyanova Dyakova**

1. Relevance of the problem developed in the dissertation.

In the modern world, sport has a much broader meaning than a competition for medals – it is a space for building values, discipline and national self-esteem. At the same time, growing competition and technological progress require increasingly precise and scientifically based training of competitors. Today it is already clear that high results do not depend solely on physical qualities, but to a large extent on the development of cognitive processes and mental resilience.

This is especially true for sports shooting - a discipline in which concentration, attention control and the ability to control tension are crucial for the final result. In boys and girls, these skills are in the process of active formation, which makes their targeted study and development even more necessary. The lack of a systematic approach in this direction often leads to stagnation in results and a decrease in motivation, while well-structured psychological preparation creates conditions for sustainable development and higher sports achievements.

The coach also plays a significant role in this process, who, in addition to being a specialist in physical training, is also a factor in building confidence, discipline and mental stability in the young athlete.

In summary, the dynamics of modern sport and the specificity of sports shooting make the research in the current dissertation, developed by Nina Dyakova, not only timely, but also extremely relevant and socially significant.

2. Contributions.

The dissertation formulates scientific and applied scientific contributions that can be summarized in two main directions.

First of all, the first empirical study of its kind in the country was carried out, focused on the factors influencing the sports achievements of adolescents and girls in sports shooting. Significant relationships were established between sports results and a number of psychological and personal characteristics - including character traits, temperament type, emotional experiences and levels of family anxiety. The dependencies between sports achievements and academic results, as well as achievements in other areas of life, such as training and interpersonal relationships, were also analyzed. In addition, the lack of dependence between height and sports results was proven, as well as the discrepancy between the competitors' subjective assessment of the factors of success and objectively established indicators.

In a scientific-applied aspect, the "Multidimensional Assessment of Interoceptive Awareness" test (MAIA-BG2024) has been tested and a complex diagnostic battery has been proposed to identify psychological characteristics key to sports achievements. Factors that can

be purposefully developed in the training process have been identified, and the results of the study create the opportunity for a more precise assessment and prediction of the potential for high sports results.

I accept the above contributions in the form in which they are presented. They represent a scientific novelty, since for the first time in a national context a comprehensive and empirically substantiated model of the psychological factors related to sports achievements in shooting sports is proposed. In this way, the study not only complements, but also enriches the existing knowledge in the field of sports psychology and the theory of training in shooting sports, by offering specific opportunities for their practical application.

3. Critical notes on the presented work.

I have no critical remarks on the content, structure and scientific argumentation of the presented dissertation work. The development is consistent, well-founded and demonstrates in-depth theoretical preparation and ability for independent scientific research work.

I would encourage Nina Dyakova to continue developing her research activities by expanding empirical research and publishing the results in international scientific journals, which would contribute to the wider popularization and validation of the achieved scientific results.

4. Conclusion.

Considering the relevance of the developed issues, the clear formulation of the goals and objectives, the correctly selected and applied methodology, as well as the scientific and scientific-applied contributions received, it can be concluded that the dissertation represents a complete and independent scientific study. The results are reasoned, practically oriented and contribute to enriching the knowledge in the field of sports psychology and training in sports shooting. The candidate demonstrates in-depth theoretical preparation, analytical thinking and the ability to conduct empirical research with real applicability.

Based on all of the above, I give my positive assessment and propose to the esteemed scientific jury to award 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.

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Prepared the statement:
/Prof. Veselina Ilieva, Ph.D./