

## LIFE PLANNING AND MIGRATION THROUGH THE PRISM OF CALENDAR METHODS FOR STUDYING SOCIAL PHENOMENA

**Iliana NACHEVA, Viktoriya NEDEVA-ATANASOVA**

*Institute for Population and Human Studies,  
Bulgarian Academy of Sciences*

BULGARIA, Sofia 1113, Akad. G. Bonchev St, bl. 6

[i.nacheva@iphs.eu](mailto:i.nacheva@iphs.eu); [vnedevabas@gmail.com](mailto:vnedevabas@gmail.com)

---

**Abstract.** *The study presents a review of the scientific literature in the fields of life planning and application of calendar methods in social research. The essence and the origin of the calendar approaches are considered; an analysis of the advantages and challenges for researchers is presented. The current trends in the field are outlined, as well as recommendations for the design and procedures when working with calendars. Contribution to the field is the analysis of the applicability of calendar methods to research in the realm of migration and life planning. The connections between life planning and other constructs are traced. Special focus is put on the potential of the calendar approaches in the field of socio-psychological research and in particular in the study of psychological determinants of significant life choices.*

**Keywords:** calendar methods; mixed methods; life planning; migration.

---

*The article can be cited as follows:*

**Nacheva, I., Nedeva-Atanasova, V.** (2021). Zhizneno planirane i migratsiya prez prizmata na kalendar-nite metodi za izsledvane na sotsialni fenomeni. [Life planning and migration through the prism of calendar methods for studying social phenomena]. *Psychological Research*, Volume 24, Number 3, 239-268. ISSN 1311-4700 (Print); ISSN 2367-9174 (Online), (in Bulgarian).

© I. Nacheva, V. Nedeva-Atanasova, 2021

*Contribution:*

**Iliana Nacheva** – Introduction, Calendar methods: origins and essence. Application of calendar methods in social sciences: advantages and challenges. Applicability of calendar methods in studies within the field of migration and life planning. Conclusions: Research perspectives and possibilities, Abstract (in Bulgarian and English).

**Viktoriya Nedeva-Atanasova** – Life planning – definition and relation with other constructs; Life planning and migration; Studies on migration as an element of the life planning.

Submitted – January 2021

Revised – June 2021

Published – December 2021

The authors have read and approved the final manuscript.