

Осипова, А.А. Справочник психолога по работе в кризисных ситуациях. Ростов-н /Дону: Феникс, 2006.

Фетискин, Н.П., Козлов, В.В., Мануйлов, Г.М. Социально-психологическая диагностика развития личности и малых групп. М.: Изд-во Института Психотерапии, 2002.

Сведения об авторах

Ольга В. Гребенникова, кандидат психологических наук, доцент, Российский государственный гуманитарный университет, Москва, Россия; 125993, Россия, Москва, Миусская пл., д. 6; Психологический институт РАО, Москва, Россия; 125009, Россия, Москва, ул. Моховая, д. 9, стр. 4; grebennikova577@mail.ru

Наталья А. Голубева, кандидат психологических наук, доцент, Российский государственный гуманитарный университет, Москва, Россия; 125993, Россия, Москва, Миусская пл., д. 6; Психологический институт РАО, Москва, Россия; 125009, Россия, Москва, ул. Моховая, д. 9, стр. 4; 9268881525@gmail.com

Grebennikova O.V., Golubeva N.A.

Socialization in young and mature generations
during self-isolation and quarantine

Russian State University for the Humanities, Moscow, Russia

Psychological institute of Russian academy of education, Moscow, Russia

The article describes a study of socialization features in young and mature people during self-isolation and COVID-19 quarantine, in particular their awareness and behavior. The empirical research ($n = 400$) has shown that adults and young people use and trust different sources of information while socializing in the situation of self-isolation and quarantine. In this situation neither of the age groups experience panic but young people are more likely to feel irritated, although they do not see any death threat in the new virus. Young people have a positive attitude to self-isolation and quarantine while older people are calm. Both age groups have changed their daily routines, though all the respondents approve of the introduction of self-isolation and quarantine as a necessary and correct measure. Both young and mature people see the Internet as productive means of socialization in the current situation. However, the attitude to changes in the future is more positive among young people, while the mature generation sees it as ambivalent. This indicates precarity in people's minds as a result of self-isolation and quarantine. Constant changes in quarantine restriction terms, lack of algorithms or logics in behavior appear to be the strongest stressors for the majority of respondents. People chose to spend free

time in different manners according to their age and social status. There is a pronounced discrepancy between the expectations of self-isolation period and the actual results of self-isolation depending on age and social status.

Key words: socialization, uncertainty, self-isolation, quarantine, difficult life situation, awareness, behavior, youth, mature people, stress resistance

For citation: Grebennikova, O.V., Golubeva, N.A. (2021), “Socialization in young and mature people during self-isolation and quarantine”, *New Psychological Research*, no 1, pp. 93–111, DOI: 10.51217/npsyresearch_2021_01_01_05

Acknowledgments

This work was supported by the Russian Science Foundation, project 19-18-00516 “Transitive and virtual spaces – commonality and differences”.

References

Fetiskin, N.P., Kozlov, V.V., Manuilov, G.M. (2002). *Socio-psychological diagnostics of the development of personality and small groups*. Moscow: Izd-vo Instituta Psikhoterapii.

Grishina, N.V. (2008). *The psychology of conflict*. 2nd ed. St. Petersburg: Piter.

Kryukova, T.L. (2004). *The psychology of coping behavior*. Kostroma: KGU im. N.A. Nekrasova.

Kryukova, T.L. (2005). *The psychology of coping behavior in different periods of life* (Doctoral dissertation). KGU im. N.A. Nekrasova, Kostroma.

Martsinkovskaya, T.D. (2018). The new aesthetics of transitivity. *Psichologicheskie Issledovaniya*, 11(61), 12. Retrieved from <http://psystudy.ru/index.php/num/2018v11n61/1630-martsinkovskaya61.html>

Osipova, A.A. (2006). *Psychologist's guide to work in crisis situations*. Rostov-n / Don: Feniks.

Information about the authors

Olga V. Grebennikova, Ph.D (Psychology), Russian State University for the Humanities, Moscow, Russia; bld. 6, Miusskaya Square, Moscow, Russia, 125993; Psychological Institute of Russian Academy of Education, Moscow, Russia; bld.9-4, Mokhovaya str., Russia, Moscow, 125009, grebennikova577@mail.ru

Natalya A. Golubeva, Ph.D (Psychology), Russian State University for the Humanities, Moscow, Russia; bld. 6, Miusskaya Square, Moscow, Russia, 125993; Psychological Institute of Russian Academy of Education, Moscow, Russia; bld.9-4, Mokhovaya str., Russia, Moscow, 125009, 9268881525@gmail.com