

18	Считаете ли вы Интернет в ситуации карантина из-за коронавируса продуктивным средством социализации людей?			
19	Считаете ли вы, что наше будущее изменится в сторону развития новых технологий во всех областях?			
20	Считаете ли вы, что в будущем будут стремительно развиваться на разных интернет-серверах новые онлайн-развлечения, общение?			
21	Считаете ли вы, что изменения в будущем для человечества будут позитивными?			

Ключ:

Шкала «Фрустрация пространства»: 12, 13, 15

Шкала «Степень опасности»: 5, 7, 8, 9 (-), 14

Шкала «Способы защиты»: 10, 11, 18

Шкала «Информация»: 1, 2, 3, 4

Шкала «Будущее и цифровые технологии»: 19, 20

Шкала «Эмоциональное состояние»: 6 (-), 16

Шкала «Фрустрация времени»: 17

Шкала «Будущее и реальность»: 21

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Questionnaire « Pandemic COVID-19: emotional experience»

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The article analyzes the role of real and network space in a situation of forced self-isolation during a pandemic. It shows the need to work up a meth-

odology that reveals the connection between different aspects of attitudes towards a pandemic – behavior, choice of information, emotional attitude, vision of the future. The necessity of research is revealed that in the quarantine situation many daily habits and rituals were frustrated, and these changes in the psychological aspects of everyday life had a particularly hard impact on the emotional state of people, while the inability to see loved ones cut off by spatial boundaries especially negatively affected emotional stability. Negative emotional experiences are also associated with anxiety related to the flatness of the economic situation and the fear of losing a job. This situation is essentially a situation of crisis transitivity, which affects not only the emotional sphere of the psyche, but also the cognitive and behavioral ones. Informational choices are of no less importance, with the Internet becoming to a large extent not only a source of information, but also a space of life. The stages of development, research, testing and validation of a questionnaire consisting of five blocks are revealed. The sample was divided into two age groups: “young” 16–35 years old (N = 85, average age = 28.3) and “mature” 36–60 years old (N = 85, average age = 46.2). As a result of the analysis of reliability using the α Cronbach coefficient, indicators were obtained that are within the acceptable level – from 0.51 to 0.70. Thus, we can say that, in general, the scales of the technique are a fairly reliable tool for diagnosing various aspects of experiencing the COVID-19 pandemic. Currently, a procedure has begun for testing a new version of the questionnaire aimed at studying the psychological state during the second wave of the pandemic. The approbation of a questionnaire aimed at studying the psychological aspects of precariousness has also begun.

Key words: internet and real space, COVID-19, pandemic, quarantine, emotional well-being.

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