

THE IMPACT OF DIGITALIZATION DURING QUARANTINE ON HUMAN LIFE

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Abstract: This article examines the causes, factors, interrelationships and certain consequences of the influence of digital load and social networks on the vital activity and psychological state of people during quarantine. In addition, the issue of the impact of digitalization on the younger generation is being considered.

Keywords: personality psychology, quarantine, social networks, digitalization, digital influence.

Every year, our modern society is increasingly immersed into the virtual world, using nano-technology. Politicians call on the whole society to switch to digitalization as soon as possible, by means of using it in different social spheres, for instance: in educational institutions, in department stores, at the post offices, in the banks and various events. However, each of us experienced the full process of digitalization during the so-called "Coronavirus Pandemic", which began in the middle of March 2020.

Since the 26th of March, a "self-isolation" regime was introduced throughout the country, and all schoolchildren stayed at home due to "quarantine", after which this situation was extended until the 30th of April, and then until the 11th of May. Then, schools and universities switched to distance education, which, by the way, continues to this day in some parts of the country.

Distant education, as we can see, affected the level of students knowledge. For some people, distant learning has become quite an attractive alternative, and for others it's become a huge problem. Many schoolchildren and students complained about the full workload, not being able to tear themselves away from the computer monitors and even do the necessary household chores, because they had to study the material online and send their work to the teacher, and do it quickly and efficiently.

Not only children, but also teachers, parents, and employees of institutions who were forced to work online in one or another social direction became hostages

of "digitalization" during the "Pandemic". The remote work mode has not become close to everyone. Working from home, as it turned out, is one big area of unpredictability. An important signal about the difficulties was the negative feedback from customers. It turned out that specialists in different areas, due to uncoordinated actions, began to provide the client with different data on the status and deadlines for completing tasks. Remote work requires simple but critical things: everyone should have instant and permanent shared access to tasks, their status, materials, and project groups.

People have become so aware of the fact that it is unbearable to work online that even to this day, protests are organized just to fend off the digital influence that oppresses them. Many parents began to refuse distance education not only in the central cities, but also in remote areas.

Thus, we can see that the "Pandemic" perfectly showed how much society is ready, or rather, not ready to switch to a permanent mode of digitalization.

At the same time, it is worth noting that constantly using and staying in the digital system, a person ceases to see reality as it really is.

The problem of the loss of spiritual values during digitalization is revealed in many modern articles of various figures. In particular, it is possible to consider this problem in the forum "The New Reality", which took place on 15.05. 2020 in the "online" format. At this event, one of the participants, Zelfira Tregulova, General Director of the State Tretyakov Gallery, expressed her position in a more acute form on this topic.

I believe that Zelfira Tregulova is right in her beliefs about the fact that life and culture in general can be understood only through a "live view", receiving a lot of emotions and impressions that cannot be felt through the "online" system. People begin to lose the live contact and experience the sincere range of emotions that each of us needs.

The participant of the event convinces that if people live only in virtual reality, they will become like biorobots, who are not able to feel and perceive the

real world as it is around us. Along with the beauty that will not be noticeable while sitting at the computer.

Speaking about other problems of digitalization, it is worth noting that the bad influence of social networks, various sites, connections, and other things on children and adolescents had a great impact in this situation.

In the modern world, there is a huge number of information flows, most of which are freely available. Of course, the young people find the most interesting content, in connection with which they have idols. Therefore, it is important to study the positive and negative aspects of such a phenomenon as the presence of an "inspiring personality". Young people are more susceptible to the influence of others, because during this period they are forming their position and their "I". It is for this reason that young people and children are more influenced by digitalization, through which they plunge into a completely different world.

Thus, we can conclude that in some cases digitalization may affect society in a negative way if we consider this issue from the point of view of psychology. Psychologists agree that isolation from society, lack of work and limited opportunities often cause depression and severe stress. The latter, in turn, can even encourage a person to commit domestic violence and other criminal acts, including murder. Psychological assistance is one of the main components of assistance to the population faced with emergencies and natural disasters. Among the main factors that can provoke negative consequences of self-isolation for the psyche, scientists include the duration of quarantine, fear of infection, boredom, lack of resources, difficult access to medical and household services, and the dissemination of inadequate information.

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