

LIFE AND SOCIAL WELL-BEING OF UKRAINIANS IN QUARANTINE CONDITIONS: ACCORDING TO THE RESULTS OF SOCIOLOGICAL SURVEYS

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Abstract: The COVID-19 pandemic and related quarantine have made some adjustments to the way of life. The article aims to propose requirements to protect Ukrainians from the disease and reduce its impact. The study presents the results of an online survey and a semi-structured interview aimed at finding out how quarantine measures have changed the lives of Ukrainians, how safe they feel, and whether quarantine has deepened misunderstandings and conflicts in the family and workplace. Research shows that most Ukrainians are interested in information about the coronavirus, follow safety measures, try to keep their family budget, work remotely when necessary, ready for changes that may occur after a pandemic, although hoping for an optimistic scenario. It is important to emphasize that, despite the global trends of rising tensions in the family, the emergence of conflict situations, increasing the number of cases of violence against family members, Ukrainians surveyed did not share this view. In a series of semi-structured interviews, there were trends of family cohesion, spending more time with family. Therefore, the online survey results showed that quarantine had affected the Ukrainians' perception of their lives, the lives of their relatives, and they are open to change. The results of the semi-structured interviews highlighted the difference in the perception of different groups of the population.

Keywords: COVID-19, Population health, Quarantine, Social well-being, Way of life of the population.

1 Introduction

Modern society is constantly exposed to various influences both from the outside and from within. The need to adapt to such changes undoubtedly affects both the life of society as a whole and the lives of communities and individuals. The year of 2020, for the population of the planet, including Ukraine, will remain the year of one of the largest pandemics in the world. Its consequences must already be calculated by specialists in various fields. But today it is becoming clear that the COVID-19 pandemic is not only a medical but also an economic, cultural, and social problem.

For Ukraine, which has been independent for only 30 years, the pandemic has become a real challenge, the strictness of compliance with quarantine requirements has affected the lifestyle and social well-being of the population. There is a certain revision of values, people get used to living in new conditions, in a new social reality. In addition to the economic factor, which plays an important role, the level of social well-being of the country's population is a kind of indicator of life in such conditions. In domestic sociology, there are several approaches to determining the social well-being of the population:

- 1) The first approach is outlined through the concept of human satisfaction with different aspects of life. In this case, we can talk about the existence of certain parallels between the concepts of "social well-being" and "integrated life satisfaction" [11].
- 2) The second approach is closer to the consideration of social well-being as an integrated characteristic of the implementation of the life strategy of the individual, the attitude to the surrounding reality, its subjective side [18, p.230].
- 3) In the third approach, social well-being is defined as the so-called "syndrome of consciousness", which reflects the attitude to the relationship between the level of requests and the degree of satisfaction of vital needs [24, p.467].

2 Literature Review

The contribution to the development of the issue was made by E. Golovakha and N. Panina, studying the social well-being of the population in the conditions of transformation of society. The relevance of the direction is also emphasized by the fact that social well-being may relate to a certain social group, such as students [23].

Social well-being can be considered in the context as an indicator of social protection and the effectiveness of public policy in the social sphere [10].

The broad meaning of the concept of "social well-being" synthesizes many qualitative and quantitative indicators, which together characterize the level of individual social balance.

As part of our study of social well-being and life of the population, we turn largely to the first and second approaches. At the same time, the research (which will be described in more detail below) was conducted during the quarantine period, so it also covers health problems.

Health in modern society is seen as a global problem, which at the level of society determines its ability to survive, and at the individual level the ability of the individual to self-actualization [16, 17, 21, 22].

According to the WHO, health is not only the absence of disease, but also a certain level of physical fitness, preparedness, functional state of the body, which is the physiological basis of physical and mental well-being. Health is determined by a person's lifestyle and the state of the environment [10, 27]. Observations of scientists show that human health is 45-50% determined by lifestyle, 20% by the impact of the environment (natural, man-made), 20% by heredity, and 8-10% by health, nutrition, etc. [26].

There is a fact common to different definitions and approaches that the concept of "health" is contrasted with the concept of "ill health". The starting point for the medical and social interpretation of the concept of "health" is the definition adopted by the WHO as a state of "complete physical, mental and social well-being, and not only as the absence of disease and physical disabilities" [12, p.23, 25, p.61-63.] The transition from health to disease can be seen as a process of gradual reduction of the body's ability to adapt to changes in social and industrial environment, which ultimately leads to a decrease in social and labor functions.

According to the WHO, it is necessary to assess a person's lifestyle not only from a biological but also from a medical and social point of view. Social factors are determined by the socio-economic structure of society, the level of culture, production relations between people, traditions, customs, social attitudes in the family and personal characteristics [13, 14].

Most of these factors, together with the hygienic characteristics of life, are included in the generalized concept of "lifestyle", the share of whose impact on health is more than 50% among all factors, while the share of social factors is from 18 to 22% [3]. Biological characteristics of a person (age, heredity, constitution, temperament, adaptive abilities, etc.) make up no more than 20% of the total share of factors influencing health. Only a small part (8-10%) of health indicators is determined by the level of medical services [4].

Therefore, human health is a harmonious unity of biosocial qualities due to innate and acquired biosocial properties, and disease is a violation of this harmony. A concept closely related to the concept of health is the concept of risk factors (RR) that contribute to the emergence and development of diseases. RR is external influence or feature of the organism, which lead to an

increased risk of disease or other adverse outcome [20, p.137-138].

The main factors that determine health include the following:

- Environmental factors – the climate of the area, terrain, flora and fauna of the area, solar radiation, average annual temperature, a set of space factors;
- Biological and psychological factors that characterize the individual: heredity, adaptive properties of the organism, temperament, constitution, behavior, i.e., what characterizes the individual;
- Socio-economic factors – socio-economic and political development of society, living conditions, work, life, etc.;
- Medical factors – the state of health care, the development of health services, defects and shortcomings in the organization of medical care, medical activity of the population [1, 2, 3, 5-7, 14].

The functional state of the body in the interval between normal and pathology determines the risk of disease. Risk is understood as the probability of any adverse event [20, p. 137-138].

Therefore, the level of health can be defined as the body's ability to resist disease. Therefore, the higher the level of health, the lower the risk of developing the disease. The level of risk of developing the disease depends on the RR and the strength of their impact on the body of a particular person.

There are primary RR, which depend on socio-economic, political, natural conditions, and secondary RR, which contribute to the emergence of pathological conditions and the development of diseases. Therefore, in addition to the generally accepted indicators for health, indicators are important to assess the functional state of the body by various physiological and biochemical changes that do not cause disease, but reduce the body's adaptive capacity and are combined into premorbid conditions.

A number of attempts at a multicomponent approach to health have been made in modern scientific thought, and the ideologues of its holistic model are R. Aizman, B. Bratus, M. Goncharenko, I. Dubrovina, I. Yezhov, V. Kukushin, and others.

3 Materials and Methods

The issue of health is especially relevant in the period of epidemics and pandemics and becomes particularly acute in the period of rapid spread of diseases, including infectious. We live in a time when the introduction of quarantine and self-isolation have become prerequisites for maintaining the health and lives of citizens of different countries, and Ukraine is no exception. In view of this, an online survey on the topic: "Living in quarantine" was conducted at Volyn National University named after Lesya Ukrainka in order to understand how the life of Ukrainians changed during quarantine.

The survey was conducted during the month (mid-April to mid-May) of 2020, and a number of semi-structured interviews were conducted (120 people of different ages, genders and statuses were interviewed). The interview was conducted in October-November 2020.

Residents of Ukraine were invited to participate in the online survey. A total of 322 people took part. The aim of the research was to find out the impact of COVID 19, including quarantine measures, on the life and social well-being of Ukrainians:

- Has their life changed during quarantine?
- To what extent has the need to stay at home with family affect the cohesion of family members?
- How did Ukrainians react to our new form of study and work distance one?

The online survey was conducted during the period of quarantine, when a significant part was not yet fully aware rather of not the consequences but of living conditions at that time.

There was also a series of semi-structured interviews (autumn 2020) at a time when the population already understood the risks of the disease, the need to comply with certain requirements. At the same time, according to various studies, during the quarantine period, the number of conflicts in families increased, and cases of violence increased. The purpose of this semi-structured interview was to find out to what extent conflict has increased in the families of Ukrainians, in particular Volynians (since this survey was conducted within the Volyn region).

4 Results and Discussion

Let us consider the results of an online survey. Thus, as the analysis of the results of respondents' answers to the question "Today, many countries around the world are affected by the coronavirus pandemic. Do you follow the news about the coronavirus pandemic in Ukraine and the world?", 85% of respondents answered "yes", 15% answered "no". Since the pandemic, first of all, was a new phenomenon for Ukraine, such an increased interest in the topic is justified. The next question concerned information channels.

Usually, the sources of information about the coronavirus were Internet resources (83.2%), television (46%), as well as information from friends and colleagues (23.9%). In the first place, there are Internet resources, because they are very popular as a source, among young people and middle-aged people, but television is also trusted by a large proportion of respondents (Figure 1).

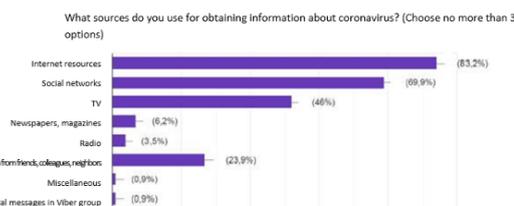


Figure 1 – The sources of information about the coronavirus, according to survey results

In the spring of 2020, it was not yet known about the duration of the pandemic and quarantine (in fact, this information is not available today, there are only forecasts of experts), so respondents were asked about the so-called "touchless economy".

28.3% of respondents have a "positive" attitude to the probable introduction of a "touchless economy" (contactless economy with preservation of the mask system in crowded places and constant disinfection), "rather positive" attitude is in 40.7%, "negative" 8.8%, 15% have not yet decided on the answer to the question. Almost a third positively assessed this need, but still could not decide on their choice (Figure 2).

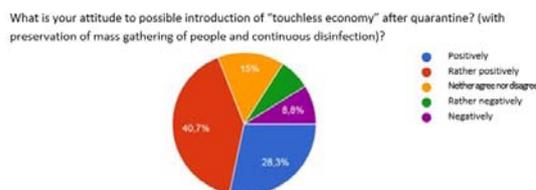


Figure 2 – Attitude of respondents to the probable introduction of a "touchless economy"

In general, during the introduction of quarantine, Ukrainians proved to be responsible and disciplined people. We follow the same trend also analyzing the results of our online survey: "yes, I adhere to quarantine" was chosen by 70.8% of respondents, "no, I do not adhere" - only 1%.

At the same time, almost a third of respondents chose the option "sometimes adhere" (Figure 3).

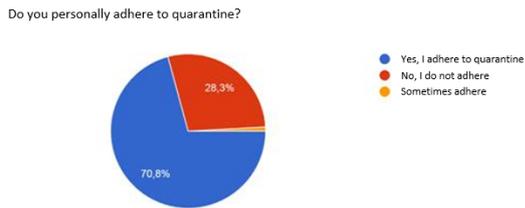


Figure 3 – Respondents’ adherence to quarantine

Since the epidemic is a term from the past for the present generation, we decided to find out what Ukrainians put in this concept and what it means for them to get infected with coronavirus. So, we got the following results: “The coronavirus epidemic (pandemic) for you is the following”: 64.6% of respondents say that “the coronavirus exposed the problems of every country, including Ukraine, showed an extremely imperfect health care system”; 50.4% of respondents choose the answer “the disease is complex, but, in my opinion, the information about it is very inflated by the media”; 31% think that this is a “period that will end sooner or later” (Figure 4).

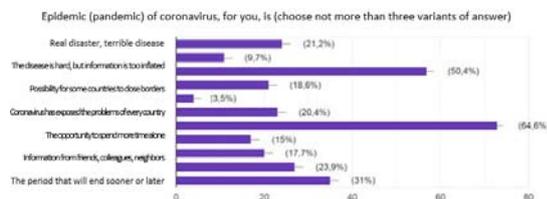


Figure 4 – Respondents’ perception of coronavirus epidemic (pandemic)

“Getting coronavirus” for 41.6% of respondents is “nothing, I will have to overcome this disease, I hope that my immune system will cope”; 31.9% “try to treat it calmly, in the end, the disease is mostly easy, sometimes even asymptomatic, and only a small proportion of patients need hospitalization”; 4.4% believe that “this is the end, there is no cure for this disease”; 2.7% “are not afraid to get coronavirus” (Figure 5).

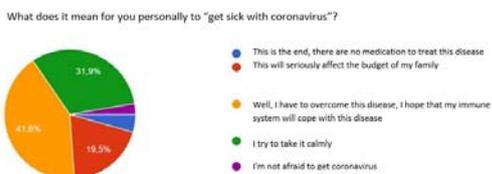


Figure 5 – Personal attitude of respondents to “getting sick with coronavirus”

During the period of quarantine, the understanding of safety had a special meaning. Therefore, the next question was how safe Ukrainians feel during quarantine. 85% of the residents took the option “I try to find my own safety, think independently, at home, and on the streets, observing the instructions”; 9.7% say “What kind of security can we talk about in such a difficult time!”; 5.3% say about the fact that “the mask mode at least created a feeling of security” (Figure 6).

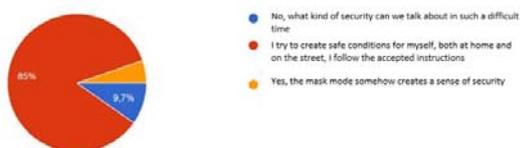


Figure 6 – Sense of security in respondents concerning coronavirus

Since quarantine is a new format of life for Ukrainians, it was important to find out how the population spends their time. When asked “How do you spend your time during quarantine” 37.2% and 54.9% respectively “continue to work remotely” and “continue to study remotely”; 38.9% “communicate with family and friends” and “do housework”; 25.7% of respondents are engaged in self-developing; 8.8% “try to find opportunities for part-time work because of lacking family and personal material resources”; quite a large number (30.1%) “use social networks”. Given the answers, many respondents work or study, find time for self-development and communication with family (Figure 7).

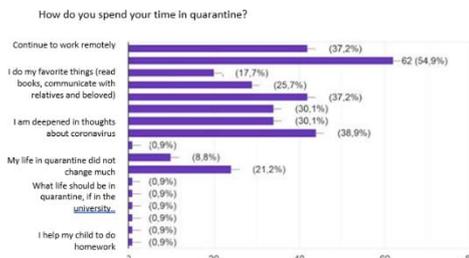


Figure 7 – Respondents’ time spending in quarantine

One third of respondents indicated that they use social networks along with other activities, so the next question was about the length of stay in social networks. In general, 94.7% of respondents who took part in the survey use social networks. Of these, 39.8% use them “from 1 to 3 hours”, 15.9% - “from 5 to 8 hours” (Figure 8).

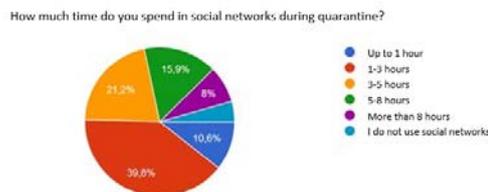


Figure 8 – Respondents’ time spending in social networks

The following questions concern those who work and study. Thus, 49.6% have a “positive” attitude to distance work, believing that “it is good if someone can work without leaving home, and at the same time receive a salary”; 30.1% show a neutral position, noting that they are “calm regarding remote work”, someone works remotely, someone not remotely”; 20.4% of those surveyed rated distance work as “negative” because it is “a kind of discrimination, not everyone can work from home, many have lost their jobs due to quarantine and inability to work remotely” (Figure 9).

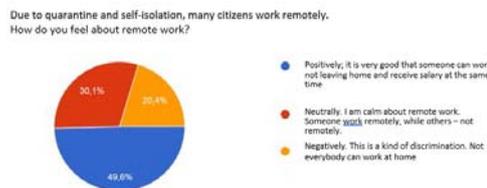


Figure 9 – Attitude of respondents to remote work

As for the distance learning, 43.4% of the respondents were positive about it, as they emphasize the fact that “what kind of security can we talk about in such a difficult time ”; 31% are negative and note that “distance learning is not learning, at least because the possibilities of process control are significantly limited”; 25.7 observe neutrality: “If there are no other opportunities available, then it is possible to study remotely” (Figure 10). It should be noted that the problem of distance learning is the subject of research not only of Ukrainian

researchers, but also, for example, Slovak, who in particular focus on this form of higher education. [9].

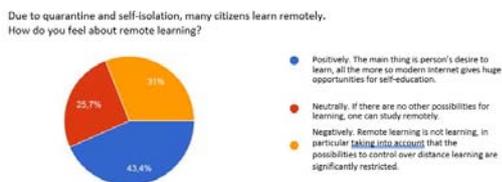


Figure 10 – Attitude of respondents to distance learning

Quarantine caused a number of inconveniences, and the next question concerned this aspect. Thus, significant problems that arise during quarantine, according to our respondents, are the following: “inability to be in the fresh air” - 45.1%, “lack of funds” -32.7%, “lack of work” -25, 7%. 12.4% of respondents point to family conflicts, and 13.3% point to the inability to buy food (Figure 11). Despite the lack of fresh air, funds and lack of work as the main problems of quarantine, all Ukrainians said that there were no many problem and conflict situations.

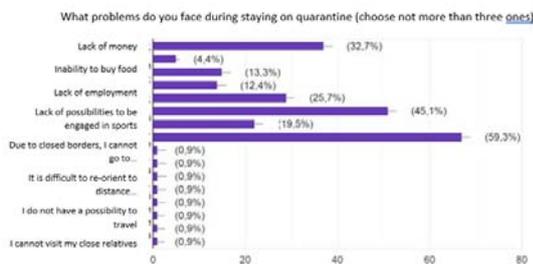


Figure 11 – Problems respondents face staying on quarantine

Moreover, when asked “What was your relationship with family and friends during quarantine”, 68.1% say that it “has not changed”, for 14.2% say it “improved but not significantly”, for 8% chose the answer “deteriorated, but not significantly” (Figure 12). That is, quarantine, for most respondents, did not change the socio-psychological climate in the family.

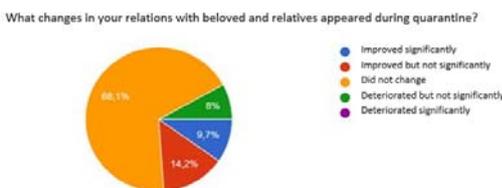


Figure 12 – Distribution of respondents' answer about changing their relationship with relatives and beloved

This is evidenced by the answers to the following question about conflicts. Conflicts “practically do not occur” in the families of 46.9% of respondents, “often occur” in 8% (Figure 13).

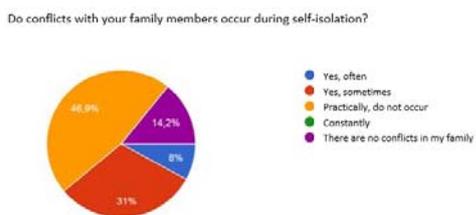


Figure 13 – Frequency of respondents' family conflicts during self-isolation

The question of how the lives of respondents will change after quarantine is also of interest. As for life expectancy after the lifting of quarantine, 40.7% believe that it “will not change”;

15% say it will “get worse, but not significantly”; only 4.4% of respondents are pessimistic and choose the option “significantly worse” (Figure 14). As can be seen from the data, the majority is optimistic, although at that time the forecasts of experts were already disappointing.

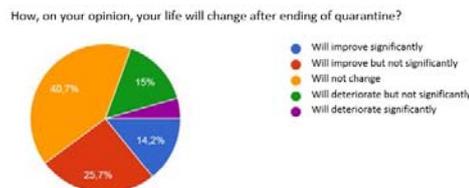


Figure 14 – The distribution of respondents' answers to the question how they expect their lives to change after ending of quarantine

Regarding the distribution by form of activity, during quarantine more than a third (35.4%) of respondents “work remotely”, a little more than a third (31%) are those who study, 8% work both remotely and from time to time go to work; and 3.5% “lost their jobs during quarantine” (Figure 15).

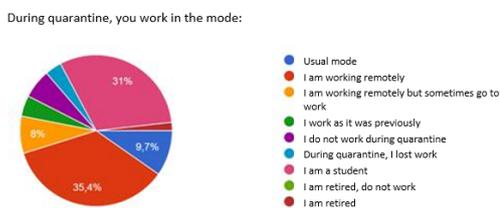


Figure 15 – Respondents' mode of work during quarantine

The gender distribution of survey participants is as follows: 15.9% men, 84.1% women. The average age of respondents is 34 years.

During the second wave of coronavirus, we used interviews as a method of collecting and obtaining data. In order to find out how much the life of the people of Volyn has changed, the method of Panina was used, which provided for self-assessment of everyday events and the survey concerned Ukrainian society as a whole. According to the sociologist V. Sereda, conditionally this technique can be called “One day in the life of the country in events, moods and conflicts in people’s assessments” [19].

It is worth noting two important features of our study:

- 1) We chose only Volynians to determine the past day;
- 2) We did not separate working days and weekends, because during the quarantine, all days had approximately the same set of activities and approximately the same conditions for their implementation.

In total, we interviewed 120 Volynians by different socio-demographic characteristics: gender, age and social status. Our respondents were Volynians aged 14 to 78, thus covering all age groups, by sex: 52.5% women and 47.5 men, respectively, by social status: 10% older (retired), 63% youth (pupils and students), 37.5 middle-aged respondents (working and unemployed, by the way, the share of the latter is less than 2%).

The survey was conducted according to the following algorithm:

- 1) “What events do you remember the most? Write in order of importance to you personally”;
- 2) “How did you assess yesterday for yourself personally?”;
- 3) “Did you have conflicts yesterday?”

Thus, the following results were obtained: for almost a third of young respondents yesterday was better than the previous one, for 10% it was worse, while 60% of young people did not notice the difference between yesterday in quarantine and without it.

For the middle generation of respondents, yesterday was mostly normal as well, only 15% considered it better than the previous one and 5% – worse.

Almost all representatives of the older generation noted that yesterday did not differ from the previous ones, only 8% of respondents considered it worse. It is probable that the assessment of the youth of the previous day turned out to be such, because their day is already quite busy and they spend a lot of time on their affairs. Middle-aged people (workers) are preoccupied with everyday affairs, both work and household, so no special changes were noticed. For the older generation, mostly retirees, the last day seemed normal because they spend so much time at home doing their usual things.

The next question was about the ‘content’ of the day. So, yesterday’s youth was full of a variety of things: from learning tasks to recreation. A significant number of respondents noted that they began to pay more attention to parents and relatives in quarantine, spending time with them, for example, “breakfast or dinner together”.

Quarantine deprived them of real-life communication, so young people met this need through social networks and messengers such as Telegram. Many young people noted that they spent even more time in quarantine on social networks than usual, thus compensating for communication in real format. Some young respondents indicated the need to read books, watch movies and listen to music. Almost 15% mentioned things that were either new or rare for them, such as “studied English”, “made homemade pizza”, “made a delicious cake for the family”, “finished a term paper”, “Engaged in athletic walking”.

For middle-aged people, yesterday’s quarantine was mostly spent in ordinary matters: “cooking”, “working in the country”, “working in the garden”, “going to work”, “working on social networks”, “going to the store”. Some respondents noted that the quarantine affected the fact that some things were done for which there was not enough time, in particular, “repair of the bicycle clutch”, “repaired the car”. Also, women pointed to such cases, which are usually ignored on ordinary (non-quarantine days) – “dyed hair”. So, for middle-aged people, quarantine is basically a time to do the usual things.

The older generation of respondents did not notice any significant differences in their daily lives. Yesterday was filled with the same things as, for example, “cooking”, “cleaning the house or apartment”, “planting potatoes”. The biggest news mentioned by this category of respondents is “cooking according to a new recipe”.

Analyzing the respondents’ answers about the types of cases they dealt with, they noticed the following features:

- 1) As a rule, the set of activities for the day was no different;
- 2) The simplest cases in quarantine became a memorable event;
- 3) Young people paid more attention to recreation, education and self-development;
- 4) Representatives of the middle and older generation noted, as a rule, those things that are done daily and are really routine.

As for conflicts, the older generation noted that there were none, 17% of the middle generation recalled conflict situations at work or with relatives and neighbors, while almost everyone acknowledged the past day was not worse, but as usual. In the group of young people compared to previous groups, the most conflicts, in particular, were conflicting situations with friends, family, loved ones, neighbors and even online games.

In general, it should be noted that the quarantine did not change the daily routine of the people of Volyn, they also sought to perform everyday tasks, learn something new, communicate with loved ones.

5 Conclusion

Thus, according to surveys, Ukrainian citizens monitor the situation with the coronavirus to prevent the spread of the disease adhere to quarantine measures, more than 40% treat coronavirus as a disease that must be overcome without panicking. Despite the quarantine conditions, most respondents feel safe. Although forced stays at home have become a challenge for many, despite the fact that most of the respondents during quarantine study or work remotely, they find time to do their favorite things and communicate with relatives. It is interesting to note that, for many respondents, quarantine did not damage relations with relatives and did not help to get into conflict situations.

The most significant problems in quarantine were the lack of funds, lack of work and inability to spend enough time outdoors. Although quarantine in Ukraine has been going on for a long time, and many respondents believe in life after quarantine, they hope that it will improve or not change, while only less than 5% of Ukrainians are pessimistic. In general, living in quarantine has shown the importance of supporting the family, having a job, the need to maintain an optimistic attitude to life after quarantine.

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Primary Paper Section: A

Secondary Paper Section: AO, AQ