

INFLUENCE OF THE CORONAVIRUS PANDEMIC ON SOCIAL PROCESSES IN RUSSIA

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Abstract: This article is devoted to the main socio-economic consequences of the coronavirus pandemic in the world and in Russia. The new COVID-19 coronavirus infection, which has infected more than 36 million people worldwide since December 2019 (data as of October 20, 2020), not only caused chaos in economics and collapse of social activity (due to widespread quarantine or, as in Russia, voluntary lockdown). It became a catalyst for technological changes that can stay with us for a long time even after the creation of a medicine or vaccine. Robotic dogs on guard of public health are only one of the signs of the new time, which are already visible in various areas of human life. Initially, the article focuses on the economic consequences of a viral infection. Its influence on migration and demographic consequences is considered. Its influence on the subsequent state of health is also traced. The authors analyzed the impact of the coronavirus epidemic on the prospects for labor force development and employment.

Keywords: coronavirus infection, socio-economic consequences, economics and epidemic, migration and epidemic, health and epidemic, employment.

1 Introduction

The consequences of the coronavirus pandemic will have a fundamental impact on the economic, political and social spheres of our society. The coronavirus epidemic has revealed specific and general problems of the Russian state and the global society as a whole. It sent a long-unseen challenge, burdening the entire social system with a variety of difficulties from problems associated with physical diseases to problems associated with social and economic development. No one knows how long the outbreak of the new coronavirus will last and what countries will be most affected by it, how many people will become infected, and how many lives this disease will take on a global scale. But the likely economic, political and social consequences of the current pandemic are already demonstrating their essence. More and more scientists and experts are expressing the opinion that humanity has entered a new stage in the formation of the world order.

What will become a society in Russia? Will there be a modernization shift in basic values after the fight against coronavirus in the world comes to an end? Will they become more liberal or more conservative? In our opinion, this depends on a comparison of the course and results of the struggle against the pandemic in the USA, European countries and in Russia. The impressions of Russian citizens are formed on the basis of statistical data, evidence of experts (both Russian and foreign) about the state of affairs in the fight against coronavirus and the reasons for the disastrous state of citizens in these countries (Averin & Sushko, 2020).

2 Literature Review

From an economic point of view, the negative impact of the coronavirus epidemic is measured not only by the number of people infected and sick, but also by the economic consequences that have arisen in connection with it (2). Thus, the coronavirus affected all global markets, which led to a drop in stock prices and bond yields.

In addition, this epidemic has led large institutions and banks to lower their forecasts for global economic growth. Thus, The European Commission has lowered its forecast for the global economic downturn due to the COVID-19 pandemic in 2020 to 3.8%. The EC also lowered expectations of economic recovery in 2021 to 4.7%. In the spring, a decline of 2.9% in 2020 and a subsequent recovery of 5% in 2021 were forecast (Burns, 2020). The epidemic had a negative impact on the service sector, retail trade, tourism, and brought sharp restrictions on various types of transportation, which could not but affect the economics and business in many countries. The consumer market has been significantly reduced.

The contraction in manufacturing activity has led to a decrease in oil demand and prices. The spread of COVID-19 has worsened investor sentiment, leading to a lowering of the share prices in major markets.

The epidemic has led to a reduction in the tourism industry. Due to the lack of foreign tourists, Russian business missed 600 billion rubles in January - October 2020. In the summer, the head of the Federal tourism Agency estimated the total losses of the industry at 1.5 trillion rubles (Doguzova, 2020). Restrictions on people's movement and travel cancellation both in the business and entertainment sectors have become noticeable due to the population's fear of illness and the inability to return to their business.

As for the impact of the coronavirus epidemic on the Russian economy, the following can be noted: the country will overcome the economic consequences, according to experts, from 1 to 4 years (Business, 2020). This, of course, is not yet an economic recession, but without the mobilization efforts of management at all levels, these difficulties cannot be overcome.

In the struggle for the lives of people, it was necessary to sacrifice the service sector, mostly small and medium-sized businesses, to suspend the activities of clinics, kindergartens, schools, universities, libraries, sports centers, and entertainment facilities.

In addition, it was necessary to establish a strict regime of self-restraint and personal hygiene, which limited a person's ability to move, which, naturally, could not improve the well-being of an ordinary person and could lead to an exacerbation of coexisting and chronic diseases, that is, to a deterioration in person's health (Caduff, 2020).

In the area of attitude to hydrocarbons, Russia did not stand aside from global trends: their overproduction, coupled with rising prices for them, could not but affect the deterioration of the economic situation in general, and a decrease in the country's export potential. In these conditions, additional efforts are required to stimulate the production and consumption of goods and services within the country under special conditions of decreasing demand for them. Apparently (and this is already clear), it will be necessary to significantly change supply chains in distribution cycles, change people's attitudes towards redistribution processes (Burns, 2020).

Another economic problem in connection with the coronavirus is related to the loss of income of the population due to partial or complete loss of work (Sadiq, 2020). The accumulated funds are not enough, and the credit funds are no longer affordable. The role of the state is also insufficient, although in these conditions it provided all possible assistance.

Now, not only the low-income people and pensioners are forced to be in the regime of saving, but also a significant part of the so-called middle class, which, like everyone else, concentrated its resources on the purpose of primary consumption, practically not investing them in industrial investment, including the construction market, production of finishing materials, furniture.

The crisis also gave rise to migration problems, especially in large agglomerations (Pronchev et al., 2019). So, for example, Moscow, being the largest of them with 160 nationalities living in it, became the first city in Russia that was attacked by the coronavirus both in the number of infected and in the number of deaths, began to lose migrants, both due to the termination of transport links and due to panic reactions from guests and employees of the capital during the winter and spring of 2020.

Another problem associated with the epidemic is the outflow of migrants from the economic space of Russia. The net outflow of

migrants from abroad in January-August 2020 decreased by 2.4 times, to 69.1 thousand people, compared to 166.7 thousand for the same period a year earlier in Russia (Rosstat, 2020). Most often, these people were employed in the service and trade sectors. Their departure led to a decrease in demand for rent and credit loans.

The health and beauty industry has also suffered. Every tenth beauty salon and every fifth fitness club in Russia did not survive the pandemic (Kolganov & Reprintseva, 2020).

Today it is rather difficult to name the ways to overcome the risks in each of these sectors since it is rather difficult to determine the end of the epidemic. It can last and change.

Moreover, restrictive measures cannot have an immediate effect when a large part of the economy is in a state of collapse. If the authors are not talking about complete stagnation yet, then the world and Russian economic crisis testifies to its long-term nature.

At the same time, practice shows that preventive measures in Russia as a whole turned out to be the most effective in the world, where the population was able to develop the so-called "collective immunity" and localize morbidity by age composition, climatic peculiarities and other factors.

It remains to be hoped that the correct social and economic policy of the state will make it possible to compensate for the physical and social losses of the population in the shortest possible time.

Let us consider the negative impact of the coronavirus pandemic on demographic processes. As a result of this impact, Russia will face another dip in the number of births, the depth of which will depend on the duration and severity of the crisis. Demographers from the Russian Academy of National Economy and Public Administration (RANEPA) warn about this (Makarentseva & Khasanova, 2020). They note that the experience of previous epidemics has shown that after them there is a "pause in pregnancies": the number of births is reduced by 15-25% of the average monthly rate. The results of this trend will depend on the pace and nature of economic development (Makarentseva & Khasanova, 2020).

It is also noted that during 2017-2019, a difficult demographic situation was recorded in Russia, "caused by natural population decline, which was not compensated by the migration inflow," as evidenced by Federal State Statistics Service data. In 2019, the number of births in the Russian Federation was 12% lower than in 2017. "In Russia, the natural population decline in 2019 was 316 thousand people. For almost the entire 11-year period (from 2008 to 2019), the mortality rate in Russia exceeded the birth rate" (Makarentseva & Khasanova, 2020).

Now, due to the consequences of the pandemic, the problems are getting more complicated. "The current socio-epidemiological crisis will have a predominantly negative impact on the reproductive behavior of the population due to social stress (psychological depression caused by a large number of deaths; negative economic expectations) and the concomitant general economic crisis (losses in household income; probable losses in the labor market)" (Makarentseva & Khasanova, 2020).

These experts reported that the demographic collapse in Russia can be expected from December 2020 to at least February 2021. The magnitude of the gap will be influenced by the scale of the spread of the disease, the total number of deaths. A slight decrease in the number of abortions can be expected in 2020, since the termination of pregnancies that occurred in the months preceding March and April should be difficult in an environment of quarantine and an increased burden on medical institutions, which, oddly enough, may ultimately lead to an increase in the birth rate (Makarentseva & Khasanova, 2020).

Yet, the main factors in determining the future of demography will not be quarantine measures, but measures aimed at

economic assistance to the family (maternity capital, one-time payments to large families, families giving birth to the first child, and other types of assistance).

The strict regime of lockdown and quarantine was a restraining factor in demographic behavior. These measures have led to a decrease in the quality of life (Sushko et al., 2016): the time for various leisure activities has decreased, the time spent in open space has decreased, and there have been significant restrictions on travel. In addition, this temporary lockdown limited the possibilities for additional education, maintaining the state of health at an appropriate level, transferring the treatment of traditional diseases to a later period, and more.

There are also positive aspects in self-restraint and the transition to remote methods of work: a person is forced to stay in the family more, thereby making up for the lack of communication with close people, forcing a person to think about subsequent demographic efforts.

However, one should understand the following: the introduction of restrictions introduced in many countries does not mean the end of the epidemic. The final victory over the pandemic is possible only with the help of competent sanitary and epidemiological work, human compliance with strict instructions, efforts of the government and society as a whole in understanding the insidiousness of this disease.

Let us consider a number of issues of the negative impact of the coronavirus epidemic on human health.

The very fact of being infected with coronavirus reduces the body's threshold capabilities in the fight against this disease (Sadiq, 2020). The main problem in this case is that the human immune system, without special means, is able to fight this infection, since effective vaccine formulations have not yet been developed that can prove their effectiveness and harmlessness to the body.

In the most favorable conditions, there are people whose immune system begins to produce antibodies necessary to block the virus and can save a person from the disease. Such people, perhaps, will be spared from reinfection. However, this is only a slight consolation since the problem of virus mutation remains open.

According to experts, the main consequence that those who have recovered will meet is breathing problems (Lescure et al., 2020). Such patients require additional therapeutic rehabilitation in the form of aerobic exercises aimed at strengthening the cardiovascular system. Swimming can be a good method as well.

Another consequence of this infection can be pulmonary fibrosis (Senkalfa et al., 2020) (known in print media as the "frosted glass effect"), which means the overgrowth of scar tissue and prevents oxygen from entering the bloodstream, accompanied by severe shortness of breath, coughing and dizziness.

The next consequence is brain damage: young people who have undergone the disease often complain of fatigue, dizziness, and the elderly - of disorientation in space and confusion. The infection can cause the death of entire areas of the brain. In older people, it can trigger heart attacks, strokes, and meningitis (Kumar et al., 2020).

Let us dwell on the impact of the coronavirus epidemic on the employment of workers and the employer's attitude to the organization of employees' work. Let us start with the latter, precisely on the role of the employer in organizing work during the epidemic.

The Consultant Plus website (<http://www.consultant.ru/>) contains a "Guide to HR issues. Obligations of the employer in case of epidemics" (Consultant Plus, 2020), which proposes to carry out the following measures:

- to develop and adopt local regulations regarding the organization of labor processes during the outbreak of coronavirus;
- to take measures to prevent coronavirus in the organization;
- to take measures to limit contact with workers returning from countries unfavorable in terms of COVID-19. The head needs to issue an order to prevent the spread of COVID-19 and familiarize all employees with it. The order should set out the measures for the prevention of coronavirus infection that will be carried out in the organization.

Russian Federal Service for Surveillance on Consumer Rights Protection and Human Wellbeing (<https://www.rospotrebнадзор.ru>) offered employers the following preventive measures:

- place hand sanitizers at the entrance to the organization;
- to ensure the measurement of the body temperature of workers at the beginning and during the working day;
- suspension of workers from being at the workplace if they have an increased temperature and signs of an infectious disease;
- to ensure control of the doctor's call to sick workers at home;
- to ensure control of compliance with lockdown of workers at home for a specified period 14 days when returning from countries where cases of COVID-19 have been registered;
- to inform employees about the need to comply with the rules of personal and public hygiene;
- to provide regular and high-quality cleaning of premises with the use of disinfectants in especially polluted places;
- to ensure that organizations have at least a five-day supply of disinfectants for cleaning premises and treating the hands of workers, as well as the availability of masks and respirators in case of detection of infection;
- to ventilate the premises, ensure air disinfection using germicidal lamps.

Limit:

- internal corporate and public events;
- business trips of employees to other countries or cities;
- when planning vacations, refrain from visiting countries where cases of COVID-19 are recorded.

Additional measures:

- transfer to remote work employees, whose job responsibilities allow to do this.

By the way, on June 17, 2020, a bill was sent to the State Duma of the Russian Federation (amendments to the Labor Code of the Russian Federation) on the need to legalize remote work, even after the end of the epidemic, with full salary preservation (Bill, 2020). Let us mention that if an employee who is on "remote work" gets into an accident, the employer will be obliged to organize an investigation in accordance with Article 312.3 of the Labor Code of the Russian Federation.

It is necessary to consider the legal responsibility for the spread of COVID-19. So, in accordance with Art. 236 of the Criminal Code of the Russian Federation violation of sanitary and epidemiological rules involves liability.

If through the fault of the employee (through negligence) people become infected, then he/she may face one of the following punishments (Criminal code, 1996):

- a fine up to 1 thousand USA dollars;
- a fine in the amount of 6 months' wages;
- deprivation of the right to hold certain positions;
- deprivation of the right to engage in certain activities for up to 3 years;
- obligatory work for up to 360 hours;
- corrective work for up to one year;

- imprisonment for up to one year.

If a violation of sanitary and epidemiological rules has resulted in the death of a person (by negligence), then the employee faces:

- obligatory work for up to 480 hours;
- corrective work for a period of 6 months to two years;
- compulsory work for up to 480 hours;
- imprisonment for up to 5 years.

These are the basic rules for dealing with the coronavirus epidemic and sanctions for misconduct. Further, the article will consider what the labor market will be like after the epidemic.

It is believed that the coronavirus epidemic could cost several million Russians jobs. The labor market situation is constantly changing. The "remote" mode can seriously hit the economy of both the state and the individuals. This regime leads to a forced slowdown in the mobility of the employed population and its business activity.

According to experts (Banks today, 2020), when the crisis is over, it will turn out that:

- there are too many couriers in the country, which will be less and less in demand;
- some people who were fired from the tourism industry during the crisis will find a new job, but in the industries most affected by the virus it is unlikely that there will soon be a shortage of personnel;
- the number of open positions, in general, will be less due to the ruin of small individual entrepreneurs and small businesses, and entrepreneurs themselves can join the ranks of the unemployed.

According to HR specialist Yulia Belousova, if the crisis caused by the coronavirus does not end by the end of 2020, it will cause even more serious crisis in the labor market: "Changes in the labor market will depend on the continuation of quarantine and the ability of enterprises to restore their capacities as soon as possible" (Banks today, 2020). Traditionally, in August-September, open positions are closed faster due to the graduation of young people from educational institutions. During these months, the values of unemployment are the highest, if the crisis does not subside.

Most likely, the demand for workers in the commercial sector, retail, and tourism industry will decrease. This will be related to the rate of recovery of the purchasing power of the population. Another expert, Tatiana Dolyakova, believes that now companies are trying to transfer everyone to the "remote work". Until recently, it was the peculiarity of IT specialists, designers, marketers. After the crisis, the number of remote specialists can reach 60%. This is the first thing. Secondly, despite the jump in inflation, employees in these difficult economic conditions should not expect an increase in wages (which was planned by half of the employers at the beginning of 2020) until the end of the year. The main thing for employees will be the desire to stay in their places. It is also necessary to mention the possible professions that will appear or become consolidated after the epidemic (Banks today, 2020).

They will change or modify workflows (Banks today, 2020):

- digital curator - a specialist in the field of digital technologies such as online banking, telemedicine, marketing engineer;
- the organizer of virtual business tours - someone who will be a specialist in the presentation of new business products;
- online business process organizer - offers to purchase any business product.

It can be assumed that the professions associated with the promotion of goods to the market, as well as many engineering and construction professions will remain popular; tourism

professions, professions related to logistics, digital technologies and others will be restored to their rights. People should spend their free time either on advanced training or on acquiring a new profession.

3 Research Methodological Framework

To study the opinion on the impact of the coronavirus epidemic on social processes in Russia, an online questionnaire survey of the population of Moscow and the Moscow region was conducted in 2020. The sampled population was formed by gender, age and education. The sampled population size was 500 people, which ensured the representativeness of the research results to the population aged 18 and over by sex, age, education with tolerance of $\pm 4\%$. The questionnaire used three blocks of questions in their instrumental expression. The first block consisted of questions related to the study of respondents' opinions on the impact of the coronavirus epidemic on the spheres of modern society and citizens' opinions on how our society will develop; the second block consists of questions related to the assessment of measures taken in the fight against coronavirus infection and actions taken by the respondents themselves; the third block of questions relates to the socio-demographic, socio-educational and socio-territorial situation of the population of Russia.

4 Results and Discussion

According to the results of our study, 89% were informed about the pandemic more than enough, 11% said they were informed about the pandemic, but would like to know some information in more detail, in particular the consequences of coronavirus infection on health in the future. Among the age groups of respondents, schoolchildren showed the worst awareness (6%), almost the same number (5%) was for the informed pensioners.

The majority of Russians (81%) agreed that the impact of the coronavirus pandemic on Russian society would be as negative as possible. The respondents indicate that the negative impact of the pandemic will affect all sectors, in particular public catering and trade (68%), recreation and tourism (59%), services and entertainment, in particular sports and the beauty industry (53%). The majority of respondents are pessimistic about the prospects for normalizing the situation in all sectors. Almost half of people (49%) believe that the situation will return to normal not earlier than in a year, 19% believe that this will happen in two or three years. There are older respondents (61%) among the "pessimists". About a third of the respondents (27%) believe that the situation will return to normal in a few months. There are more young respondents under the age of 30 (48%) among the "optimists".

The respondents indicated that they currently need support from the state more than ever - 77% said they need it urgently. Most often, the need for such support was indicated by respondents of middle (56%) and elder (72%) ages.

The measures taken to prevent the spread of coronavirus are assessed as sufficient by 59% of respondents, and as insufficient by 34%. When asked "What exactly are you doing for prevention in connection with the spread of coronavirus?" the respondents point out the following: 85% use personal protective equipment, 89% observe hygiene, 33% strengthen their immunity with various folk remedies.

In addition, most of the respondents (79%) believe the current coronavirus pandemic is more dangerous than the annual epidemics of influenza and other acute respiratory viral infections. At the same time, after the government introduced strict measures to counter the spread of the epidemic, the confidence of the respondents rose to 86%. Respondents with very high incomes were the most skeptical about the danger of coronavirus compared to ordinary flu and ARVI. Only half of them recognize this pandemic as something previously unheard of, and a third consider it a type of flu. People with an average

income are more afraid of the coronavirus than representatives of other income categories.

Anxiety for one's own life and for the life of loved ones grows in proportion to age, from 59% among young people to 87% among pensioners. There is a similar dependence on the level of education: the higher it is, the more anxiety people feel. As for income, the wealthiest feel twice as confident as the poorest (44% versus 21%). But even among the rich people, the share of those who are alarmed is minimal, but it is not small: 57% versus 71% among people with very low incomes.

Most of the respondents believe that the authorities will be able to prevent a widespread epidemic of coronavirus in Russia. The number among young people was 39%, and among pensioners up to 42%, which was largely due to the additional measures introduced by the authorities to combat infection. Among the measures introduced by the government, the most approved were such actions as the introduction of a self-isolation regime, mandatory lockdown of those who came from vacation, lockdown of all infected and those who came in contact with them, sanitization of premises and transport, the closure of theaters, concert halls and other entertainment events, the closure of the borders of Russia, the transition of educational institutions and enterprises to remote work/education, a ban for people over 65 and those with chronic diseases to go outside.

It is also worth emphasizing that the forced lockdown had an extremely negative effect on a large number of Russians, many of whom experienced extremely difficult psychological states. For example, to the question "Mark the reactions that you or your relatives and friends experienced in connection with the current situation of the pandemic", the following reactions were the top three: fear in 47% of respondents, apathy in 22%, and mental torpor in 14%.

Young people have become the most vulnerable part of the population. They did not acquire the established life values, have undergone tremendous influence and fear of such a global pandemic. During the pandemic, young people began to consume alcohol and tobacco more often, which definitely negatively affects the health and reproduction of young people. After all, they are the ones who are at risk in an unstable socio-economic situation, because at an early age they are going through the active socialization.

The main stresses during the quarantine were the following, depending on the degree of significance: fear of infection (74%), duration of quarantine (65%); frustration and boredom (52%); insufficient provision (food, clothing, medical services, household services, etc.) - 29%; inadequate information about the pandemic (23%).

When asked about the economic situation of respondents, 67% of working Russians reported a significant drop in family income since the start of the spread of the coronavirus. The most common tactics for surviving a crisis are to cut costs (53% of respondents reported switching to cost savings) and find an additional source of income (63% are aimed at finding additional resources). However, every third survey participant (33%) said that they did not know what to do. More than half of the surveyed Russians (55%) fear that their family will have nothing to live on and will not even have enough money for food. Most of the respondents (74% of respondents) have already felt the economic consequences of the spread of coronavirus infection. The overwhelming majority of respondents (86%) are sure that it will be difficult to find any new job in the current environment. Almost two-thirds of respondents (69%) do not have savings, and most of those who do have them will have enough funds in the event of a sudden loss of salary for six months maximum, according to the respondents.

The respondents now prefer to save money, invest in health, rather than spend money on momentary whims and claim that they have increased spending on home entertainment, fresh and healthy food, preventive medicine, education, and food delivery. On the other hand, more than 40% of the surveyed residents of

Moscow and Moscow region admit that they have reduced their expenses on travel and fashion, public transport, clothes shopping, mass entertainment, tobacco and alcohol, personal care, restaurants and games.

Unfortunately, it can be stated that half of Russians do not believe the official statistics on coronavirus. More than half (60%) of the study participants do not trust the official data on the number of cases and deaths. Among them, 38% consider the figures grossly underestimated, 17% believe that the data are insignificantly underestimated. 13% of respondents considered the information of the authorities reliable, 5% believe that the figures are too high.

The respondents' answers to the question "Do you think the number of cases of coronavirus in Russia will increase, decrease or remain at the same level in the next week or two?" turned out to be quite sad but it seems that they are very realistic. Every fifth respondent chose "Will grow significantly!" (23%). Another 21% were less pessimistic, believing that they will grow insignificantly. That is, almost half (44%) of the surveyed people believe that the number of cases of coronavirus in Russia will increase in the next week or two. However, there were also 18% of optimists who said that the number of cases "will significantly decrease." Another 13% supported this point of view - in their opinion the number will decline insignificantly. 9% are confident that the number will remain the same. However, it is more about belief in the best than realistic analysis. Specifically, the degree of pessimism is inversely proportional to age - 67% of respondents under the age of 24 and only 33% of pensioners expect the growth of the epidemic.

Probably the question of the prospects for the end of the pandemic was the most important. The respondents were asked: "There are different opinions about the time period when the epidemic (that is, the massive spread of the coronavirus in Russia) will end. When will this happen in your opinion?" As expected, the Russians do not expect a quick release. Only about a third (30%) answered with a secret hope that this will happen in the next month. Another 35% of respondents set themselves up for two to three months, 17% believe that the epidemic will last another six months, 10% - a year, and 8% - two years. The tendency in this question is the same: the older the respondent, the more he/she wants to believe in a quick release from the impending threat.

Disappointing forecasts of respondents were received to the question "What will happen to the income?". 49% of the surveyed people believe that the level of their well-being in the coming year will definitely deteriorate, another 27% believe that it will deteriorate slightly. Only 21% hope that income will remain the same. Finally, 1% answered that their financial situation in the coming year will definitely improve, and another 2% guess that their financial state will improve a little. The poorest people expect to hit the crisis first - 88% of them said that their well-being would deteriorate even more. Unfortunately, these figures do not say anything optimistic for social stability.

5 Conclusion

Virus epidemics have been a part of human life for centuries, people have faced terrible diseases many times in history, but modern society assumed that nothing could change the daily rhythm of people's life in the 21st century. As Covid-19 virus has shown, it is very easy to break a person and we are as weak creatures as other living beings on our planet.

In the context of the spread of the new coronavirus, for any person, country and the world as a whole the common truths of the universe, values traditional for believers and for atheists come to the fore. First of all, this is love, caring for loved ones, raising children, patience, mercy. In the pursuit of success and prosperity, some people managed to get out of these concepts. At the same time, understanding that life is the most important and the only value for each of us is rapidly growing.

The survey data show that the population is divided into two groups: some do not believe in the fact of the epidemic and argue against self-isolation, others believe that its peak is ahead and have already rebuilt their lives. The number of the latter is growing. For people, it is not the fear of infection or death that comes to the fore, but economic problems. In the current situation, even looking for a job when it is lost is often pointless. Right now, it is necessary for our state to fully and promptly take measures to provide social support to Russians, which are the most important.

In particular, these measures are:

- Increase in payments to existing recipients of social assistance: benefits for families with children, poverty benefits;
- Permanent additional payments to pensioners;
- An increase in the volume of assistance to the unemployed and the temporary abolition of a number of qualification conditions, according to which a person may be considered unemployed;
- Direct financial support for vulnerable institutions (orphanages, senior centers, medical facilities);
- Increasing the salary of social workers, hiring additional employees; material and technical support, including personal protective equipment;
- Budgetary support for local governments (for example, using developments of initiative budgeting).

Social isolation, loneliness, health anxiety, stress, economic decline are ideal conditions for mental problems to arise. If nothing will be done, then we may face an increase in mental disorders, such as anxiety, depression, as well as an increase in problematic behavior - alcoholism, drug addiction, bullying on the Internet, gambling. We may also face an increase in homelessness and breakups in couples. The scale of these problems is too serious to be ignored, both in terms of the impact on the life of the individual and on the society in general. A prerequisite for preventing such problems is the concern of the country's leadership to regularly monitor the mental health of Russians in order to assess the scale of the impending problem. The Independent recalls that after the SARS epidemic in 2003, the number of suicides among people over 65 increased by 30%, about 29% of health workers reported mental problems (Interfax, 2020).

The current alarming situation requires solidarity, responsibility, and mutual assistance. Not only the social welfare state originates here. This is where a human begins.

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Primary Paper Section: A

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