Structural and dynamic peculiarities of the sense of ownership experiencing during the COVID-19 pandemic quarantine

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Структурно-дynamічні особливості проживання почуття власності в умовах карантину пандемії COVID-19

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Abstract
The article contains the results of empirical study of structural-dynamic peculiarities of the sense of ownership experiencing under the conditions of COVID-19 quarantine restrictions, which aimed at identifying and comparison of the peculiarities of how individuals experience a sense of ownership towards various property targets during the quarantine restrictions and after some time of the restriction lifting. The paper also addressed the identification of such structural-dynamic peculiarities in terms of age and gender of the respondents. There was also an attempt to find the connection between the manifestation of the sense of ownership during the quarantine in various domains and the level of psychological wellbeing of the population. The research method was based on a two-phase online survey: 1) May 2020 (the period of increased...
quarantine restrictions and aggravation of psychological experiences in humans); 2) July 2020 (a month after the restrictions had decreased) among 363 individuals, 41.8% male and 58.2% female. The questionnaire included open questions, as well as metric scales that related to the peculiarities of the sense of ownership experiencing during the quarantine, and standardized Psychological Wellbeing Scale. The desire to own a vehicle was the primary one, especially among females, which related to substantially low rate of females who owned a car. In addition, the findings indicate that another primary concern was to possess enough funds and financial 'safety bag' to have opportunities to overcome the uneasy period together with the risk to lose job or income. In order to find other resources for stabilization and safety, the attention of the population was refocused at the targets of ownership which they still were able to control, including body care and physical exercises, work or learning area management, creation and personalization of leisure environment and solitude. In addition, there was a rethinking of the value of costly things that lost their actuality and meaningfulness, as well as social contacts, including close people, the meaningfulness has substantially increased and stayed at the same level even after the quarantine restrictions had been lifted. It can be observed that unstable periods in society, such as pandemic and quarantine restrictions, create conditions for restructuring of the basic sense of personality safety.

Key words: COVID-19 pandemic, quarantine, psychological safety, psychological ownership.

Introduction

COVID-19 pandemic has become a serious challenge for humanity in general and for every single person in particular. Acute psychological issues and challenges, which society has faced, conditioned the peculiarity of various psychological experiences and actualization of anxiety, fear, lack of confidence etc. (Rudnytska, 2020; Tytarenko, 2020; Clair et al., 2020; Javed et al., 2020; Pietrabissa & Simpson, 2020; Zacher & Rudolph, 2021). One of the effects that we can witness now is the restructuring of the domains of the sense of ownership, which we understand as the subjective emotional experiencing by a human regarding the possession of certain targets of property that reflects the essence and meaning of real and abstract, specific or general targets of ownership, i. e. everything that one can call as his or her own. It provides a sense of belongingness, self-efficiency, identity. Everything that one can call as his or her own. It provides a sense of belongingness, self-efficiency, identity. Everything that one can call as his or her own. It provides a sense of belongingness, self-efficiency, identity.

The psychological experiences and actualization of anxiety, fear, lack of confidence and uncertainty conditioned the peculiarity of various psychological experiences and actualization of anxiety, fear, lack of confidence etc. (Rudnytska, 2020; Tytarenko, 2020; Clair et al., 2020; Javed et al., 2020; Pietrabissa & Simpson, 2020; Zacher & Rudolph, 2021). One of the effects that we can witness now is the restructuring of the domains of the sense of ownership, which we understand as the subjective emotional experiencing by a human regarding the possession of certain targets of property that reflects the essence and meaning of real and abstract, specific or general targets of ownership, i. e. everything that one can call as his or her own. It provides a sense of belongingness, self-efficiency, identity. Everything that one can call as his or her own. It provides a sense of belongingness, self-efficiency, identity. Everything that one can call as his or her own. It provides a sense of belongingness, self-efficiency, identity.

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and a sense of safety, which manifests itself through the control over the target of ownership, ability to dispose, influence (conditions for the development of responsibility and irresponsibility in relation to the target of ownership), unique, peculiar knowledge about the target of ownership and self-investment in it (the more personal resources a person inputs in the target of ownership, the stronger is the manifestation of his or her sense of ownership) (Noguti & Bokeyar, 2014; Pierce et al., 2002). The sense of ownership can be related to various objects: tangible, immaterial and even abstract that manifests itself in various domains of human life through various social practices that become more or less actualized during this or that period of lifespan: financial sphere, territory, material things, social contacts, information environment, body, time mode, life in an organization, values, ideas and thoughts, public sphere (Hubeladze, 2019; 2020).

The sense of ownership can be directed at the experience of belongingness of this or that target of ownership through the feeling of emotional and sensory meaningfulness, irreplaceability; experience of legitimacy of target possession – actually one’s rights to own it that are recognized by the others; experience of anxiety, fear that are connected with the potential possibility of losing the object; experience of the desire to own a specific object. As a matter of fact, the modality and the rate of manifestation of the sense of ownership depend on various internal factors and external conditions that may be actualize or outdate the experience. The COVID-19 pandemic, quarantine and other related restrictions have become this condition.

Everything that we perceived as a usual and balanced routine has lost its meaning and ceased to be the source of stability and safety. Humans learned to live in absolutely different conditions, very often without having the ability, or even the right, to leave their place of living, see the people they are close with, or even have a walk through the places where they used to be. Such uncertainty and rapid destruction of the sources of stability has initiated substantial negative experiences in humans, including anxiety, apathy, increased cased of panic attack etc. In such conditions personality tries to look for other
sources of stability and safety, everything that can fall under his or her zone of control.

Considering the existential perspective of the personal concept of life creation, including post-traumatic period, Tytarenko T., identifies pragmatic, consumer-based, hedonistic, and family-based perspectives, insisting that under a relative stability of life humans can stay within the frames of one perspective. However, under the conditions of dynamic transformations, when external conditions force humans to face the necessity for something different, new way of life creation, which conditions a revision of current life-based knowledge, usual way of communication, established social practices, humans may change their life perspective. It becomes more vivid under crisis periods, during extreme and traumatic situations (Tytarenko, 2020: 15-17). New life experience, which human society must face during the pandemic became strongly different, extremely uncommon for most people, which definitely initiated a range of acute experiences and crisis states.

According to Kalishchuk, S., humans associate themselves with the world in every life situation, i.e. look for the meaning that will identify the quality and the contents of their existence through self-determination, reflection, internal dialogs and will condition the dynamics of architectonics of their meanings (Kalishchuk, 2020: 15). While building the new world picture and identifying the quality of life, humans make decisions based of their current meaning of the life quality, which is reflected in their subjective experiences, which are formed on the basis of specific objective conditions (Chykhantsova, 2020).

Contemporary scientific studies have revealed transformation in various social practices and behavioral patterns during the pandemic (Tytarenko, 2020; Kirk & Rifkin, 2020; Zacher & Rudolph, 2021). In their research, Kirk and Rifkin (2020) have found a range of uncommon patterns of behavior that dominated at the beginning of COVID-19 pandemic. They studied the consumer behavior of humans at three stages: response (e.g. accumulation and rejection), coping (e.g. maintenance of social contacts, individual creation of necessary items, transformation of the established views on brand new things)
and long-term adjustment (e.g. potentially transformational changes in consuming, as well as in personal and social identity) (Kirk & Rifkin, 2020).

Our research has become the response to the challenge of the planetary character that the humanity has forced to address. In total, researching the psychology of ownership in various social practices, we could not resist the opportunity to use the challenging for humanity conditions of the natural experiment, where substantial conditions have occurred in time and space together with the substantial changes in the processing of the sense of ownership in various social practices.

**Hypothesis.** The author suggests that in the consequences of COVID-19 pandemic and other related restrictions, as external condition, which initiated a range of complex personal experiences, we can witness restructuring and shift of accents in the implementation and manifestation of the sense of ownership in various life domains of human beings through transformation, actualization/outdating of relevant social practices; the use of the study results will contribute to the provision of psychological support during the pandemic and other extreme situations that initiate the necessity for the restructuring of life environment.

**The purpose of the article** is to find structural and dynamic peculiarities of the sense of ownership experiencing during the COVID-19 pandemic quarantine restrictions. The purpose included three major objectives: 1) identify and compare the peculiarities in the processing of the sense of ownership towards various targets of ownership during the quarantine restrictions and after some time after these restrictions were lifted; 2) identify such structural and dynamic peculiarities in terms of age and gender of the respondents; 3) identify connection between the manifestation of the sense of ownership during the quarantine in various domains and the psychological wellbeing of the population.

**Method**

We conducted the research using online survey, which included: open questions for models of consumer behavior, which dominated at the beginning of the COVID-19. They studied consumer behavior at three stages: reaction (e.g. accumulation and rejection), overcoming (e.g. support of social ties, self-creation of necessary things, transformation of established views on brands) and long-term adjustment (e.g. potentially transformational changes in consuming, as well as in personal and social identity) (Kirk & Rifkin, 2020).

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the identification of the emotional state during the quarantine, most- and less actualized needs for ownership and the peculiarities of implementation and experience of the sense of ownership during the quarantine; the metric scales, through which we identified the change in certain needs for ownership, but not its actual state; and the standardized Subjective Wellbeing Scale (Fetiskin et al., 2002: 467-469). It was important for us to understand how the respondents would perceive, estimate their experiences and the emotional state during the quarantine and during the time these quarantine restrictions decreased. Such comparison allows shaping not only the dynamics of emotional experiences but also to view them as the factors for the strengthening or weakening of the sense of ownership towards certain targets of ownership.

Participants. To reach the purpose of our research, we conducted an online survey among 363 individuals, 41.8% male and 58.2% female. The average age of the respondents was 35.7, from 15 to 76 years of age. The survey was conducted remotely by means of a Google form following 2 stages: the first stage in April 2020 – period of the quarantine and acute psychological experiences of humans; the second stage – in a month and a half after the quarantine restrictions decreased at the beginning of July 2020.

Procedure and Instrumentary. The respondents were suggested to estimate their life and experiences during the quarantine, what they lacked, what had the most meaning, what they wanted to buy etc.

At the same time, the respondents were suggested to evaluate how their desires and needs for various aspects of their life changed in accordance with 7-grade scale (where 1 – desires substantially reduced, while 7 – dramatically increased):

- Need for personal territory or space to be alone.
- Need for expensive items
- Need to have personal things of first need
- Need for a vehicle
- Need to have a relevant sum of money
- Need to have and maintain social contacts (family members, friends...)

opitanih; 3) виявити зв'язки між проявом почаття власності під час карантину в різних сферах з рівнем психологічного благополуччя населення.

Методологія
Дослідження проводилося за допомогою онлайн опитування, яке включало: відкриті питання для з'ясування емоційного стану під час карантину, найбільш і найменш актуалізованих потреб володіння та особливостями реалізації і проживання почаття власності під час карантину; метричні шкали, за допомогою яких ми з’ясовували, наскільки знижилась чи зросла певна потреба у власності, а не її актуальний стан; та стандартизовану метриду “Шкала суб’єктивного благополуччя” (Фетискин, Козлов, Мануйлов, 2002: 467-469). Для нас було важливо зрозуміти, як респонденти сприймають, оцінюють свої переживання та емоційний стан на час карантину та вже на час послаблення карантинних обмежень. Таке порівняння дає змогу оцінити динаміку не тільки емоційних переживань, але й розглядати їх як фактори посилення чи послаблення почаття власності щодо певних об’єктів володіння.

Учасники. Для досягнення мети дослідження було проведено онлайн опитування серед 363 осіб, 41,8% чоловіків і 58,2% жінок. Середній вік респондентів 35,7, від 15 до 76 років. Опитування проводилось дистанційно за допомогою хмарного сервісу гугл-форми у 2 етапи: перший етап у травні 2020 року – період посиленого карантину і загострення психологічних переживань людей; другий етап – через місяць-півтора після послаблення карантину на початку липня 2020 року.

Процедура та інструменти. Опитуванням пропонувалося оцінити, як змінилося їхнє життя та переживання під час карантину, чого ім бракувало, що мало найбільшу цінність, що хотілося придбати тощо. Також опитуванням пропонувалося оцінити за семібальною шкалою (де 1 – бажання сильно знижилось, а 7 – дуже сильно
- Need for bodily contact with significant others
- Need and the ability to plan and control their time, daily timetable
- Need to create original content in social networks, make posts, communicate with the world through social networks
- Need for a separate, specially created working or learning place
- Need to give more time to personal body, physical fitness, body care
- Need to express personal view, create
- Need to reveal oneself as a conscious citizen

We conducted a correlation analysis of the received data with the general level of subjective wellbeing of the individuals using the Subjective Wellbeing Scale (Fetiskin et al., 2002: 467-469).

The results were processed by SPPS v. 20 software, specifically using the content analysis, comparison of the mean values, crosstabulation, correlation analysis.

Results
It was important for us to identify the emotional state of respondents during the quarantine. That is why the respondents had to continue the statement "During the quarantine I mostly felt ...". The received data were processed with the use of the content-analysis. The dominating emotional states were anxiety and unrest (63.6% of respondents), missing (43.2%), sense of peace (43.2%), loneliness (38.6%), tiredness, exhaustion (31.8%), annoyance (25.0%).

Thus, we identified that during the period of severe quarantine restrictions individuals felt an increase the desire and need to have means of transportation, meaning personal vehicle, which decreased the dependency on public transportation, which was in fact blocked that gave the individuals a sense of freedom and the opportunities for self-help when needed (5.77 and 4.97; ps ≤ .01), relevant amount of funds (5.57 and 5.34), which is reflected in Fig. 1. As we see, the need to have relevant amount of funds for personal safety did not lose its actuality even after the decrease of the quarantine restrictions, since the financial expenses that people had to face during the quarantine have long-lasting
consequences. We also can observe an increased need for social contact with others (5.14 and 4.99), close bodily contact with significant others (5.0 and 4.73) and the need for bodycare (5.05 and 4.25; p ≤ .01). At the same time, the first two needs did not lose their actuality even after the quarantine, because humans had enough time to estimate the importance and irreplaceability of social contacts during the isolation. The next needs, according to their actuality level, were the need to have personal territory for solitude and leisure (4.57 and 3.99; p ≤ .05), and specially organized place for work and learning (4.91 and 3.74; p ≤ .01). Substantial decrease was observed in the second baseline survey may be connected with the end of the academic year, period of holidays and vacations, which made decreased the situation with the need to have an organized place for work or learning. As a matter of fact, after the decrease of the quarantine restrictions humans were able to get back to their normal working places. There was also a relative increase in the need for self-expression through creativity, hobby, ability to reveal one’s point of view and thoughts (4.57 and 3.93; p ≤ .05), and the need for active communication in social networks (3.52 i 2.84; p ≤ .05). Meanwhile, we can also observe that the communication in social networks and time spent in the Internet substantially decreased with the downfall of the quarantine restrictions, because this was nearly the only way of communication with the world, learning, work, and for social contacts, which eventually caused an extremely high

Fig. 1. Dynamics of the meaningfulness of some targets of ownership during and right after the quarantine restrictions

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enrichment of one’s experiences with the online format, which motivated people to refuse, when possible, from using the online resources and get back to offline real time communication. The only targets of ownership that substantially lost its importance during the pandemic were expensive items (2.3 and 3.05; p≤ .01). Obviously, there was a certain devaluation and understanding of the vanity and irrelevance of such things in the conditions of extreme situations.

As we can see in the diagram 1, some acute and actualized needs decreased their meaningfulness after the decrease of the quarantine restrictions.

The comparison of data in terms of gender of the respondents did not show statistically significant differences between males and females, with the exclusion of the need for personal means of transportation in females, where this need increased in comparison with males (5.97 and 4.71; p≤ .05). After the decrease of the quarantine restrictions, the statistically significant differences were found only in the need in social contacts (5.02 and 4.40; p≤ .01), where the need increased significantly and females rather than in males.

With the help of the correlation analysis, we found differences in the manifestation of this or that need and a sense of ownership in terms of age of the respondents. Thus, with age we can

organізації робочого чи навчального місця.

Знову ж таки після закінчення карантинних обмежень люди змогли повернутися до своїх звичних робочих місць. Відносно зросла потреба самовираження через продукти творчості, хобі, висловлення власної позиції і думок (4.57 і 3.93; p≤ .05), а також через активну комунікацію у соціальних мережах (3.52 і 2.84; p≤ .05). Разом з тим бачимо, що комунікація у соціальних мережах та перебування в інтернеті суттєво знижується з послабленням карантинних обмежень, оскільки під час карантину це був чи не єдиний спосіб комунікації зі світом, і навчання, і роботи, і соціальних контактів, а тому відбувалося стрімке перенасичення онлайн форматом, що спонукало людей відмовлятися по можливості від користування інтернет-ресурсами і повернутися до офлайн комунікації у реальному часі. Єдиний об'єкт власності, який суттєво втратив свою важливість під час пандемії стали коштовні речі (2.3 і 3.05; p≤ .01). Очевидно відбулося певне знецінення і усвідомлення даремності і недоцільності таких речей в умовах надзвичайних ситуацій.

Як бачимо, з діаграми 1, після завершення карантинних обмежень частина гострих, актуалізованих потреб поступово послабила свою значимість.

Порівняння даних за статтю під час карантину не продемонструвало статистично
see an increased need for bodily contact with significant others \( (r = .144; p \leq .05) \). Meanwhile, there is a vice versa effect in terms of the need for communication through social networks and online services \( (r = -.206; p \leq .01) \), need to have separate personal and specially organized place for work and learning \( (r = -.222; p \leq .01) \), need to pay more attention to one’s body, physical fitness and body care \( (r = -.237; p \leq .01) \).

We also conducted a correlation analysis for the identification of associations between the manifestation of the sense of ownership in various social practices and the level of psychological wellbeing (Fig. 2).

Thus, we found a statistically significant reverse dependency between the level of subjective wellbeing and the stability of financial state during the quarantine \( (r = -.359**; p \leq .01) \), ability to plan and control personal timetable \( (r = -.119*; p \leq .05) \); opportunity to have a separate place for work and learning \( (r = -.119*; p \leq .05) \); and the direct dependency with the need for attention to personal body and exercises \( (r = .111*; p \leq .05) \). These findings suggest that the anxiety regarding the unstable financial state, inability to organize personal workplace, plan and control personal timetable, and the feeling that most plans were ruined and a person cannot influence it, produced a negative effect on the level of subjective wellbeing. Meanwhile, the focus on personal

![Fig. 2. Correlations between the level of psychological wellbeing and various domains of the sense of ownership experiences](image-url)

Note: * – correlation at the level \( p \leq .05 \); ** – correlation at the level \( p \leq .01 \).
body care, physical exercises, state of health etc., increased the level of subjective wellbeing. However, there were no statistically significant differences in the manifestation of subjective wellbeing in terms of age of the respondents.

Discussion
The received data provide the opportunity to suggest that in unsafe and unstable conditions human mind tends to look for safety and stability, including the restructuring of the hierarchy of the meaningfulness of certain targets of psychological ownership. A person looks for a psychological support at the expense of control of those objects which he or she has access to and towards which it is possible to demonstrate a sense of ownership in the actual conditions.

In general, the findings are compatible with the results received by T. Tytatrenko, who studied the landscapes of life creation and the personal structure of the daily life during the COVID-19 pandemic. The researcher pointed out that the pragmatic landscape of life creation turned out to be the most typical and widespread during the pandemic, which relates to the opportunity to advance one’s work process, availability of clear plans for the future, and rational sense of safety that is connected with the expansion of the virus. Almost the same amount of people, according to

![Diagram](image_url)

Рис. 2. Кореляційний аналіз показників рівня психологічного благополуччя та різних сфер проживання почаття власності

Примітка: * – кореляція на рівні p≤ .05; ** – кореляція на рівні p≤ .01.
T. Tytarenko, were within the frames of existential landscape, processing actual traumatic experience, when one life context dominates, connected with pandemic, while anxiety is concentrated around the striving not to get infected and survive. The next widespread landscape is self-development, when individuals concentrate on positive feelings and resourcefulness, that provide personal changes and opportunities for self-development, and the communication landscape, which allows to overcome the pandemic-based daily routine with the help of communication with significant others, relatives and friends that acquire a prioritized value (Tytarenko, 2020: 97-98).

**Limitations**

Taking into account that we used Google form to conduct survey, which was spread freely through the Internet, the sample is arbitrary rather than representative. The limitations regarding the way the research was conducted are connected with the fact that the survey was conducted only with the individuals who used the Internet, had the experience and had no fear in filling such questionnaires online. We also admit, the invitation to participate in the survey was accepted by a certain category of people for who the experience of the quarantine restrictions was either extremely hard or motivated the occurrence of "protest-based calmness", but the most likely did not leave indifferent.

**Conclusions**

As we see, in the conditions of spreading pandemic the sense of ownership towards various targets of ownership becomes manifested in various modalities with different intensity, duration, depth and even the level of awareness. The contents of this experience changes as well as the social practices in which it can be implemented. In the current situation, which became dangerous for both human health and psychological comfort this experience of the sense of ownership towards the targets of property, which a personality can control played the function of stability, provision of psychological safety, and thus increase in psychological wellbeing during the crisis.

During the quarantine restrictions, the most actualized was the desire to own a vehicle, espe-

може проявити почуття власності у актуальних умовах, що склалися.

В цілому отримані нами дані перегукуються з результатами, які отримала і описала Т. Титаренко, досліджуючи ландшафти життетворення та особистісну структуру повсякденності в ситуації пандемії COVID-19. Так, дослідниця зазначає, що в період пандемії найбільш типовим і поширеним виявився прагматичний ландшафт життетворення, що пов’язаний із можливостями удосконалення свого робочого процесу, назвністю чітких планів на майбутнє та суто раціональним сприйняттям небезпеки, пов’язаної з поширенням вірусу. Приблизно стільки ж людей, як стверджує Т. Титаренко, перебувають у межах екзистенційного ландшафту, осмислюючи актуальний травматичний досвід, коли панує один життєвий контекст, пов’язаний з пандемією, а хвилювання переважно зосереджени навколо прагнення не захворіти та вижити. Наступними за поширенням вона визначає ландшафт саморозвитку, коли люди зосереджуються на позитивних відчуттях та ресурсності, які дають особистісні зміни та можливості самовдосконалення та комунікативний ландшафт, який дає змогу пережити пандемічну повсякденність за допомогою спілкування із значущим оточенням, рідними і друзьями, що отримують пріоритетну цінність (Титаренко, 2020: 97-98).

**Обмеження дослідження**

Через те, що для проведення дослідження ми скористалися гугл-формою, яка у довільному порядку поширювалася серед користувачів інтернету, вибірка є довільною, а не репрезентативною. Також обмеження щодо способу проведення опитування пов’язане з тим, що до опитуваних потрапили ті, хто користується інтернетом і має досвід та відсутність побоювань у заповненні подібного роду опитувальників. Також припускаємо, що на заклик проїти опитування з такої тематики відгукнулася певна категорія населення, для якої переживання карантинних обмежень булі або занадто болісною, або навпаки висилила “протестний спокій”, але, скоріше за все, не залишала байдужими.
socially among females, which is connected with the small number of women who own a car, and the need to have a relevant amount of funds and financial safety to be able to overcome the extreme situation and possible or real risk to lose job or income. In search of other resources of stability and security the attention of humans was redirected to the targets of property, towards the wealth and financial safety to be able to overcome the extreme situation and possible or real risk to lose job or income. In search of other resources of stability and security the attention of humans was redirected to the targets of property, towards the wealth and financial safety to be able to overcome the extreme situation and possible or real risk to lose job or income.

For the future research in this area, we think that another or several more surveys need to be conducted after the life in the conditions of pandemic which have become a part of new daily routine and social practices transformed and adjusted to the new reality. The findings may be valuable for practical psychologists and psychotherapeutists who provide psychological support during the pandemic and other crisis and extreme situations that initiate the rethinking and rebuilding of the life experience.

References:
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и кризовых ситуациях, что спонукают переосмысления и перебудов життєвого досвіду.

**Список використаних джерел**


Губеладзе І. Г. Соціальні практики володіння як соціально-психологічний феномен: концептуалізація і кризовых ситуаціях, що спонукають переосмислення і перебудов життєвого досвіду.

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