

**Title: The impact of multi-space activity on people's emotional stability in pandemic situation.**

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**Abstract (upto 300 words)**

The pandemic situation, with its constant variability and uncertainty, actualize the question of the factors that affect the emotional well-being of people in crises and dangerous conditions. Our previous research has shown that the motivation to search information in different sources and tolerance to online communication, work and education provides an opportunity to reduce emotional tension and anxiety. In a new series of work, we investigate the role of Internet, mainly zoom and Skype and the virtual space as well as such personality traits as openness to new experience, stable interests (work or hobby) and communication skills in maintaining emotional well-being in pandemic situation. There were used - GSR, questioner Big five and questionnaire of interests. The results obtained showed that if before the pandemic situation the main factor was the ability to overcome the influence of the field, then in the pandemic situation, the leading factor is the ability to work simultaneously or sequentially in several spaces – real space during face-to-face interaction, in zoom, Skype and in the virtual space created with a virtual reality helmet. The experience of such work enhances emotional well-being and helps to meet the challenges of uncertainty and volatility with a recurring and changing pandemic, including changing viruses and choice of vaccination type. Understanding the advantages of online communication leads to the fact that even with the weakening of restrictions, people prefer in some cases online meetings with friends and acquaintances at different platforms, especially with those who live far away. The assumption that openness to new experience is the leading factor has not been fully confirmed. It was turned out that the main factor is the presence of stable interests and the ability to communicate with others, regardless of the type of space in which the interaction takes place.

**Biography (upto 150 words)**

Tatiana Martsinkovskaya has completed her PhD in 1990 at Moscow State University, and 5 years later, in 1995 became professor of psychology, also at Moscow State University. Till 2016 year worked at Psychological institute as the director of department. Now is the director of Institute of Psychology, Russian state university for Humanitarians (RGGU-RSUH). She has over 300 publications that have been cited over 3700 times and her publication H-index is 27. She has several grants and is the editor-in-chief in two journals as well as the member of editorial board of reputed journals

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