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INTERCONNECTION OF FAMILY ANXIETY AND EMPATHY

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Annotation. Contemporary psychology more and more often pays attention to the fact that family relationships have influence on an individual's mental state, whereas empathy is one of the factors affecting relationships with other people and social status.

Key words: family anxiety, empathy.

Introduction. In science empathy is considered to be an ability to share another person's feelings and emotions as if they were his/her own, a kind of moral experience. Empathy as an emotional reaction becomes apparent in elementary as well as in the highest forms such as sympathizing and empathizing. Empathy as a moral cognition and the highest forms of empathy as emotional responsiveness is based on overcoming of egocentrism. It is inherent in a human to have a wide range of empathic reactions. It is in the highest forms of empathy that a person's attitude to his/her surroundings is expressed. [2]

In case of interaction with another person, evaluation of the incoming information about the potential consequences of the given situation takes place or a mental process of trying to imagine oneself in it brings forth empathy. [1]

The profession of a psychologist has the following requirements to an individual: to examine the emotional state of the client, to have problem solving skills, to be open and frank, to be able to reproduce and to reflect the emotions that are being experienced by the client at the given moment. Without practical mastering of such psychiatric reality as empathy it is impossible to achieve success in the professional activity of a psychologist. [5]

The concept 'family anxiety' refers to worrisome states of family members that are not easily localized and realized. The main symptoms of this type of anxiety are doubts, fears, misgivings, late comings and goings, clashes and conflicts. It all happens inside the family. 'Family anxiety' has more often nothing to do with other spheres of a person's life outside the family - work, relationships with the neighbors, relatives and the like.

'Family anxiety' is usually based on badly realized lack of self-confidence by the person in a particular aspect of family life which is meaningful for him/her.

Other component parts of 'family anxiety' are a feeling of helplessness, inability to cope with the problems in the family and to direct everything to the right channel. It is difficult for someone who finds oneself in a situation conditioned by 'family anxiety' to feel a significant member of the family despite one's status in the family and one's role in reality. [4], [6]

The aim of the research - is to consider the influence of 'family anxiety' on empathy display.

Materials and Methods of Research

Fifteen students of the Clinical Psychology Department aged 19-20 were involved in the research experiment. A questionnaire from 'Analysis of Family Anxiety' designed by A.G. Aidemiller and V. Youstitskis was used. The method of V.V. Boiko described in 'Diagnosis of Empathy Level' was used for evaluation of the level of empathy expression. Mathematical data processing of the research results was done using Shapiro-Wilka criterion and Spearman's rank correlation coefficient.

Results and Discussion of Research

The following results were received using a Questionnaire from 'Analysis of Family Anxiety': the value within the normal range was displayed by 67% in the excerpts of 10 persons. Diagnostic value was displayed by 33% in the excerpts of 5 persons. The received data are shown on the Diagram 1.

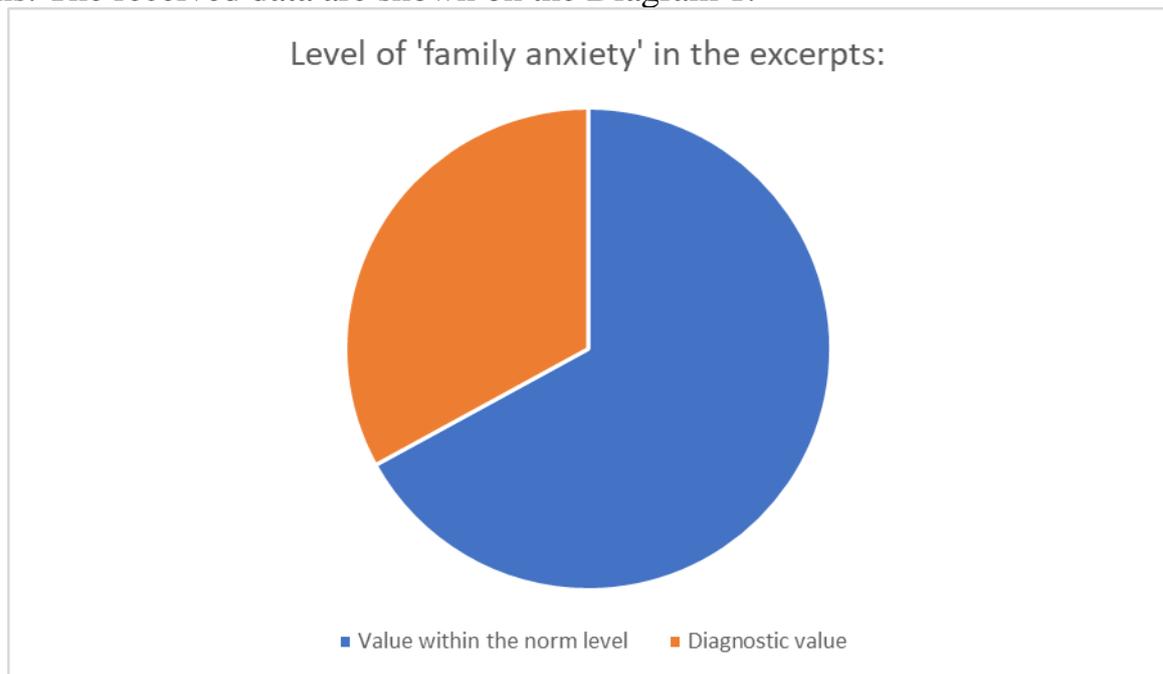


Diagram 1. Distribution of 'family anxiety' in the excerpts.

The method described in 'Diagnosis of Empathy Level' helped to find out that a very low empathy level corresponds to 13% of the excerpt, an understated level represents 54% and the average level forms 33%. The received data are shown on the diagram.

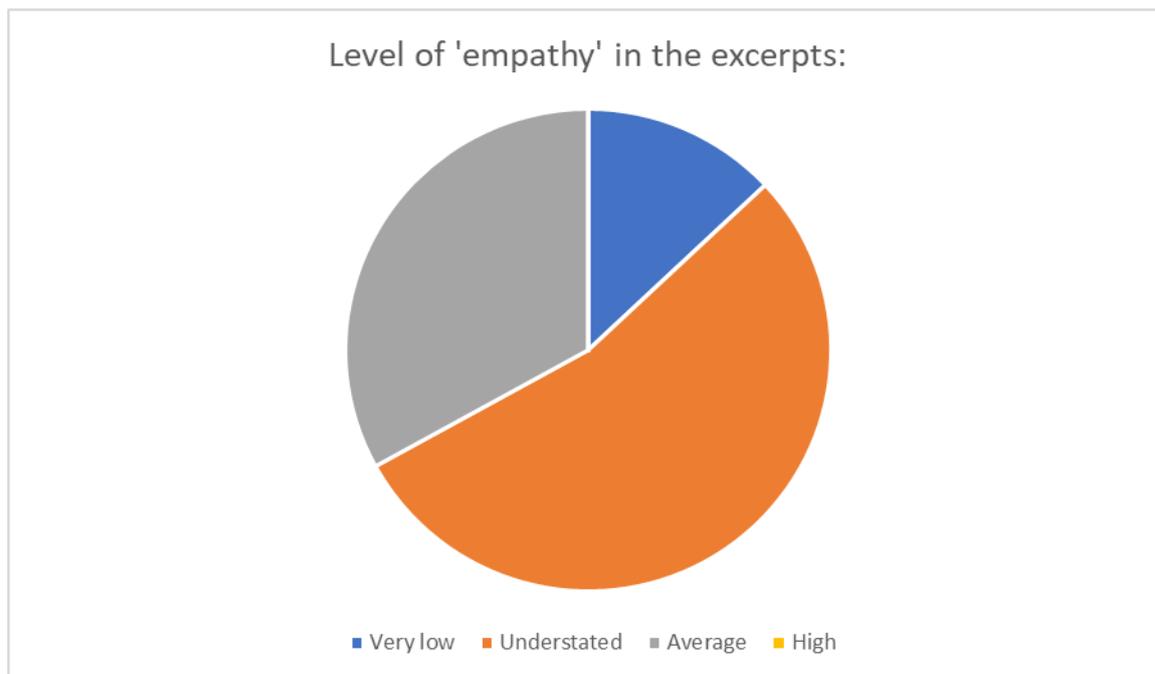


Diagram 2. Distribution of empathy in the excerpts.

Mathematical data processing was done using Shapiro-Wilk criterion which showed normal contribution of 'family anxiety' data ($W=0,955$; $P=0,617$) and empathy ($W=0,959$; $P=0,687$). Spearman's coefficient of rank correlation showed that there is a connection between 'family anxiety' and empathy indices in the excerpts as the correlation coefficient between them is 0,99.

Conclusions.

Hypothesis on interconnection of 'family anxiety' and empathy has been confirmed. Negative atmosphere in the family can challenge a person positively, teach how to learn from actual life situations how to interact with other people in a kind way, to put oneself in another person's place, to sympathize with him/her, have compassion and offer necessary help. This may be interpreted as a result of the negative emotions experienced in one's own family.

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ТЕНДЕНЦИИ ФОРМИРОВАНИЯ И РАЗВИТИЯ ЦИФРОВОЙ
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**Safronova A.A., Usmanov D.D., Skorokhodova L.A.
TRENDS IN THE FORMATION AND DEVELOPMENT OF THE DIGITAL
ECONOMY IN THE COVID-19 PANDEMIC**

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Аннотация. В статье рассмотрены направления, характеризующие начало эпохи цифровой трансформации общества. Определено, что в период пандемии, всемирного кризиса, цифровизация оперативных процессов, включая систему здравоохранения является наиболее предпочтительным фондом вливания денежных средств. Обозначены принципы цифровой трансформации и развития цифровой экономики в условиях пандемии.

Annotation. The article examines the directions that characterize the beginning of the era of digital transformation of society. It has been determined that during a pandemic, a worldwide crisis, the digitalization of operational processes, including the healthcare system, is the most preferred fund for infusing funds. The principles of digital transformation and development of the digital economy in the context of a pandemic are outlined.

Ключевые слова: пандемия COVID-19, цифровизация, цифровая экономика.

Key words: pandemic COVID-19, digitalization, digital economy.

Введение

Роль цифровизации в настоящее время сложно переоценить. Не обошли цифровые процессы и экономику. Многими экспертами отмечено, что пандемия