



Protection of constitutional rights and freedoms of citizens of European states in the context of overcoming the socio-psychological problems of the COVID-19 pandemic with the use of medical and social technologies

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ABSTRACT

The article considers the peculiarities of the influence of COVID-19 on the socio-psychological behavior of citizens of European countries in the framework of respect for constitutional rights and freedoms. The peculiarities of the influence of COVID-19 on the behavior of children have been clarified through the analysis of public opinion polls of children with children from 3 to 18 years of age in Italy and Spain. The paper examines the social and psychological features of family conflicts in European countries that led to divorce during COVID-19. The article considers the influence of social and psychological disorders within European countries influencing the actualization of manifestations of social anomie within both individual European societies and the European community as a whole. The paper examines the experience of Japanese scientists in the field of electronic technologies for overcoming sleep disorders as prevention and overcoming the consequences of behavioral disorders as an element of social anomie. The article considers the possibility of using cognitive-behavioral group therapy of social anxiety disorder as an element of prevention in overcoming social anomie and as a guarantee of respect for the constitutional rights and freedoms of citizens. The possibilities of using garden therapy as a technology of prevention of behavioral and mental disorders at the level of personality and social anomie at the regional and global levels are investigated in the work.



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1. INTRODUCTION

The problem of the spread of COVID-19 has become the world's most important social phenomenon and the problem of 2020-2021, and even today it is difficult to predict the final consequences of its impact on the functioning of various social institutions. Therefore, today it is very important to identify the main trends in the transformation of socio-psychological behavior, which were caused by the consequences of the COVID-19 pandemic. The importance of this issue is due to the fact that the modern world community has not faced such social threats for exactly a century. Usually pandemics similar to COVID-19 cause significant socio-economic changes both at the level of individual regions, societies and globally. Today, more than a year has passed since the introduction of quarantine restrictions in various countries around the world, which were aimed at counteracting the spread of COVID-19, and today it is important for representatives of various scientific fields to explore the social and psychological changes that have occurred and large communities. Given the global scale of social change that has taken place over the past year around the world, the scientific need to study the problem of transforming the interaction between man and social institutions during the pandemic COVID-19 and the post-quarantine period.

The purpose of the research: to find out the features of the protection of constitutional rights and freedoms of citizens of European countries in the context of overcoming the socio-psychological problems of the COVID-19 pandemic with the use of medical and social technologies.

2. Materials and methods of research

The methodological basis of the article is the results of a sociological study Immediate psychological effects of the COVID-19 quarantine in youth from Italy and Spain, which confirmed the theoretical concepts of the impact of isolation restrictions on student behavior, these results were extrapolated to students in other European countries. Statistics from the British law firm Stewarts, which confirmed the hypothesis of the negative impact of quarantine restrictions in the pandemic COVID-19 family relationships and the increase in family conflicts, which led to the beginning of the divorce proceedings. The method of extrapolation allowed to establish the relationship between the influence of cortisol on the behavior of a person in stress and the behavior of groups of people who under the influence of stress during quarantine restrictions lose the rationality of social behavior and lead European society to a state of social anomie. The structural-functional method allowed to determine the signs of social anomie for European countries and ways to overcome them. Clinical trials of Okajima I. made it possible to develop mechanisms for individualized social therapy of manifestations of social anomie.

3. Results

"The current pandemic of coronavirus infection caused by the action of coronaviruses SARS-CoV-2. The outbreak was first recorded in Wuhan, China, in December 2019" [1] At first it seemed that this outbreak of a dangerous disease was local in nature and emergency measures by the Chinese government in the field of quarantine restrictions would be overcome. However, in January 2020, the World Health Organization (WHO) declared the outbreak a public health emergency, and on March 11, 2020, recognized the spread of COVID-19 as a pandemic. After that, the governments of almost all countries of the world introduced quarantine restrictions of various degrees of severity on the social activity of their citizens, including, which in most cases are still relevant today.

"The first area of social relations that was restricted at the global level at the beginning of the pandemic was restrictions on movement between countries. Thus, at the end of April 2020, European countries and large countries from other continents (Japan, Australia, New Zealand, the United States and other countries) began to evacuate their own citizens from China" [3]. This is where the process of comprehensive restrictions in the field of civil liberties began, ranging from the inability to engage in professional activities to restrictions on movement through the country. Given that these restrictions were quite a lot and they were a significant period of time, it has had a significant impact on the lives of large groups in both the sociological dimension and the psychological dimension of the behavior of individual citizens. After recognizing certain restrictions in European countries, sociological studies were conducted on the impact of quarantine restrictions on the social behavior and psychological state of certain categories of citizens. Particularly valuable at the moment are the results of a study of changes in children's behavior. An Italian-Spanish team of scientists led by Orgilés, M conducted a survey among respondents from Italy and Spain who have children about changes in their behavior during quarantine restrictions. "The study sample consisted of 1143 parents of Italian and Spanish children. Respondents who had children aged 3 to 18 took part in this sociological survey. In general, parents observed emotional and behavioral changes in their children during quarantine: symptoms associated with difficulty concentrating (76.6%), boredom (52%), irritability (39%), anxiety (38.8%), nervousness (38%), feeling of loneliness (31.3%), anxiety (30.4%) and excitement (30.1%). A comparison between the two groups, Spanish and Italian parents, found that Italian parents reported more symptoms in their children than Spanish parents" [4] The results of this study indicate that the impact of quarantine restrictions on children's behavior was clearly negative. According to the parents who took part in the study, the biggest psychological disorders in their children during the pandemic, as we have already mentioned, are impaired concentration and boredom. These factors suggest that in the future, children whose parents were respondents to the study are at risk of depression. Boredom in the child's behavior is an element of dissatisfaction with life for a certain period of time. Children who are dissatisfied with their lives, regardless of their age, are prone to depression. As the peculiarities of the pandemic show, especially in the context of mutation of the virus and the emergence of new strains with regional differences, we should wait a long time for complete abandonment of quarantine restrictions and there is even a possibility of permanent quarantine restrictions in the EU and other European countries. which may continue to function for several years if there is no spread of new viruses that could cause a new outbreak of the pandemic, so the medical departments of European countries and local authorities in some regions should implement appropriate programs to respond to negative social and psychological impacts on children, depending on from their age and the national and cultural characteristics of the country in which they live. These problems are not typically children or adolescents, similar trends are observed among other age groups.

A group of Italian researchers Valeria Saladino, Davide Algeri and Vincenzo Auriemma, as part of their own study on predicting the future social and psychological consequences of COVID-19, noted that "the analysis of the psychological impact of quarantine underestimated in psychological well-being" [5]. That is, it can be argued that one of the main consequences of the quarantine restrictions of COVID-19 in Europe has been to increase the importance of social self-identification of Europeans with different social groups and active involvement in social movements and processes. Therefore, one of the main challenges of the modern European community during the COVID-19 pandemic is the formation of a new system of involving people in active social activities without increasing the risk of infection with COVID-19 and other airborne diseases. Today, the main direction in this area is the transfer of all social practices in the information space, but as the results of our study show a large number of Italians and representatives of other European countries seek to join important social processes in the real world. Therefore, the development of a new safe social space should take place with the involvement of the medical community,

as government officials and the public, often forming rules of conduct during certain social constraints, do not take into account medical and psychological indications and their consequences. The COVID-19 pandemic has opened a number of new points of social tension. One of these points is the problem of family conflicts, domestic violence and, as a consequence, a significant increase in the number of divorces. This problem has become especially widespread in the United Kingdom.

"Leading British law firm Stewarts has recorded an increase in requests to begin the process of termination of marriage by 122% from July to October 2020 compared to the same period last year 2019. Another innovation in the field of marital relations in the quarantine period was the high share of initiating divorces at the initiative of women. This figure in 2020 reached 76% compared to 16% more than in 2019 [6]. All these factors are the result of psychological problems that have become relevant during self-isolation and other forms of social restrictions. Among the psychological problems that have contributed to a significant increase in the number of family conflicts that led to divorce are the following:

- high levels of anxiety in both men and women are caused by professional and social failure during quarantine restrictions. The lack of opportunities for social realization has led to the accumulation of the stress hormone cortisol, which has resulted in a large number of family conflicts due to changes in the style of behavior in family relationships. The biological basis of this process were the typical properties of cortisol: enhancing protein catabolism; water-electrolyte metabolism in the form of sodium retention in the body and increased potassium excretion; release of calcium from bone tissue. Due to the fact that one of the main symptoms of an increase in cortisol levels in the body is an increase in blood pressure, the increase in the number of family conflicts with unpredictable results becomes natural;
- postponed family conflicts that have not been actualized due to the conscious volitional position of married couples on the prevention of family conflicts. The period of self-isolation and other social restrictions during the COVID-19 pandemic made it possible to actualize this family conflict due to lack of communication outside the family. Eventually, a large number of European families (Austrian, Belgian, Portuguese, etc.) found themselves in an artificially created crisis space and a significant number of families could not survive it;
- for the countries of Eastern Europe (Poland, Hungary, Ukraine, Slovakia and the Czech Republic) during the COVID-19 pandemic the problem of family conflicts became relevant through different socio-cultural life strategies. Ukrainian psychologist T. Krugla reduces this problem to the incompatibility of interests and needs. "Quite often, the similarity of interests and needs underlies the creation of a family, but they cannot completely coincide in two different people, and also change over time, which leads to misunderstandings" [7]. This problem is very difficult for the countries of Eastern Europe, where at the end of the twentieth century there were significant social transformations and it turned out that many families were created without taking into account these changes. Therefore, the COVID-19 pandemic has become a catalyst for family conflicts based on interests and life priorities. The fact that women are the initiators of divorce every year is a direct consequence of women's emancipation in all spheres of social life and a consequence of the evolution of gender socio-psychological attitudes in the relationship between man and woman.

Permanent stress states caused by lifestyle changes, which mostly manifested in changes in biorhythms and disturbances significantly increased the level of conflict in most families, but due to the large number of similar situations in all European countries it led to a steady trend of biological manifestations of stress. acts caused by manipulations of modern mass media and opinion leaders on social networks. It is stress that causes the spread of covid dissident movement. This state of affairs is due to the fact that people under the influence of stress refuse to accept the fact that they and their loved ones are in danger. Therefore, in this case, one of the common options for stress response to objective information about threats to the human

body virus COVID-19 is its non-perception and the combination of people with a similar worldview in societies that relay unverified information among their environment and social networks. Therefore, carrying out preventive measures and establishing effective communication between government agencies and society in order to explain the need for certain restrictive measures. One of the major social consequences of the COVID-19 pandemic in Europe is that most European countries have been unprepared for communication between public authorities and society. Since the introduction of quarantine measures in various European countries has met with opposition from members of the public and individual social groups. This situation is evidence that the situation in European countries in the field of communication technologies between the state and society over the past ten years has not changed significantly for the better. This is evidenced by studies by European scientists who analyzed the effects of the H1N1 flu pandemic in 2009. In particular, a study of the pandemic in Germany by a group of scientists led by H. Wilking [8] shows, however, that in 2009 in Germany as in other European countries, the H1N1 flu pandemic became widespread and gained pandemic status, but was localized within a few months. Directly in Germany, 252 deaths were registered and two waves of significant increase in morbidity were registered. Although the scale of the H1N1 and COVID-19 pandemics in Europe is not comparable, even then Thomas Abraham [9] noted that during the implementation of quarantine measures there were significant communication problems, which led to a significant level of distrust in European countries to the authorities. quarantine restrictions.

"Trust is a key principle in the risk management system, but we live in what we have characterized as a post-trust society" Without a high or at least a legitimate level of trust, it is not possible to implement any social transformations, especially in the area of social restrictions or even prohibitions, even against the background of significant risks to public health. In most European countries, the level of public trust and solidarity of citizens with the authorities in the field of overcoming the threats and consequences of COVID- 19 has recently decreased significantly.

The reasons for this state of affairs have both a social and psychological basis. The social basis in our opinion of this phenomenon is based on the theory of social anomie. This theory is a classic for sociology and was proposed in the early twentieth century by Emil Durkheim. Today, in sociology and criminology, this theory has received new prospects for modernization as the situation of uncertainty of further development of modern socio-economic relations leads to the link of depression and other social and psychological problems of both individuals and large social groups [11]. Social anomie is a state of development of society which is characterized by the following features:

- high level of social and psychological anxiety, which causes the propensity of a significant number of the population to commit offenses and commit socially dangerous crimes;
- a significant level of conflict between representatives of different social groups, which is permanent with possible local outbreaks of violence;
- lack of relevant concepts of harmonious development of society as a whole and its individual social groups.

All these features are inherent in the modern European community and it can be argued that most modern European countries during the pandemic COVID-19 were in a state of social anomie. Overcoming this condition will be relevant in the period of stable postcopical time. Since trends and changes in the period of social anomie have led to significant socio-psychological transformations that have led to disharmony of relations between representatives of different social groups. Overcoming this social disharmony is one of the most important issues of public safety. To solve this problem, it is necessary to use certain socio-psychological and socio-medical tools at both individual and group levels. Such means will not only help to

solve socio-psychological problems, but are an important factor in respecting the constitutional rights and freedoms of citizens. Because quarantine steps are a forced legal means of restricting rights and freedoms, which is legally permissible, the right to life and health protected by quarantine restrictions have the highest social value compared to the rights to work, entrepreneurship, freedom of movement, and so on. But through medical and social technologies, overcoming social anomie is the realization of other constitutional rights and freedoms of citizens, such as the right to personal development, social protection, health care, medical care and social services. Therefore, the systematic introduction of such medical and social technologies can be considered a means of protecting the constitutional rights and freedoms of citizens. Due to the high share in the social anomie of psychological and physiological factors of the technology of overcoming social anomie in modern European societies, individualized technologies of social therapy should be used. One of the options for conceptual work in this direction is to create individual technologies to overcome the effects of individual manifestations of social anomie and promote their widespread use at various levels ranging from therapeutic advice from doctors, psychologists and public figures. That is, we propose to massively correct certain medical and psychological problems en masse using the same type of medical and psychological protocols. One of the innovators in this area, we consider the Japanese clinical psychologist Okajima I from Wasoeda University. In 2012, this scientist together with Komada Y, Nomura T, Nakashima K, Inoue Y conducted clinical studies in which they proved that insomnia is highly likely to lead to depression [12]. Given that social anomie is a form of social depression, and social depression is correlated with physiological depression, the treatment of depression at the physical level with a high probability will contribute to positive effects at the social level.

The implementation of theories of individualized social therapy was a rather complex process due to the high cost and lack of controlled application and even more so the analysis of research results both within the country and at the interstate level. Today, with the advent of various information technologies connected to the Internet and the ability to analyze information at the Big Data level, there is a possibility of their application in real life. The use of health and social technologies in overcoming and prevention in European countries should be based on the best practices of Asian information and health and social technologies. In particular, in 2020, the Japanese clinical psychologist Okajima I, together with Akitomi J and Kajiyama I, conducted clinical research on the effectiveness of the use of electronic programs to combat insomnia. These programs are downloaded via a smartphone and therefore significantly expand the prospects for the use of modern social therapy, have shown their effectiveness in improving the psychological state of patients, in particular, helped to overcome depression [13]. These results indicate that such experience with the use of electronic programs and mobile applications to overcome behavioral and psychological disorders is relevant and has the right to spread in different countries, including Europe. Write about the application of a geographic information system and advanced methods of spatial statistics to analyze the intensity of COVID-19 distribution. Analysis of the patterns of human migration in relation to COVID-19 transmission would assist us in explaining the high incidence rates in urban and provincial districts [14]. Along with the use of innovative methods of prevention of social anomie, it is advisable to use traditional technologies. One such technology is cognitive-behavioral group therapy of social anxiety disorder. One of the apologists for this application of technology is [15]. This form of therapy can be used both offline and online and give a corresponding positive effect, if you control the number of such group classes from several coordination centers can help overcome the psychological aspects of social anomie. During the COVID-19 pandemic, the problem of visiting recreational areas, such as parks, forests, botanical gardens, etc., also became relevant. Although visiting these locations helps to reduce stress and other manifestations of mental stress. That is why you should intensify the use of garden therapy. This method is environmentally friendly and is actively used in social and psychological rehabilitation [16]. Therefore, it is logical to use garden therapy as an adjunct to the treatment and prevention of behavioral disorders during the COVID-19 pandemic.

4. CONCLUSIONS

Restrictive measures during the COVID-19 pandemic led to a variety of behavioral and other mental disorders in people of different ages, regardless of gender. These phenomena have been identified in various European countries, which has led to a number of social consequences as a decrease in interest in school education, an increase in family conflicts and as a result of divorce, which generally indicates an increase in symptoms of social anomie across Europe. Overcoming social anomie is possible through the use of individualized social therapy technologies using cognitive-behavioral group therapy of social anxiety disorder, regulation of the stress hormone cortisol, prevention of anxiety and stress through treatment of sleep disorders and garden therapy. In our opinion, the use of a combination of methods will help to overcome the signs of growing social anomie both within individual European countries and within the European community in overcoming the effects of the COVID-19 pandemic. The application of these measures will promote the observance of constitutional rights and freedoms of citizens. The medical and social technologies mentioned in the article should be systematically implemented in order to protect the constitutional rights and freedoms of citizens.

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