



Expressions of Social Isolation

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PRESENTATION GUIDE

1. Abstract

“Diários da Quarentena” (“Quarantine Diaries”, in english) are written affective expressions made by students, professors and collaborators of the Research Laboratory in Environmental Psychology (Locus) during social isolation, in the first half of 2020 in Fortaleza, Ceará (Brasil), resulting from the Covid-19 pandemic. The main objective of the diaries was to help the group to deal with the difficulties and fears arising from social isolation considering the diversity of affections in the academic environment. In total, 25 people participated, being 9 university professors, 4 undergraduate students, 7 graduate students (of master, doctorate and post-doctorate degree) and 5 external collaborators (professionals from different areas and/or residents of communities).

2. Method steps for building the affective expressions

1. The organizers of the Quarantine Diaries announced a call for new texts every week from april to july of 2020;
2. Interested people should send the texts by e-mail or WhatsApp to the organization team;
3. The texts were edited, following a font, font size and spacing pattern and distributed according to the themes of the volumes;
5. The organizers wrote, in addition to their own personal texts, the prefaces of the volumes, contextualizing the activity and introducing the texts that appeared in the volume;
6. After finishing the volume, it was published by E-mail, WhatsApp, Instagram and other social medias of the Laboratory;
7. After publication, the participants discussed the experiences of building their writings and reading the texts of others.

3. Results and discussion

The main affects found in the written affective expressions about the period of social distancing were categorized as **depotentiating** and **potentiating**:

Depotentiating affects	Potentiating affects
1. Disappointment	7. Happiness
2. Indignation	8. Pleasure
3. Impotence	9. Solitude
4. Dissatisfaction	10. Belongingness
5. Burnout	11. Enthusiasm
6. Insecurity	12. Attraction

4. Conclusions

The Brazilian academic community has been affected by disorders caused by a stressful lifestyle that were quite accentuated during the Covid-19 pandemic. The access to affective expressions of this community helps in the construction of strategies for coping with the psychosocial and environmental vulnerabilities experienced during the pandemic, especially those resulting from social distancing and social isolation. From the experience of the Quarantine Diaries, we conclude that educational processes cannot be done without the expression of affects.