

## The use of digital technologies as a way of personality self-realization in old age

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Nowadays, researchers increasingly point out that the digital skills possession creates fundamentally new opportunities for activities and realization of the potential of elderly people. In terms of personal development, it allows them to share their experience and knowledge in an expanding communicative space, enriches the inner world of elderly people and actively integrates them into society. However, not all elderly people are ready for activity in the digital space. Our pilot study was aimed at identifying real needs and desire to master the digital world and self-perception of abilities in the elderly people in this field (n = 68, age from 58 to 84). Method: semi-structured interview. The attitude of elderly people of different age groups to the Internet as a means of communication and self-development, obstacles (lack of knowledge, skills, complexity of procedures, self-doubt, etc.) and emerging positive and negative experiences were analyzed.

**Keywords:** self-perception in old age, self-realization in old age, attitude to digital technologies

## Connection between the Personal Sovereignty and Moral Motives

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The personal sovereignty (PS) is a low-order trait demonstrating the extent to which a person can control their empirical Self. There are six domains of PS identified: body, territory, belongings, time habits, social contacts, and values sovereignty. As previous research showed, PS contributed to people' social adaptation and well-being. The aim of this research was to investigate whether PS is connected with higher personal features, namely, moral motives. The sample consisted of 539 students, Mage = 21.0, 125 males. We used the Personal Sovereignty Questionnaire-2010 by Nartova-Bochayer and Moral Motivation Model scale by Janoff-Bulman. It was found that relation between PS and moral motives was gender-sensitive. Significant positive correlations were found in female group only. The most positive connections were formed by values sovereignty (with not-harming, social justice, social order, self-reliance, and helping motives). The study was supported by Russian Foundation for Humanities, Project 16-06-00239.

**Keywords:** personal sovereignty, moral motives, youth