

## SPIRITUAL SPHERES OF HUMAN LIFE

### Духовные сферы жизни человека

**The aim** of this research is to explore the different spheres of human life and their impact on social identity and cultural understanding. It categorizes human life into public, personal, and hidden spheres, emphasizing how these areas contribute to the formation of personality, education, and mental health. The study highlights the interconnectedness of these spheres and their role in creating a harmonious and fulfilling existence.

**Main part:** Human life is a complex fabric woven from different threads of experience, social interaction and personal development. The concept of spheres of human life refers to distinct areas of existence that are strongly influenced by the extent to which others are involved. This categorisation is important for understanding how relationships shape our experiences, beliefs and overall well-being. Therefore, human life can be categorised into several spheres: public (Public), private, intimate.

*Public* is the part of life that involves interaction with society. This sphere of activity, which includes the interaction of people in society, participation in public events, as well as the manifestation of personalities in social networks. Public opinion and reputation are important in public life and can have a significant impact on people's careers and personal lives. Relationships in the social sphere may be more superficial, characterised by polite communication and social norms. Nevertheless, these interactions are necessary for the development of essential social skills such as communication and co-operation.

*Personal life* is a private sphere, including relations with close people, family, friends. This is the sphere of individual existence, which includes all aspects related to personal relationships, emotional state and daily activities of a person. It encompasses elements such as family, friendships, romantic relationships, hobbies, pastimes and personal interests. In this sphere, people experience their deepest connections, often marked by emotional support and unconditional love. Emotional bonds are formed in this sphere, allowing people to feel safe, valued and understood. Personal life can be important to emotional well-being and happiness, as support and closeness from loved ones contribute to feelings of security and fulfilment.

*The hidden sphere* – is the inner side of a person's existence, which includes their thoughts, feelings, dreams, desires and secrets. It is the part of life that may not be accessible to others and often remains hidden from others. The hidden life can include philosophical musings, creativity, spiritual practices and personal experiences. It plays a role in shaping a person's individuality and self-awareness, and can also influence their behaviour and relationships with others. The hidden life often serves as a source of

inspiration and strength, allowing people to explore their deepest experiences and aspirations. The importance of the hidden realm is that it provides the individual with opportunities for self-reflection. Opportunities to build and implement plans for self-improvement, rest from participation in the life of society [1].

**Conclusion:** The concept of spheres of human life described in the article emphasises the importance of the different aspects of our existence and their impact on our social identity and cultural understanding. These spheres are interrelated and complementary, creating a holistic picture of human life. The above spheres of human life, fulfil the functions of human personality formation, education, preservation of mental health. Public, personal and intimate spheres interact to create a harmonious and fulfilling existence. They help to cope with the challenges of modern life, develop social skills and strengthen personal ties.

### Reference

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**Р. Dorogobid**  
**П.П. Дорогобид**  
БГТУ (Минск)

*Научный руководитель А.В. Конышева*

## **THE IMPACT OF SOCIAL MEDIA AND TECHNOLOGY ON CROSSCULTURAL COMMUNICATION IN BUSINESS**

### **Влияние социальных сетей и технологий на межкультурную коммуникацию в бизнесе**

The purpose of the research on this topic is to study the influence of social networks and modern technologies on the processes of intercultural communication in business.

With the development of the Internet and technology, social networks have become an integral part of modern life and have had a huge impact on various aspects of society, including business. The dynamic and rapidly developing world of social media has become a platform for interaction, information exchange and community creation, but their impact on the business sphere extends much further, forming new strategies, interacting with customers, as well as influencing the reputation and competitiveness of companies [1]. Online platforms such as LinkedIn, Facebook, Twitter and others have