

Секция 4

ДОСТИЖЕНИЯ И ПЕРСПЕКТИВЫ ЦИФРОВОЙ ТРАНСФОРМАЦИИ ОБЩЕСТВА

АНГЛИЙСКИЙ ЯЗЫК

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PSYCHOLOGICAL IMPACT OF THE DIGITAL ENVIRONMENT: INFORMATIONAL ANXIETY AND MISSED OPPORTUNITY SYNDROME (FOMO)

Психологическое влияние цифровой среды: информационная тревожность и синдром упущенной выгоды (FOMO)

The purpose of the article is to show the negative impact of globalization and social networks on mental health (using FOMO syndrome and informational anxiety) and justify the need to move towards informed digital hygiene as a tool for protection and adaptation.

Globalization and the rise of social networks have expanded access to information while creating psychological effects such as FOMO (Fear of Missing Out). FOMO occurs when individuals feel they may miss important events – from major activities like parties

or trips to everyday online interactions. It is especially common among younger generations due to the constant flow of digital content. Social networks reinforce FOMO by showing users what others are doing, making them feel they must stay constantly updated [1].

The pressure to keep up with rapid information flow can harm mental health. Tracking everything at once often leads to stress, frustration, procrastination, and a cycle of rising tension as people consume more uncontrolled news instead of focusing on priorities [2, p. 280].

In this context, informed digital hygiene is crucial. It refers to personal actions aimed at maintaining mental, physical, and social well-being in a digitalized society, reducing risks such as informational stress, digital dependence, and loss of critical perception [3, p. 65]. It includes both active and passive measures that minimize cyber threats and support individual cyber protection [4, p. 105].

Digital hygiene strategies combine technical and behavioral practices: strong passwords, multi-factor authentication, privacy control, software updates, antivirus use, limited device access, and critical evaluation of online content. They also involve personal responsibility, risk awareness, and stable habits of safe digital behavior. This approach integrates ethics, hygiene, and human ecology, helping individuals maintain balance in a technogenic environment.

We can conclude that conscious management of the digital environment makes it possible to transform technology from a source of stress into a tool for development, which is a necessary condition for maintaining mental well-being and psychosocial resilience in the modern era.

References

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