

determinant of its stability and longevity. The Digital Immunity framework provides a holistic, bio-inspired model for constructing a society that does not merely resist digital threats, but learns from them, adapts, and grows stronger. It is a call to action for the scientific community to transcend disciplinary silos and collaborate on building not just smarter systems, but a wiser, more resilient world. Our future sustainability depends not on achieving a state of perfect security, but on cultivating a capacity for perpetual resilience.

A. Pavlovich

А. В. Павлович

БГЭУ (Минск)

Научный руководитель Е. В. Климук

ONLINE WITHOUT PAUSE: NEW FORMS OF DIGITAL DEPENDENCY

В сети без паузы: новые формы цифровой зависимости

Advanced technologies replete our world with new features and capabilities. Meanwhile, the evolution of the technology world brings humanity not only benefits but drawbacks. The main problem of digital powers its influence on human psychological health.

The purpose of this study is to figure out how social networks new shapes of addictions, how they effect on people's health and ways to prevent internet involvement.

At first sight the internet is safe and fruitful space, but it is a thoughtful algorithm. Every like, comment or message provides dopamine release – hormone of enjoy. Social media analyze users' preferences and gives them content according to suggestions. Thus, individuals move into a steady stream of preferred data. Endless news feeds create the effect of filling without being able to stop.

All these features produce «trap» for adopters. Digital addiction is a form of psychological dependence in which a person experiences an overwhelming need to constantly interact with digital devices and the online environment, even at the expense of their health, responsibilities and actual communication.

Nowadays forms of technological addictions are:

1. Fear of missing out: permanent scrolling has formed a scare to skip something essential, exiting or favorable. Likes, comments, reposts ignorantly create a reward system.

2. Achievement addiction: player is stuck in the cycle «achieved goal -> short-term joy -> new, more difficult goal». Persistent gamers have become addicted to level complete and new challenges.

3. Nomophobia: fear of not having a phone and access to the online world. Phone is a universal source of dopamine doze. Therefore, without satisfaction gaps users feel uncontrolled anxiety.

4. Automation and AI addiction: loss of skills, GPS instead of navigation, autocomplete instead of writing decrease critical thinking, trust in algorithms without verification.

All these addictions have deplorable implications for mental, psychological and body health. In mental aspect overuse of gadgets leads to loss of live communication and socialization. It which in turn results in anxiety and depression, related to psychological disorders. Body health also does not stay away from the destruction. Constant screen glow affects vision and the nervous system. Incorrect body position ruins posture.

Each problem has its solution and digital addiction is not an exception. Limiting screen time, turning off notifications and meditation listening help to reduce negative backwashes and avoid anxiety.

In summary, while advanced technologies and social networks provide unprecedented opportunities for communication, entertainment, and convenience, they also create new forms of psychological dependence that threaten both mental and physical health. Digital addiction manifests in various ways – from fear of missing out to reliance on automation – and gradually erodes social interaction, emotional stability, and even bodily well-being. Recognizing these risks is the first step toward overcoming them. By setting boundaries, practicing mindfulness, and consciously balancing online and offline life, individuals can harness the benefits of technology without falling into its traps. Ultimately, the challenge of the modern era is not to reject digital progress, but to learn how to coexist with it responsibly.

К. Parzhon

К. А. Паржон

БНТУ (Минск)

Научный руководитель Г. В. Прибыльская

DIGITAL TRANSFORMATION IN EVERYDAY LIFE OF MODERN SOCIETY

Цифровая трансформация в повседневной жизни современного общества

Digital is the integration of technologies into various spheres of human activity. For example, they are currently used to optimize education, healthcare, business processes, public administration and everyday life. The purpose of my work is to analyze the impact of digital technologies on citizens' living standards and identify prospects for development of our society in the context of digital transformation.

Digital technologies are currently being actively integrated into everyday life. They are having a significant impact on society's standard of living. Let's consider some aspects of human activity and the innovative technologies being implemented in them.

Let's start with medicine and healthcare. Telemedicine, a service which offers online consultations with doctors, is becoming increasingly popular today. This is convenient for