

UDC 159.922.6

DOI: <https://doi.org/10.33216/2220-6310-2021-102-3-213-223>

PSYCHOLOGICAL FEATURES OF FOMO, PHUBBING AS MANIFESTATION OF INTERNET ADDICTIONS IN MODERN YOUTH

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The article substantiates the problem of the emergence, manifestation and spread of such a modern relevant phenomenon as phubbing and FOMO in the article. It was also revealed the essence of the risks of using information technology, Internet abuse, which leads to social isolation, changes in consciousness, functional changes in the brain, depressive and obsessive disorders, inability to learn, work, think deeply, etc. The state of modern research of Internet addiction, the indicators and the forms, the psychological and physiological symptoms that are characteristic of Internet addiction are analysed.

Until now, there is no consensus among researchers on the concept and definition of Internet addiction and controversy continues over the proposed diagnostic criteria, whether it is addictive. The highest level for Internet addiction is recorded in adolescents and young people, which may also indicate the presence of psychological problems: unrealized things in the field of communication, problematic relationships in the family, difficulties with learning, from which the younger generation plunges into a more successful virtual life. The results of available researches are generalized, because of which the cognitive-behavioural model of pathological Internet use is offered as two forms of Internet addiction such as specific pathological use of the Internet and multi-purpose excessive use of the Internet. A research analysis made by researchers is presented by proving the relationship between Internet addiction with phubbing and the opportunity syndrome (FOMO). The given data which suggests that FOMO and Phubbing may have the same properties, as they are both related to improper use and dependent behaviour on smartphones. According to the authors, in the development of Phubbing and FOMO play a role in certain psychological characteristics of the individual, the study of which requires further investigation. It also emphasizes the need to

solve the problem of Internet addiction by creating recommendations for its prevention and reducing the degree of dependence.

***Key words:** Young people, Internet addiction, phubbing, FOMO, psychological and physiological symptoms, psychological features of personality.*

Problem statement in a general view and its connection with important scientific and practical problems. The global coronavirus pandemic COVID-19 has divided the lives of the population into before and after. An important feature of the last two years is the rapid increase of Internet users. In recent decades, the Internet has firmly entered our lives, has become an integral part without which we can no longer imagine our lives. Thanks to the development of modern technologies, we turn to the World Wide Web every day, anywhere and at any time of the day. Thus, cell phones, which acquire new progressive characteristics every year and function just like computers, are becoming an integral part of our lives. More and more people prefer smartphones to computers when they go online because they give users more opportunities to communicate with friends, family, colleagues and absent people, play games, for entertainment, for education and research.

Of course, the Internet has great importance in today's world; it is convenient and useful; it is an inexhaustible source of information, and an affordable way to acquire skills and knowledge, an indispensable assistant in work and business. It is also a means of conducting and planning leisure, a platform for communication and exchange of experience, a place for dating and a way to maintain communication, etc. However, despite the certainly positive role of the Internet, there are some risks in the use of information technology. It is a large, hidden threat that usually goes unnoticed by consumers of the Internet space - Internet dependency, or Internet addiction. Addictologists warn that the abuse of the Internet, uncontrolled stay in the network leads to social isolation, changes in the state of consciousness, functional changes in the brain, depressive and obsessive disorders, inability to learn, work, think deeply, etc.

Analysis of the last researches and publications in which the decision of the problem has begun and on which the author grounds his research. Recently, the global network has become a powerful tool for influencing people around the world. The illusory world is becoming more and more attractive. The problem of Internet addiction appeared relatively recently, the study of human-network interaction began only in the 90s of the last century. The term "Internet addiction" was introduced in 1996 by the American psychiatrist Ivan Goldberg. Thorough research in this area was conducted by Kimberly S. Young, an American psychiatrist, psychotherapist, and professor of psychology at the University of Pittsburgh in Batford. She believes that "Internet addiction" creates

a large number of behaviour problems and control over inclinations. Recently, many publications of domestic and foreign scientists have been devoted to the study of virtual space and the processes that take place in it: M. Shotton, J. Grohol, K. Miurreiia, D. Hrinfield, I. P. Korolenko, A. Lychko, I. Zorina, A. Yehorova, V. Loskutova, T. Holovanova, T. Vakulich, M. Hrinash and others. Thus, scientific works are devoted to the study of the peculiarities of the mental state of the computer users of such scientists as I. Bielavin, J. Grohol, O. Drozdova, T. Mitelova, L. Podryhalo, I. Tiutiunnyk. The problem of Internet addiction as a kind of addictive behaviour is devoted the scientific works B. Braun, V. Loskutova, O. Shaidulina, M. Shotton. The effects of Internet abuse and computer activity have been investigated by L. Hurieva, E. Mulyk, O. Shynkarenko, O. Yakushyn and others. A large number of publications on this topic shows that it is more relevant than ever in the modern world and needs further development.

The article aims to carry out a theoretical analysis of the causes of occurrence, symptoms of the phubbing phenomena and FOMO, as manifestations of Internet addiction among modern young people.

Statement of the basic research material with full substantiation of the received scientific results. Internet-dependence (Internet addiction, nontagolism, pathological Internet using) is a disorder of the psyche and behaviour, which is the inability of a person to leave the network in time as well as in the constant presence of a compulsive desire to enter the World Wide Web and the inability to exit it.

Psychotherapists and psychiatrists were the first to face the Internet addiction in practice, according to whom Cyber Disorder (CD) will soon enter DSM-V on equal terms with other non-chemical dependencies (addictions) such as relationship dependencies (sexual - zoophilia, fetishism, pygmalionism, transvestism, exhibitionism, voyeurism, necrophilia, sadomasochism; erotic - love; addiction avoidance; interdependence); fanaticism (sports, music, consumer, political, national, religious); professional addictions (workaholism, professional laziness, learned helplessness, procrastination, urgent dependence, perfectionism, marginalism, communication addiction); oniomania (shopping); sports addictions (exercise addiction); addiction to spending money; "technological" dependencies (computer, telemobile, SMS-addictions, selfie-addictions); TV addiction (watching TV series and TV shows); dependence on risk and "extreme" entertainment; Toad's syndrome (dependence on "fun" driving, joy riding dependence); body modification (extreme piercing, tattoo, scarring); addictions of "spiritual search" (involvement in a sect); state of "permanent war" (fighters for justice, "truth-cutters"). A study by Nicholas Carr, a well-known American expert in the field of information management and

transmission processes, showed that the fast and regular browsing of sites leads to the fact that: the human brain loses the ability to in-depth analytical thinking, turning regular network users into impulsive and incapable of intellectual work people. There is a violation of the conduction pathways in the brain cells. Similar symptoms are observed in chemical addiction such as drug addiction. It should be noted that Internet addiction (with a note on the need for additional scientific justifications for the classification of this phenomenon as a medical disorder) is included in the International Handbook of Psychiatric Diagnostics. The following signs evidence the presence of this disorder: the desire to spend as much time online as possible; lack of social contacts; avoidance of household chores and daily chores in favour of sitting at a computer; inability to break away from the monitor and annoyance when others force you to do so; using the Internet to improve your mood or to escape from reality. Similar symptoms are observed more often and they are primarily characteristic of adolescence. Adolescents' Internet addiction may also indicate psychological problems such as unrealizations in the field of communication, problematic relationships in the family, learning difficulties, from which the teenager plunges into a more successful virtual life.

Orzack (1998) identifies some psychological and physiological symptoms characteristic of Internet addiction. Physiological symptoms include carpal tunnel syndrome ("Tunnel" syndrome - lesion of the hand nerve trunks, which is associated with prolonged strain on the muscles of the forearm), dry eyes, migraine headaches, back pain, irregular diet, neglect of personal hygiene, sleep disorders, changes in sleep patterns. Psychological symptoms include elevated health or euphoria at the computer, inability to stop, increasing for time spent at the computer, neglect of family and friends (sharp self-isolation), feelings of emptiness, depression, irritation not being at the computer, lie to employers or family members about their activities, problems with work or study.

Until now, scientists have been working on the concepts and definitions of Internet addiction; there are some disputes over the proposed diagnostic criteria and that it is a dependency.

Chinese scientists view excessive Internet use as a violation of impulse control, which includes the importance of the Internet, mood swings, resilience, withdrawal syndrome, conflict and relapse. In general, according to them, Internet addiction covers eight symptoms:

- internet concern;
- withdrawal symptoms;
- tolerance;
- unsuccessful attempts to control Internet use;

- prolonged excessive Internet use, despite the knowledge of the negative psychosocial consequences;
- loss of interests, previous hobbies and entertainment due to the Internet use;
- Internet use to avoid and alleviate dysphoric mood; deception of family members, therapists or others.

Kimberly Young (2011) connected excessive Internet use with pathological gambling disorders according to the Diagnostic and Statistical Manual-IV (DSM) to determine the diagnostic criteria for "problematic use of the Internet". According to her (Young & de Abreu, 2011), "Internet addiction" is a multidimensional term that denotes a large number of problems of behaviour and control over inclinations. The main five types, which were identified by the psychologist in the studying process, are characterized as follows:

- cybersexuality is an irresistible urge to visit porn sites and engage in cybersex;
- passion for virtual dating is the redundancy of acquaintances and friends on the Web;
- obsessive need on the Web is a playing online gambling, regular shopping or participating in auctions;
- information overload (obsessive web-surfing) is endless travels on the Web, search for information on databases and search sites;
- Computer addiction is an obsessive game of computer games (shooters - Doom, Quake, Unreal, etc., strategies such as StarCraft, quests).

We can identify the following symptoms of Internet addiction, with which you can determine Internet addiction:

- constant desire to be online;
- annoying state in the absence of network access;
- lack of desire to be distracted from cyberspace;
- disturbance of attention;
- non-compliance with personal hygiene requirements;
- refusal to eat or irregular meals;
- refusal of "live" communication;
- conflicts with others who do not share an excessive fascination with the Internet;
- Willingness to invest own money in a computer and the Internet (not work-related).

Research by Nitin and Arvind Kumar (2019) has shown that excessive Internet use has diverse effects. On the one hand, it negatively affects the lives of young people, including emotional behaviour, hyperactivity and problems

with peers, as well as positive effects such as prosocial behaviour (Kumar, Kumar, & Mahto, 2019).

Based on the research of such scientists (S. Varlamova, E. Honcharova, I. Sokolova, T. Matsokha, V. Mendelevych, K. Young, etc.) the following valid and measurable indicators of Internet dependence have been identified:

- the amount of spent time in the Internet space;
- the purpose of being on the Internet;
- affective changes as a consequence of excessive / impossibility being in the network;
- deterioration of work/study/household performance due to excessive use of the Internet;
- changes in the process of direct communication.

Summarizing the results of existing research Davis (2001) proposed a cognitive-behavioural model of pathological Internet use. He identified two forms of Internet addiction.

The first form is a specific pathological Internet use, which is a dependence on a specific function of the Internet (online sex services, online auctions, and online stock sales, online gambling). The subject of addiction is preserved; it can also be implemented outside the Internet.

The second form is non-specialized, multi-purpose excessive Internet use, which involves spending a lot of time online without a clear goal (chat, dependence on e-mail), that is, largely related to the social aspects of the Internet (Davis, 2001). The results of recent research allow us to classify ways of using the Internet in three categories: functional, with the risk of abuse and offensive (Young & de Abreu, 2011). This classification is consistent with other typologies of three-phase mechanisms of Internet addiction.

In the first stage, the Internet as in the case of drug addicts is a source of information, entertainment, work and communication. This means that its resources are used efficiently.

In the second stage, users overuse the Internet not necessarily correlating with their real needs (for example, doing schoolwork or work-related tasks).

The third stage includes destructive behaviour, when dependent persons limit or completely abandon their professional, family, social activities and leisure to use network devices (Augustynek, 2010; Lizut, 2014; Tomczyk, 2015). Thus, Internet addiction is a maladaptive model of Internet use, which leads to clinically significant disorders or suffering.

We have already mentioned the benefits and dangers of using the latest technologies because smartphones have begun to cause people more and more Internet addiction. The person does not control the use of the gadget, does not realize how long he holds it in his hands, and feels the connection with the

smartphone and discomfort when he is not around, in the field of view. Nomophobia is the fear of being without a phone, being disconnected from your phone. This term was first proposed after a study that was conducted in 2008 in the UK.

Recent research suggests that, like Internet addiction, smartphone abuse is accompanied by abstinence, compulsive behaviour and functional impairment (Chotpitayasunondh, 2016; Mok, 2014; Takao, 2009). Excessive use of smartphones and compulsive testing of smartphones are also associated with interpersonal problems, such as lack of interpersonal intimacy and trust development (Przybylski & Weinstein, 2013), interference in other social activities (Walsh, White, & Young, 2008) and insecurity in a romantic relationship (Kuss & Griffiths, 2011).

Research by scientists proves the relationship between Internet addiction and phubbing and loss of opportunity syndrome (FOMO) (Chotpitayasunondh & Douglas, 2016).

FOMO is a syndrome of lost opportunities. It includes anxiety and an impulsive desire to use the Internet offline. FOMO is associated with an urgent need to stay online, receive media messages, passively or actively participate in the exchange of information through SMS, online games and other types of web pages and Internet services. Dissatisfaction with this need causes negative emotions (Przybylski & Weinstein, 2013). In contrast to the general symptoms of addiction, FOMO is associated with the category of novelty such as getting new information that becomes a source of satisfaction for users. FOMO is a social construction, which is associated with the lack of access to various forms of information (text, multimedia). This is due to the changing standards of communication among the younger generation, which is based on Internet communicators and SMS. FOMO demonstrates new mechanisms of information exchange processes among young people. A large number of negative experiences and thoughts, feelings of inferiority, unrealized, accompany the syndrome of lost opportunities, which leads to emotional discomfort, exhausting personality. This is a concern that we will remain outside the information chain, it also plays a crucial role in finding social networking services, needs for satisfaction, life satisfaction and mood (Przybylski & Weinstein, 2013), which are all related to levels of dependence on smartphones. FOMO, in turn, can lead to phubbing; it is one of the manifestations of dependence on gadgets and the Internet, the habit of being distracted by a smartphone while talking. Phubbing can occur against the background of fear of losing important information on social networks. Scientists have concluded that phubbing is not an indicator of an unfriendly, hostile attitude towards the interlocutor, and a psychological problem that can be caused by depression, anxiety, and low self-esteem. However, it was

not found the connection between the habit of constantly checking gadgets and loneliness. This is because active users of social networks do not always see the difference between communication in the real and virtual worlds. In addition, phubbing is characteristic of people with high impulsivity and low self-control, who are unable to refrain from using mobile phones.

FOMO, phubbing may have the same properties, as they are both related to improper use and dependent behaviour on smartphones.

In our opinion, certain psychological features of the personality play a role in the development of phubbing and FOMO. The study of these features will be the subject of our further research.

Conclusion and prospects of further investigations in the given direction. Internet addictions of modern young people deserve the special attention of scientists as they develop rapidly and dynamically. Their deepening among young people, despite all the benefits of mass population computerization, has serious socio-psychological consequences. Internet addiction is a kind of non-chemical addiction, the expressive manifestations of which are negatively reflected in various spheres of life. Young people with the formed Internet addiction and its initial signs receive destructive changes in many spheres of life: educational, domestic, labour and communicative and have certain psychological personality features. FOMO, phubbing can have the same properties because they are both related to improper use and dependent behaviour on smartphones. In our opinion, certain psychological features of the personality play a role in the development of phubbing and FOMO. The study of these features will be the subject of our further research.

Besides, the solution to the problem of Internet addiction by creating recommendations for its prevention and reducing the degree of addiction remains relevant.

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ПСИХОЛОГІЧНІ ОСОБЛИВОСТІ FOMO, ФАББІНГУ ЯК ПРОЯВУ ІНТЕРНЕТ-АДИКЦІЙ У СУЧАСНОЇ МОЛОДІ

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У статті проаналізовано проблему виникнення, прояву та поширення такого актуального явища сьогодення, як фаббінг та FOMO. Розкрито сутність ризиків використання інформаційних технологій, зловживання Інтернетом, яке призводить до соціальної ізоляції, змін в стані свідомості, функціональних змін в головному мозку, депресивних та obsesivних розладів, нездатності навчатися, працювати, глибоко мислити тощо. Проаналізовано стан сучасних досліджень Інтернет-адикції, показники, форми, психологічні і фізіологічні симптоми, характерні для інтернет-залежності. До цього часу серед науковців відсутня єдність у розумінні поняття та визначення інтернет-адикції, тривають суперечки з приводу запропонованих діагностичних критеріїв і того, чи дійсно це є залежністю. Найвищий рівень для інтернет-адикції фіксується у підлітків та молоді, яка може

свідчити також і про наявність психологічних проблем – нереалізованості в сфері спілкування, проблемних відносин у родині, труднощів з навчанням, від яких молоде покоління поринає в більш успішне віртуальне життя. Узагальнено результати наявних досліджень, в результаті яких запропонована когнітивно-поведінкова модель патологічного використання Інтернету, у вигляді двох форм інтернет-аддикції – специфічне патологічне використання Інтернету та багатоцільове надмірне користування Інтернету. Представлений аналіз досліджень науковців, які доводять взаємозв'язок Інтернет-залежності із фаббінгом та синдромом втрачених можливостей (FOMO). Наведені дані, які свідчать про те, що FOMO і фаббінг можуть мати однакові властивості, оскільки обидва вони пов'язані з неналежним використанням та залежною поведінкою від смартфонів. На думку авторів, у розвитку фаббінгу та FOMO відіграють роль певні психологічні особливості особистості, дослідження яких потребує подальших розвідок. Також наголошується на необхідності вирішення проблеми Інтернет-залежності шляхом створення рекомендацій для її профілактики та зниження ступеня залежності.

Ключові слова: молодь, Інтернет-адикція, фаббінг, FOMO, психологічні та фізіологічні симптоми, психологічні особливості особистості.

ПСИХОЛОГИЧЕСКИЕ ОСОБЕННОСТИ FOMO, ФАББИНГА КАК ПРОЯВЛЕНИЕ ИНТЕРНЕТ-АДДИКЦИЙ У СОВРЕМЕННОЙ МОЛОДЕЖИ

В. А. Оверчук, К. С. Потаева

В статье проанализирована проблема возникновения, проявления и распространения такого актуального явления настоящего, как фаббинг и FOMO. Раскрыта сущность рисков использования информационных технологий, злоупотребление Интернетом, которое приводит к социальной изоляции, изменений в состоянии сознания, функциональных изменений в головном мозге, депрессивных и обсессивных расстройств, неспособности учиться, работать, глубоко мыслить и тому подобное. Проанализировано состояние современных исследований Интернет-аддикции, показатели, формы, психологические и физиологические симптомы, характерные для интернет-зависимости. К этому времени среди ученых отсутствует единство в понимании понятия и определения интернет-аддикции, продолжают споры по поводу предложенных диагностических критериев и того, действительно ли это зависимость. Самый высокий уровень для интернет-аддикции фиксируется у подростков и молодежи, что может свидетельствовать также и о наличии психологических проблем – нереализованности в сфере общения, проблемных отношений в семье, трудностях с обучением, от которых молодое поколение уходит в более успешную виртуальную жизнь. Обобщены результаты имеющихся исследований, в результате которых предложена когнитивно-поведенческая модель патологического использования Интернета, в виде двух форм интернет-аддикции – специфическое патологическое использование Интернета и многоцелевое чрезмерное пользование Интернета. Представлен анализ исследований ученых, доказывающих взаимосвязь Интернет-

зависимости с фобингом и синдромом утраченных возможностей (FOMO). Приведенные данные свидетельствуют о том, что FOMO и фобинг могут иметь одинаковые свойства, поскольку оба они связаны с ненадлежащим использованием и зависимым поведением от смартфонов. По мнению авторов, в развитии фобинга и FOMO играют роль определенные психологические особенности личности, исследование которых требует дальнейших исследований. Также отмечается необходимость решения проблемы Интернет-зависимости путем создания рекомендаций для ее профилактики и снижения степени зависимости.

Ключевые слова: молодежь, Интернет-аддикция, фобинг, FOMO, психологические и физиологические симптомы, психологические особенности личности.

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