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## Variants of coping with difficulties of digital everyday life in a brittle and changing world

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**S**tatement of the Problem: The study of digital society has become one of the leading interdisciplinary problems in recent years. In addition to new opportunities that open up prospects for the development of society and human self-realization, the digital world and new technologies also pose new threats to the **emotional well-being**, security of personal space and professional growth of people. The purpose of this study was to examine ways to maintain mental well-being in digital world. Methodology & Theoretical Orientation: Two series of research were conducted to study the connection between additional space, style of information identity and life satisfaction. The respondents were young people aged 17 to 25 years (N=100). Findings: The data obtained showed that TV & Netflix series and films can be considered as additional space and become a coping option increasing the level of life satisfaction due to identification with the heroes. Coping in the digital world is closely related to the normative style. Information style helps to navigate the flow of incoming information, and a diffuse style helps to select information that is relevant to a given situation. Normative style is more closely related to life satisfaction. Conclusion & Significance: It has been shown that coping can currently be associated with one of the styles of information identity, and the choice of additional space. Film series are more likely than movies increase life satisfaction, regardless of their content. A diffuse style can contribute to adaptation to digital world, but does not help quickly navigate the news flow. Immersion in the information flow with high sensitivity to information influences can lead to a decrease the emotional comfort. The main factors influencing both emotional stability and life satisfaction of people is the emergence of new characteristics of digital society and the development of new technologies.

### Biography

Tatiana Martsinkovskaya has completed her PhD in 1990 at Moscow State University, and 5 years later, in 1995 became professor of psychology, also at Moscow State University. From 1999 till nowadays works at Psychological institute as the director of department, at the same time being the dean of the faculty of general and clinic psychology at Moscow institute of psychoanalysis. The focus of her research interests now is the problem of mental health in digital society. She has over 300 publications that have been cited over 3700 times and her publication H-index is 47. She has several grants and is the editor-in-chief in one journal as well as the member of editorial board of reputed journals

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