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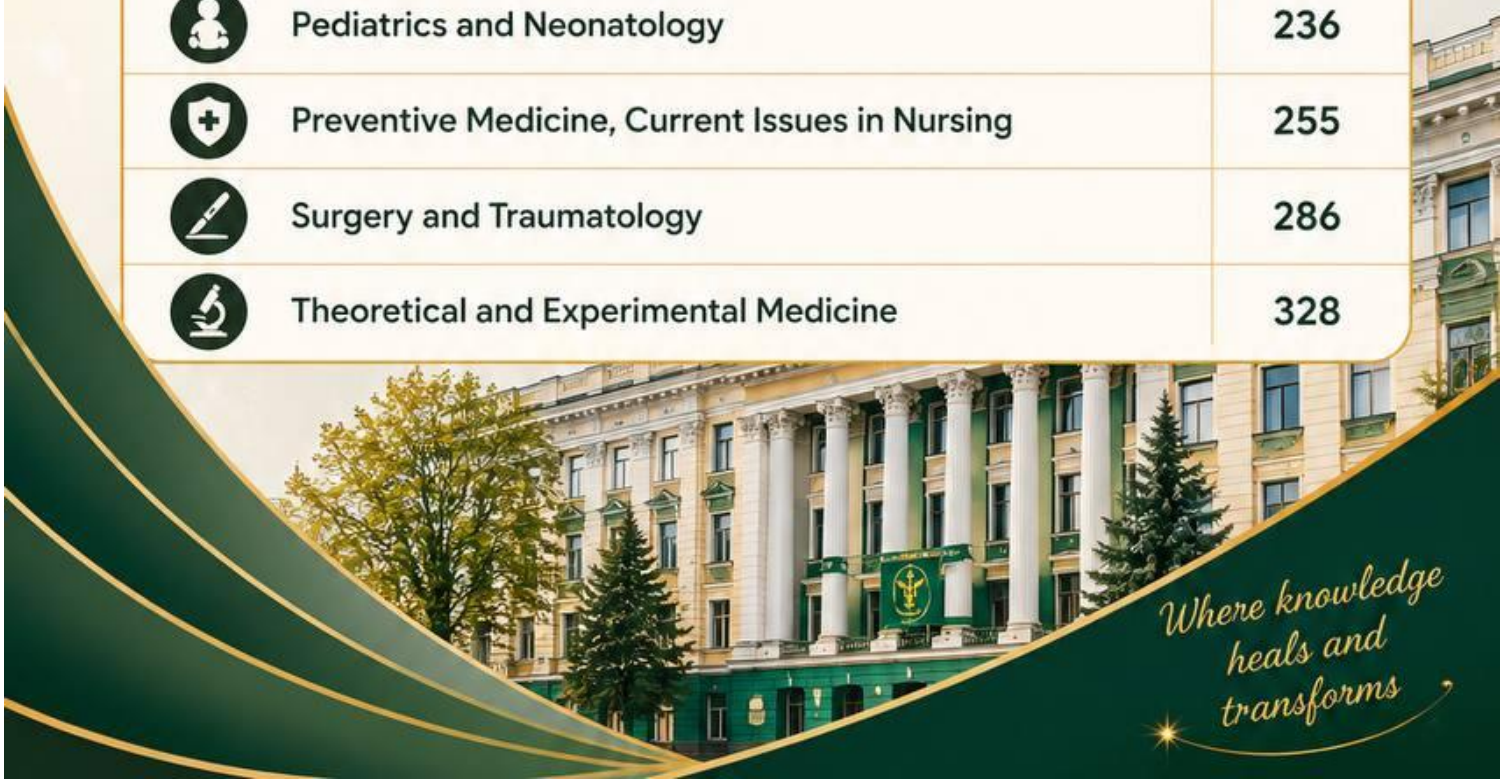

Kuzmenko Daria

THE PHENOMENON OF PHANTOM NOTIFICATIONS AS A MANIFESTATION OF SENSORY DYSREACTIVITY IN YOUNG PEOPLE

Kharkiv, Ukraine

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Introduction. The rapid digitalization of society has led to a transformation in the perception of somatic signals. One of the consequences of overexposure to digital content is "phantom vibration syndrome"-a psychosensory dysreaction defined by a false sensations of a gadget's signal. Researching this is critical for understanding the nervous system's adaption in young people facing heavy informational pressure.

Significance. The pathophysiological basis of the phenomenon is anticipatory anxiety, which forms a persistent focus of excitation in the somatosensory cortex. Due to neural hypersensitivity, the brain interprets subthreshold stimuli such as muscle contractions or friction, as device vibration, indicating the development of central sensitization.

Objective. Based on a comprehensive analysis, to investigate the prevalence of phantom notifications among students and to establish pathophysiological correlations with digital workload and somatic status. Materials and methods. An anonymous survey was conducted among 51 respondents (medical university students) aged 16-40 years. The study was based on an assessment of tactile history, screen time, sleep quality, and the presence of autonomic and metabolic disorders. Results and Discussion. It was found that 70.6% of respondents had experienced phantom vibrations within the past month. For 23.8% of respondents this symptom is regular, indicating the stability of the phenomenon. The localization of phantom sensations in the hands (38.8%) and thighs (22.4%) clearly correlates with the anatomical areas of contact with the device, confirming the formation of a stable dominance in the cortical projection areas. 68.6% of students exhibit a compulsive behavioral pattern-immediately checking the device after every false sensation.

Respondents' digital activity is characterized by high intensity: 25.5% have screen time exceeding 6 hours, and 72.5% experience direct information overload. Attempts to correct this by turning off notifications helped only 57.4% of individuals, indicating the inertia of changes in the central nervous system. The somatic background plays an important role: 70% of respondents suffer from vegetativevascular disorders, and 41.1% from cervical osteochondrosis. Combined with poor sleep quality (only 19.6% get adequate rest) and stress (34.9%) these factors lower the neuronal excitability threshold, triggering desynchronization and sensory dissociation.

Conclusions. Phantom vibration syndrome is a common marker of sensory dysreactivity, which correlates with screen time and emotional stress. The phenomenon stems on a pathological dominant in the cerebral cortex amid anticipatory anxiety and exhaustion of the inhibitory mechanisms of the central nervous system.

Somatic pathology acts as a complicating factor that distorts the interpretation of afferent signals. The findings confirm the need to implement digital hygiene principles to preserve the mental health of young people.