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Differences in Thinking Patterns between Chinese and Russians

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Abstract. Our brains are wired to think and process information differently depending on our upbringing, the way we are socialized, the language we use, and our genes.

When it comes to Chinese and Russians, thinking patterns differ greatly. These patterns play a crucial role in shaping our behavior, beliefs and emotions. In order to summarize the origins of differences, the paper examines language structure, geographical location, philosophy, religion and beliefs, educational methods and modern living conditions of two countries. In addition to that, the paper lists a number of key differences between Chinese and Russian verbal and non-verbal thinking patterns.

Chinese people tend to use visual, circular, subjective, “outside-in”, comprehensive and “collectivist” thinking, while Russians prefer logical, linear, objective, “inside-out”, analytical and “individualistic” thinking.

The author tries to explain the reasons why the differences exist and illustrates how cultural and language expression is influenced by the way we think.

Keywords: thinking patterns, verbal, non-verbal, China, Russia

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Различия в образе мышления между китайцами и русскими

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Резюме. Когда речь заходит о Китае и России, модели мышления людей сильно различаются. Исследование этих моделей мышления поможет нам лучше понять собеседника и снизить риск возникновения непонимания, напряжения, появления негативных эмоций, которые мешают воспринять услышанное, а также увеличивает вероятность эффективности межличностных отношений при взаимодействии друг с другом.

В статье перечислены ряд ключевых различий между китайским и русским мышлением, иллюстрируется, как наше мышление влияет на культурное и языковое самовыражение.

Ключевые слова: модели мышления, вербальный, невербальный, Китай, Россия

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INTRODUCTION

Under the strategic leadership of Chairman Xi Jinping and President Vladimir Putin, Sino-Russian cooperation in various fields has shown resilience and vitality, cultural and local exchanges have flourished, and the people-to-people communication has deepened. According to data from the General Administration of Customs of China, the trade volume between China and Russia reached \$240.11 billion in 2023, a year-on-year increase of 26.3%. Russian experts predict that the trade volume between Russia and China may reach \$250 billion in 2024 [1; 2]. Sino-Russian relations of comprehensive partnership and strategic interaction are entering a new era.

But Sino-Russian thinking patterns (the ways in which our minds process information, generate ideas, and form beliefs) varies greatly and can influence cooperation between the two countries or cause misunder-

standings. These patterns play a crucial role in shaping our behavior, beliefs, emotions, and overall mental well-being, that is why a better understanding of Sino-Russian thinking patterns can ensure that the relations between the two countries provide mutual benefit, enhance regional prosperity and development, and encourage friendly exchanges and cooperation.

THE ORIGIN OF DIFFERENCES

Lian Shuneng, famous Chinese linguist and interpreter in his paper on Chinese and Western Thinking Modes (2002) pointed out that the world can be divided into two regions: East and West. Western civilization dates back to ancient Rome and the Western Mediterranean and refers to modern Western Europe and North America. Eastern civilization refers to modern China, Japan, Korea, etc., dating back to ancient China and India. East and West belong to two different social systems, thus forming two different ways of thinking [3].

Russia is neither East nor West. 23% of Russia is in Europe and 77% in Asia. But if we look at demographics, the overwhelming part of the population lives in the European part of Russia. Located at the crossroads of East and West, Russia shares both eastern and western traditions. As Lev Gumilev, a Russian historian and one of the most authoritative Eurasianists (those who consider Russia a Eurasian, Western-Eastern country), said, “Russia is a distinctive country which unites elements from West and East,” and has its own unique way of thinking [4]. Trying to summarize the origins of differences in thinking patterns between China and Russia, the paper examines language structure, geographical location, religion, philosophy and educational methods of two countries.

LANGUAGE

American linguists E.Sapir and B.L.Whorf proposed the famous “Whorf-Sapir hypothesis,” which means that language determines ways of thinking. Different ways of thinking in language can lead to differences in expression [5].

Chinese characters originated from pictures and exist in a form of pictographic writing. Although the Chinese characters have evolved and most of them have been greatly simplified, some Chinese characters today still have pictographic features, and the visual role of Chinese characters is still being played today. There are roughly 50,000 Chinese characters in the standard national dictionary, with some dictionaries even going up to 80,000. Most of these characters are not commonly used, though.

The Russian language, though, has only 33 letters, and all Russian vocabulary is composed of these 33 letters. Russian grammar, at the same time, is much more complicated than Chinese. While composing a Russian sentence, it's necessary to pay attention to noun genders (masculine, feminine, and neuter), multiple and plural forms, active and passive voice, verb tenses, and grammatical cases (the nominative, genitive, dative, accusative, instrumental, and prepositional cases), otherwise, there is a high chance of misinterpretation.

GEOGRAPHICAL LOCATION

The fact that geography influenced the history of human civilization is well established, but the idea that it may also change the way we think is less known.

Russia is located on the Eurasian continent and has developed a unique Russian way of thinking due to the cross-influence of Eastern and Western cultures. In addition to that, ancient Russia lacked natural defense and faced threats from both the East and West. Therefore, in order to survive and develop, Russians were adept at using offense as an active means of defense.

China's geography helped set the stage for the early development of its civilization. The surrounding desert, mountains, and seas created natural barriers which protected the Ancient Chinese civilization from outside invaders and helped shape its civilization. In the beginning of its growth, natural barriers somewhat isolated, or cut off, China's civilization from much of the rest of the world.

PHILOSOPHY

The formation and development of Chinese philosophical thought are also closely related to its geographical location.

Confucian culture is the mainstream culture of Chinese society.

Confucianism has also borrowed and integrated the ideas of schools such as Mohism¹ and Taoism², manifested in people's unity of heaven and man in dealing with things and interpersonal relationships. It manifests harmonious coexistence between humans and nature, as well as emphasizing mutual tolerance and integrated development. The philosophical idea of "unity of heaven and man" views the world as a whole rather than two opposing sides.

Western philosophers advocate viewing the world as opposed to each other: form and elements, reality and origin, matter and form, etc. Based on the above, in the eyes of Westerners, humans and nature are two opposing sides. In order for humans to thrive, they must explore and conquer nature. This point of view promotes the development and prosperity of Western science and technology but also leads to excessive exploitation and utilization of nature by humans.

Historically, Westerners moving and settling down in Russia (especially its European part) is nothing new: it happened throughout Russia's history, especially starting in the 18th century under Russian Tsar Peter the Great. Many westerners engaged in political life, created laws and naturally brought the western way of seeing the world to Russia.

Following Peter the Great's (1672–1725) program of "Westernization", Russian Tsars began the practice of marrying a Western princess. The marriage between Russian Tsars and a foreign princess ensured peace between the two countries and prevented the other Russian noble families from gaining too much political influence inside the country. Dynastic marriages were often an important part of foreign policy, bringing new options, international stability and western philosophy to the country.

RELIGION AND BELIEFS

Religion can be seen everywhere around us, pretty much every town and city across the globe has a church, mosque, temple, cathedral or synagogue. Many people may be atheists, but their thinking patterns are also influenced to some extent by religion, such as choosing a good day or time for a happy occasion, praying for a smoother life, and so on.

Russia's 144 million inhabitants subscribe to a diverse variety of religions: Orthodox (71%), Non-Affiliated Beliefs (atheism, agnosticism; 15%), and Islam (10%) [6]. In the hearts of most Russians, God is eternal and sacred, ruling the entire world with an irresistible power, and people can only absolutely obey him. God is separate from mankind. There are two worlds: the natural and the supernatural (dualism). Jesus and Mohammed are intermediaries between mankind and God. Human beings are sinful; our bodies live only once, but our souls are immortal. Controlling our impulses is the key to being good and resting in peace after death. The love of money and possessions, on the other hand, is considered to be the root of all kinds of evil.

China is a country with multiple religions as well (Buddhism, Taoism, etc.). However, Chinese religion manifests that God is within, and there are no intermediaries between mankind and God – only one reality. Human beings are ignorant but can become enlightened or wise. We live many lives and are born again through reincarnation. Karma is part of our lives and we get what we deserve on earth depending on how we lived our lives in previous incarnations.

In addition to that, Confucianism, as the main body of Chinese culture, places the greatest emphasis on ethics and morality in daily life. Even though its spiritual goal is the unity of heaven and man, the integration with all things in heaven and earth, and the enhancement and transcendence of the mind, its focus is always on

¹ Mohism – a Chinese doctrines of Mo-Tze, Chinese sage of the 5th century B.C., who advocated government by an absolute monarch and universal love (*author's notice*).

² Taoism – a Chinese philosophic tradition founded by Lao-tzu, advocating a life of simplicity and naturalness and of noninterference with the course of natural events, in order to attain a happy existence in harmony with the Tao (*author's notice*).

the present world, and its path of learning always points to moral practice in daily life. In China, the Confucian tradition does not advocate people to believe in ghosts, god, or afterlife. If the Russians belief path is “denying the world and pursuing heaven”, then the value orientation of Chinese culture is “achieving spiritual transcendence in worldly life”. Therefore, the Chinese under the influence of this thought naturally tend to pragmatism. If a person lives only for the sake of worldly rewards, they naturally consider the benefits of their every action more, thus advocating pragmatism.

Besides, the attitude towards physical well-being is “The Middle Way” and therefore in no way antagonistic. According to Chinese religious beliefs, it is not wealth that stands in the way of liberation but the attachment to wealth; not the enjoyment of pleasurable things but the craving for them. The biggest difference of Chinese religion is that Christianity and Islam do not accept the existence of other religions, while Chinese religion does not exclude other religions, being relatively gentle.

EDUCATIONAL METHODS AND MODERN LIVING CONDITIONS

Thinking patterns may be formed consciously or unconsciously. Most thinking patterns develop over a period of time and are often a result of personal experiences ranging from childhood to a person’s present experiences. Education is the one way to deliberately influence the way we think.

China has a large population of 1.4 billion people. Classes in Chinese high schools have up to 55 students. Because of the large number of students, standardized tests are more difficult than those in Russia in order to provide greater differentiation in scores. The Paris-based Organization for Economic Cooperation and Development (OECD) is the best-known measure of school quality in different countries.

In 2018, China was No. 1 in all three subjects tested: mathematics, science, and reading. China delivers high-quality education, known for its rigorous standards, competitiveness, strict rules, and emphasis on discipline. However, because tests are so important and difficult, memorization is valued over critical thinking [7].

Russia has a population of only over 140 million: 12% of Russia’s population is concentrated in the two largest cities, Moscow and St. Petersburg [8]. In Russia, there are usually 25–30 students in class. Teachers place greater emphasis on students’ freedom, self-reflection, and self-expression, as well as try to develop critical thinking by initiating open-ended discussions and resisting the urge to steer students toward “correct” answers.

THE DIFFERENCES IN VERBAL THINKING

Verbal thinking refers to the process in which humans use language symbols to summarize and react to objective things. Without language, humans cannot engage in effective, rational, and organized thinking.

Chinese prefer visual thinking, Russians prefer logical thinking

Chinese characters are based on pictographs and have a close relationship with graphics, which also shows the important role of visual thinking in China. Moreover, the visualization of Chinese words also has outstanding performance in quantifiers, such as “一朵鲜花、一颗红心、一棵小树” [a flower, a red heart, a small tree. – *Chinese*], which sounds very vivid and has rich cultural connotations.

On the contrary, the same words are very singular in Russian expression, and are only able to show the things they refer to, without any emotional coloring. Complicated Russian grammar, however, naturally develops logical thinking and the analysis of physical phenomena. The inseparable connection between language and logical thinking is manifested, first of all, in the interconnection of words and concepts, as well as Russian conjunctions that serve as functional elements in connecting clauses and sentences or coordinating words in the same clause. Chinese sentences, on the other hand, can be composed without any interconnections or conjunctions at all.

For example, “Если ты не пойдешь, то я тоже не пойду.” [If you don’t go, I won’t go either. – *Russian*]. If we translate this sentence in Chinese, we can omit the conjunctions “Если..., то...”, and the meaning doesn’t change without using any conjunction at all: “你不去, 我也不去。”

Chinese prefer circular thinking, Russians prefer linear thinking

When dealing with problems and making decisions, Russians tend to use linear thinking, gradually progressing in a logical order. Chinese people may be more inclined towards circular and holistic thinking, considering multiple aspects and long-term impacts of problems. That's why Russians prefer expressing opinions and needs directly, while Chinese people usually use more subtle and indirect ways to express their opinions and needs to avoid direct conflict and embarrassment. This can lead to a misunderstanding: Russians may seem too straightforward, while Chinese manner of speaking can be considered as "beating around the bush".

Repetitions that often occur in Chinese, are the manifestation of the Chinese style of overall circular thinking. For example, in ancient Chinese poetry, there is a saying: "鱼戏莲叶间, 鱼戏莲叶东, 鱼戏莲叶西, 鱼戏莲叶南, 鱼戏莲叶北。" [Fish plays between the lotus leaves; fish plays to the east of the lotus leaves; fish plays to the west of the lotus leaves; fish plays to the south of the lotus leaves; and fish plays to the north of the lotus leaves. – *Chinese*]. This kind of repetition is very rare in the Russian language.

Chinese prefer subjective thinking, Russians prefer objective thinking

Subjective thinking is a way of thinking that is based on personal beliefs, feelings, and opinions.

To start with, Chinese subjective thinking manifests in using personal expressions (using an alive person or animal as the subject), while Russian emphasizes a clear distinction between subject and object, hence the use of object (impersonal) expressions (using inanimate things as the subject).

For example, the Russian impersonal expression: "Тревога овладела им." [Anxiety took over him. – *Russian*] turns into the personal "他开始变得惊恐万状。" [He started feeling anxious. – *Chinese*] by using the pronoun "he" as an object.

Second, there are many active sentences in Chinese and many passive sentences in Russian. The object of the active sentence in Chinese becomes the subject of the passive sentence in Russian.

For example, the active sentence "有人在此讲了些不该讲的话。" [Someone said something inappropriate here. – *Chinese*] turns into "Много лишнего было сказано." [Something inappropriate has been said. – *Russian*].

Third, Chinese people generally start conversations from the other person's perspective and consider their emotions. In Russian, one often starts from their own perspective.

Moreover, the Chinese way of switching the subject and object of the problem can be considered in Russian as being too blunt or even rude. That's why the Chinese expression "你想买什么?"

"您想看什么书?" [What do you want to buy? What book do you want to read? – *Chinese*] is better to change to more neutral "Могу ли я чем-нибудь помочь?" [Can I help you? – *Russian*], by switching the subject from "you" to "I".

Chinese prefer "outside-in" thinking, Russians prefer "inside-out" thinking

"Outside-in" thinking is the way of perspective-taking that draws information from the broader context first. It is a mode of thinking that is premised on considering the bigger picture first ("outside view") and only then considering the details ("inside view"). "Inside-out" thinking means that we start with an issue as we or others see it at first and then explore solutions within that initial mental frame [5].

For instance, when describing and explaining things in Russian, it is customary to go from small to large, from special to general, and from individual to whole; in Chinese, the order generally goes from large to small, from general to special, and from whole to individual.

Let's compare the structures of the same sentence in Chinese and Russian: – 中国共产党中共中央委员会委员, 中国共产党中央政治局委员, 中国共产党中央委员会政治局常务委员会委员, 中华人民共和国国务院总理周恩来同志于 1976 年 1 月 8 日不幸逝世。

– 8 января 1976 года скончался премьер Госсовета КНР, член ЦК КПК, член Политбюро ЦК КПК и член Постоянного комитета Политбюро ЦК КПК товарищ Чжоу Эньлай.

In the Russian language we go straight to the point and put the main information at the beginning of the sentence: "Comrade Zhou Enlai died on January 8, 1976," while the Chinese language tends to elaborate on the environment first: "member of the Central Committee of the CPC, member of the Political Bureau of the

Central Committee of the CPC, member of the Standing Committee of the Political Bureau of the Central Committee of the CPC, and Premier of the State Council of the People's Republic of China", and finally highlights the key points at the end.

THE DIFFERENCES IN NON-VERBAL THINKING

Non-verbal thinking includes visual thinking and paralinguistic thinking. The former is the ability to understand and interpret information conveyed visually through pictures, graphs, charts, and other means, while the latter is widely present in non-verbal communication, such as facial expressions, gestures, and body language that can convey information.

Chinese prefer comprehensive thinking, Russians prefer analytical thinking

Analytical thinking is the mental process of breaking down complex information or comprehensive data into fundamental parts or basic principles. Comprehensive thinking is the ability to grasp ideas and to size up a situation quickly by considering all aspects and angles of a situation or problem before coming to a conclusion [7].

As a result, Chinese paintings use summarizing, exaggerating techniques, and rich associations to express the charm of objects and capture the stillness of the universe through the artist's vision of sincerity, emotional beauty, melancholy, and loneliness. The Chinese artists try to capture the spirit of the work rather than details. Everything is interconnected. Nature is often used as the subject matter, reflecting the Chinese value of being close to nature.

Russian oil paintings capturing the proportions of man reflect Russian values on geometry, symmetry and balance, and emphasize details such as lines, colors, and lighting. This reflects the value of logic and linear perspective.

Chinese prefer "collectivist" thinking, Russians prefer "individualistic" thinking

Since childhood, Chinese people receive collectivist education, which emphasizes unity and cooperation and advocates sacrificing individual interests for collective benefits. People in China have a strong sense of collective belonging.

Russians receive individualistic education, valuing the independent role of individuals and their relationships with each other. As long as their behavior is legal, no one, not even parents and siblings, has the right to interfere.

Judging from the dining habits, the Chinese banquets have a round table for dinner, which has created an atmosphere of unity and sharing. It is also in line with the Chinese people's mentality of "reunion". While Russian banquets mainly focus on communication, friendship, and the pursuit of warmth, romance, and courtesy.

Chinese prefer smiling, Russians prefer "being serious"

Chinese people like to smile. They not only smile at acquaintances but also at strangers to show politeness and friendliness.

The Chinese proverb goes: "笑一笑十年少" [Smiling makes you ten years younger. – *Chinese*], it means maintaining an optimistic and positive attitude and frequently laughing can make people look younger and help delay aging. This proverb not only expresses the importance of an optimistic attitude, but also emphasizes the value of laughter as a simple and effective healthy behavior.

A Chilean poet, diplomat, and politician who was awarded the Nobel Prize for Literature in 1971, Pablo Neruda once said: "The Chinese are the most smiling people in the world. They have experienced ruthless colonialism, revolution, hunger and massacre, and no nation knows how to laugh better than them".

Russians generally agree that laughter prolongs life, however, a smile without a reason has a negative emotional evaluation.

The Russian saying goes: "Смех без причины признак дурачины" [Laughing for no reason is a sign of foolishness. – *Russian*]. In the eyes of Russians, this smile is equivalent to "silly laughter", "ridicule", or

“mockery”. In daily social communication activities, Russians generally do not smile at strangers, considering it frivolous and irrational, but they do like to joke.

Chinese prefer “even numbers”, Russians prefer “odd numbers”

In China, lucky numbers have pronunciations that are similar to those of words with lucky meanings. For example, 2 means “completeness”, 6 means “success”, 8 means “prosperity”. Influenced by Taoism, Chinese people believe that even numbers are lucky numbers (except for 4, its pronunciation is similar to the word “die”). That’s why they prefer even numbers to odd ones, especially when we talk about exchanging presents. Giving two bottles of wine, two boxes of pastries, or two bouquets of flowers is very common in China. There is a Chinese saying: “好事成双” [Good things come in pairs. – *Chinese*]. Recipient should receive the gift with both hands, as well.

However, it is considered bad luck to present an even number of flowers in Russian culture. Even numbers are highly associated with death and mournful events. The tradition dates back to ancient Russian times, during which only victims of the war were given two flowers. One of the flowers was for the deceased, while the other one was meant to be presented to God. From there on, all the dead are honored with flowers in even numbers.

CONCLUSION

These findings demonstrate that Chinese and Russians brain are physiologically different and process information in a different manner. Information processing differs with language, religion, geographical location, educational methods etc.

The personality traits of Russians are polarized, and their way of thinking is often binary. This is in contrast to the Chinese philosophy of pursuing the golden mean. In dealing with problems, Russians tend to clarify right and wrong, while Chinese people pay more attention to harmony and mediation.

Chinese tend to speak in a more indirect way and non verbal communication carry more weight than spoken words, while Russians are more direct and straightforward. When conversing, Chinese may consider the assertive nature of Russians as offensive. To Russians, Chinese behavior can look suspicious and unreliable.

Studying different thinking patterns usher in an era of greater understanding and tolerance among people from Russia and China.

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