



## Research Article

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# SPIRITUAL POTENTIAL OF THE PERSONALITY OF ADOLESCENT PSYCHOLOGY STUDENTS

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### Abstract

*The relevance of the study of spirituality* is determined by the rapid social transformations and the need of a person to adapt to constant transformations in the conditions of war and peace, which is an important task not only for psychological science but also for the education system and the system of Social Policy. The new challenges of civilization prepare a person for the process of continuous changes, they require the readiness to act, to manifest oneself not only as an active creative subject of one's own life path but also as a creator of socio-cultural activities, therefore the development of the spiritual potential of the Ukrainian nation determines the prospects of our future. The study of spiritual potential in youth will help to form a clearer picture of the worldview of today's youth.

*Methodology.* The study was conducted in January 2022. Sample: 60 psychology students of Vinnytsia State Pedagogical University named after Mykhailo Kotsiubynskyi, aged 17-21 years.

In order to diagnose the spiritual potential, the distribution of the spiritual potential in the substructures of the personality, and the spiritual value orientation of the personality, the methodology "Spiritual potential of the personality" was used (Pomitkin, 2013).

*Results.* The results of the diagnosis of the distribution of spiritual potential in the substructures of students' personalities show only the dominance of the respondents' spiritual potential in the communication substructure. Diagnostics of their orientation to spiritual values demonstrate the importance of knowledge and self-knowledge for the research. According to other criteria, a low level of development of the spiritual potential of the person under investigation was determined. The obtained results can be used for further research on the development of the spirituality of young people (in the development of training programs, and psychoeducational programs) and in the psychological counseling of students.



**Keywords:** *personality, society, spirituality, spiritual potential, spiritual needs, self-knowledge*

### Relevance

In the conditions of global socio-cultural transformations of our time, we can observe how society's views on the subject of spirituality are changing. Spirituality as a concept is a fundamental manifestation of the evolution of the human psyche and does not lose its relevance. This phenomenon has been the subject of discussion and research by a huge number of philosophers, psychologists, sociologists, etc. The answer to the question about the essence of spirituality is directly related to the answer to the question of the essence of man as a philosophical phenomenon. The study of a person's spiritual potential is an important task of psychology and reflects the current needs of society. This issue is especially significant in the period of youth when serious transformational processes related to self-identification and professional self-determination take place. Spiritual ideals and guidelines become the basis for choosing a person's further life path; actions in relation to the world and to oneself; spiritual needs shape the demands of society, influencing the economic component of states; reflected in domestic and foreign policy; influence the construction of development strategies of entire civilizations.

The ways of functioning of the social system are determined by the cultural and historical context in which they develop, and this is the determining factor in the development of the individual and society. Currently, Ukraine is going through a difficult period of political, economic, and social transformations, which affect the psychological well-being and mental health of the nation. Changing the way of life, adapting to new conditions, and actualizing "eternal" questions related to life and death, all these factors do affect a person's value system and worldview.

Spirituality as a psychological and philosophical category lays the foundation for national identity as well and reflects the mentality of the people, which is expressed in culture, traditions, customs, etc. Elements of spiritual practices and spiritual teachings can be found in the history and culture of almost any ethnic group. Spiritual potential is the subject of research for Ukrainian science, education, and social policy since spirituality as an element of national ideology determines its focus on higher moral standards that formulate the conditional goal of the nation's development, while spiritual potential is a reflection of the degree to which this goal can be realized. That is why the need for a comprehensive study of the concept of spirituality and the spiritual potential of an individual is only growing.

Spiritual potential has become the subject of reflection by a large number of scientists, among which are S. Kravchuk, E.V. Pomytkin, M. Savchyn, N. Shevchenko, and many others.

As E. Pomitkin notes, "Spiritual potential is a force, energy, power that can use the conditions for manifestation or be in a manifested state, indicating that the potential has been realized" (Pomytkin, 2013) i.e., spiritual potential is an opportunity that needs to be developed. Spiritual potential is a force that gives a person a chance to become a highly spiritual person, to understand themselves, their capabilities as an existential being, to strive for truth and God.

The American Psychiatric Association believes that people are biopsychosocial beings (American Psychiatric Association, 1994) and spirituality plays an important role in everyone's life. Spirituality is a number of elements of self-awareness as a person, and therefore can affect the mental state or the occurrence of a crisis. A person's spiritual potential is capable of determining their way of interacting with the surrounding world, contributing to the formation of certain moral ideals and values, which will further determine their life path.

S. Kravchuk found out in her research that a high level of spiritual development contributes to the ability of an individual to overcome difficult life situations, overcome stress and achieve goals, while maintaining high efficiency (Kravchuk, S., 2017). Similar results were presented in a study by Božek A, Nowak PF, Blukacz M., who emphasize that spirituality can determine a person's psychological well-being (Božek A et al., 2020).

There are also a number of studies that indicate that spirituality contributes to the students' adaptation to university studies, without reducing their life satisfaction (Alorani, 2018). Since youth is sensitive to inner transformation and deep self-awareness, we consider it appropriate to explore the spiritual potential of the individual in adolescence.

### **Methodology**

The purpose of the research is to study the spiritual potential of the personality of psychology students. It is achieved by implementing the following tasks:

- theoretical analysis of the spiritual potential of adolescent psychology students;
- conducting an empirical study of the spiritual potential of adolescent psychology students.

The study was conducted in January 2022. 60 students of Mykhailo Kotsiubynskiy Vinnytsia State Pedagogical University, major 053 Psychology, aged 17 to 21, were involved in the research. In order to diagnose the spiritual potential and spiritual value orientation



of the individual, the technique “Spiritual potential of the individual” was used [Pomitkin, 2013]. The methodology is created for the task: spiritual potential, the distribution of spiritual potential in the substructures of the personality, and the orientation of the personality towards spiritual values.

## Results

According to the results of the research conducted using the “Spiritual potential of the individual” method, we obtained the following results (Table 1):

*Table 1. Indicators of the spiritual potential of the individual according to the “Spiritual potential of the individual” method in % (n=60)*

		High	Average	Insufficient	Low	Openness scale
Spiritual potential of the individual	Perspectives of spiritual development	0	23,3	60	11,7	5
	Dominants of spiritual value orientations	0	23,3	60	11.7	5

(Source: Ivaniuk 2022/Own)

11.7% of psychology students were diagnosed with a low level of spiritual potential, which negatively indicates that the opportunities for spiritual development, focus on higher spiritual ideals, as well as the level of consciousness and self-awareness in this part of the choice are not expressed or not strongly expressed. 60% of respondents have insufficient spiritual potential, which indicates the need to pay more attention to the spiritual component of one’s own personality and requires the development of skills of deep self-awareness, volitional self-regulation, etc. The average level of the spiritual potential of power is inherent in 23.3% of the researched, such people are characterized by an interest in eternal and spiritual issues, they may be inclined to spiritual searches, striving for self-development and self-analysis, although only partially i.e., it is not a vital element of their life. A high level of spiritual potential, which is characteristic of people who strive for spiritual growth, reflection, and increased ability to volitional self-regulation, was not recorded in this sample. 5% of the respondents were not candid enough in their answers, so their results were not taken into account in the further part of the study.

## Distribution of spiritual potential in personality substructures

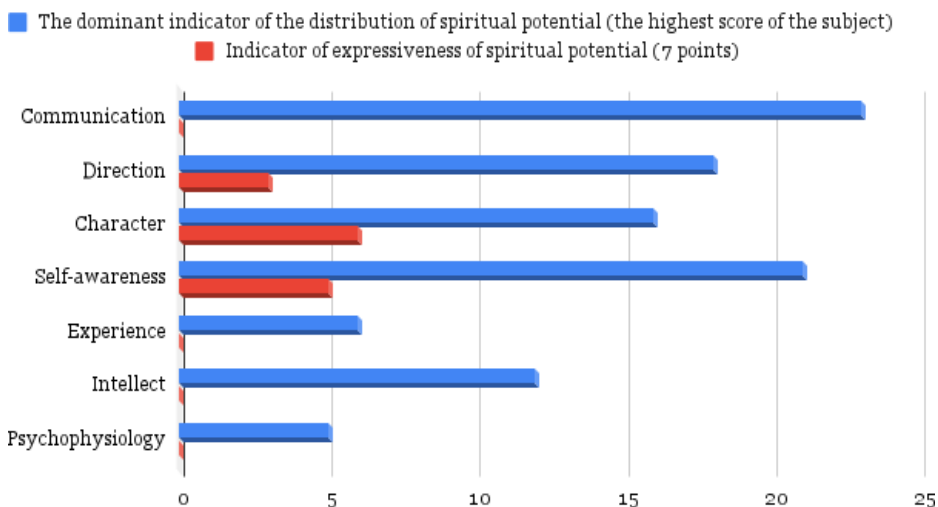


Figure 1. – Distribution of spiritual potential in substructures of personality  
(Source: Ivaniuk 2022/Own)

According to the results of the study of the distribution of spiritual potential in personality substructures (Fig. 1), we found that 23% of psychology students scored the highest in the “Communication” substructure, however, the maximum indicator of 7 points, which indicates the unequivocal expressiveness of spiritual potential in this substructure, was not found in any respondent. We can assume that these respondents have a tendency towards spiritual expression through communication and interaction with other people. 18% of respondents were dominated by indicators in the “Direction” substructure, and 3% of them received an indicator of 7 points, which is the highest expression of spiritual potential in this substructure. This is characteristic of people with a focus on spirituality and spiritual values. In the “Character” substructure, the dominant indicator was found at 16%, of which 6% had the highest score. The obtained data may indicate tendencies towards the manifestation of spirituality and spiritual potential in the context of social dispositions of the individual. 21% of the researched showed tendencies towards the manifestation of spiritual potential in the “Self-awareness” substructure, 5% of them scored the maximum score, which is characteristic of people for whom the possibility of self-discovery and reflection is important. The tendency to express spiritual potential in the “Experience” substructure was diagnosed in 6% of the subjects, while the indicator of expressiveness was not found, this is characteristic of people who have already tried to realize their spiritual potential in life. In 12% of respondents, the tendency to manifest spiritual potential was



recorded in the “Intellect” substructure, which may indicate that they are characterized by a predominantly rational understanding of such a concept as spirituality, none of the respondents had the highest score. In the “Psychophysiology” substructure were the tendency to spiritual potential was recorded in 5% of the sample, no respondent recorded an unambiguous indicator of expressiveness (7 points).

## Orientation to spiritual values

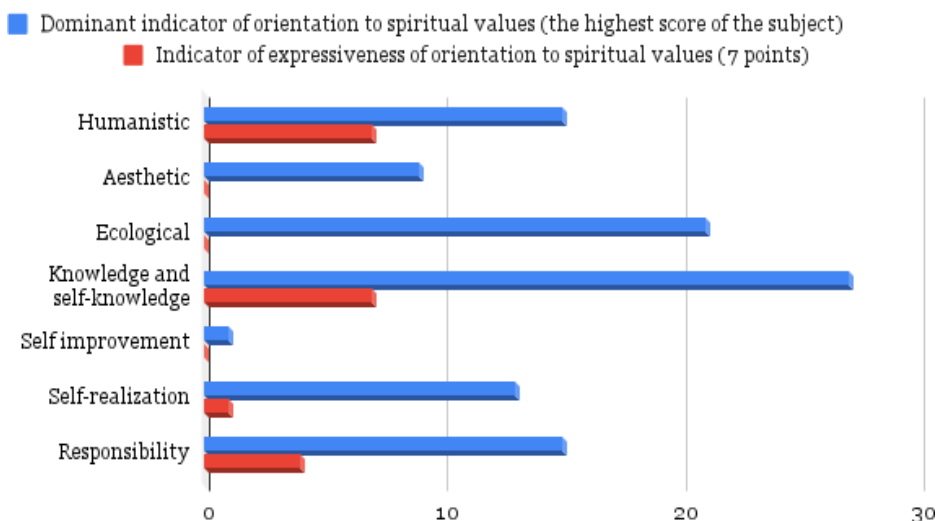


Figure 2. – Orientation to spiritual values (Source: Ivaniuk 2022/Own)

According to the results of the study of orientation to spiritual values (Fig. 2), we found that 15% of respondents have tendencies to be oriented towards “Humanism”, among them 7% demonstrated the highest level of expression, they are characterized by humanity, positive attitude towards others, charity, etc. The predominance of aesthetic values, i.e. love for beauty, perfection in nature, human beings, art, and creative self-expression, was recorded at 9%, while the indicator of expressiveness was not detected. A tendency to focus on ecological values was demonstrated by 21% of the respondents, who are characterized by a concern for the preservation of the planet and cleanliness, with no respondents showing the highest level of expression. 27% of the total sample has an orientation to “Knowledge and self-knowledge”, i.e. a desire for self-awareness, among which 7% scored the highest. A tendency to “Self-improvement”, i.e. searching for methods to improve oneself and one’s individual characteristics, was found in only 1% of the respondents.

Orientation towards self-realization is characteristic of 13%, among them 1% scored the highest level of expression, they are characterized by a desire to unleash their personal potential. According to the "Responsibility" scale 15% of respondents showed trends, among them 4% scored the highest score, such people are prone to an increased sense of responsibility towards themselves and the world.

### Conclusions

Thus, summarizing the results of our study, we can conclude that for this sample, the presence of internal incentives for spiritual searches, self-awareness, self-improvement, volitional self-regulation, and realization of one's spiritual potential is not typical or only partially expressed. At the same time, it is possible to emphasize the presence of tendencies to focus on the values of cognition and self-knowledge, ecological, and humanistic values. The spiritual potential of psychology students is mainly expressed in such personality substructures as communication, self-awareness, and orientation.

In the future, we plan to study psychological features of spiritual potential and spirituality in adolescents.

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