



## THE LEVEL OF SPIRITUAL DEVELOPMENT AMONG STUDENTS OF HUMANITARIAN UNIVERSITY AND ITS RELATION TO SELF-ASSESSMENT OF HEALTH

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C – statistical inference; D – manuscript production.

### Abstract

*Aim* is to assess the level of spiritual development among students of humanitarian university and its relation to self-assessment of health.

*Methods.* 64 students of Borys Grinchenko Kyiv University. There were 29 boys (45,3 %), and 35 girls (54,7 %) whose average age was ( $M \pm \sigma$ ) 19,47 $\pm$ 1,97 (95 % confidence interval: 18,98-19,96) years old. The level of spiritual development among the students was being determined by means of a survey using a special questionnaire (Honcharenko M.S. and co-authors, 2009), and the health state was being determined by means of self-assessment using V.P. Voitenko questionnaire (1991).

*Results.* The analysis of spiritual development among the students of humanitarian university showed occurrence of high level among 46,9 % (30/64), average level among 28,1 % (18/64), and low level among 17,2 % (11/64), and very low level among 1,6 % (1/64) of people. The spirituality has not been differentiated among 6,3 % (4/64) of students. The health state of the surveyed in their assessment was unsatisfactory on their condition among 40,6 % (26/64), satisfactory among 40,6 % (26/64) as well, bad among 12,5 % (8/64), and good among only 6,2 % (4/64) of students. While investigating the relation of spiritual development of students to their self-assessment of health such has not been revealed: the correlation of distribution of findings on spiritual development of students to distribution of findings on their health condition was statistically small ( $\chi^2=6,12$ ,  $p=0,9100$ ).

*Conclusions.* Among most students of humanitarian university (53,1 %; 34/64) unsatisfactory and bad health states were revealed by self-rated health condition (after V.P. Voitenko). The level of spiritual development among the surveyed students was mostly high (46,9 %; 30/64), though among 18,8 % (12/64) of students it was low and very low. No correlation of the level of spiritual development to the level of health state self-assessment of students was determined.

**Keywords:** student, spiritual development, self-assessment of health, V.P. Voitenko questionnaire.

### Introduction

Student youth is a social group of population determining the future of the state as a reserve of its labor force. For this reason the health state of this group of people is important as it indicates their readiness to completing social and labor functions. Nowadays is characterized by distressing health state of youth in Ukraine. This is proved by numerous research articles. Based on the results of sociological research within the international project «Health behaviour of school-aged children» conducted in

Ukraine in 2011, it was determined by means of questionnaire that 30% of the surveyed teenagers assess their own health as «mediocre» or «bad», and this tendency is growing with aging, which means that personal assessments of health condition get worse [1].

S.A. Korol (2014) indicates that the level of somatic health of the first-year students is mostly found at low and average levels (78,8 % of boys and 81,8 % of girls), and special medical group of the ones disengaged from PE lessons constitute from



11,7 % to 22,5 % of students [9]. A.V. Boieva and Y.A. Leshchenko (2009) have revealed low or lower than average health level among 12,0 % and 11,1 % of students, accordingly, based on results of complex rapid assessment of physical (somatic) health [2]. A.Y. Ivanova and N.M. Kovalchuk (2011) have given the data that rapid assessment of somatic health according to the methods of H. Apanasenko among the students 62,4 % have low level of health, 24,7 % have the level lower than average, and 12,9 % have average level [8]. O.V. Dobrostan and O.I. Plyska also indicate this (2012) having revealed low level of somatic health and strain of adaptation mechanisms among first-year students [4]. The studies conducted by other authors have also shown that the level of somatic health of students for all indicators is unsatisfactory and gets worse during studying at a higher education institution [7, 10, 12, 13, 16, 20 etc]. The somatic health changes among students mentioned above result from occurrence of chronic pathology from internal organs almost among 66 % of the surveyed [18].

The data is given about the health state of students concerning their somatic (physical) health. It is known that human health is a multicomponent phenomenon [3]. Some researchers attach not less importance to spiritual health describing human health [14, 15, 17]. A lot less scientific research is devoted to studying the spiritual health state of students. During the last 10 years, in scientific literature in Ukrainian or Russian languages (electronic data bases of V.I Vernadskyi National Library of Ukraine and Scientific electronic library «eLIBRARY.RU») very few works on this topic are found.

A.Y. Zemlianska and T.A. Hubina (2013) have given the data on second-year medical university students' survey about influence of health on spheres of life of nowadays human. In 53 % of cases the students considered that health mainly has an impact on career and vocational choice, as well as on opportunity for self-realization, in 27 % of cases these were family and interpersonal relations, and in 18 % of cases these were a person's state of mind and their inner world [21]. The researchers H.N. Holubieva and A.I. Holubiev (2018) based on results of the survey have determined the preference of material interests (61,9 %) over the spiritual ones (38,1 %), and «spiritual burnout» has been revealed among 60% of the surveyed [5]. Some researchers indicate the necessity of paying attention to students' spiritual health as it can help preserve and promote their overall health [11].

*Research objective* is to assess the level of spiritual development among students of humanitarian university and its relation to self-assessment of health.

### Methods

64 students studying at the humanitarian university (Borys Grinchenko Kyiv University) have been examined. There were 29 boys (45,3 %), and 35 girls (54,7 %). Average age was ( $M \pm \sigma$ )  $19,47 \pm 1,97$  (95 % confidence interval: 18,98-19,96) years old. To determine the level of spiritual development of the students a questionnaire from the training manual by M.S. Honcharenko and co-authors, 2009, was used [6, c.41-42]. This questionnaire provides for the choice of any number out of 13 statements answering the phrase «*To my mind, spirituality is*» by the surveyed. Such statements (answers) were:

- a) religious commitment;
- b) focus of a person on ambitious goal, and ideals of harmony manifested in a personality's inner world;
- c) morality;
- d) intellectual abilities maturity;
- e) emotional needs;
- f) commitment to possess human values;
- g) an imagined, nonexistent notion;
- h) faith in God as higher Reason, love and justice;
- i) good attitude to the whole world around;
- j) principles of thinking, acting, emotions, relationships, and nutrition;
- k) self-knowledge, and self-improvement;
- l) the thing I don't need at all;
- m) the things never up to me.

According to the authors of this questionnaire, occurrence of the items b), c), f), h), i), j), k) determine high level, occurrence of the items a), d), e) – average level, and occurrence of the items g), l), m) – low level of spirituality. For more accurate interpretation of the received results of the questionnaire involving arithmetic methods, we have modified the assessment of this questionnaire. We have determined four levels of human spiritual development:

- high level: occurrence of the items b), f), k);
- average level: occurrence of the items c), h), i), j);
- low level: occurrence of the items a), d), e);
- very low level: occurrence of the items g), l), m).

Each answer-statement marked by the surveyed was appropriated 1 point. To determine the spiritual

development levels mentioned 4 coefficients were taken into consideration:

- for high level: the sum of points by the items b), f), k) divided into 3;
- for average level: the sum of points by the items c), h), i), j) divided into 4;
- for low level: the sum of points by the items a), d), e) divided into 3;
- for very low level: the sum of points by the items g), l), m) divided into 3.

Then the four coefficients counted were being compared. The prevailing spirituality level was considered the one having the highest coefficient value. If the same values were counted according to several coefficients, the spiritual development level was considered undifferentiated.

For self-assessment of health the V.P. Voitenko questionnaire (1991) was used [19], providing for giving answers to 28 questions. Then the sum of points was counted (the more the sum of points is, the worse the health condition is), and the conclusion on the surveyed' health condition was given:

- 0 points – good health condition;
- 1-5 points – satisfactory health condition;
- 6-10 points – unsatisfactory health condition;
- 11-20 points – bad health condition;
- more than 20 points – very bad health condition.

Statistical description of the sample was implemented using the method of order statistics

assessment. There were measured: average mean value (M), mean square deviation value ( $\sigma$ ) and 95 % confidence interval (95 % CI). Relation between the level of spiritual development and self-assessment of health was accomplished by calculation of  $\chi^2$  criterion. Data processing was completed using IBM SPSS Modeler 18.2 software product.

### Results and discussion

The analysis of the level of spiritual development among the students of the humanitarian university has shown that the surveyed were mostly choosing 4 answers – 25,0 % (16/64), then 3 answers – 17,2 % (11/64), and 2 answers – 15,6 % (10/64) for survey questions.

In the table 1 the distribution of the number of statements on spirituality having been chosen by the students to answer the question «To my mind, spirituality is» is given. From this table it is possible to make a conclusion that the surveyed students considered in 64,1 % (41/64) of cases that spirituality is focus of a person on ambitious goal and ideals of harmony manifested in a personality's inner world, in 56,3 % (36/64) of cases – principles of thinking, acting, emotions, relationships, and nutrition, in 54,7 % (35/64) of cases – self-knowledge and self-improvement, in 42,2 % (27/64) of cases – good attitude to the whole world around, and in 35,9 % (23/64) of cases – emotional needs. From the five given statements about spirituality, two indicate high level of spiritual development, two – average level, and one – low level.

Table 1

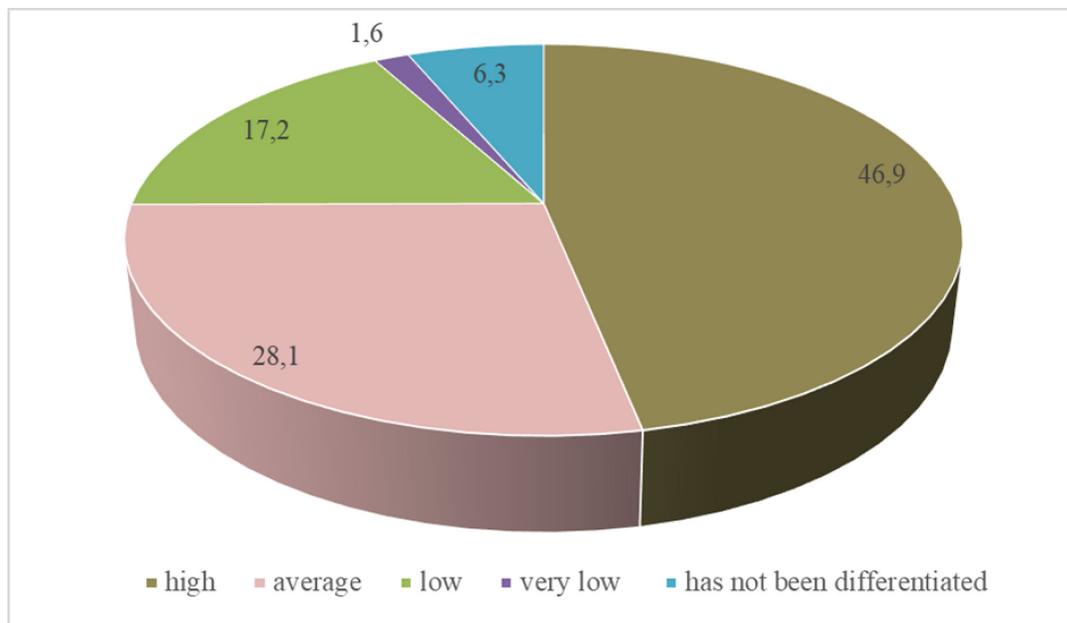
**Distribution of the number of statements on spirituality having been chosen by the students to answer the question «To my mind, spirituality is» (n-64)**

Statements on spirituality	Level of spiritual development	Abs.	%
Focus of a person on ambitious goal, and ideals of harmony manifested in a personality's inner world	High	41	64,1
Principles of thinking, acting, emotions, relationships, and nutrition	Average	36	56,3
Self-knowledge, and self-improvement	High	35	54,7
Good attitude to the whole world around	Average	27	42,2
Emotional needs	Low	23	35,9
Commitment to possess human values	High	19	29,7
Religious commitment	Low	17	26,6
Intellectual abilities maturity	Low	16	25,0
Faith in God as higher Reason, love and justice	Average	15	23,4
Morality	Average	9	14,1
The things never up to me	Very low	6	9,4
The thing I don't need at all	Very low	2	3,1
An imagined, nonexistent notion	Very low	1	1,6



The results of distribution of findings on spiritual development of the humanitarian university students are given in pic. 1. In this picture, we can see that high level of spiritual development has been determined in 46,9 % of cases (30 students),

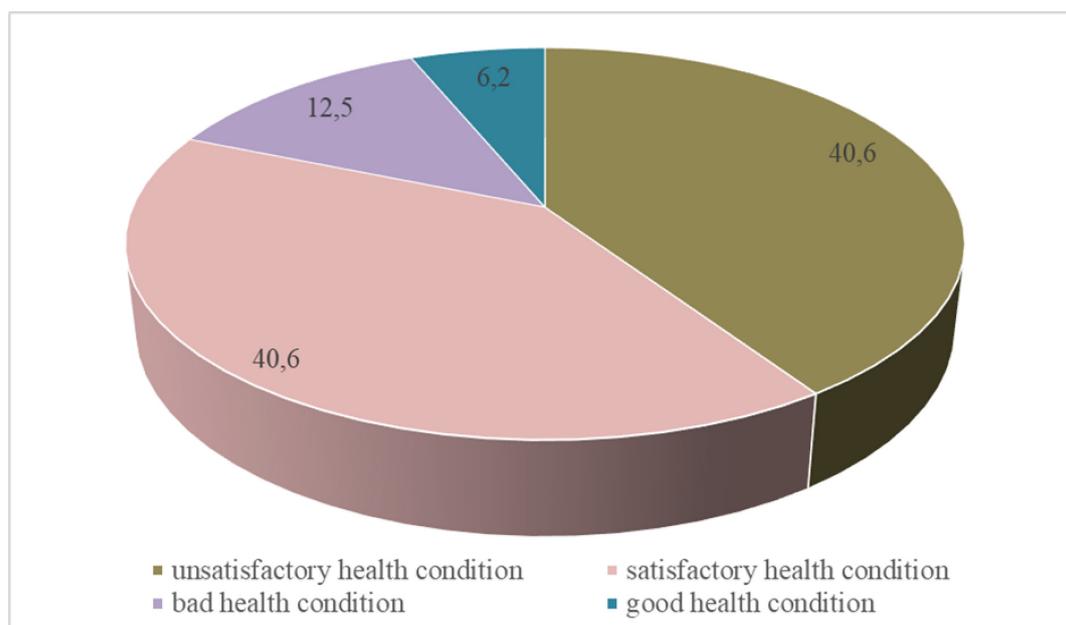
average level – in 28,1 % of cases (18 students), low level – in 17,2 % of cases (11 students), and very low level – in 1,6 % of cases (1 student). The spirituality level has not been differentiated in 6,3 % of cases (4 students).



Pic. 1. Distribution of findings on spiritual development of the humanitarian university students (%)

The analysis of the students' health according to their self-assessment has shown occurrence of unsatisfactory health condition in 40,6 % of cases (26 students), satisfactory health condition – in 40,6 % of cases (26 students) as well, bad health

condition – in 12,5 % of cases (8 students), and good health condition – only in 6,2 % of cases (4 students), demonstrated in pic. 2. So, among most students surveyed (53,1 %; 34/64) unsatisfactory and bad health states were revealed.



Pic. 2. Distribution of findings on students' health according to their self-assessment, (%)



In conclusion, we have determined the correlation of spiritual development of students to their self-assessment of health by means of determining the relation of distribution of findings on the students' spiritual development to distribution of findings on their health condition. Such relation has not been determined as the  $\chi^2$  Pearson criterion value was 6,12 being statistically small ( $p=0,9100$ ).

The results we have received prove and complete the existing perceptions on the state of somatic (physical) health. As according to other authors determining the state of somatic health mostly by means of H. Apanasenko rapid methodology [1, 2, 4, 8, 9], so we have determined (according to health condition assessment using V.P. Voitenko questionnaire) unsatisfactory and bad states (53,1 %; 34/64) among students.

The spirituality (spiritual health) state has almost not been investigated in post-Soviet countries during the last 10 years. The researchers H.N. Holubieva and A.I. Holubiev in 2018 indicated occurrence of «spiritual burnout» among 60 % of students

[5]. In our case, favorable (high) level of spiritual development of the students of the humanitarian university was 46,9 % (30/64). These disagreements can be connected with different approach of assessing the spirituality level among students.

### Conclusions

1. Among most students of humanitarian university (53,1 %; 34/64) unsatisfactory and bad health states were revealed by health condition assessment using V.P. Voitenko questionnaire.

2. According to the survey among the students of the humanitarian university, high level of spiritual development appeared among 46,9 % (30/64), average level among 28,1 % (18/64), low level 17,2 % (11/64), very low level among 1,6 % (1/64), and undifferentiated in 6,3% (4/64) of cases. No correlation of the level of spiritual development to the level of health state self-assessment of students was determined.

### Conflict of interests

The authors claim no conflict of interests.

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