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

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Author contribution: A – study design; B – data collection; 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±σ) 19.47±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

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 Grinchenco Kyiv University) have been examined. There were 29 boys (45.3 %), and 35 girls (54.7 %). Average age was (M±σ) 19.47±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 (σ) and 95% confidence interval (95% CI). Relation between the level of spiritual development and self-assessment of health was accomplished by calculation of χ² 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**

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

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 their health condition. Such relation was shown occurrence of «spiritual burnout» among 60% of students [5]. In our case, favorable bad states (53.1%; 34/64) of cases. No correlation of the level of spiritual development to the level of health state was determined.

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. 1. Distribution of findings on spiritual development of the humanitarian university students (%)](image1)

![Pic. 2. Distribution of findings on students’ health according to their self-assessment, (%)](image2)
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.

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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