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FEATURES OF UNDERSTANDING SPIRITUALITY IN PSYCHOLOGY

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The problems of spirituality in psychological science acquire relevance in the last quarter of the XX century. In this case objective circumstances can be noted, firstly, the interest in the essence of a person and attempts to comprehend his phenomenon from the standpoint of modern scientific knowledge; secondly, the need to comprehend the phenomenon of spirituality in accordance with modern trends in psychology, striving to rethink his historical experience, to overcome the fragmentation of certain problems, namely: soul, spirit, spirituality; thirdly, the creative nature of modern psychology, striving for the unity of new knowledge and the preservation of previously achieved, the creation of a new one on the basis of a revised and meaningful old one; fourthly, the importance of improving education and upbringing in the context of a person's complex relationship with the world around him.

The study of spirituality has long been the competence of philosophical and religious teachings. The idea of spirituality can be presented according to certain periods in the history of philosophical and religious teachings. During the antiquity, the main lines of understanding and research of spirituality were identified, which were further developed in philosophy and psychology: moral, humanistic, anthropological, theological. Spirituality is understood as the manifestation and search for the meaning of life, self-improvement efforts, the realization of its essence, self-determination efforts, the ascent to God. The Middle Ages is characterized by the predominance of a humanistic point of view, the emergence of a theological line of research. Spirituality at a certain time is understood as a desire for knowledge and realization of what is embedded in a person, a manifestation of high activity, which is directed to the search for the meaning of life through self-knowledge and self-improvement. In modern times, the development of views on the nature of spirituality occurs in connection with the formation of a citizen, and spirituality is revealed in the peculiarities of achieving moral and social ideals. In the theological paradigm, spirituality is defined as wisdom, as the achievement of God, transcendence, self-determination. Representatives of the non-classical philosophy of the XIX-XX century are working to strengthen the humanistic line of research, the existential is recognized as the leading

approach. Spirituality is understood as the purpose and meaning of human life, responsibility, the level of self-awareness, moral and aesthetic values during this period. Spirituality represents a level of self-awareness to rise above one's own being [1].

Christianity attaches the ideas of the unity of man and God, the divine essence of man, the development of a system of spiritual education to the concept of spirituality. Spirituality in Christianity is understood as a desire for perfection, a return to God, improvement in good deeds, a desire for truth, love and truth. Spirituality is set from God, empathy with Christ's suffering, and keeping of commandments. In Islam, the formation of spirituality occurs through the expansion and enrichment of ideas about it, through different degrees of education. Spirituality is defined as enlightenment, following the rule of law and self-improvement, worship of God's omnipotence. In Sufism, spirituality is defined as the love of others that is achieved by self-education, self-knowledge, and responsibility. In Buddhism, spirituality is enlightenment and detachment to the material. Modern Western philosophy considers spirituality as a desire for knowledge, as a high level of development of culture and morality, as a search for the meaning of being, realized in self-knowledge and self-improvement in accordance with higher moral values. Modern Eastern philosophy defines spirituality as the pursuit of an even higher level of development, freedom in search of truth, and the right to error. In understanding spirituality, theosophy puts the principle of unity, wisdom and compassion in the path of spiritual development. Spirituality in theosophy is recognized as the highest level of development of consciousness.

An analysis of the main directions of the study of spirituality in different historical periods showed that the understanding of spirituality was quite diverse, but at the same time there is a coincidence of ideas about the manifestation of spirituality, including. In search of the meaning of life, considering it in the context of self-knowledge and self-improvement, the desire of the subject to form the goals of Being. Spirituality is considered as a standard, an image of a person striving to cultivate the best qualities in himself. The existence of trends in understanding spirituality and how to achieve it can be represented as follows:

Table 1

Understanding spirituality	The Path to Achievement
Finding the meaning of Life	Self-knowledge
Meaning of life and responsibility	Self-knowledge and self-development
Constantly striving for an increasingly high level of development	Knowledge acquisition, self-knowledge, self-education and self-development

The theoretical review makes it possible, through the development of this concept in philosophy and religion, to approach its definition: spirituality acts as an information phenomenon containing an indication of the true essence of a person who reveals himself in the process of knowing himself and achieving a qualitative stage of development through self-knowledge and self-development. The content of spiritual values is comprehended by the subject and reflected within the framework of his own life. The reason for spirituality is self-knowledge and self-improvement, which contributes to an increasingly complete and adequate reflection of spiritual ideas and values.

A feature of understanding spirituality in psychology in the XXI century is its recognition as a real psychological phenomenon, some aspects of which are sufficiently studied and described, in particular, activity and creative activity in self-development, self-knowledge and self-improvement, a person's reflection of his place in life, a person's realization of himself through transcendence, indicates the manifestation of spirituality in responsibility, moral improvement, search for the meaning of life, self-knowledge, self-awareness.

In domestic psychology, the study of spirituality took place in four directions: cultural and anthropological, cultural and historical, structural and theological. Within the framework of the cultural and anthropological direction, spirituality is defined as a specific organization of vital moral values; spirituality is considered as an integrative quality of man, manifested in creative activity; creativity is manifested not only in the creation of cultural objects by a person, but also primarily in the life-building of the own life; spirituality is revealed through concepts such as spiritual abilities, spiritual states, spiritual growth. Within the framework of the cultural and historical direction, spirituality is considered primarily from the point of view of its genesis and means of achievement. The structural direction in the study of spirituality considers spirituality as an integral part of consciousness, and its special layer – spiritual. The theological study of spirituality connects it with the movement towards God, the purpose and meaning of human existence.

Despite the variety of approaches to understanding spirituality, the consideration of spirituality not only as a human quality, but also as a special activity motivated by cognitive and moral needs is common to most studies. Spirituality is a special state of freedom that is simultaneously limited to responsibility. Spirituality is considered as knowing the essence of things and phenomena.

Spirituality can be considered as an internal dialogue, during which the subject forms and realizes himself as a special kind of activity aimed at improving and integrating life experience. Spirituality is not spontaneous and is achieved in the process of working a person on himself. The development

of spirituality should be associated with the development of the inner world of man, with the quality of interaction with other people, the development of structural components of the person.

Today, attention to the problem of spirituality is caused by the fact that not beauty will save the world and humanity from negative worldwide processes, but namely spirituality, its content itself in man, in society and in the world.

The problem of spirituality, despite the presence of a certain amount of research, remains insufficiently studied. There is a certain mixture of different methodological approaches, and different content is put in the definition itself. In dictionaries, the meanings of the word «spirituality» do not coincide. The penetration of evidence from various sources into psychology, in particular religion, the latest philosophical teachings, practices creates the conditions for the transformation of spirituality into a mystical and detached from reality theory. Therefore, the task of building a theoretical model of spirituality for an adequate understanding of it, for solving the problems of learning, upbringing, and human development is practically and theoretically significant and extremely relevant.

The theoretical analysis carried out on the issue makes it possible to argue that a single psychological mechanism is based on various manifestations of spirituality, namely, the reflection of a specific ideal, protruding in different forms, in the context of one's own life activity and life creation. The reflection of the ideal as a specific form of human being is manifested mainly in the search for the meaning of life, self-actualization, self-realization and responsibility. Adequate methods of studying spirituality can be noted subjective, simultaneously stimulating self-knowledge and spiritual self-development.

Thus, spiritual development occurs as an active attitude of a person to his life in ontogenesis. The process of self-awareness is a fundamental condition for the self-development of the individual and the achievement of spirituality. Reflection is a condition for spiritual development, since it allows to comprehend person's own life and fate. The fundamental condition for the spiritual development of man is responsibility.

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