



Philosophical analysis of the formation of spirituality of modern Kazakhstani youth: Problems and prospects

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Abstract

The relevance of the study is due to the fact that since the declaration of independence in Kazakhstan on December 16, 1991, several generations of people have grown up in a completely new paradigm of building a society, and therefore their beliefs and values may be qualitatively different from previous generations. The purpose of the research is to study ideals, explain the role of various factors of influence, such as the social environment, family heritage, educational institutions and popular culture, identify the main problems that young people face when they are on their spiritual path, provide possible prospects for the development of this process. Among the methods used, area survey, in-depth interviews, comparisons, and analysis. Through these methods, it is possible to identify trends, opinions, and discussions of participants, understand individual experiences and experiences, track trends and differences about the topic of spirituality, and identify contextual factors. In the course of the study, the main problems of the youth of Kazakhstan and their key factors influencing the formation of spirituality were presented and development prospects were identified while the influence of philosophical and religious traditions was presented. Approaches and solutions were also proposed for building a further strategy, and recommendations were developed aimed at the academic community, practical activities in the field of youth policy, education, and culture. The study allowed for a deeper understanding of the essence and significance of spirituality in the life of Kazakhstani youth and offered different approaches for the development of this process. The practical value of the study lies in the development of suitable strategies and programs for the formation of the spirituality of youth, the strengthening of traditional values, the development of education and youth organizations, raising awareness and understanding of the problems, and also prospects for the formation of the spirituality of young people.

Keywords: social processes, traditional values, family heritage, awareness raising, search for meaning.

Introduction

The relevance of the study of the formation of spirituality is due to several factors. Conducting a study helps to deeply analyse the nature and role of spirituality in people's lives, develop



programs to strengthen traditional values, consider issues of self-identification, the search for the meaning of life and adaptation to sociocultural changes. The problem is the insufficient amount of research in the direction of spiritual development in order to fully systematize the problems and prospects. The presence of contextual factors such as education, family environment, media and community support, educational institutions, popular culture and religious traditions also play an important role. Youth in Kazakhstan are represented by various social, ethnic and cultural groups. Each of them has its own characteristics and awareness of spirituality. For example, urban students from major cities like Almaty and Nur-Sultan may be more influenced by modern education systems and globalized cultures. Rural youth, particularly from smaller towns or villages, may hold stronger ties to traditional Kazakh values, folklore, and local religious practices (Sakhiyeva et al., 2016). Ethnic minorities such as Russians, Uzbeks, or Ukrainians may have different spiritual understandings influenced by their cultural and religious backgrounds, contributing to a diversity of spiritual perspectives across the country.

The relevance of the study of the formation of spirituality is supported by the work of Aidarbekov (2020), who in his study considered ways to involve young people in the knowledge and understanding of the culture transmitted by their ancestors. He paid special attention to the education of a person capable of cultural identification. The researcher analysed the international experience in the formation of spirituality and identified its impact on youth in Kazakhstan. Darbaeva and Bolatbek (2020) explored the role of the artistic heritage of the great Abay and its influence on the process of forming spirituality through family, work, morality, friendship, love, traditions, and patriotism. As a result of the study, a trajectory of movement towards the development of a holistic personality was built. These conclusions speak about the importance of Abay's artistic heritage and his philosophical and pedagogical views in the formation of spirituality and personality development.

Kassym (2021) considered the psychological features of value preferences in the formation of spirituality. He determined that even constant changes in society do not affect the foundation of spiritual preferences that are passed down from ancestors. Zhusupova (2021) explored the problems of patriotism education as an integral part of spiritual development. Abdulina and Abisheva (2019) described the main spiritual values of Kazakh culture in the article: hospitality, traditions, respect, peace, solidarity. Recommendations were formulated for the preservation of the cultural heritage of the people under the influence of global trends.

Koyanbaeva and Zaubekova (2021) devoted an article to a detailed analysis of traditions and their role in the spiritual realm. They proposed to modernize the existing traditions, based on the experience of other countries. This opens up prospects for innovation in the spiritual realm and strengthens the connection between the past and the future, preserving traditional values in the new realities. Demeuova (2019) studied the relationship between religion and spirituality. She described their role in the process of modernization of the youth community and formulated perspectives. She concluded that religious values form the spiritual and moral potential, which is the basis for the development of a harmonious personality. A.A. Ismailov and Omarbaeva (2020) examined the process of the formation of spirituality from the moment Kazakhstan became an independent state. They analysed its connection with national traditions and proposed options for modernization. Lepeshev and Bilous (2018) also explored the relationship between family values and spirituality. The authors proposed perspectives for further interaction between family values and the formation of spirituality, which included integrating family-based moral teachings into educational curricula, fostering intergenerational dialogues on spiritual traditions, and promoting community-oriented family practices to strengthen spiritual development.

The purpose of the study is to study the spiritual development among young people, identify the main problems based on hypotheses about the factors of influence, such as patriotic education, traditions, culture, international experience, value orientations, artistic heritage.



Philosophical analysis of this topic allows formulating further perspectives that contribute to the formation of spirituality. The main tasks are to review research on the topic by other scientists, develop, conduct a survey and in-depth interviews to collect empirical data, analyse the results to identify trends and patterns, and formulate recommendations and proposals for the development and support of spirituality based on the results and analysis thereof.

Materials and Methods

Philosophical analysis of the process of forming the spiritual development of youth was carried out using empirical and theoretical research methods. Various methods were used to conduct the empirical part of the study. A descriptive survey among young people helped to determine the perceptions, values, beliefs, and attitudes towards spirituality. The questions were aimed at identifying the significance of various aspects of spirituality, such as family, traditions, culture.

This approach was selected because it allows for a detailed understanding of the various factors influencing spiritual development among young people, providing a comprehensive snapshot of their spiritual awareness and experiences. A descriptive survey was ideal for capturing a wide range of perspectives across different demographics, such as age, education, and cultural background, without manipulating variables, thus offering a clear representation of the current state of spirituality within this population.

The survey involved a randomly selected representative number of people aged 18-35 from different regions of Kazakhstan, including cities and rural areas. The respondents were students, young workers, representatives of public organizations, entrepreneurs. Everyone had a different level of education: university students, graduates, young professionals. The interview was conducted taking into account the geographical distribution, so social networks, communities of youth organizations, universities, enterprises were used. Member data is confidential. Respondents are selected randomly. The total number was 384 respondents. The degree of confidence is 95%, the margin of error is 5%. There was a goal to achieve an equal ratio of women and men. The sample included different nationalities. The data collection method was an online survey. The answers are confidential and anonymous. To collect information, questions were posed, which implied a short answer (Table 1).

Table 1. Influence of various factors on the process of formation of spirituality

Total information	
Nationality	
City/Rural	
Age	
Floor	
Education	
No.	Questions
1	Is spirituality an integral part in the process of personality formation in society?
2	Are you satisfied with your position in society at this stage of your life?
3	Do you have conflicts at school, university or at work due to a different world-view with others?
4	Have you thought about moving in the wrong direction with regard to the future?
5	Have you ever experienced emotional emptiness, a lack of clear meaning and purpose in life?
6	Are you satisfied with your financial situation?
7	Do you think that material values are more important than spiritual ones?



8	Have you ever felt emotional tension through discrimination or stigma in society about gender, race, sexual orientation?
9	Can rapid changes in values, behaviours, and social norms create instability and doubts about spiritual beliefs?
10	Does the technological process distract you from internal development and the search for the meaning of life?

Source: compiled by the authors.

In the theoretical part of the study, an analysis of the results of the survey and interviews was carried out, as well as their comparison with the data of other scientists, which helped to get a general picture of the formation of spirituality. Through comparison, the limitations of previous research on spirituality were identified and a wider range of developments was proposed, which will increase the reliability and representativeness. The method of analysing the data collected in the empirical part contributed to the identification of problems, contradictions, and shortcomings in the development of youth spirituality. Comparative data analysis has enriched the current study by providing a deeper understanding of the evolution of influencing factors. The use of survey and interview methods made it possible to collect data on the opinions and experiences of people in the field of spirituality. Comparison of data helped to reveal differences and similarities of influencers over time. Data analysis contributed to the discovery of interrelations, contradictions, and trends in the development of spirituality, which contributed to the formulation of conclusions and recommendations based on the results obtained.

Results

Hypotheses about factors influencing spirituality

Spirituality is studied in the context of a close relationship with the inner world of a person and his potential for development and self-improvement. Understanding the essence of spirituality and developing effective methods for its upbringing and development are important tasks in any historical era (Wilhoit, 2022).

Hypothesis 1: Patriotic education, based on the formation of love and respect for one's country, history, culture and values, has a positive effect on the level of spirituality. Rationale: Patriotic education is aimed at developing a deep sense of belonging to one's country and understanding of its values. Through familiarity with historical heritage, national traditions and culture, children and youth can develop a deep connection with their native country and its people. It is assumed that patriotic education contributes to the formation of sustainable values, ethical principles and the meaning of life, which in turn positively affects the level of spirituality in individuals (Sakhiyeva et al., 2015; Tahirjon, 2022).

Hypothesis 2: Traditions are an integral part of the process of spirituality formation. Rationale: Traditions are the basis of cultural heritage and convey the values, rites, and rituals associated with spirituality. They provide a link to the past and reinforce identity and belonging to a particular group or community. Traditions offer structure and rhythm to everyday life, as well as a search for meaning and harmony. They can create a stable foundation for spiritual development, strengthen faith, and help people realize their values and beliefs (Senn, 2020; Seo et al., 2021).

Hypothesis 3: Culture, including language, art, music, literature and other expressions, has a significant impact on the development and level of spirituality in people. Rationale: Culture is the bearer and expression of the values, beliefs, and identity of a society. Through language, art, and other cultural manifestations, people find ways to express their thoughts, emotions



and deep feelings. Culture can have a positive effect on the level of spirituality in individuals (Nurnazar & Atabek, 2021; Wu et al., 2024).

Hypothesis 4: International experience has a positive effect on spirituality. Rationale: International experience, including travel, intercultural communication and exposure to different cultures, traditions and beliefs, stimulates introspection and reflection. The exchange of experience and knowledge with representatives of other cultures contributes to the development of tolerance, empathy, and openness to various spiritual practices (Hendricks, 2017; Tolkin et al., 2021).

Hypothesis 5: Value orientations, as the basis for making decisions and setting priorities in life, strongly influence the level and quality of spirituality in individuals. Rationale: Values play an important role in determining the goals, meaning, and direction of individuals' lives. They may include ethical, religious, social and other aspects. It is assumed that the correspondence of values and their conscious application in everyday life contribute to the development of deep meaning, emotional well-being and harmony (Adylbek Kyzy et al., 2024; Hagege, 2020).

Hypothesis 6: Artistic heritage, closely related to spirituality. Rationale: Artistic heritages, including literature, painting, music and other forms of art, have the ability to convey deep emotions, ideas, and values. Artistic works can deal with topics related to spirituality, religion, morality, and the meaning of life, and can help people realize and deepen their spiritual beliefs. Artistic heritage is used as a means to search for truth, self-knowledge and inner development (Arzimatova, 2021).

Hypothesis 7: Active participation in religious practices and belief in religious beliefs positively affect the level of spirituality. Rationale: Religion offers a system of beliefs, values, and rituals associated with spirituality. Active participation in religious ceremonies, attending religious services and the practice of prayer contribute to the deepening of spiritual experience and the search for the meaning of life. Religious beliefs and values can serve as the basis for moral guidance and inner harmony (Chung, 1987; Sutcliffe & Gilhus, 2013).

Consideration of various hypotheses confirmed that patriotic education, traditions, culture, international experience and value orientations have a significant impact on spirituality. These factors contribute to the development of the meaning of life, the search for harmony and self-knowledge, and also form the basis for spiritual practices. Understanding this influence can help develop strategies to support and develop spirituality in a variety of contexts. With the help of hypotheses, the basis for the survey and interviews was created, which helped to obtain informative results.

Study of the state of spirituality among young people during the period of the study

The survey was conducted in order to identify problems that affect the spiritual development of young people, with a sample of 384 respondents. The survey results are represented by numbers, which indicate the number of answers that express different points of view (Figure 1). The results of the survey indicate the presence of problems in the process of formation of spirituality among the youth of Kazakhstan. This is an unstable financial situation, various kinds of conflicts with others, emotional burnout, technological progress, the uncertainty of life goals.

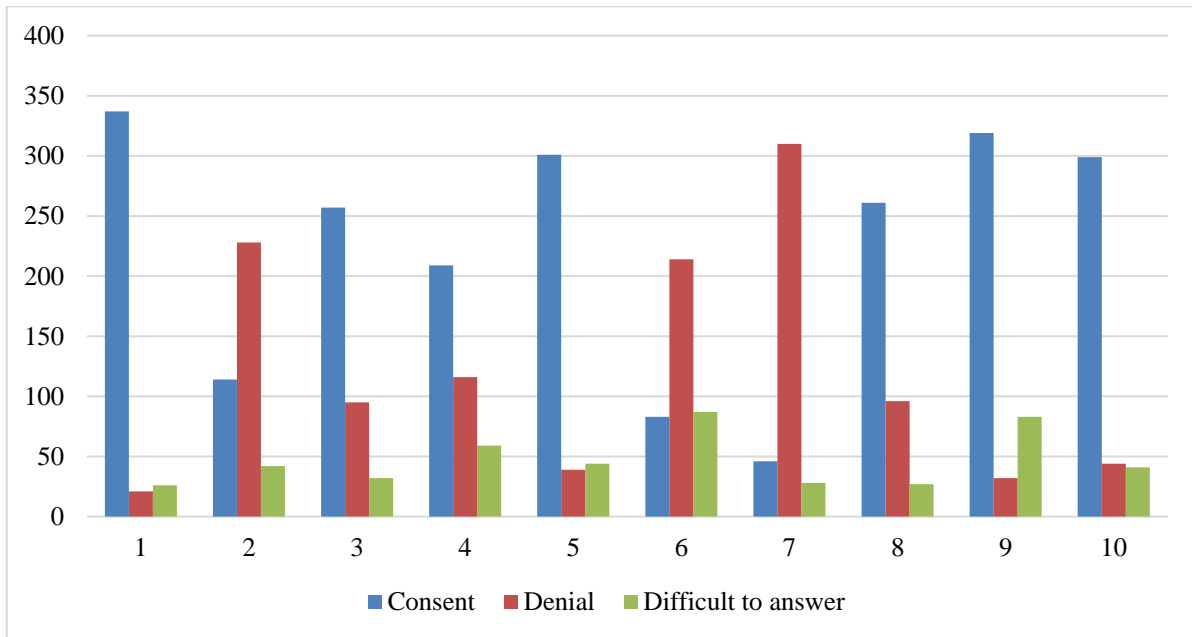


Figure 1. Statistical data by survey

Source: compiled by the authors.

The respondents were asked to answer a series of open-ended questions:

- “What values and beliefs play an important role in your spiritual realm?”;
- “In your opinion, what factors have the greatest influence on the formation of spirituality among young people in modern Kazakhstan?”;
- “What influence does the social environment (family, friends, society) have on your spirituality?”;
- “What is the role of education and culture in shaping your spiritual sphere?”;
- “What factors stimulate or hinder the development of the spiritual potential of young people?”;
- “What prospects and opportunities do you see for the development of the spirituality of modern Kazakhstani youth?”.

The results of the in-depth interview are presented in the form of a diagram on Figure 2. The digital data on it testifies to the number of people who have chosen one or another direction that contributes to the formation of their spirituality.

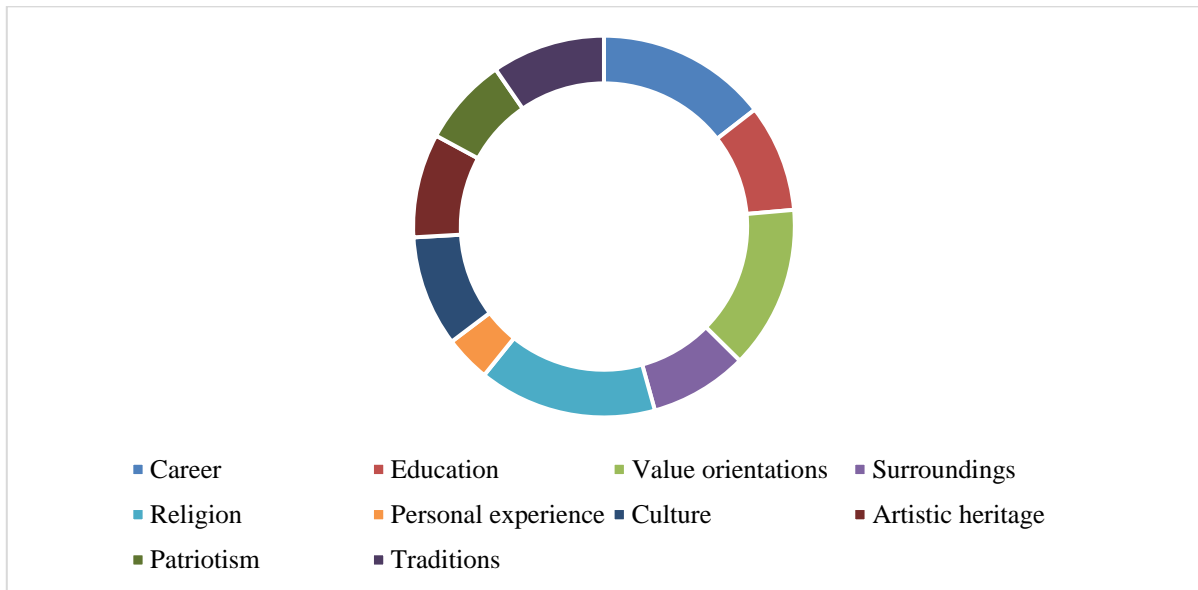


Figure 2. Factors affecting the spirituality of the youth of Kazakhstan

Source: compiled by the authors.

An in-depth interview showed that the formation of spirituality is influenced by many factors that are natural for a country that follows world progress. These results indicate that young people are aware of their importance in their lives. A career provides an opportunity for self-development, the search for meaning, the achievement of personal and professional goals, and also increases the level of satisfaction and well-being in life. Education plays an important role in expanding knowledge about various aspects of spirituality and contributes to the development of its awareness (Kaikenov et al., 2024; Zhusupova, 2021; Zhumasheva et al., 2022). Value orientations have a strong influence on spirituality, forming the basis for ethical beliefs, world-view, and the meaning of life, which can influence personal development and the search for harmony and well-being. Religion plays an important role in the process of shaping spirituality by providing a system of beliefs, rituals, and communication with a higher being that helps people find meaning, guidance, and solace (Kim & Chung, 2025). Interaction with other people promotes the exchange of ideas and views. Personal experience influences spirituality as it allows people to explore, realize and integrate their unique life experiences, causing the growth, transformation, and development of their spiritual being.

Artistic heritages have a significant impact on spirituality, inspiring, evoking emotional responses and facilitating the search for meaning and deep experiences through art and cultural heritage. Traditions contribute to the preservation and transmission of values, rituals, and customs that contribute to the formation and strengthening of spiritual bonds and identification with the culture and community (Iskakova et al., 2022; Vilks & Kipāne, 2020). Culture forms the value system, symbolism, patterns of behaviour and world-view that determine the foundations of beliefs, practices, and the search for meaning in life (Batsurovska et al., 2021; Dobroskok et al., 2023). Patriotism can have a positive impact on spirituality by inspiring a deep attachment to one's country and culture, promoting the development of collective consciousness, solidarity, and the perception of oneself as part of something larger and meaningful.

Problems that arise in the process of formation of spirituality among young people in Kazakhstan



The loss of clear meaning and lack of purpose in life leads to emotional emptiness and lack of motivation for spiritual development. High levels of stress, anxiety and psychological problems hinder the development of spirituality and the well-being of young people (Berghmans, 2020). Societal changes can create instability and raise doubts about spiritual beliefs. Limited opportunities for self-development, self-expression, and self-realization reduce the motivation of young people in relation to spiritual development. Instability in the social and political sphere can create uncertainty and anxiety, which negatively affects spirituality (Spytska, 2023). Differences in religious and cultural beliefs may at times cause tensions and conflicts that can affect the spirituality of young people. Stigma and discrimination based on gender, race, sexual orientation, or other aspects of personality hinder the development of spirituality and create emotional stress (Akimzhanov et al., 2018).

Information overload and lack of information filtering skills lead to difficulties in identifying sources and making meaningful decisions. The lack of quality social connections and support can create emotional loneliness and negatively affect the spiritual well-being of young people (Andić et al., 2024; Bouteraa et al., 2024). The impact of consumer culture leads to the priority of material values over spiritual ones, which reduces interest in the development of the spiritual sphere. The rapid pace of technological development and information overload distracts young people from internal development and the search for meaning. Inequalities in access to education, resources, and opportunities limit the development of spirituality among young people and create a sense of injustice (Mamadova et al., 2019; Vrapi et al., 2023). These are just some of the issues that can affect spirituality among young people. Each of them can have unique consequences and require an individual approach to address and overcome them.

Prospects for the formation of spirituality

Based on the problems identified after the empirical and theoretical part of the study, it is possible to highlight the prospects for the formation of spirituality among young people. Creating and strengthening psychological support and counselling programs for young people, teaching stress management skills, developing resilience and psychological flexibility will help to overcome problems associated with stress and psychological problems and contribute to the development of their spirituality. Development and implementation of educational programs aimed at the formation of values, ethical principles and moral development of young people; inclusion in the curricula of subjects devoted to ethics, moral values, religious and cultural traditions, will help develop in young people a conscious attitude towards spirituality and contribute to its development. Support and strengthening of family values, family support and ties will hopefully help to create a favourable environment for the development of youth spirituality; development of programs of family education, family therapy and family counselling can contribute to the formation and strengthening of spiritual values and relationships.

Creating conditions for the social integration of young people, including opportunities for participation in public and political life, volunteer and charitable programs, will help young people feel their importance and belonging in society, which contributes to the enhanced development of their spirituality. The development of programs of intercultural education, understanding, and tolerance for different cultures and religions will help young people to expand their horizons and develop respect for differences; training in intercultural interaction and dialogue skills can contribute to the development of their spirituality. Support for the creation and development of spiritual centres and communities where young people can exchange experiences, practice meditation, participate in spiritual classes and events, contributes to the development of their spirituality and finding inner harmony. The inclusion of a component on the development of critical thinking, analysis and filtering of information in educational programs will help young people to consciously approach information, distinguish facts from opinions and make meaningful decisions, which is important for their spiritual development.



The development of programs and projects that provide young people with the opportunity for self-development, self-expression, and self-realization in various fields, including creativity, sports, science and social activities, contributes to the development of spirituality. For example, The YMCA Youth Programs (2024) offers a range of activities encompassing arts, sports, and community service, promoting personal growth and spiritual development among youth. These programs are designed to build character and community engagement. Initiatives like the Creative Youth Development National Partnership (2024) in the United States offer programs that integrate arts and creativity with youth development, aiming to enhance personal and spiritual growth. Organizations like Scouts Australia (2024) implement the SPICES framework (Social, Physical, Intellectual, Character, Emotional, and Spiritual development) to guide youth programs. This holistic approach aims to nurture well-rounded individuals.

Support and development of programs aimed at combating stigma and discrimination based on differences such as gender, gender, race and other aspects of personality will help create an equal and inclusive environment for the development of youth spirituality. The use of modern technologies such as mobile applications, online platforms and social networks to provide information, training programs and opportunities for spiritual development will bring efficiency in overcoming the limitations of space and time. Support and stimulation of youth initiatives in the field of spiritual development, including financial support, organizational support and the creation of platforms for the exchange of experience, will help young people to realize their ideas and contribute to the development of spirituality among their peers.

For the development of spirituality among young people, it is necessary to pay attention to various aspects, such as psychological support, value education, strengthening family values, social integration, tolerance, the creation of spiritual centres, the development of critical thinking and information literacy. An integrated approach that combines these aspects will help young people to consciously develop their spirituality, find inner harmony and make informed life decisions.

Discussion

Analysis of the results of the survey, and in-depth interviews indicate the presence of a number of problems that hinder the formation of youth spirituality. These problems include a loss of meaning and direction in life. Changes in the social and cultural environment, limited opportunities for self-realization, social and political instability, religious and cultural conflicts, stigma and discrimination, information overload and information filtering, social exclusion and loneliness, lack of educational programs and resources, materialism and consumer culture, technological progress and information overload; and social and economic inequalities (Ponomarenko & Pysarchuk, 2024; Vilks et al., 2024). All these factors create obstacles for the development of spirituality among young people. In the process of analysing the problems associated with spiritual development, prospects for overcoming them are also formulated. Important steps in this direction are the development of educational programs, the creation of mentoring relationships, increasing tolerance and social inclusion, an individual approach and cooperation between various sectors of society (Tazhitova et al., 2024; Yevseiev et al., 2020). The solution requires collaborative efforts from governments, educational institutions, religious organizations, and mental health professionals and further research to develop effective strategies and resources that can support youth in their spiritual development and the creation of a meaningful life.

If we compare the research data with the work of Abylkassymova et al. (2018) in which they rank the impact on spirituality. It can be seen that the main factors remain unchanged: I place – career; II – education; III – friends; IV – parents; V – family values. Leading factors are natural for today's young people, because they strive for success and realize their importance in life



(Spytska, 2024). This information is common to the compared studies, but at the same time, it differs in that it is presented here in a more detailed form and highlights many other factors that influence the formation of spirituality among the younger generation. Thus, this study and the researchers' work complement each other, providing a wider range.

In a study by Khasanov et al. (2019), the authors identified key factors influencing spirituality such as patriotism, traditions, culture, and relationships. The authors also emphasized the importance of the unity of the people, respect for roots and history, as well as the need to adapt to the realities of life. They offered a special course, which is aimed at the modernization of consciousness in the public. It is important to understand that in addition to the factors highlighted by the researchers, there are other important ones that affect spirituality. These are personal experience, education, social environment, modern technologies, differences in the perception of spirituality between different groups. Expanding the field of study to include additional factors can lead to a deeper understanding of the relationship between factors and spirituality, as well as help develop more precise recommendations and strategies for supporting and developing spirituality in society.

Canete and Pandey (2020) examined in their study the concept of "spirituality" from different points of view. Scientists have come to the conclusion that it is dynamic, through a person's desire for self-transcendence. He made an attempt to connect the beginning of the process of formation of spirituality with adolescence. The researchers' point of view on the dynamic nature of spirituality and its relationship to adolescence provides an interesting perspective. One can also consider spirituality as a process that extends throughout life, and is not limited to adolescence. Also delve into aspects of the influence of education, family, culture, or religion on the formation of spirituality. In his article, Newman (2004) draws attention to the close relationship between spirituality, religion and faith, but also highlights their differences. This represents the relationship of these concepts, which is a valuable contribution to further research in the field of spirituality and religiosity. This then also allows a deeper understanding of the essence and interaction of these concepts, as well as their role in people's lives. In addition to this view, one can consider other options and interpretations of the relationship between these concepts. It is important to take into account socio-cultural, historical factors, as well as the diversity of religions and spiritual practices.

Kale (2004) examined in his study the impact of modern globalization on spirituality and formulated further perspectives. He singled it out as the main factor influencing spirituality. He emphasized the close relationship between spirituality and the quality of life. However, in addition to this point of view, there are other aspects that can be explored, such as the impact of globalization on traditions, values and identity, as well as its role in the formation of new spiritual practices and meanings. Sobirovich (2020) identified the connection between spirituality, culture and universal values. He reviewed and compared the spiritual heritage of Egypt, Central Asia, Ancient India and other peoples. He concluded that it is important to exchange experience with other peoples. For more correct results, it is also possible to study the influence of modern technologies on spirituality and culture, analyse the role of mass communication in the formation of values, and explore the interaction of spirituality with the political, economic and social aspects of society. Such an expanded study will provide a deeper understanding of the complex and multifaceted nature of spirituality and its interaction with culture and values in the modern world.

Khodjamkulov et al. (2020) analysed in their article the literary and scientific heritage of Central Asia. They determined their close relationship with spirituality and patriotism. They concluded that it is important to study the works of great ancestors in order to form a sense of pride in their country. They suggested directions for the formation of spirituality, based on various factors of influence. It is also necessary to take into account the differences in the cultural and historical contexts of different regions and peoples, and explore their influence on the formation of spirituality and patriotism. In an article by Bishop (2021) it states he conducted a study of



youth careers in close relationship with spiritual development. The influence of spirituality on emotional stability, the character of the employee and his self-realization is determined. The problems faced by young people in the process of career growth, such as dismissal, conflicts with colleagues, low wages are analysed. Further perspectives are offered. This is an important contribution to understanding the impact of spirituality on professional life. But, for a better approach to the topic, it is necessary to take into account individual differences in perception and values.

Victor and Tereschuk (2020) in a critical review studied the interchangeability of the terms “faith”, “spirituality” and “religion”, and identified them as the main factors influencing a person’s life. They found that these terms help people improve their quality of life, relationships, and health. Spirituality was considered as integral to helping other people. The authors emphasized that these concepts play an important role in improving the quality of life, the formation of healthy relationships and well-being. However, in order to expand the understanding of this topic, it is also worth considering cultural and social aspects, differences in perception and practice of these concepts in different regions and communities. Berghmans (2020) in his article, described the relationship between spirituality and human health. He developed recommendations for the introduction of the concept of “spirituality” in the treatment of serious illnesses, so that a person has an incentive for a speedy recovery. It must be borne in mind that the relationship between health and spirituality is complex and individual (Lewinski, 2016). Each person has unique beliefs, values, and ways of expressing spirituality (Lewinski et al., 2016). Therefore, it is important to consider multiple cultural, social and individual contexts when studying and practising the relationship between health and spirituality.

MacLeod et al. (2019) examined the attitudes of people with strong spiritual beliefs towards death in New Zealand. They concluded that they had a low level of fear of the end of life. Scientists have offered recommendations for the formation of spirituality from an early age, as it affects the behaviour and emotional stability of a person. For a more complete understanding of the connection between death and spirituality, other aspects can be considered. Research may focus on religious practices and rituals associated with death and their impact on the process of psychological adjustment to the loss of a loved one. It is also possible to study the influence of spirituality on the processes of mourning, the search for meaning in loss and recovery after it. In his article, Peng-Keller (2019) analysed the process of spirituality formation under the influence of different eras. He emphasized that through the fact that spirituality had previously crossed different cultures, it was filled with new meanings.

After my extensive literature review, I came to the conclusion that the study of various concepts of spirituality makes a valuable contribution to its formation in the modern world. The analysis of cultural influence on spirituality allows understanding how it has evolved and adapted to a changing world. These studies can be extended by studying the impact of migration and cultural diversity on the formation of spirituality. In the context of globalization and intercultural contacts, people are faced with different traditions and values, which can influence their own spiritual development and world-view.

Conclusions

The study of spirituality among young people made it possible to identify many factors influencing its formation. It confirmed the importance of spiritual development for achieving inner harmony, finding the meaning of life and making informed decisions. Spirituality is an integral part of the human experience and attitude towards life. It extends beyond time, eras and social structures, and includes the search for existential meaning and the desire for transcendence. It is not a static concept, but dynamic, and manifests itself in the desire for self-development.



The results of the study indicate the problems of the formation of spirituality among young people. Loss of meaning, stress, changes in society, limited opportunities for self-realization. Added to these factors are social instability, religious conflicts, information overload, social exclusion, lack of education, materialism, technological progress, and inequality. The formation of spirituality among young people requires strengthening psychological support and mental health, developing value education, strengthening family values, social integration, tolerance, and the creation of spiritual centres. It is also important to develop critical thinking, information literacy, create opportunities for self-realization, integrate technology into spiritual development.

The practical significance of the results obtained lies in the fact that they can be used to develop programs and activities aimed at supporting and developing spirituality in people. Specific initiatives could include mindfulness and meditation courses, arts and cultural workshops that encourage self-expression and creativity, seen in Creative Youth Development programs, interfaith dialogue and exchange opportunities to expose youth to diverse spiritual practices, and spiritual retreats or workshops that offer focused environments for self-discovery and reflection. Based on these results, religious education and spiritual guidance programs can be created to help people find purpose in life. They can also be useful in the work of psychologists and counsellors to help people experiencing burnout.

To explore the topic further, several trajectories can be considered. These are the impact of spirituality on health, leadership development, cultural and religious aspects, the effectiveness of programs, the impact of the social environment, youth identity and the role of technology in shaping spirituality. It is possible to develop a support program for finding meaning in life, managing stress, and resolving conflicts. The creation of centres and communities will enable young people to exchange experiences, and the practice of meditation and participation in spiritual studies will contribute to the development of their spirituality and gaining inner harmony.

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