



# Individual factors that influence the development of spiritual and moral principles in young athletes of military age

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## Abstract

**Objective of the study** was to pinpoint the individual factors that contribute to the development of spiritual and moral principles in young men of military age who participate in sports.

**Methods and structure of the research.** The empirical study was carried out in four regions of the Russian Federation: Arkhangelsk, Kaliningrad, Murmansk and Leningrad regions. The total number of respondents – 1050 respondents – boys in the age range from 16 to 20 years (conscription age). The diagnostics were carried out using the following methods: «Spiritual personality»; «Diagnostics of moral education»; study of the axiological orientation of the individual; study of moral identity.

**Research results and conclusions.** The findings of the study allowed for the identification of individual factors that contribute to the development of spiritual and moral values among young athletes. The study assessed the level of spiritual values, moral upbringing, and axiological orientation (humanistic and pragmatic) of young men of military age, both those who participate in sports and those who do not. The findings are valuable as they can help to enhance the educational and developmental potential of sports activities, which can effectively contribute to the formation of spiritual and moral values among young people in the educational process of secondary and higher educational institutions.

**Keywords:** *young athletes of draft age, spiritual and moral values, personal predictors, axiological orientation, moral education, moral identity.*

**Introduction.** Physical culture of an individual is considered today as a complex system, including the formation of value attitudes, behavioral and motivational components, as well as the motor needs and abilities of an individual, which determine the effectiveness of not only its social adaptation, but also the development of morality [1, p. 12]. At the same time, from the point of view of V.V. Ignatova, the formation of spiritual and moral values should be one of the priority areas of moral development of an individual [2, p. 19]. All this confirms the need for a deep and balanced approach to identifying personal predictors of the formation of spiritual and moral values of young people of draft age involved in sports, in the context of confronting external threats.

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**Methods and structure of the research.** The empirical study was carried out in four regions of the Russian Federation: Arkhangelsk, Kaliningrad, Murmansk and Leningrad regions. The total number of respondents – 1050 respondents – boys in the age range from 16 to 20 years (conscription age). During the study, the following methods were used: theoretical (analysis of the subject of research based on the study of regulatory documents and psychological and pedagogical literature, synthesis, generalization, comparison and systematization of the data obtained)

*Table 1. Distribution into groups*

Group number	Name/characteristic	Number of respondents	Percentage of the entire sample
1	No sport	261	24,9
2	Combat and strength	273	26,0
3	Individual and cyclic	266	25,3
4	Game (all types)	250	23,8

*Table 2. Results of calculations of the Kruskal-Wallace H-criterion for spiritual and moral values (4 groups)*

Comparison line – scales of the «Spiritual personality» method	Kruskal-Wallace H-test	Ст. сб.	Asymp. meaning
Moral Wisdom	118,128	2	0,000**
Self-Control	254,352	2	0,000**
Reliability and Responsibility	327,158	2	0,000**
Spirituality of Relationships	245,495	2	0,000**
Truthfulness and Contentment	245,411	2	0,000**

Note: \* $p < 0,05$ ; \*\* $p < 0,01$ .

and empirical (survey, testing). To achieve the set objectives, the following diagnostic tools were used: the «Spiritual Personality» questionnaire (Husain, Anas, in adaptation by G.V. Ozhiganova; the technique of axiological orientation of personality (A.V. Kaptsov); the moral identity questionnaire (J. Black and W. Reynolds, in adaptation by O.A. Sychev, I.N. Protasova), the method of «Diagnostics of moral education» (A.I. Shemshurina).

**Results of the study and discussion.** The sample of respondents consisted of 1050 young men of draft age. The representation of sports in their lives is 75,1%, Table 1 shows the distribution of young men into groups by sports activities.

To calculate the significance of differences in the selected groups according to the studied indicators of spiritual and moral values and personal characteristics, the Kruskal-Wallace H-test was used. We chose this method of mathematical statistics because it allows us to compare the significance of differences in three or more samples, and is also non-parametric (the distribution of the obtained data differs from normal) [3]. The results obtained for assessing the differences in spiritual and moral values are considered in Table 2.

Analyzing table 2, we note that the studied groups of young men with different representation of sports activities have significantly different indicators for each component of the spiritual and moral characteristics ( $p < 0,01$ ). For a visual comparison, we present the average indicators of each scale of the «Spiritual Personality» methodology in figure 1.

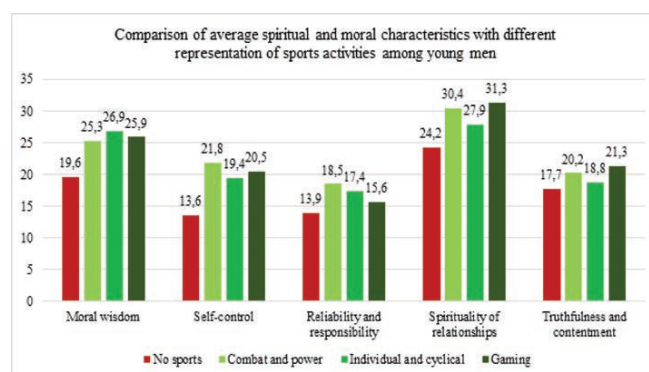


Figure 1. Comparison of average spiritual and moral characteristics by groups

Analyzing figure 1, we note that according to the average indicators:

- moral wisdom, self-control, reliability and responsibility are most pronounced among respondents from the «Martial and strength arts» group;
- «spirituality of relationships», «truthfulness and satisfaction» are more developed among respondents from the «game sports» group;
- in general, among the three groups of young men who play sports, there is an average level (upper limit) of development according to the scales «moral wisdom», «self-control», «reliability and responsibility», «truthfulness and satisfaction», as well as an average level according to the scale «spirituality of relationships»;
- among respondents who do not play sports, there is a low level of development (upper limit) of each studied characteristic of spiritual morality.

The obtained results for assessing the differences in personal characteristics are considered in table 3.



Table 3. Results of calculations of the Kruskal-Wallis H-criterion for personal characteristics (4 groups)

Name of method	Line of comparison - methods for personal characteristics	Kruskal-Wallis H-tests	CT. CB.	Asymp. meaning
Methodology of axiological orientation of personality	Humanistic orientation	9,066	2	0,185
	Pragmatic orientation	10,963	2	0,154
Moral Identity Questionnaire	Moral Self	85,528	2	<b>0,000**</b>
	Moral integrity	101,059	2	<b>0,000**</b>
Diagnostics of moral education	Moral education	118,232	2	<b>0,000**</b>

Note: \*p<0,05; \*\*p<0,01.

Analyzing table 3, we note that the studied groups of young men with different representation of sports activities have significantly different indicators for moral identity and moral education (p<0,01). Among the axiological orientation of the personality, no significant differences are observed for either the humanistic or pragmatic orientation. For a visual comparison, we present the average indicators of humanistic orientation in figure 2.

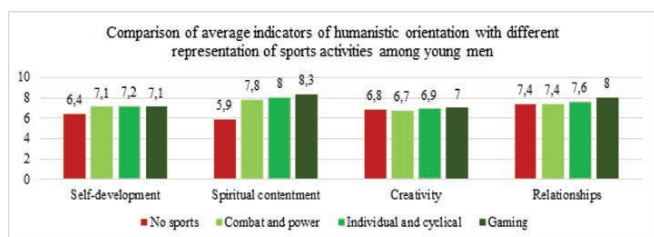


Figure 2. Comparison of average indicators of humanistic orientation by groups

Analyzing figure 2, we note that in terms of average indicators of humanistic orientation, we see a noticeable difference only in the formation of spiritual and moral satisfaction, which is lower among respondents who do not engage in sports. However, statistically, no significant differences were found for the entire indicator of the humanistic orientation of the individual. For a visual comparison, we present the average indicators of pragmatic orientation in figure 3.

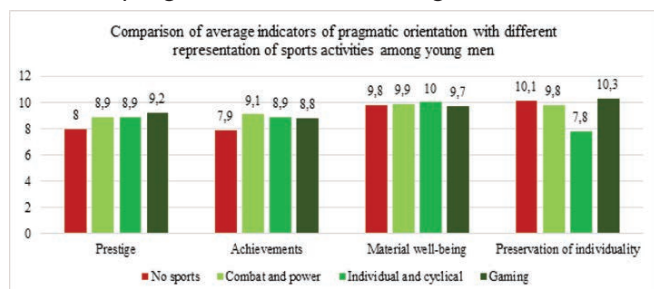


Figure 3. Comparison of average indicators of pragmatic orientation by groups

Analyzing figure 3, we note that in terms of average indicators we see a noticeable difference only in the development of «preservation of individuality», which is lower among respondents involved in individual and cyclic sports. The orientation towards achievements is also lower among respondents who do not engage in sports. However, statistically, no significant differences were found for the entire indicator of the pragmatic orientation of the individual. For a visual comparison, we present the average indicators of moral identity in figure 4.

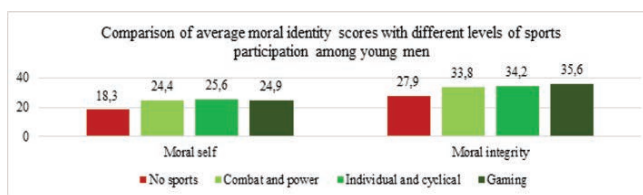


Figure 4. Comparison of average moral identity scores across groups

Analyzing figure 4, we note that, based on average indicators, we see a noticeable difference in the development of moral identity among young men of draft age who do not play sports (lower than among respondents who play any kind of sports). For a visual comparison, we present the average indicators of moral education in figure 5.

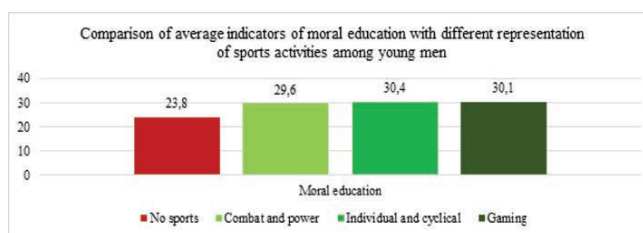


Figure 5. Comparison of average indicators of moral education by groups



Analyzing figure 5, we note that, based on average indicators, we see a noticeable difference in the development of moral education among students who do not play sports (the lower limit of the average level).

**Conclusions.** The results of the study are in demand due to the possibility of actualizing the educational and developmental potential of sports activities, which allows for the effective formation of spiritual and moral values of young people in the educational process of secondary and higher educational institutions.

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