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THE SPIRITUAL CRISIS OF MODERN SOCIETY

Aubakirova S.S.^{1*}, Fedosova E.V.²

^{1*}*M. Kozybayev North Kazakhstan University, Petropavlovsk, Republic of Kazakhstan*

²*Vaughan Systems S. A. Spain, Madrid*

**E mail: saulesh.aubakirova@bk.ru*

Abstract

The article is devoted to the problems resulting from the modern spiritual crisis, as well as the search for ways to overcome this systemic crisis. Turning to the meaning of the concept of spirituality, the authors of the article considers a number of possibilities for overcoming the state of spiritual crisis, among which the desire for human values is indicated. The reasons and types contributing to overcoming, explaining the spiritual crisis and affirming the further growth and uplift of spirituality in all its manifestations are analyzed.

Keywords: spiritual crisis, soul, spirituality, to overcome, value, fear.

ҚАЗІРГІ ҚОҒАМНЫҢ РУХАНИ DAҒДАРЫСЫ

Аубакирова С.С.^{1*}, Федосова Е.В.²

^{1*}*М. Қозыбаев атындағы Солтүстік Қазақстан университеті,
Петропавл, Қазақстан Республикасы*

²*«Vaughan Systems» тіл мектебі, Мадрид, Испания*

**E-mail: saulesh.aubakirova@bk.ru*

Аңдатпа

Мақала қазіргі рухани дағдарыстың салдары болып табылатын мәселелерге, сондай-ақ осы жүйелік дағдарысты жеңудің жолдарын іздеуге арналған. Руханият ұғымының мағынасына сілтеме жасай отырып, мақала авторлары рухани дағдарыс жағдайынан шығудың бірқатар мүмкіндіктерін қарастырады, олардың арасында адами құндылықтарға деген ұмтылыс көрсетілген. Рухани дағдарысты жеңуге, түсіндіруге және оның барлық көріністерінде руханияттың одан әрі өсуі мен өрлеуін бекітуге ықпал ететін себептер, типтер талданды.

Түйінді сөздер: рухани дағдарыс, жан, руханият, жеңу, құндылық, қорқыныш.

ДУХОВНЫЙ КРИЗИС СОВРЕМЕННОГО ОБЩЕСТВА

Аубакирова С.С.^{1*}, Федосова Е.В.²

^{1*}*Северо-Казахстанский университет имени М. Козыбаева,
Петропавловск, Республика Казахстан*

²*«Vaughan Systems» языковая школа, Мадрид, Испания*

**E-mail: saulesh.aubakirova@bk.ru*

Аннотация

Статья посвящена проблемам, являющимися следствием современного духовного кризиса, а также поиску путей преодоления данного системного кризиса. Обращаясь к смыслу понятия духовность, авторы

статьи рассматривают ряд возможностей для выхода из состояния духовного кризиса, среди которых обозначены стремление к человеческим ценностям. Проанализированы причины, типы способствующие преодолению, объяснению духовного кризиса и утверждению дальнейшего роста и подъема духовности во всех ее проявлениях.

Ключевые слова: духовный кризис, душа, духовность, ценность, преодолевать, страх.

Introduction

Modern civilization is in a state of severe systemic crisis: economic, environmental, political. But the basis of the foundations of all these crises is a spiritual crisis, without overcoming which it is impossible to overcome all the others.

Spiritual crisis is one of the important, difficult moments of each stage of personality development. It is located at the junction of psychology, physiology and social achievements – when all these aspects reach a certain peak point, an internal conflict appears, which can be very difficult to resolve on its own. In a spiritual crisis, our spiritual life is suspended. We feel damage to the process of spiritual search and spiritual life. There is a feeling as if we were walking and suddenly the road disappeared. We went to the threshold, but there is no threshold. But it is this feeling that helps us to get together and be more vigilant, to take a sober look not only at ourselves, but also at the surrounding reality. This suspension is useful to fix your ways. This is a multifaceted topic, it does not have strict terms with a single, generally accepted interpretation. The very existence of spiritual evolution is a rather shaky theory that casts doubt on many postulates of science, but it is also impossible to deny it. If we accept spirituality as something formed with the concept of "spirit", "soul", then in any case we are forced to focus on "Betting", considering it as one of the factors taken into account. But if in materialistic psychology the concept of "soul" is replaced by the concept of "psyche", then every spiritual crisis at every stage of personality development can be regarded as a primarily psychological crisis. And that's where the psychologist's task is to help understand inner experiences and outline ways to move on, in the conditions of the real-life surrounding reality [1].

Personal growth and spiritual development of each person is a fairly common phenomenon that has existed at all times. Every member of society has always had a well-defined life path, and "spiritual tossing", both on it and, possibly, outside it. Many people could have had these arguments somewhere, but it was not accepted to discuss them. Fortunately, today we can freely talk about what worries us, including the problems of the spiritual crisis.

Methods of investigation

Manifestations of a spiritual crisis can be expressed in panic attacks, a feeling of loneliness, a constant sense of guilt, fear and a sense of insecurity. In scientific psychology, all these conditions are not considered "symptoms" or temporary moral problems, but stages of life and its very essence. The probability of a spiritual fracture and the normal laying of the next period of personality development depends on how much they are controlled by a person. If a person feels all this, it means that he is alive and ready for development. But here it is important not to get bogged down in the concept that "all life is suffering." Otherwise, the spiritual crisis will not become a turning point on the way to personal development, but will only drag a person into depression, lead to the wrong formation of personality at the next stage of its development, and thereby slow down the next stage. The importance of a spiritual crisis lies in a person's rethinking of their values and views on the meaning of life and life in general, attitudes towards death and illness. The changes that occur during the period of spiritual crisis affect a person completely, his actions lead to certain transformations both the activity of the individual and

views on life. During a spiritual crisis, a person demonstrates a strong desire to live, values are tested.

The spiritual crisis is closely related to the following factors:

1. The inner development of a person, the desire to "go beyond the limits of current existence";
2. The transitional stage of the psychological state of the individual at a critical point, which leads to spiritual development;
3. The experience of fear, despair, despondency, loneliness – all this arises inside each of us because of the stress associated with the transition to a new level of awareness and spiritual development.

The phenomenon of spiritual crisis as such has not yet been formed. But it has been studied for a long time, and each researcher has contributed to understanding the essence of this condition and searching for ways to combat it.

V. Kozlov identifies three causes of spiritual crisis:

- deformation of the Ego structure (illness, birth of a child, deformation of social ties, loss of the meaning of life, falling into totalitarian sects);
- the inability to realize the main tendencies of the individual (poverty or the rapid accumulation of excessive material goods, a sharp change in social status, rapid accumulation of knowledge);
- a crisis of vitality (loss of strength or a riot of energy, hyperactivity, inadequacy to life circumstances) [3].

The author also identifies specific psycho-emotional patterns typical to a spiritual crisis, to which he refers such feelings of fear, loneliness, alienation, a state of "madness", symbolic death. In addition to the symptoms listed above, people who are in the process of experiencing a spiritual crisis also have symptoms characteristic of the II-IV stages of experiencing crisis situations (according to L.A. Kitaev-Smyk): a pre-painful condition, an increase or decrease in blood pressure and body temperature, decreased activity, the appearance of heart diseases (hypertension, ischemia) and cancerous tumors, decreased social and cognitive activity, increased aggressiveness; suicide attempts are possible [2].

External circumstances are the reasons that lead a person to spiritual problems. These include: serious illness and helplessness, pregnancy and the appearance of children, the presence of addiction and the inability to get rid of it; living in poverty or the phenomenon of "nowhere to put money", abrupt changes (loss of fortune, family, work, relocation); excessive energy, fear of not having time to do something or do it imperfectly (perfectionism), chronic fatigue, burnout.

So, the spiritual crisis, like any other, has its own dynamics and V. Kozlov identifies its following stages:

Everyday existence. This is a habitual form of human life. At this stage, there is no crisis as such yet. Nothing special happens in a person's life and fits the description of the "norm of life". This is a period of stability and security, comfort. Existence in the comfort zone is supported by such variables as: conflict-free between the main personality structures; strict adherence to the norms of society and suppression of the shadow sides of one's personality; lowering the threshold of sensitivity and increasing the rigidity of the Ego. This stage ends as soon as a person goes beyond the usual.

The call. This stage is associated with changes, the breakdown of an established way of life: a change in social relations; attitudes to the body and the occurrence of illness; loss of work; a change in habitual beliefs. The author also points out that the "call of crisis" is better

heard with a greater intensity of experience and puts a person before a choice: to master new ways or ignore it.

Lesson. After passing the shock stage of the crisis, a person has new ones: ways to resolve conflict situations; values; ways of adaptation. Also, at this stage, there is a state of equal attitude to everything (a sense of the relationship of everything-with-everything), there is recognition of the self-worth of the individual and her rights.

Integration. This is the stage of the end of the crisis, the main characteristic of which is the manifestation of the experience gained as a result of the crisis in everyday relationships and service to others.

The author summarizes his conclusions with such signs of a free person as independence, optimism and spiritual purity [4], which are a consequence of the passage of a spiritual crisis and the awakening of spirituality. Thus, we see that a spiritual crisis, awakening spirituality, on the one hand, can (in the case of an inadequate course) be the reason at psychological and, on the other hand, somatic diseases. There is an opinion that experiencing a crisis of spirituality is an inevitable part of human life. Any, even the most difficult, moments in our life can turn everything upside down and change the usual way of life. The meaning of mental anguish is also to become happier, clear your head of unnecessary junk, stop fussing and worrying about anything, become above difficult circumstances.

Results of investigation

We decided to conduct an online survey on this topic. The respondents of the questionnaire survey, which was conducted in November 2022, were teenagers, students, undergraduates, teachers, elderly people, etc. This survey was anonymous and consists of 12 questions. There were 153 recipients. The age range is from 16 to 67 years. The purpose of the survey is to find out whether people have faced a spiritual crisis, and try to understand the reasons of the crisis. The results of the survey showed the following [5]:

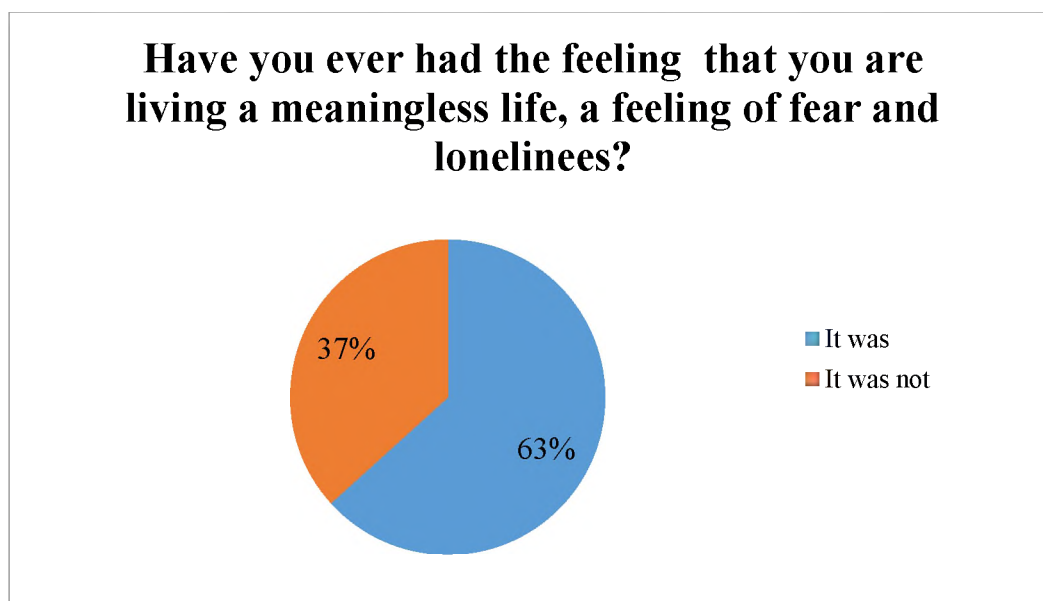


Figure 1. Results of 1 question.

According to the first question, 63% of respondents once had a feeling of fear and loneliness that they live their lives meaninglessly. And 37% of respondents did not have such a feeling, which means that they did not encounter such emotions.

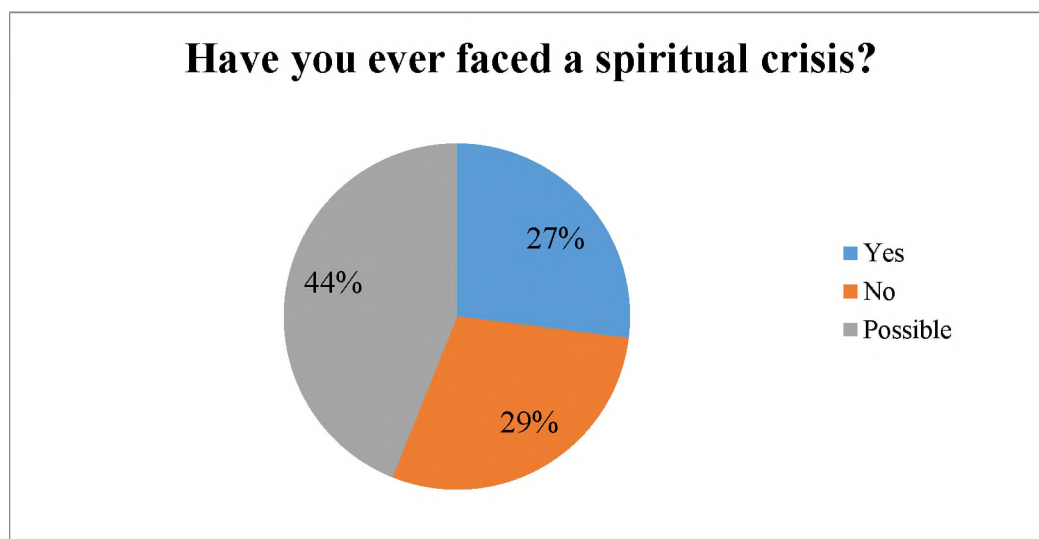


Figure 2. Results of 2 questions.

More than 27% of respondents have faced a spiritual crisis at some time, 29% of them did not feel such a phenomenon, and the largest 44% of respondents answered "maybe". This means that people may have faced a crisis without knowing it.

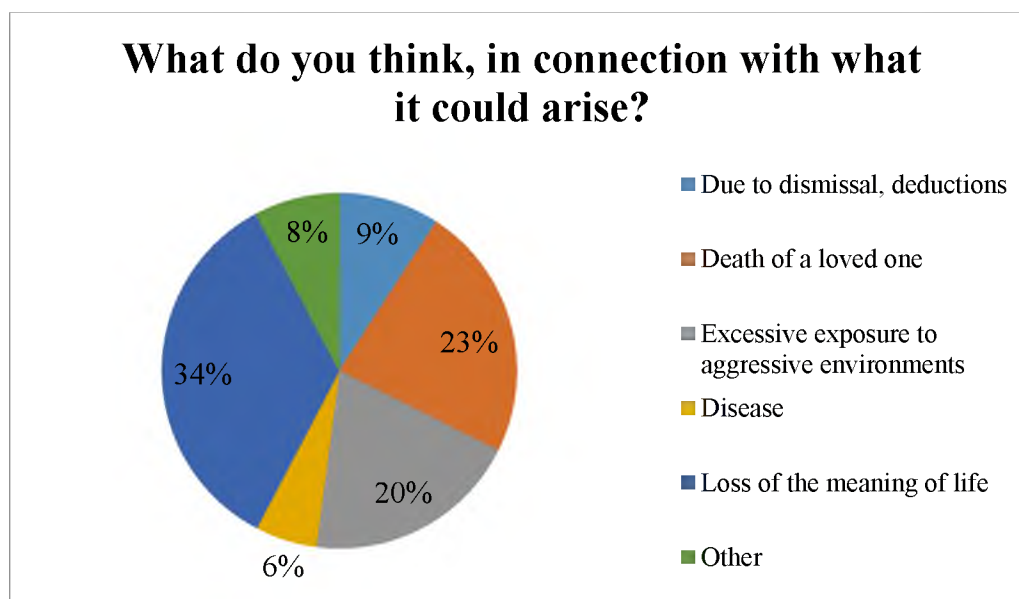


Figure 3. Results of question 3.

The next question was aimed at what could cause a spiritual crisis. Several answer options were offered, as well as the "other" option, where respondents could leave their personal opinion. 9% - due to dismissal, deductions; 23% - death of a loved one; 20% - excessive stay in an aggressive environment; 6% - illness; 34% - loss of the meaning of life; 8% - other.

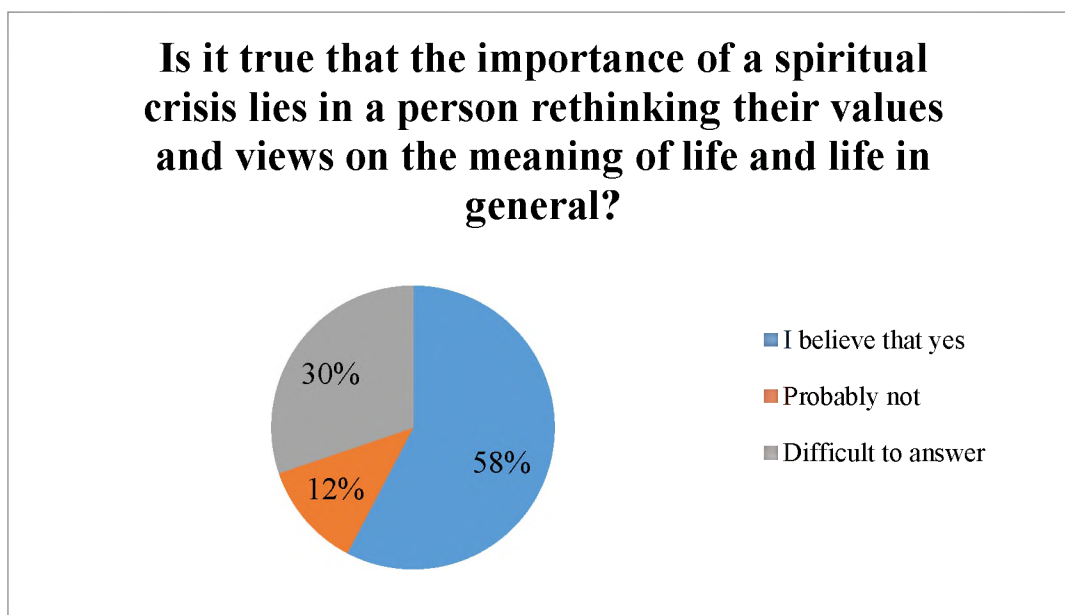


Figure 4. Results of question 4.

To the question "Is it true that the importance of a spiritual crisis lies in a person rethinking their values and views on the meaning of life and life in general?" to a large extent, 58% of respondents answered yes, of which 12% - no and 30% - found it difficult to answer.

Discussion

According to this anonymous survey, it can be concluded that most people have faced a spiritual crisis. Each of them had a crisis for different reasons, but most people have it because of the loss of the meaning of life. The question was also raised about whether it is worth seeking help from a psychologist. Many answered "no" in the way that most people find it difficult to open up to others, and especially psychologists. To cope with an internal crisis, you need to go through several ways to overcome it.

The ways to overcome a crisis:

One way out of a spiritual crisis is to focus on your behavior. You can start by examining your actions and thoughts, and consider how they align with your values and beliefs. Sometimes, making small changes in your behavior can have a big impact on your sense of purpose and direction. For example, you could try volunteering or helping others in need, which can give you a sense of fulfillment and connection.

Another way to overcome a spiritual crisis is to seek support. This can be in the form of talking to friends or family members who share your beliefs, joining a religious community, or seeking guidance from a spiritual leader or counselor. It's important to remember that you don't have to go through this alone, and there are people who can help you find your way back to a sense of meaning and purpose.

You can also explore different ways to connect with your spirituality. This might involve practicing meditation or mindfulness, reading books or articles about spirituality, or attending workshops or retreats. By exploring different avenues, you may discover new insights or perspectives that help you feel more connected to your spiritual self.

Ultimately, overcoming a spiritual crisis requires patience and perseverance. It's not something that can be fixed overnight, but by taking small steps and seeking support when needed, you can find your way back to a place of peace and fulfillment. Remember that everyone experiences spiritual struggles at some point in their lives, and it's a natural part of

the human experience. With the right tools and mindset, you can emerge from your spiritual crisis stronger and more connected than ever before.

We are not alone in this world. It is emotional stability that helps to support a person in a state of crisis. All we can give a person is to make sure that he does not feel lonely and lost. Acceptance always comes first. At the same time, words at this moment can't be understood. Any pressure at such moments drives a person into new crises. You can offer your ideas and options, but just don't say: I had this, I also doubted.

Do not devalue other people's suffering, thoughts and intuition. You can't know how important what he has is to him. When we are in a spiritual crisis, we want to hide, and wait out this state. But do not forget that you are not alone in the world. Do not refuse the help and support of those who are nearby. Sometimes you need to find the strength to ask for help. You need to listen to yourself, be attentive to your desires, and immediately seek help. You should not try to "digest" all this in yourself, "load" friends with it, or drown feelings in alcohol and other types of addiction that destroy both health and psyche. The sooner the problem can be detected, the faster it will be solved with the help of a professional.

Conclusion

It can be concluded that the crisis is an opportunity. Everything that we have in general develops with the help of crises: our personality, relationships with other people, our worldview. That is, the crisis is an opportunity to get a qualitative leap in a short time, to get radical changes. Only this gives us a chance to move to a higher stage of development. But it does not give a guarantee. And, in fact, in every crisis we have a danger, instead of experiencing it and rising up, either hanging in our experiences, or falling into the abyss of despair.

In today's modern society, many people are experiencing a spiritual crisis. This is not limited to any particular age group or demographic, but rather affects both children and grown-ups across different generations. The fast-paced nature of our lives often leaves us feeling frazzled and disconnected from our inner selves, leading to a sense of emptiness and lack of purpose.

Spirituality is an important aspect of human life, as it provides us with a sense of meaning and connection to something greater than ourselves. However, in our modern society, spirituality has taken a backseat to materialism and consumerism. We are constantly bombarded with messages telling us that happiness can be found in the latest gadgets or luxury goods, leading us to believe that our worth is determined by what we own rather than who we are.

This focus on materialism has left many people feeling unfulfilled and searching for something more meaningful. Children are growing up in a world where success is measured by academic achievements and career goals, leaving little room for spiritual development. Grown-ups, on the other hand, are often so consumed by their jobs and daily responsibilities that they have little time or energy to devote to their spiritual well-being.

The result of this spiritual crisis is a society that is increasingly anxious, depressed, and disconnected from each other. We have lost touch with the values that truly matter - compassion, empathy, and love. It is time for us to shift our focus away from material possessions and towards our inner selves.

One way to do this is by prioritizing self-care and mindfulness practices. Taking time to meditate, practice yoga, or simply spend time in nature can help us reconnect with our inner selves and find a sense of peace and clarity. It is also important to cultivate relationships with others based on kindness and understanding, rather than competition and judgment.

As a society, we must also work to create a culture that values spirituality and encourages its development. This can be done through education, by teaching children the importance of

spiritual practices and values such as compassion and empathy. It can also be done through community initiatives that bring people together to connect and support each other in their spiritual journeys.

In conclusion, the spiritual crisis facing our modern society is a serious issue that requires our attention and action. We must prioritize our inner selves over material possessions and work towards creating a culture that values spirituality and connection. By doing so, we can create a more compassionate, empathetic, and fulfilling society for ourselves and future generations.

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