

Personal Potential development in the Socio-Cultural Environment of Modern Russia

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Abstract: A modern critically important factor limiting the sustainable, long-term innovative development of Russia is a deep crisis of the society, characterized by a change in life-meaning orientations, a change in the value system, and the absence of a “supportive environment” factor for the personal development. The realization of a person is carried out in a situation of the lack of spirituality, which has become a strong psycho-social-traumatic factor. The ongoing maladjustment disrupts interpersonal ties and destroys the institution of family and marriage, leads to alcoholism, drug addiction, rampant criminality, etc. There is a decrease in the educational and qualification level of the population, as well as social tension in the society increases, posing a threat to the sustainable long-term development of the country. In this regard, the purpose of the research is to study the transformation of the moral foundations of the personal development in the modern socio-cultural environment. The study took place in two stages: in February, 2010 and in March, 2019. At each stage, a comparative characteristic of the opinions of the two groups, the expert group and the population of the Penza region, was considered. The research region is the Penza region. At the first and second stages, the expert group consisted of 30 experts, aged 44-62 years. At the first and second stages, 30 people at the age of 40-65 took part in the Internet survey of the population of the Penza region. The relevance of the study is dictated by the complex nature of this problem, its pronounced practical interest, as well as the value and worldview potential.


1 INTRODUCTION


Changes in the socio-economic situation in the country over the past thirty years, a change in the priorities of the social development have led to significant deformations of the spiritual and moral value potential of the individual, which is the most important criterion for the mental and spiritual health of the society. A person nowadays realizes himself in a situation of a deepening global systemic crisis of all


mankind, the origins of which are taken precisely in the crisis of the spiritual and moral principles of the development of the personality itself. It requires a significant adjustment and change in both intrapersonal and social norms and standards that is patterns of behavior.


The most Russian scientists and specialists agree that the most important condition for ensuring the sustainable and innovative development of the country is precisely the spiritual, moral and ethical

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development of the individual, which determines his moral health and the long-term development of the society as a whole. That is why in the last decade in the scientific literature we can find out the discussion about the importance of the systematic introduction of the spiritual and moral values into our education.

A. R. Bulatova, D. B. Kazantseva, E. K. Klimova, T. E. Chernysheva and others, E. N. Tkach and others pay their attention to the need for the spiritual and moral development of the modern individual and the society. The modern transformation of the spiritual values is revealed in the works of Yu. V. Verba, S. H. Schwartz, V. Ponizovskiy, L. Grigoryan, U. Kühnen, K. Boehnke, G.R. Maio and many others. The worldview values and meanings of the individual, the essence, determinants, morality are well manifested in the works of O.Yu. Glukhova, A.V. Gushchina, I.G. Zavoichinskaya, E.Yu. Pochtareva, I.E. Sokolovskaya, Ventsel Almar, L. Sagiv, S. Roccas, J. Ciecuch, S.H. Schwartz, M.S. Yanitsky and many others.

The catastrophic changes in the moral essence of the individual taking place in the Russian society, the distortion of his spiritual and moral state, as well as moral and ethical appearance against the background of the general spiritual and moral public decline are confirmed by documentary material from the Ministry of Education, the Ministry of Health, the Institute of Sociology of the Russian Academy of Sciences, the Research Institute of the Academy of the General Prosecutor's Office of the Russian Federation. In the report "Problems of the spiritual and moral state of the Russian younger generation" presented at the All-Russian public hearings in the Public Chamber of the Russian Federation in December, 2008, it is already noted that in our country there is a critically high level of alcohol consumption by children, a critically high level of tobacco use and drugs, the crisis of the moral values of the younger generation, the critically low level of morality in intersexual relations, the high level of abortion among minors, the critically high level of child crime, the extremely acute problem of child and adolescent prostitution, etc. In this regard, the study of transformation becomes the relevant spiritual and moral foundations of the personality development in the modern socio-cultural environment, which has occurred over the past decade.

2 MATERIALS AND METHODS

The study took place in two stages. The first stage was carried out in February, 2010. The second one was

carried out in March, 2019. At each stage, the comparative characteristics of the opinions of two groups, a specially organized expert group, as well as the population of the Penza region the survey of which was organized by the method of random sampling, were considered. The study region was the Penza region.

At the first and second stages, the expert group consisted of 30 experts, representatives of the three spheres of activity, including 10 people of the state and municipal administration, 10 people of higher education, and 10 people of the media. In total, using this method 30 people, aged 44-62 years, were interviewed. The preparation and conduct of the expert survey included the following: identification of a potential circle of the experts, the formation of their lists, and the development of questionnaire forms.

The methods and selected tools were the following: the expert survey tools; the expert survey questionnaires; the instruments for fixing the information obtained in the course of the sociological research. The data collection methodology was the following: the primary information base was formed on the basis of the field research data. The research was based on the personal, activity, systemic and subjective approaches. The selection of experts was carried out by the snowball method, which is designed to find hard-to-reach respondents.

At the first and second stages, 30 people at the age of 40-65 took part in the Internet survey of the population of the Penza region. All respondents had higher education. The Internet survey was conducted only with those ones who wanted to participate in the survey. The address was distributed at the thematic conferences and forums. The interview was carried out by forming a database of e-mail addresses (in the form of interviews) and sending e-mail messages to all those wishing to participate free of charge. This form of polling contributed to the receipt of statistical information in a certain section of the society. The Internet survey, as a form of interviewing, was chosen due to the fact that the traditional form with the placement of questions and the formation of answer options does not imply interviewing, and it is not fully disclosed by ordinary questions and multiple-choice answers, therefore the information is not fully retrieved.

A multi-stage survey implies several stages or a survey on various aspects and their variations, as well as a method of sequential refinement. Several points of consideration were sequentially launched in the form of a dialogue as the study developed (stretched out in time), allowing a person to most fully express

his opinion. The practical value is the development of the methodology for the Internet research on a problematic topic, on specific, difficult to formalize the topics, namely socio-psychological and religious-spiritual orientation. The obtained results and conclusions are presented in the study.

3 RESULT

Clarification of the understanding of the basic concepts showed that when asked what spirituality is, the most experts in 2010 and 2019 identified it with morality in their answers. The rest in their definitions focused on the inner world of a person, culture and art, everything that is connected with the soul. The 2010 Internet survey showed that the majority of the respondents were unable to provide a clear definition of spirituality. The largest number of votes, 29.7% expressed, based on the questionnaire, that it is the strength of the spirit and that which is connected with the soul, 28% defined it as morality. According to the results of the 2019 Internet survey of the population, 42.3% of the respondents also emphasized the greatest emphasis on fortitude and what is connected with the soul (Table 1).

Table 1: What do you mean by the concept of “spirituality”?

	The 2010 experts / %	The 2010 Internet survey / %	The 2019 experts / %	The 2019 Internet survey / %
1. Morality	57	28	52,6	32,3
2. Culture and art	25	19	19,3	5,1
3. The inner world of a person	30	23,3	33	20,3
4. Strength of the spirit that is connected with the soul and spirit	18	29,7	24	42,3

The respondents’ identification of morality and spirituality is carried out due to the fact that morality is considered to be the inner spiritual qualities of a person, which allow him to build ethical behavior. Of all the options for the answers to the question “What

do you mean by “morality” presented in the questionnaire, the experts of 2010 and 2019 identified what is most conducive to the formation of the spiritual and moral personality, that is internal spiritual qualities, ethical norms and rules of conduct, the value structure of consciousness. The proposed answer options, such as “this is a type of social relations”, “these are restrictions and the system of prohibitions necessary for the society”, etc., were left without their attention.

In the 2010 Internet survey, 40% of the respondents associated morality with values (moral values), and 35% of the ones associated it with inner spiritual qualities. During their communication, they tried to give their own definitions of the concepts of “spirituality” and “morality” bringing them closer together in their answers. In the 2019 Internet survey, 53.5% of the respondents linked morality with the inner spiritual qualities of a person (Table 2).

Table 2: What do you mean by the concept of “morality”?

	The 2010 experts / %	The 2010 Internet survey / %	The 2019 experts / %	The 2019 Internet survey / %
1. Inner spirit. qualities that a person is guided by	31	35	35	53,5
2. Ethical standards, rules of the behaviour	42	26	38	25,5
3. The value structure of consciousness	12	40	9,6	21

When assessing the spiritual and moral state of the Russian society, the respondents noted that there are many problems in this area. Experts in 2010 and 2019 answered this question unambiguously, categorically and concisely. The 2010 Internet survey showed that opinions were divided, that is 31.3% of the respondents spoke in favor of the fact that it is simply catastrophic, and 21.3% of the ones answered that the situation is generally normal, therefore, according to 27.7% of the respondents, the spiritual and moral

state of society is normal (Table 3). The 2019 Internet survey showed that almost all respondents, 49.1% noted the catastrophic nature of the situation, and 48.9% of the ones noted the presence of a large number of problems (Table 3).

Table 3: Assessment of the spiritual and moral state of the Russian society.

	The 2010 experts / %	The 2010 Internet survey / %	The 2019 experts / %	The 2019 Internet survey / %
1. There are many problems in this area	62	19,6	63,3	48,9
2. The situation is almost disastrous	14	31,3	14	49,1
3. The situation is generally normal	8	21,3	8	2
4. The spiritual and moral state of the society is good	2	27,7	2,6	0

When analyzing the factors contributing to the decline of spirituality and morality, the most researchers noted that all the indicators presented reflect different aspects of the Russian reality and they are the most important signs of the society decline. At the same time, 54% of the experts in 2010 and 2019 unanimously consider the low social level of the Russian society, the indifference of the authorities and Americanization, which destroy spirituality and morality, as the main reasons for this process.

In the 2010 Internet survey, 37.7% of the respondents were in favor of a low social level, 33% of the ones were in favor of Americanization, 18% of the ones were in favor of the indifference of the authorities, and only 11.3% of the ones were in favor of the indifference to absolute values. A comparative study of the second stage of the 2019 Internet survey of the population showed that the majority of respondents, 52.4% indicated the indifference of the

authorities, and 38.3% of the ones indicated a low social standard of living (Table 4).

Table 4: Factors contributing to the decline of spirituality and morality.

	The 2010 experts / %	The 2010 Internet survey / %	The 2019 experts / %	The 2019 Internet survey / %
1. Americanization	12	33	10,6	4,3
2. A low social level	54	37,7	53,6	38,3
3. Indifference of the authorities	26	18	31,3	52,4
4. Indifference to absolute values	8	11,3	7,6	5

Among the experts in 2010 and 2019, noting the indicators of the spiritual and moral decline of the younger generation, 47% of them identified the increase in the aggressive behavior of children, students and young people, 24% of them identified their increase in the number of orphans, as well as criminalization of the adolescent and youth environment. The main reason for this was the increase in the number of divorces in the society, as a result of which children are left without the attention of their parents, therefore, they begin to use drugs, alcoholic beverages, beer, tobacco products, become addicted to video games, computer games, etc.

The 2010 Internet survey showed that the majority of respondents, 31% noted the criminalization of the adolescent environment, 27.3% of them noted the increase in the number of orphans, 22.3% of them noted the increase in aggressiveness, 19.7% of them noted the increase in the number of divorces. The 2019 Internet survey showed that the majority of respondents, 38.5% noted the criminalization of the adolescent environment, and 39.3% of them noted the increase in aggressiveness (Table 5).

Their attention has also increased to the following target indicators of the spiritual and moral decline of youth: the increase in the aggressive behavior of children and youth from 22.3% in 2010 to 39.3% in 2019, as well as the increase in criminalization of the adolescent and youth environment from 31% in 2010 to 38.5% in 2019.

Table 5: Target indicators of the spiritual and moral decline of the youth.

	The 2010 experts / %	The 2010 Internet survey / %	The 2019 experts / %	The 2019 Internet survey / %
1. Increasing the aggressive behavior of children, and the youth	47	22,3	51	39,3
2. Criminalization of the adolescent environment	13	31	14,3	38,5
3. Increase in the number of divorces	15	19,7	15,6	20
4. Increase in the number of orphans	24	27,3	22,3	2,3

The backbone of the spiritual and moral revival of Russia should be, according to 68% of the experts in 2010, and 50% of the experts in 2019, the Government, since only at the level of the state regulation this problem can be solved. At the same time, it is necessary to support the families and public social organizations involved in charity to specific people. According to the 2010 Internet survey, 38.3% of the respondents noted that it should be the Government, 34.3% of them noted that it should be families, 30.65% of them noted that it should be public organizations. The 2019 Internet survey showed that 68% of the respondents see the support

in the Government, and 32% of them see the support in the family (Table 6).

Table 6: Support for the spiritual and moral revival of the Russian society.

	The 2010 experts / %	The 2010 Internet survey / %	The 2019 experts / %	The 2019 Internet survey / %
1. Family	14	34,3	17,3	32
2. The Government	68	38,3	50	68
3. Public organizations	27	30,65	26,3	0

Highlighting the factors contributing to the spiritual and moral development of the modern Russian society, all the experts in 2010 and 2019 noted that the main thing is the importance of a person's desire to change himself (78% of the respondents), and also added that moral education, the introduction to culture and art, strengthening the institution of the family, improving material standard of living is necessary as well. The 2010 Internet survey showed that the opinions were divided between the following: man's desire to change himself (29% of the respondents), strengthening the institution of the family (28.7% of the respondents), raising the material level (22% of the respondents), and moral education (20.3% of the respondents). In the 2019 Internet survey, according to 59.9% of the respondents, the main emphasis was placed on improving the material standard of living (Table 7).

Table 7: Factors contributing to the spiritual and moral increase.

	The 2010 experts / %	The 2010 Internet survey / %	The 2019 experts / %	The 2019 Internet survey / %
1. Improving material standard of living	12	22	19,3	59,9

2. Moral education, the introduction to culture and art	31	20,3	33,3	8,1
3. Strengthening the institution of the family	23	28,7	27	25
4. Man's desire to change himself	78	29	75,3	7

It is important to say that 62% of the experts in 2010, and 66.3% of the ones in 2019, analyzing the indicators of the spiritual and moral growth of the individual and society, identified the following main thing – a decrease in the aggressiveness of young people, since this is precisely a manifestation of the character deformation, which becomes predisposed to various forms of the addiction and criminal activity. The 2010 Internet survey showed that the following three indicators were identified at once: a decrease in the number of orphans (29.3% of the respondents), a decrease in the level of the drug and alcohol use (27% of the respondents), and a decrease in aggressiveness (26.3% of the respondents). The respondents of the 2010 Internet survey also identified the following three indicators: a decrease in the level of drug and alcohol use (29.9% of the them), a decrease in aggressiveness (28.3% of the them), prevention of criminalization of the adolescent environment (23.5% of the them) (Table 8).

Table 8: Target indicators of the spiritual and moral growth of youth.

	The 2010 experts / %	The 2010 Internet survey / %	The 2019 experts / %	The 2019 Internet survey / %
1. Decrease in aggressive behavior of children,	62	26,3	66,3	28,3

students and youth				
2. Prevention of the criminalization of the adolescent environment	15	17,3	15,6	23,5
3. Reducing the number of orphans and children left without the parental care	26	29,3	23	19,3
4. Reducing the level of drug use, alcoholic beverages	18	27	22,6	29,9

4 DISCUSSION

The comparative results of the expert study (Kazantseva, Tkach, Shukshina, Taisaeva, Dolgova, 2021) and the conducted Internet survey showed that all the respondents stated serious problems in the field of the spiritual and moral development of the modern Russian society. The most experts were aware of the tendency towards the destruction of the traditional basic foundations of the Russian mentality and warned of the impending danger of a spiritual catastrophe. The respondents of the Internet survey also noted this trend, however, their opinion changed radically only by 2019. In 2010, they still assumed that the situation in the society was not so catastrophic and new prospects were opened up for the development of each member of the society.

It can be stated that from 2010 to 2019 the awareness of the respondents of the Internet survey increased that was manifested in the answers to each question of the survey. So, a distinctive feature was that in 2019 42.3% of the respondents expressed spirituality through the strength of the spirit and soul, that is 13.6% more than the respondents of the 2010 Internet survey where only 29.7% of them indicated

this fact. The indicator of the Internet survey in 2019 turned out to be higher than that of the experts who showed 18% in 2010 and 24% in 2019. The expert decision to equate spirituality with morality was 57% in 2010, and 52.6% in 2019.

Characterizing morality, it was 53.5% of the respondents of the 2019 Internet survey who showed that it is the inner spiritual qualities that a person is guided by, thus showing a logical chain of combining spirituality and morality. The indicator turned out to be higher by 18.5% than in 2010. The experts in both 2010 and 2019 identified the internal spiritual qualities, ethical norms, rules of behavior, and the value structure of consciousness on this issue.

Assessing the spiritual and moral state of the Russian society, the respondents of the Internet survey approached the high indicators given by the experts, namely, that there are many problems in this area that was showed by 62% of the experts in 2010, and by 63.3% of the experts in 2019, as well as 48.9% of the respondents of the 2019 Internet survey, that distinguished them from the respondents of the 2010 Internet survey by 28.5%. In addition, within the Internet survey the indicator of assessing the situation as catastrophic also increased by 17.8%.

The changes have taken place in assessing the factors contributing to the decline of spirituality and morality. More and more respondents, 52.4% in the 2019 Internet survey, in contrast to 18% of them in 2010, paid attention to the internal problems and recognized the indifference of the authorities as the main factor. There is a shift in the emphasis from such an external factor as Americanization of the society to an internal one from 33% in 2010 to 4.3% in 2019. All the experts listed the low social level of the Russian society, the indifference of the authorities and Americanization as the main reasons for the destruction of spirituality and morality.

All the respondents identified the state power as the backbone of the spiritual and moral revival of the Russian society, namely the experts in 2010 and 2019, respectively 68% and 50%, and the respondents of the Internet survey in 2010 and 2019, respectively 38.3 and 68%, that showed the increase by 29.7%. At the same time, according to the Internet survey, the respondents' belief in public organizations went down to zero in 2019, while in 2010 it was 30.65%.

Highlighting the factors contributing to the spiritual and moral growth, the experts in 2010 and 2019 focused on the inner world of a person, 78% and 75.3%, respectively. However, the respondents of the 2019 Internet survey indicated an increase in the material standard of living from 22% in 2010 to 59.9% in 2019 as the main factor, and only 7% of the

respondents indicated the desire of a person to change himself in 2019, while in 2010 it was 29%, so it has reduced by 22%.

When characterizing the indicators of the spiritual and moral growth of young people, the opinion of the respondents of the Internet survey both in 2010 and 2019 was distributed among several indicators, such as a decrease in the number of orphans, a decrease in the level of drug and alcohol use, a decrease in aggressiveness, and prevention of criminalization of the adolescent environment. Unlike 62% of the experts in 2010, and 66.3% of them in 2019, they did not focus on reducing the aggressiveness of young people.

According to the results of the both expert and Internet survey, it can be noted that from 2010 to 2019, the political and social awareness of the population is increasing. There is an increase in the awareness of the majority of the population about the trends, current events, and deep knowledge by all the respondents of the main expert assessments of what is happening nowadays. If the expert survey showed the knowledge and understanding of the situation by the experts, both in 2010 and in 2019, and their abstinence in making statements and characteristics of what is happening, which may have given the similar results of the two studies, then the Internet survey in 2019 showed a serious increase of the awareness of the respondents who are not experts in the spiritual and moral state of Russia.

5 CONCLUSIONS

The surveys conducted in 2010 and 2019 made it possible to consider and analyze the issues of spirituality, morality, the spiritual and moral state of the Russian society, as well as the transformation of the spiritual and moral foundations of the development of the individual and society over the past ten years. The survey also made it possible to reveal the transformation of the views of the respondents over a given period of time.

Summarizing the results of the conversations with each respondent, their comments during the survey, allow us to see the situation in Russia nowadays as follows. All the respondents reported disastrous results in the spiritual and moral development of the Russian society. In their opinion, in Russia its basic spiritual and moral foundation, spiritual and moral values and meanings are being destroyed, and another value basis, alien to the Russian mentality, comes in their place. All the respondents emphasized that the spiritual and moral foundations are the unifying

traditional way of the Russian society, without which Russia, as a country, will cease to develop and may perish.

The respondents note that the inconsistency of the existing “old” traditional values and the desire to live according to the new Western standards creates deep intrapersonal conflicts, as a result of which an irreparable deep deformation of the character occurs. Directly to deformations such facts lead, in this regard, as the lack of the goals, meanings, ideals, ethical norms, difficulties in self-actualization and the realization of the spiritual and moral potential of the individual, increased frustration, anxiety and aggressiveness, a decrease in stress resistance, deterioration of the socialization process, the presence of mostly pragmatic goals and increased focus on meeting biological needs. The consequence of this is the weakening of the defense mechanisms of the personality, spiritual, and then mental deformations, various diseases.

They point out that the loss by a person of the meaning of his life, the importance and value of life itself, its beauty disrupted the movement of the progressive development towards spirituality and the heights of self-realization. Reliance on the age-old traditional moral rules has become impossible in the modern Russian society. Once having stepped over his moral principle, a person gradually destroys his moral face and himself, as a person, who, in essence, is spiritual and moral.

Having crossed the boundaries of the moral, he departs from following the general laws of the development of the society and nature. Refusal from the axioms of being, namely from the spiritual and moral foundations of his development, from the highest spiritual values, the highest motivations of life, and, as a result, the loss of an internal reference point in the laws of the world around and in the order, that is the norms of life leads to a distortion of all internal value orientations in behavior models of the most population. The society is moving towards its complete destruction. The loss of an inner reference point in the laws of the surrounding world distorts all the inner essential forces of a person.

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