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PARADIGM OF SPIRITUAL GROWTH OF AN INDIVIDUAL: THEORETICAL CONCEPTS

ПАРАДИГМА ДУХОВНОГО ЗРОСТАННЯ ОСОБИСТОСТІ: ТЕОРЕТИЧНІ КОНЦЕПТИ

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ABSTRACT

Purpose. The purpose of the article is to analyze the theoretical concepts of the paradigm of spiritual growth of an individual through the systematization of the main approaches, conditions, and factors that characterize the process under study.

Methodology. The study used general scientific methods (analysis, synthesis, comparison, generalization, systematization) to study the scientific literature on the issue. We used the content analysis method to define the conceptual and categorical apparatus of the topic. Comparative analysis and structural methods were used to understand the paradigm of spiritual growth of the individual.

Results. The paradigm of spiritual growth of a personality is a holistic system that not only defines the main components of development but also includes principles, stages, mechanisms, factors, and results that ensure its implementation in the process of forming a harmonious, mature, and responsible personality. We have identified that the main determinants of this process are: awareness of one's own spiritual potential, coherence of value orientations with life goals, systematic work with consciousness, and the availability of cultural and value support in the social environment. At the same time, we have developed practical recommendations for the spiritual growth of the individual.

Conclusions. It is proven that modern education is an important tool in

Мета. Мета – аналіз теоретичних концептів парадигми духовного зростання особистості через систематизацію основних підходів, умов і чинників, що характеризують досліджуваний процес.

Методологія. У дослідженні використовувалися загальнонаукові методи (аналіз, синтез, порівняння, узагальнення, систематизація) для опрацювання наукової літератури з означеної проблеми. Метод контент-аналізу нами було використано для визначення поняттєво-категоріального апарату окресленої тематики. Компаративний аналіз та структурний методи залучено для розуміння парадигми духовного зростання особистості.

Результати. Парадигма духовного зростання особистості є цілісною системою, яка не лише визначає основні компоненти розвитку, але й включає принципи, етапи, механізми, чинники та результати, що забезпечують її реалізацію у процесі формування гармонійної, зрілої та відповідальної особистості. Нами визначено, що основними детермінантами, що обумовлюють цей процес, виступають: усвідомлення власного духовного потенціалу, узгодженість ціннісних орієнтацій із життєвими цілями, систематична робота зі свідомістю, а також наявність культурно-ціннісної підтримки в соціальному середовищі. Водночас, нами розроблено практичні рекомендації для духовного зростання особистості.

Висновки. Доведено, що сучасна освіта є важливим інструментом у стимулюванні

stimulating spiritual growth. It should be focused on the formation of critical thinking in young people, the development of moral responsibility, and the support of interest in learning about the world and their own destiny. The problem of theoretical concepts of the paradigm of spiritual growth of the individual requires further thorough theoretical analysis and development of practical models for the formation of spiritual maturity. At the same time, further research on this topic is important for modern society, which is characterized by the search for a balance between technological progress and the preservation of humanistic values.

Keywords: spirituality, spiritual development, moral values, educational system, pedagogy, psychology, systemic approach.

духовного зростання. Вона має бути орієнтована на формування у молоді критичного мислення, розвиток моральної відповідальності, а також підтримку інтересу до пізнання світу та власного призначення. Проблема теоретичних концептів парадигми духовного зростання особистості потребує подальшого ґрунтовного теоретичного аналізу та розробки практичних моделей формування духовної зрілості. Подальше дослідження означеної тематики є важливим для сучасного суспільства, що характеризується пошуком балансу між технологічним прогресом та збереженням гуманістичних цінностей.

Ключові слова: духовність, духовний розвиток, моральні цінності, освітня система, педагогіка, психологія, системний підхід.

INTRODUCTION

The modern world is characterized by an accelerated pace of life, scientific and technological progress, globalization processes and socio-cultural crises; that is why the issue of spiritual growth of the individual is becoming especially relevant. Spirituality, as an integral aspect of human existence, determines the individual's ability to achieve self-realization, search for a higher meaning, harmonize the inner and outer worlds, and form a responsible attitude towards oneself, others and the environment.

In this context, the paradigm of spiritual growth becomes the central concept that unites philosophical and religious, psychological, pedagogical and social approaches to the study and development of the individual. Thus, despite the significance of the problem, the level of its scientific and methodological substantiation remains insufficient today.

An analysis of recent research and publications shows that the topic that has been outlined is becoming increasingly relevant and is quite multidimensional in methodological terms. This topic attracts considerable attention from scholars who analyze it from various scientific perspectives, including psychology, pedagogy, philosophy and religious studies. A significant contribution to the study of this issue was made by Ukrainian researchers.

For example, Klymyshyn (2019) emphasizes the importance of forming the value basis of the individual, considering spiritual growth as integration of religious beliefs, ethical principles and personal experience. The scientist highlights the authentic nature of spirituality in the context of Christian psychology, which gives a new dimension to the understanding of spiritual development.

The researcher Pomytkin (2017) analyses the spiritual potential of the individual as a fundamental factor in spiritual growth, emphasizing the importance of including spiritual values in educational programs. The scientist is also convinced that education should be an environment that supports the integration of spiritual and moral principles,

creating conditions for the development of a harmonious personality capable of self-knowledge and self-realization.

The work of Khvostychenko (2022), who describes in detail the main stages of spiritual growth, their sequence and features, is also important. A separate group of scholars, in particular Chursin, Shevchenko and Antonenko (2024), is studying the relationship between theoretical concepts of spiritual growth and their practical application in the current conditions of development of the cultural and social environment. Scientists emphasize that for effective spiritual growth, it is important not only to understand the theoretical aspects of this process but also to apply them in practice in educational, cultural and social institutions.

Thus, the analysis of recent research shows the relevance and versatility of studying the scientific problem which has been outlined.

The purpose of the proposed article is to study the theoretical concepts of the paradigm of spiritual growth of an individual through the analysis of its main components, principles, conditions, factors and prospects. Particular attention is paid to the integration of Christian, spiritual, philosophical and scientific approaches to understanding the process of spiritual development, as well as to the analysis of modern approaches that take into account the socio-cultural and individual context.

The article also analyzes practical tools that contribute to the spiritual development of the individual. In the context of modern challenges, the study attempts to highlight how the spiritual growth of the individual can become the basis for the formation of a harmonious society capable of responding to global threats and contributing to the sustainable development of mankind.

METHODOLOGY

A wide range of general scientific methods are used in the study. In particular, the methods of analysis, synthesis, comparison, generalization and systematization. All of them were used to study the scientific literature on the problem of spiritual growth of the individual.

The method of content analysis played a key role in defining the conceptual and categorical apparatus of the topic, which allows clarifying the basic concepts and categories used in the study of the spiritual development paradigm. To gain a deeper understanding of the essence and structure of this process, as well as its multidimensionality, a comparative analysis was used to compare different approaches and theories in the context of spiritual growth.

The structural method allowed us to systematize the idea of the paradigm of spiritual development of the individual. It was done by revealing the relationship between theoretical concepts, the main stages and conditions that contribute to spiritual development. The use of these methods provided a comprehensive and multilevel study of the problem, which allowed not only to deepen the scientific understanding of the phenomenon of spiritual growth but also to outline prospects for further research in this area.

RESULTS

Nowadays, studies that pay considerable attention to the spiritual life of a person emphasize the importance of spiritualizing everyday life and remaining extremely

relevant. Scientists are convinced that everyone should strive to fill their lives with spiritual meaning based on the principles of goodness, love and truth. After all, even in everyday affairs, it is necessary to demonstrate moral values, and the choice of life path should be conscious and focused on spiritual ideals. This choice cannot be passive or formal, it requires an active life position.

More and more often, scientists are emphasizing the importance of matching moral choices with real human actions. Spiritual principles should not remain only theoretical concepts, they should be embodied in everyday life. Only in this way can a person expand his or her own spiritual space, exerting a positive influence on both himself or herself and others.

The author also emphasized the active role of each person in creating a harmonious and spiritually rich society based on the principles of goodness, justice and love. His ideas remain extremely relevant in the modern context, calling on everyone to consciously develop spiritually and implement these ideals in everyday life. For a general understanding of this topic, it is believed to be appropriate to analyze in detail the main areas of research on human spirituality, which are:

1. Philosophical and religious: defines spirituality as the awakening of the inner essence of our being, which is our soul. It is a person's desire to know, feel and identify with his or her inner reality, to establish a connection with a higher reality, to unite with it. This process results in a profound transformation of the entirety of human nature, which leads to the formation of a new personality and a new essence.
2. Cultural: considers spirituality as a process of humanization and cultivation of the individual based on the assimilation of universal, national and international values, as well as interaction with national and world culture. In this context, spirituality contributes to the formation of a unique cultural image of a person that reflects his or her individuality and ability to create his or her own future. This image becomes a significant contribution to the overall cultural portrait of humanity.
3. Psychological and pedagogical: defines educational activity as a process of shaping the spiritual world of a person. This process involves the active projection of internal qualities and elements that find their external expression in a personified image. Subsequently, this image is internalized, becoming a kind of 'spiritual dominant' that integrates and harmonizes all components of a person's inner world, determining their values, motives and life guidelines.
4. Socio-psychological: defines spirituality as the highest manifestation of the inner world of a person, which is reflected in his or her humanity, sincerity, kindness, honesty, cordiality and openness to others. Spirituality is also manifested in the breadth of views, high level of culture, erudition, intelligence and overall personal development. All these qualities form the spiritual potential of a person, which is the basis of his or her harmonious existence and interaction with the world.
5. Psychological: defined as a unique human trait that manifests itself in the awareness of unity with existence. It encourages a person to strive for harmony between the inner and outer worlds, directs him or her to self-knowledge, creativity, personal development and humanistic behavior (Bordiuk & Kovbasiuk, 2021).

It is important to note that among the main components of the paradigm of spiritual growth of a personality, a special place is occupied by the principles of spiritual growth.

They are fundamental guidelines that determine the direction and specificity of this process. Here, they are considered in more detail.

The principle of freedom of choice emphasizes the importance of voluntariness in the process of spiritual development. A person has the right to choose a spiritual path based on his or her own values, beliefs and life experience. It denies any influence from the outside; it should be based on the inner desire for self-improvement and the search for the meaning of life.

In the context of pedagogy, this principle can be realized by creating conditions that promote student independence in choosing spiritual and moral guidelines, developing critical thinking and freedom to explore spiritual issues (Anito, 2024; Zolotukhina et al., 2021).

Equally important is the principle of holistic development, which implies a harmonious combination of all aspects of a personality: intellectual, emotional, social and spiritual. The intellectual aspect is aimed at developing the ability to analyze and comprehend moral dilemmas and have a deep understanding of life phenomena.

The emotional aspect includes the development of emotional intelligence, the ability to harmoniously perceive himself or herself and others, as well as to show empathy and tolerance. The social aspect involves the skills of interacting with other people, building trusting relationships and taking responsibility for the common good.

Finally, the spiritual aspect focuses on unlocking the inner potential of the individual, his or her ability to self-knowledge and search for meaning and harmonious coexistence with the world around them.

The principle of gradualism and continuity defines spiritual development as a lifelong process. At the initial stages, basic values, guidelines and the foundations of morality are formed. In the process of accumulating life experience, a person deepens his or her understanding of the inner world, rethinks life priorities and improves the ability to self-reflect. The continuity of this process means that even after reaching a certain level of spiritual maturity, a person continues to search for new meanings and develop and solve new existential problems (Chursin et al., 2024).

The principle of unity with the world is based on an understanding of the interconnectedness of humans with the social and natural environment. A person who is aware of this connection strives to harmonize his or her inner world with the outer world.

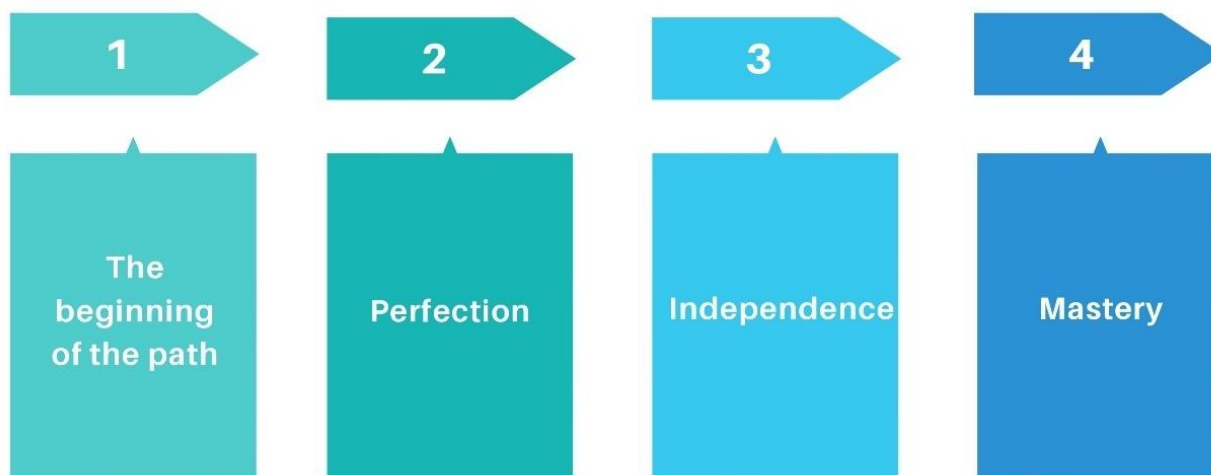
This includes a responsible attitude to nature, an understanding of one's role in society and contribution to social development. This principle promotes environmental awareness, tolerance of different cultures and harmonious coexistence with other people (Curmiak & Kudryk, 2016).

Thus, each of the described principles of spiritual growth plays an important role in the formation of a holistic, mature and responsible personality. They are the basis for building an effective pedagogical model that promotes not only academic but also spiritual and moral development of students. It helps them to realize their role in the world and interact harmoniously with the environment.

Among the important components of the paradigm of spiritual growth, a special place is occupied by clarifying the main stages of this process. The work of Khvostychenko is of particular value in this regard. The scientist believes that the spiritual growth of a person includes the passage through four main stages, as shown in Figure 1.

Figure 1*The spiritual growth of a person*

STAGES OF SPIRITUAL GROWTH



In the initial stage, it is important to lay the foundation for the harmonious development of the individual. The main tasks of this stage are to define goals that provide the structure and direction of further activities, as well as to master basic methods of self-regulation and management of one's own resources.

Particular attention is paid to the development of self-control, activity planning and time management skills, which form the basis for the effective achievement of goals. At the same time, students learn basic techniques for managing emotional and psychophysical states, which help to maintain inner balance. A scientifically based approach at this stage allows you to achieve the first results, which are important sources of motivation for further spiritual growth.

The second stage is characterized by the development of universal methods of controlling the external manifestations of the personality. This involves developing a sense of dignity and avoidance of negative behavior such as aggression, violence or insults. Priority is given to the development of a sense of duty, positive influence and the ability to adequately defend oneself.

At the third level, the emphasis shifts to mastering techniques for maintaining a positive internal state. This includes maintaining calmness, eliminating internal conflicts, clearing the mind, and the ability to inspire others and build harmonious relationships. These skills provide a person with a sense of inner freedom and emotional comfort.

The fourth stage is characterized by the achievement of a high level of skills in applying techniques of self-control, self-regulation and optimal use of one's own resources. At this stage, a person develops the ability to enter a state of so-called 'creative flow', which allows for maximum concentration and productivity.

It is also important for this stage to ensure consistent and purposeful movement from one strategic goal to another, maintaining emotional balance and inner harmony (Khvostychenko, 2022).

Tiurina's article 'Spiritual Awakening of the Individual: Characteristic Features, Conditions and Factors' (2021) is an important source for revealing the problem of the paradigm of spiritual growth of the individual. The author defines spiritual awakening as a multifaceted process that includes the achievement of a cosmo-planetary level of consciousness, integration of spirituality and harmonious coexistence with the environment and the Universe. This is in line with the concept of spiritual growth as the highest goal of personal development, which harmonizes the inner and outer world.

The author's approach to analyzing the conditions and factors that contribute to spiritual growth is particularly valuable. She focuses on the problems of self-discipline, creativity, and the priority of spiritual values over material ones. This approach allows us to form a holistic image of a spiritually mature person who is constantly in the process of self-development.

According to the scientist, a person who achieves noospheric consciousness perceives his or her life not only as a personal journey but also as a part of a larger cosmo-planetary evolutionary process. This expanded perception of the world requires that they take responsibility for their actions, which affect both their own inner world and the harmony of society, the ecosystem and the entire cosmos. It is important to note that the noospheric level of consciousness is based on high spiritual and moral maturity.

A person at this level not only develops his or her own spirituality but also actively contributes to the harmonization of the world through creativity, kindness, love and self-sacrifice. He or she becomes an active carrier of spiritual cosmic energies that transform both his or her inner world and interaction with the environment. The analyzed materials are an important scientific contribution, as they allow us to supplement our understanding of the paradigm of spiritual growth of the individual (Tiurina, 2021).

The peculiarity and value of human life in the context of the spiritual growth paradigm lies in the ability of a person to form his or her own value and meaning field, which determines his or her life path and interaction with the world around him or her. This field includes a harmonious combination of moral, ethical, spiritual and cultural guidelines that provide a person with a deep understanding of the meaning of life and its realization through the choice and implementation of a 'life scenario' (Brînzea & Morcov, 2023; Sidash, 2024).

The culture of interaction with the natural and human environment plays an important role in this process. A person who reaches spiritual maturity is able to harmonize his or her relationship with nature and other people, perceiving them as an integral part of the holistic world.

Particular importance is attached to the ability to aesthetically perceive the beauty of nature, art and everyday life, which contributes to the development of higher spiritual feelings such as kindness, gratitude and sincerity. This aesthetic dimension becomes an important source of inspiration and inner harmony, which are essential for spiritual growth.

Adherence to a common moral horizon is important for uniting the souls of different peoples of the world. In the paradigm of spiritual growth, this is seen as a way to form a single humanity based on common spiritual and moral values. This approach ensures

not only the survival of civilization but also its harmonious development aimed at preserving the achievements of humanity and nature (Shevchenko, 2021).

Charlene and Leonard Tan interpret human spirituality as an integral part of a larger whole that expresses the idea of human excellence. They emphasize that spirituality is a heritage that is passed down from generation to generation through cultural achievements and encompasses all aspects of cultural life. The researchers include knowledge, values, beliefs and practices that form the basis of a person's spiritual being.

In their opinion, spirituality is not limited to personal experiences, but is manifested in harmonious relationships with the world around us. It is about the ability to find inner peace, maintain connections with society and nature, and appreciate such fundamental aspects of life as beauty, joy and ethical values.

Art education plays a special role in achieving harmony. It helps to develop sensitivity to beauty, shapes aesthetic taste and makes people aware of the importance of moral principles. Art becomes a tool for expressing and understanding spiritual values, which contributes to personal development.

Scientists note that human spiritual development is the result of a harmonious combination of internal qualities and external factors, and art education is an important element in this process. Thanks to art, a person not only develops the ability to reflect and gain self-knowledge but also gets the opportunity to build harmonious relationships with the world around them (Tan & Tan, 2016).

Based on the analysis of this research, the following can be stated: spiritual growth, insight and enlightenment of the individual is an extremely complex and multifaceted process. It requires a long time and a deep inner transformation. The essential feature of this process is a person's attainment of spiritual maturity, which encompasses the harmonious development of their personal, psychological and social aspects. Spiritual maturity implies not only awareness of one's own life path but also responsibility for one's actions and interactions with other people.

To explain the importance of the topic under study, a valuable source is Pomytkin's article 'The Spiritual Development of the Individual as a Priority in the Education of the XXI Century' (2017). The article reveals the key role of spiritual development in modern society emphasizes the importance of the country's spiritual security and substantiates the idea that the education system can become a leading tool in the revival of spiritual values.

The author emphasizes that spiritual development is a multifaceted process that includes the formation of ideals, meanings and values necessary for the harmonious development of a personality. Particular attention is paid to the need to change educational priorities from the traditional consumption of information to the education of the spiritual potential of young people.

The empirical research presented in the article demonstrates the relationship between the psychological readiness of teachers to develop students' spirituality and their level of spiritual potential. This opens up new perspectives for improving the educational process, when education is not only a tool for transferring knowledge, but also a means of forming a spiritual culture.

The scientist also notes the importance of a value-based approach to spirituality, based on such categories as Beauty, Goodness, Truth, Faith, Hope and Love. This allows for the

integration of individual development with his or her desire for self-improvement, humanistic values and an awareness of responsibility for the future of society.

The analysis of the content and functional approaches to spirituality proposed in the study provides a theoretical basis for the integration of these concepts into practical educational activities (Pomytkin, 2017).

Particularly noteworthy are Klymyshyn's scientific achievements concerning the Christian-oriented paradigm of the axiological dimension of the authentic nature of man, which is the basis for understanding the process of spiritual growth of the individual. The main idea is that a person is a holistic unity of body, soul and spirit, and his or her spiritual nature is determined by sacramentality. This sacramentality appears as an axiological characteristic that reflects the connection of a person with the transcendent image of God. It is a fundamental prerequisite for self-knowledge, self-determination and self-improvement of the individual.

Sacramentality is revealed through a person's awareness of his or her nature as a bearer of the indestructible image of God. This awareness awakens in a person the desire to live in accordance with God's image, to improve their thoughts, deeds and actions. Within this paradigm, two key laws that determine spiritual development are considered: ontological synergism and ontological dynamism.

Ontological synergism emphasizes the interaction of the divine and the human in human nature. It is characterized by three important aspects: first, the divine and the human are of one nature; second, the divine is always open to action and influence; and third, human cooperation with the divine is a manifestation of free will and choice. Free will allows a person to consciously make decisions about his or her spiritual identity and to actively participate in the process of self-improvement.

Ontological dynamism refers to the internal dynamics of a person aimed at realizing his or her spiritual potential. A person, as a bearer of God's image, strives to reach the heights of perfection through worthy deeds, spiritual self-improvement and the development of sacred qualities. This aspiration is realized through the process of constant renewal and improvement of one's inner being.

Sacramentality also gives a person the ability to comprehend transcendent sacred reality. This happens through life experience, in which a person strives to multiply goodness and love, responding to the ontological call of God. Freedom not only provides a potential opportunity to conform to this image but also obliges a person to take active steps to affirm his or her spiritual identity.

In general, the spiritual growth of an individual in the Christian-oriented paradigm is perceived as a continuous process that encompasses both the starting point – Alpha – and the ultimate goal – Omega – of human existence. It is achieved through continuous cooperation between humans and the Creator, allowing individuals to fulfill their earthly destiny while striving toward a higher, transcendent ideal.

Thus, sacramentality becomes the basis for a harmonious combination of the human and the divine in the process of spiritual self-determination and improvement (Klymyshyn, 2019). On the basis of the materials which have been processed, the main components of the paradigm of a spiritual growth of an individual were identified, Figure 2, as well as their characteristics in the context of the paradigm of spiritual growth of an individual, Table 1.

Figure 2

The main components of the spiritual growth paradigm

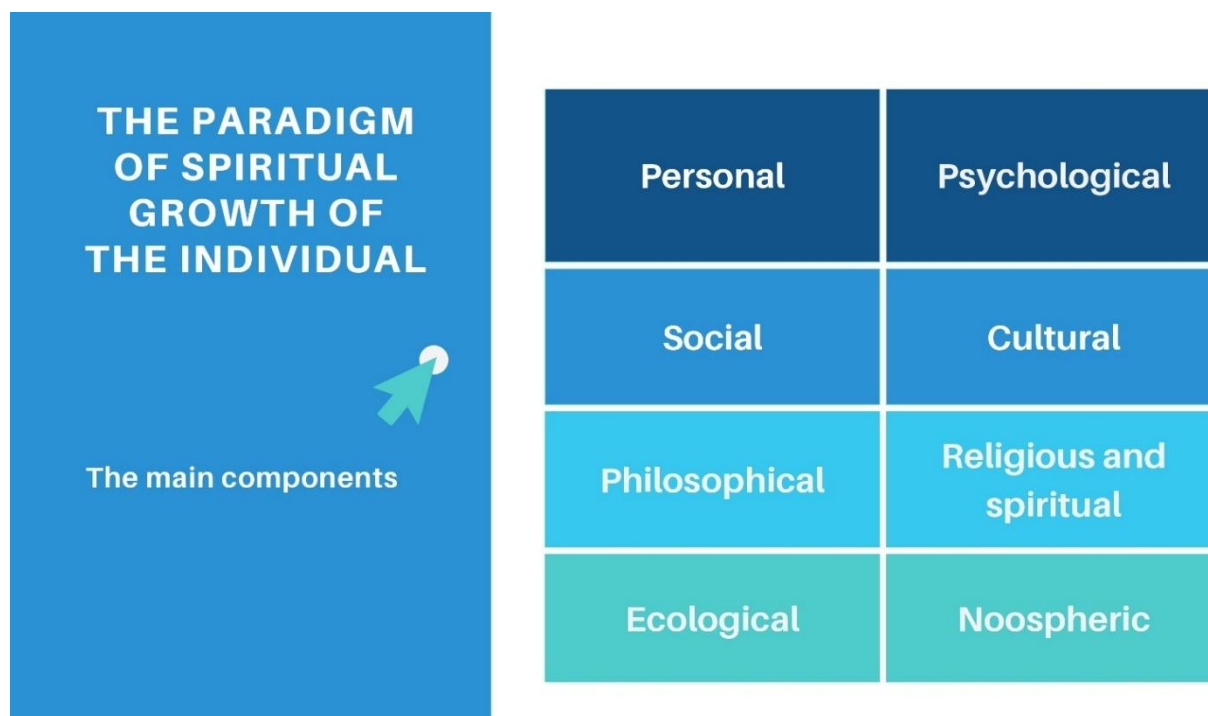


Table 1

Structural components and their characteristics in the context of the paradigm of spiritual growth of an individual

Name of the component	Parts of the component
Personal	<ul style="list-style-type: none"> - Awareness of the meaning of life and life values - Creating inner harmony and balance - Self-knowledge, self-improvement - Development of spiritual and moral qualities - Active striving for creative self-realization
Psychological	<ul style="list-style-type: none"> - Harmonization of the emotional state and development of emotional intelligence - The ability to control one's own thoughts, emotions and behavior - Internal resilience to stress and external challenges - Development of mindfulness and positive thinking
Social	<ul style="list-style-type: none"> - Interaction with others on the basis of trust, mutual understanding and empathy - Ability to harmonize relationships in the social environment - Contribution to social development through the dissemination of spiritual and moral values - Promoting social unity, peace and harmony

Cultural	<ul style="list-style-type: none"> – Respect for traditions and ideas that emphasize spiritual values – Integration of art, literature and music as tools for spiritual growth
Philosophical	<ul style="list-style-type: none"> – Understanding the higher meaning of life, searching for truth and answers to existential questions – Integration of spiritual and philosophical approaches into the worldview – Development of a cosmopolitan outlook and awareness of the unity of the micro- and macrocosm
Religious and spiritual	<ul style="list-style-type: none"> – Search for unity with God, the Cosmos, the Absolute – Awareness of one's role in the Divine Plan or cosmic evolution
Ecological	<ul style="list-style-type: none"> – Understanding our own responsibility for the environment and the planet's ecosystem – Promoting harmony between humans and nature – Developing environmental awareness as part of spiritual growth
Noospheric	<ul style="list-style-type: none"> – Integrating knowledge about the unity of humanity and the Universe – Awareness of ourselves as part of the world's information and energy system – Development of global responsibility for the harmonious development of humanity

The factors of spiritual growth are key elements of the theoretical concepts of the spiritual growth paradigm as they determine the conditions and prerequisites for the formation of a spiritually mature personality capable of building his or her life on the basis of moral and spiritual principles. They are divided into internal and external factors, each of which has a significant impact on the process of spiritual development.

Internal factors are related to personal characteristics and a person's internal readiness for change and self-improvement. Motivation is the driving force behind spiritual development, inspiring an individual's desire to seek truth, goodness, and beauty. Within the theoretical concepts of the spiritual growth paradigm, motivation is seen as an integrative process that combines a person's inner beliefs with his or her desire for harmony with oneself and the world. Spiritual needs, in turn, are the foundation of an individual's internal system, determining his or her focus on finding the meaning of life, ethical guidelines and harmonious coexistence with others. They form the basis for the development of the personality's value sphere (Savchyn, 2020; Holubnychy et al., 2023).

Awareness, as an important internal factor, implies a person's ability to self-reflect and analyze their actions, emotions and thoughts. In the context of the spiritual growth paradigm, it is a prerequisite for making responsible decisions based on moral and

spiritual principles. Another important factor is readiness for change, which determines an individual's openness to new knowledge, experience and rethinking of life priorities. This factor emphasizes the importance of a person's ability to go beyond established ideas and adapt to conditions that promote spiritual development.

External factors create a favorable socio-cultural environment for the spiritual growth of an individual. The socio-cultural environment forms the overall context of spiritual development, influencing the individual through the moral, cultural and religious values inherent in society. Support from family, teachers or mentors plays a significant role in shaping the moral and spiritual foundation of an individual, contributing to their development through example, guidance and support. Educational opportunities are also an important factor, as they broaden knowledge, develop reflective abilities and promote the integration of spiritual principles into the learning process.

Positive role models play a special role, inspiring people to grow spiritually and motivating them to follow moral and spiritual ideals. Thus, the spiritual growth of a person is the result of the interaction of internal and external factors that shape harmonious development and help a person to realize their spiritual potential in society (Lin et al., 2025).

It is important to note that the paradigm of spiritual growth is based on an interdisciplinary approach that integrates philosophical, psychological, pedagogical and social concepts. It takes into account the specifics of spirituality development in different cultural and educational contexts.

In the course of researching this topic, practical recommendations for the spiritual growth of the individual have been developed. Let us consider them in more detail.

1. Defining values and goals. An important stage of spiritual growth is the identification of one's own values and the formulation of life goals. This contributes to a conscious approach to decision-making and forms a system of internal guidelines.
2. Developing gratitude as a psychological attitude. Systematic recording of positive events in life, in particular in the form of a gratitude journal, helps to increase the level of emotional well-being and form an optimistic outlook.
3. Systematic reading of spiritual literature. This type of activity helps to better understand the principles of spiritual development and the possibilities of their integration into everyday life.
4. Altruistic activities. Participation in volunteer or charitable programs or any form of helping others has a positive impact on the personality through the development of empathy and a sense of compassion.
5. Spending more time in nature. This should help to promote emotional balance.
6. Reflective analysis of behavior. Daily assessment of one's own actions, thoughts and feelings helps to build self-control and develop the ability to adapt to social challenges.
7. Expanding personal experience. Engaging in new forms of activity (e.g., learning new skills or cultural practices) promotes personal growth through the integration of new knowledge.
8. Developing the ability to forgive. This implies the ability to release negative emotions associated with grievances or disappointments. At the same time, it is an important component of psycho-emotional health and harmonious development.

9. Forming social connections with people who contribute to spiritual and personal growth. This creates a favorable environment for self-realization.
10. Keeping a self-observation diary. Keeping systematic records of personal thoughts, feelings, and achievements in a diary allows an individual to assess progress in spiritual development and identify areas for further growth.
11. Perception of life's difficulties as opportunities for development. This helps to build stress resistance and increase the spiritual potential of the individual.

Thus, the paradigm of spiritual growth of a personality is a holistic system that not only defines the main components of development, but also includes principles, stages, mechanisms, factors and results that ensure its implementation in the process of forming a harmonious, mature and responsible personality.

We have identified that the main determinants of this process are: awareness of one's own spiritual potential, coherence of value orientations with life goals, systematic work with consciousness, and the availability of cultural and value support in the social environment. At the same time, we have developed practical recommendations for the spiritual growth of the individual.

DISCUSSION

The results of the study indicate that the process of spiritual growth of an individual is quite complex, but the question of identifying universal approaches to its formation in modern conditions remains open (Marikar, 2024). Some scientists emphasize the religious component of spiritual development, viewing it as an integral part of faith and moral traditions. Others focus on psychological and socio-cultural factors that can stimulate or conversely inhibit this process. All these causes the need for further research in the direction of integrating different concepts, which will create a holistic model of spiritual development adapted to the challenges of modern society.

CONCLUSIONS

The problem of theoretical concepts of the paradigm of spiritual growth of the individual requires further thorough theoretical analysis and development of practical models for the formation of spiritual maturity. At the same time, further research on this topic is important for modern society, which is characterized by the search for a balance between technological progress and the preservation of humanistic values.

It is proven that modern education is an important tool in stimulating spiritual growth. It should be focused on the formation of critical thinking in young people, the development of moral responsibility, and the support of interest in learning about the world and their own destiny.

Further analysis of the theoretical concepts of spiritual growth requires an interdisciplinary approach that combines psychology, pedagogy, philosophy and sociology. It is also important to take into account the impact of globalization processes, which require the adaptation of educational strategies to new challenges.

In this regard, practical models that combine traditional and innovative methods of education (interactive technologies, reflective practices, and socio-emotional learning) can be effective.

CONFLICT OF INTERESTS

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