

Promoting Spiritual Health in the Fourth Generation University

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Abstract

Background and Objective: Attention to spiritual health in society and the current changes, especially in the field of technology is the result of individual planning and performance. Raising this issue in the field of higher education, especially in the fourth generation universities doubles its importance. Accordingly, the main purpose of the present study is to examine the indicators of spiritual health and its promotion in the fourth generation universities.

Methods: The present study is applied in terms of purpose and was carried out using a qualitative-Delphi approach. The sample population consisted of leading professors in this field, out of whom 15 were selected as academic experts by purposive sampling method. Data were collected through semi-structured in-depth interviews. Data analysis method was content analysis using coding method in three levels: open, pivotal, and selective. The information obtained from the interviews was classified into dimensions, components, and indicators. For validation, a focus group consisting of 9 experts in the field of health and academic generations was used. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results showed that the dimension of insight with the components of basic assumptions and indicators such as communication with God and understanding of the universe, religiosity, awareness, and the dimension of manners with the components of values, norms and indicators, morality, self-awareness, hope, work conscience, and the dimension of interaction with the components of behaviors, actions and indicators such as education, purposefulness, impact on society, being skill-based, teamwork spirit, are among the most important features to promote spiritual health in the fourth generation universities.

Conclusion: According to the findings, insight, manners, and action are among the most important requirements for promoting spiritual health in the fourth generation universities, which should be given special attention. Due to the human-centered nature of academic activities, especially in the fourth generation universities, developing a healthy human capital in all dimensions, especially in the spiritual dimension is very important in the fourth generation universities.

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Summary

Background and Objective

The concept of spiritual health was first proposed

by Moberg in 1971 under the title of spiritual well-being. A few years later, it was suggested by some researchers of spiritual health in the physical, mental and social factors of health (1). The World Health Organization (WHO) has

recommended that all countries pursue spiritual health in accordance with the statutes and resolutions passed and approved by it (2). Attention to spiritual health in society and the current situation in which changes and developments, especially in the field of technology are happening rapidly and usually these changes are due to the planning and performance of the individual. It is of great importance both theoretically and practically. Obviously, raising this issue in the field of higher education, especially in the fourth generation universities, doubles its importance. In this regard, the main purpose of the present study was to examine the spiritual health indicators and its promotion in the fourth generation universities.

Methods

Compliance with ethical guidelines: In all the stages of the study, from collecting the theoretical literature and research background to distributing questionnaires and collecting qualitative information through interviews with experts and data analysis, all ethical principles and standards, including accurate recording of documents, respectful conduct, obtaining a license, maintaining intellectual property, adhering to standards, and fidelity were fully observed.

This study was applied in terms of purpose and was carried out using a qualitative-Delphi approach. The research community consisted of prominent professors and experts in this field, out of which 15 were selected as academic experts by purposive sampling to achieve theoretical saturation. Data were collected using semi-structured in-depth interviews. For data analysis, content analysis was carried out using coding method in three levels: open, central and selective, which was analyzed on Max Q2020 software. Then, the information obtained from the interviews was classified into dimensions, components, and indicators. For validation (validity and reliability), a focus group consisting of 9 experts in the field of health and academic generations was used.

Results

The results showed that in the dimension of insight the components of basic assumptions, beliefs, views, meanings, basic beliefs and indicators such as communication with God and understanding of the universe, religiosity, deep understanding, awareness, aesthetics, epistemology, and perfectionism, in the dimension of manners the components of values, attitudes, norms, etiquette, habits, the customs, expectations

and indicators such as morality, self-awareness, justice, hope, peace and satisfaction, optimism in response to environmental stresses, having a lively lifestyle, work conscience, core common values, and spiritual norms, and in the dimension of interaction the components of behaviors, functions, artifacts (handmade) and indicators such as education, engage in issues by adapting them to values behaviors-habits and culture, spiritual pleasure, purposefulness, inner vitality, impact on society, synergy, self-improvement, good speech, skill-based, efficiency, educational positive thinking, responsiveness, teamwork spirit are among the most important requirements for promoting spiritual health in the fourth generation universities, which should be given a special attention along with other features of this academic generation.

Conclusion

As the findings showed, paying attention to the components and indicators mentioned in the three areas of insight, manners, and actions are one of the most important requirements for promoting spiritual health in the fourth generation universities, which should be given special attention along with other features of this academic generation. Obviously, given the human-centered nature of academic activities, especially in the fourth generation, the training of healthy human capital in all aspects, especially the spiritual dimension, is very important in the fourth generation universities, which is also community-oriented.

The results obtained from other studies also confirm the findings of the present study. However, the present study addressed much broader and more comprehensive issues in all dimensions, components, and indicators. The findings of this study are in line with the findings of the studies by: Omidvari entitled "Spiritual Health; Concepts and Challenges" (3), Azizi et al. entitled "Spiritual health; What, why and how" (1), Hungelmann et al. entitled "Spiritual Welfare in Older Adults: Mutual Communication" (4), Sadeghi et al. entitled "Study of the dimensions of the virtual approach to the development of fourth generation universities" (5), and Fazel et al. entitled "Identification of dimensions and components affecting the empowerment of academic human resources with emphasis on third and fourth generation universities using the fuzzy Delphi approach" (6).

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Ethical considerations

According to the authors of the article, the present study is an obtained from the first author's doctoral dissertation entitled "Designing a model for upgrading the Islamic Azad University to a fourth generation universities (Case study: Tehran Research Sciences Branch)" in Islamic Azad University, Garmsar Branch, which has been approved by the University Research Council under the code 1533 on 07/08/2018.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

The main author of the article: first author; advisor to the dissertation: second author; and the supervising professor of the dissertation: third author.

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