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PSYCHODIAGNOSIS OF ALTRUISTIC ORIENTATION OF A VOLUNTEER

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Relevance of the study. Today, volunteering is a widespread social movement in Ukraine, without which it is impossible to imagine the normal functioning of society in war conditions. Altruism is one of the important determinants of volunteer activity, but valid and reliable psychodiagnostic tools for its study in volunteers do not exist today.

The Aim is to develop a method for psychodiagnostics of the altruistic orientation of a volunteer.

Results. The presented method contains 23 statements, 9 of which are inverse. Cronbach's alpha statistics for all items of the questionnaire was 0.673, which is sufficient. The threshold values of the norm of the altruistic orientation of a volunteer are 65-83 points. Test-retest reliability is $r=0.83$. Positive correlations of the altruistic orientation to volunteering and resilience were determined (according to the method of E. Hrishyn). It is shown that volunteers with a high level of altruistic orientation have higher resilience indicators than volunteers with an average level of altruistic orientation, who, in turn, exceed the level of resilience of volunteers with a low level of altruistic orientation.



Conclusions. In the presented study, altruistic orientation is defined as the motivation of a person's behavior based on good intentions to help others without receiving external benefits. Altruistic orientation is the leading characteristic of a volunteer's personality. The developed methodology for psychodiagnostics of a volunteer's altruistic orientation contains 23 statements and has high validity and reliability. The altruistic orientation of volunteers positively affects their level of resilience.

***Keywords:** altruism, volunteer's altruistic orientation, volunteering, resilience, psychodiagnostics.*

Психодіагностика альтруїстичної спрямованості волонтера

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Актуальність дослідження. Сьогодні волонтерство є поширеним соціальним рухом в Україні, без якого неможливо уявити нормальне функціонування суспільства в умовах війни. Альтруїзм є одним із важливих детермінант волонтерської діяльності, проте валідних та надійних психодіагностичних інструментів для його вивчення у волонтерів сьогодні не існує.

Мета – розробити методiku психодіагностики альтруїстичної спрямованості волонтера.

Результати. Представлена методика містить 23 твердження, 9 серед яких є зворотними. Статистика альфа Кронбаха для усіх пунктів опитувальника склала 0,673, що є достатнім. Граничні значення норми альтруїстичної спрямованості волонтера становлять 65-83 бали. Тест-ретестова надійність становить $r=0,83$. Визначено позитивні кореляції альтруїстичної спрямованості на волонтерство та резильєнтності (за методикою Е. Грішина). Показано, що



волонтери із високим рівнем альтруїстичної спрямованості мають вищі показники резильєнтності, ніж волонтери із середнім рівнем спрямованості на альтруїзм, які, в свою чергу, перевищують за рівнем резильєнтності волонтерів із низьким рівнем альтруїстичної спрямованості.

Висновки. У представленому дослідженні альтруїстична спрямованість визначається як вмотивованість поведінки людини, заснованої на добрих намірах допомогти іншим без отримання зовнішніх вигод. Альтруїстична спрямованість є провідною характеристикою особистості волонтера. Розроблена методика психодіагностики альтруїстичної спрямованості волонтера містить 23 твердження, має високу валідність та надійність. Альтруїстична спрямованість волонтерів позитивно позначається на рівні їх резильєнтності.

Ключові слова: альтруїзм, альтруїстична спрямованість волонтера, волонтерство, резильєнтність, психодіагностика.

Introduction. Research shows that volunteers often have a high level of empathy, altruism, and social responsibility. Altruism, inherent in many volunteers, is not, as previously believed, the “apotheosis of self-sacrifice”, it is an internal need to do “right”, otherwise a person feels bad. Altruism as a character trait, altruistic motives of behavior are inherent in very many people, which determines the prevalence of volunteering in the world and in Ukraine (Vedenyapina, 2025).

The classical definition of altruism is based on understanding it as a type of behavior and activity of a person who puts the interests of another person or the common good above personal interests. Behavior is considered altruistic if it rewards another and leads to its own costs (this is a standard biological definition, limited to benefits and costs and does not concern goals) (Fomina&Olentsevich, 2021). Altruistic behavior is often identified with philanthropy - unconditional love for people, a benevolent attitude towards the world in general, intercession for the needy, selfless help, donating



one's time, money, other resources for charity and the benefit of other people. According to the study of J. Andreoni (1989), altruism is a form of unconditional kindness and selflessness, that is, altruistic behavior of giving does not occur as a response or equivalent to receiving some good or service.

There are two main lines of scientific thought that explain altruistic behavior. The first direction is based on the biological nature of man as a social animal and claims that altruistic motives are innate, but do not always manifest, but only under certain conditions. The second direction speaks of pseudo-altruistic behavior, asserting that altruism primarily benefits the altruist himself, giving him significance in his own eyes and in the eyes of society, filling his life with meaning and helping to overcome the fear of death, in other words, that altruism as a selfless motive does not exist, but there is a set of reasons that prompt a person to act, in the opinion of an external observer, to his own detriment (and in fact for the sake of himself) (Vedenyapina, 2025).

Volunteerism is a manifestation of altruistic economic behavior, it arises as a result of the development of society and the formation of civil society, a conscious desire to create a welfare society. Voluntary activity becomes a form of civic activity in conditions of imbalance of state administration, aggravation of socio-economic and political crises. Volunteering contributes to the accumulation of additional human and financial resources, the involvement of which allows moving to a qualitatively new level of solving social problems, implementing national projects, which provides a significant economic effect and positively affects further social development. In addition, volunteering contributes to the accumulation of social capital at the individual and societal levels. The role of the state in supporting volunteerism should be aimed at settling issues of the formation of civil society institutions, including



in a dialogue with representatives of non-state institutions and organizations in order to understand and find the most effective and useful tools for society to meet needs in the conditions of socio-economic and political crises. As M. Aleksishina (2022) notes, a person can become more altruistic in the following ways: 1) Help others. And this help should be absolutely selfless, not demanding a good attitude in return, relying on one's internal qualities, such as selflessness, generosity, sensuality, kindness, and others. 2) Engage in volunteer activities, namely, caring for others, looking after them, and caring when they need help. This can be helping the elderly, pensioners, veterans, orphans in orphanages, sick children who need attention, protection, food, or other help, helping homeless animals, helping shelters, etc. With all this, there should be only one motive - selfless help to others, without the desire for fame, money, and increasing one's status in the eyes of other people. Attentive attitude towards people is a great option to become an altruist. A person who knows how to understand the interests and feel the concerns of other people - follows the path of altruism. First of all, you should be attentive to your family and friends. And to become an altruist, in our opinion, you need to stop chasing fame, profit, respect, stop wanting to please everyone and not rely on the opinion of others about yourself.

The **Aim** is to develop a method for psychodiagnostics of a volunteer's altruistic orientation.

Results. The presented methodology contains 23 statements, 9 of which are reverse. Cronbach's alpha statistics for all items of the questionnaire was 0.673, which is sufficient. All statements of the questionnaire have high single-point reliability and are highly correlated with the total scale (table 1).



Table 1

Single-point reliability and internal validity of the statements of the questionnaire "Altruistic orientation of a volunteer"

Items	Alpha	r
1 Today, many citizens of our country simply cannot survive without the help of volunteers	0,672	0,856
2 Volunteer organizations attract me with the opportunity to collaborate with sincere, kind people.	0,672	0,821
3 I don't like helping others: let them take care of themselves. *	0,670	-0,852
4 If I see another person's physical suffering (e.g., a wound), I try to do something to help.	0,672	0,756
5 Before I take on any job, I ask how much it will cost. *	0,672	-0,785
6 Helping other people is a great joy.	0,672	0,874
7 There is no point in wasting your time and energy helping others: they are unlikely to respond in kind. *	0,670	-0,850
8 I adhere to the principle: "help others, and good will come back to you."	0,672	0,754
9 Helping other people is usually a useless endeavor. *	0,671	-0,902
10 I would like to have the conditions to benefit people.	0,672	0,803
11 I believe that any work should be paid, otherwise it should not be offered. *	0,672	-0,854
12 There are many things in the world that should be done completely selflessly.	0,672	0,758
13 I believe that children should be encouraged to care for their neighbors from a young age.	0,672	0,814
14 Since childhood, I have loved helping others (elderly people, children, animals, the sick, etc.).	0,672	0,756
15 If I am offered to do something on a volunteer basis, I think about what it will give me. *	0,672	-0,857
16 I would like to participate in a volunteer program or help people in some other way.	0,672	0,785
17 If I am offered to do something on a volunteer basis, I usually refuse. *	0,672	-0,785



18 I often start doing something without asking myself what benefit it will bring me personally.*	0,671	-0,874
19 If I see an accident on the street, I will pass by, it is none of my business.	0,672	-0,745
20 People are pretty good by nature, and if I find myself in trouble, someone will still help me.	0,672	0,763
21 I don't believe that in case of trouble, anyone will come to my aid.	0,671	0,742
22 I cannot calmly look at the suffering (e.g. physical injuries) of others.	0,672	0,745
23 Humanity will not survive if it does not care about its neighbor.	0,671	0,852

The threshold values of the norm of altruistic orientation of a volunteer are 65-83 points. Test-retest reliability is $r=0.83$. The descriptive validity of the method was studied through the analysis of correlations with resilience indicators according to the method of E. Hrishyn (2022).

Table 2 shows that altruistic motivation for volunteering is positively related to all indicators of resilience of volunteers ($p<0.0001$). The strongest connections of altruistic orientation for volunteering were established for indicators of social contact and optimal regulation. Therefore, the higher the level of desire to do good to people who find themselves in difficult life circumstances, to help those who need it in war conditions, the more volunteers are characterized by the ability to establish social contacts in order to solve complex tasks, regulate their own psycho-emotional states, be open to life's challenges, stress-resistant, ready to achieve goals and overcome obstacles.

Table 2

Correlations between resilience and altruistic orientation in volunteers

Indicators	Altruistic motivation for volunteering
Orientation to challenges and goal	0,67



achievement	
Self-control and ability to overcome difficulties	0,66
Self-determination and meaning in life	0,62
Stress resistance	0,67
Constructive coping	0,66
Social contact	0,73
Optimal regulation	0,72
Openness to life experience	0,68
General resilience	0,68

Table 3 shows the differences in the level of resilience of volunteers with different levels of altruistic orientation. Orientation to challenges and goal achievement ($p < 0.0001$), self-control and ability to overcome difficulties ($p < 0.0001$), self-determination and meaning in life ($p < 0.0001$), stress resistance ($p < 0.0001$), constructive coping ($p < 0.0001$), social contact ($p < 0.0001$), optimal regulation ($p < 0.0001$), openness to life experience ($p < 0.0001$), and general resilience ($p < 0.0001$) are lower with a low level of altruistic orientation compared to the average.

Table 3

Resilience indicators in volunteers with different levels of altruistic orientation

Indicators	Level of altruistic orientation						H
	Low		Medium		High		
	M	σ	M	σ	M	σ	
Orientation to challenges and goal	14,45	5,41	24,89	8,27	30,00	5,56	33,51



achievement							
Self-control and ability to overcome difficulties	15,05	5,25	25,78	7,12	30,88	6,22	37,84
Self-determination and meaning in life	18,20	4,92	26,29	6,73	29,25	6,41	24,54
Stress resistance	12,70	3,63	21,35	6,08	27,08	5,60	43,86
Constructive coping	6,60	1,93	11,84	4,91	16,96	5,88	39,14
Social contact	4,70	1,92	9,36	3,66	12,46	2,83	41,20
Optimal regulation	9,00	3,32	19,72	7,31	25,29	3,10	43,21
Openness to life experience	5,70	1,53	11,71	5,31	14,96	3,91	37,52
General resilience	24,00	10,69	49,70	17,11	62,46	8,29	46,28

A high level of altruistic orientation also has advantages over the average level of resilience, in particular in terms of challenge orientation and goal achievement ($p < 0.01$), self-control and ability to overcome difficulties ($p < 0.01$), stress resistance ($p < 0.001$), constructive coping ($p < 0.001$), social contact ($p < 0.001$), optimal regulation ($p < 0.001$), openness to life experience ($p < 0.01$), general resilience ($p < 0.0001$).

Conclusions. In the presented study, altruistic orientation is defined as the motivation of a person's behavior based on good intentions to help others without receiving external benefits. Altruistic orientation is the leading characteristic of a volunteer's personality. The developed methodology for psychodiagnostics of a volunteer's altruistic orientation contains 23 statements and has high validity and reliability. The altruistic orientation of volunteers has a positive effect on their level of resilience.



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