
THE ROLE OF SPIRITUALITY IN PERSONAL DEVELOPMENT

F. Mamatkulov

Candidate of Philosophy Sciences,
Associate Professor of Jizzakh State Pedagogical University

Abstract:	Keywords
In this article, the methodological aspects of the reforms implemented in the years of independence in Uzbekistan regarding the improvement of human spirituality are partially touched upon, and the role of personality development and youth education is discussed.	Uzbekistan, spirituality, culture, personality, upbringing, faith, tradition, value.

Introduction

It has been 32 years since Uzbekistan gained independence, and we have entered the 33rd year. During this period, our republic has made significant progress in the development of economy, culture, and spirituality. Every well-intentioned person feels from his heart that the standard of living of the population, their worldview, and their love for their country are increasing significantly.

Bold steps were taken to strengthen the foundations of the transition to the market economy, to establish a legal, democratic civil society. A bicameral parliament was formed. Adopted laws are becoming more sophisticated, our ideas about the parliament are expanding, its weight of work is becoming equal to the higher organizations of other countries.

Main Part

Most importantly, significant progress is being made in the restoration and study of our spiritual heritage and national values.

Independence opened a new era in the history of Uzbek people's spirituality, rich and ancient culture, and fate of centuries-old cultural heritage, as well as in various social spheres of life - the era of viewing these riches as the common property of the people and mastering them. At the same time, the best cultural monuments created by the progressive mankind over the centuries also received a worthy place in its spiritual treasury.

Scientific-philosophical heritages of thinkers and virtues, artistic works of creators, which were known only to a few people in the past, are now becoming the spiritual property of the broad masses of the people, which are enjoyed by many people. The basis of these is the honor of independence.

The word "spirituality" was hardly used before independence. When explaining the concept of "culture", it was mentioned that it is divided into two - material and spiritual culture. Instead, the term "ideology" - "idea" and "ideology" was given a lot of emphasis.

There is no doubt that there are many people who understand spirituality as the inner world of a person. Is it really so? No, of course. This approach to the issue is nothing more than an abstraction. In this regard, it should be noted that there are many views on the definition of spirituality. Well, let's say that spirituality is the inner world of a person, the spiritual world. Many people are interested in the question of how and why this "inner world", "spiritual world" is formed. A better answer to this question has yet to be found. In this regard, we are not wrong to say that the following words of the First President of our Republic, I.A. Karimov, revealed the root of the truth.

On page 72 of the first President of Uzbekistan I.Karimov's work "Uzbekistan's own path of independence and development", the following definition is written: "Spirituality is not a gift of fate, in order for spirituality to be perfected in the heart of a person, he must work with his heart and conscience, mind and hand." This treasure gives a person stability in life, his views are not allowed to earn a living in the pursuit of wealth, keeps him alive in times of tragedies and strengthens the will in times of material difficulties. The memory of our people is full of wonderful names. The world-famous great scholars - Beruni, al-Khorazmi, Ibn Sina, Imam Ismail Bukhari, al-Tirmidhi, Ahmad Yassavi, Ulug'bek, Navai and many other scholars are among the figures whose spirituality is broad and at the same time difficult. They devoted themselves to a people who thirsted for the truth. The great names of our great ancestors, the memory of the nation and its destiny deserve a worthy continuation." It can be understood that this is the essence of spirituality.

Why is spirituality so powerful now? The original source of spirituality is divine light, the light of the Supreme Truth. This light of the Supreme Truth cannot be realized in a person because of work and only because of work, if one does not try to polish it wholeheartedly to make life alive. An important stage in the development of the "spiritual world" is the impression received from the outside world, emotions and, moreover, its reflection in living images in the human brain. In the end, it is important to synthesize the vivid reflection of the received impression and make it "Own" through scientific analysis.

In other words, literature and art are the brightest and most fully reflective mirrors of the nation's spirituality. A lot of reading, especially the reading of fiction, is necessary to determine the spirituality of a person, the attitude to this or that thing, if art feels the beauty of the structure of the world, actions, expression of words, these feelings will help to think about the extremely colorful imagination of the universe. if given, then both aspects are a great resource for the perfect formation of the "inner world" of a person.

Spirituality is a very broad concept. Humanity has had a certain influence on the expansion of its spirituality if it has managed to create something during its history and derive spiritual pleasure from it. There is a great difference between the emotions of primitive man and the emotions of modern man. So, a person as a person began to be formed step by step, the formation of speech and language, which is considered a means of communication, accelerated the development of the person. This process is getting faster and faster.

Frankly speaking, it seems that the introduction of new technical tools and technologies into education one after the other improves the educational system, and the understanding of the world is accelerated. In our opinion, no matter how many innovations and styles come in, he is incapable of imparting more knowledge than he knows. Computer technology was also invented by man, the ability to program it and solve problems is done only by man. There is nothing greater than man, nothing greater than man" in the universe. The above-mentioned spiritual potential, knowledge, and science are increasingly revealing the world's unsolved secrets, becoming the "self-identity" of a person. So, spirituality is a person's psyche, his self-awareness, taste, insight, the ability to distinguish between justice and evil, good and evil, beauty and ugliness, restraint and ignorance, intelligence, the ability to set high goals and ideas, and realize them. is the potential to act and strive for. Approaching spirituality in this way is to show its diversity, but it is a holistic and comprehensive answer to the double word "spiritual world". Therefore, looking at oneself, it is not difficult to realize how much importance is given to spirituality.

A person who embodies these qualities as a whole is literally a spiritual or perfect person. Perfection also encompasses a number of qualities. Wise, feminine, thoughtful and purposeful, physically strong person is a perfect person.

About the perfect person and what is the effect of spirituality on him? The name of man always sounds proud and glorious.

The blood of Adam and Eve beats in the veins of the great being created as a blessing and a miracle of God. More than eight billion people of different ages, languages, religions, traditions, knowledge, lifestyles, worldviews, morals, and even appearances are living in more than 200 countries, large and small. All of them are guided by spirituality. No matter what kind of person he is, he has his own spiritual world. Many understand the spiritual world only as a phenomenon that brings good and calls for harmony.

They rarely imagine that spirituality is just and acceptable. For example, if ten children are born from one parent, they will grow up with ten different qualities. The saying that five hands are not equal is true. One person, whether a king, a scientist, a farmer, or a warrior, performs great deeds for the benefit of the country and leaves a good name, while another person leaves the world with a bad name, having tarnished the name of humanity. Because this kind of person has two different spiritual views. They asked a wise man: - How did you become a wise man? He replied: "I did not practice the deeds of impure and dishonest people." After all, education is the basis of human development. In all times, the question of an educated, enlightened, virtuous, polite, selfless, perfect person for the country was considered an important issue.

A spiritually perfect person will never become the hand of his ego. He prefers to live by honest work. He does not understand the accumulation of wealth as the meaning of life, the purpose of living. There is little objection here. So what is nafs itself? Lust is the result of human relationships. Nafs (Lust) knows that there is eternal life and that there is life hereafter. As the society, economy and other aspects develop, the ego goes beyond its limits

and moves forward. Nafs (Lust) is related to the birth of a person. But a person should be able to refrain from letting go of the ego, from leaving its reins to its own discretion. As one scholar said: "It is good to live, and to live well is even better." The final result of all our hard work is to make our life beautiful, to be no less than anyone else in food, drink, clothing and other aspects. The word "restraint" means "Knowing the Norm" in every sphere of human relations. "Knowing the norm" is trying to maintain a circle of humanity. If one bowl of ovkat is delicious, there is no need to eat another bowl of ovkat because it is delicious. Violation of the same norm is harmful to health, leading to accumulation of excess fat in the body. If a person does not understand these situations mentally, he does not know the standard of the soul. It is the transgression of the factor leading to perfection. So there is no human being without spirituality. If it is approached from this point of view, there will be no society and nation without spiritually mature, morally pure and perfect people. A question may arise. Is there a perfect fluffy person? No, of course, the word perfection is a relative concept that comes from the spirit of the times. Man always strives for perfection, as the world, society, and nature are constantly developing, the concept of "perfection" and the related world of humanity will continue to develop and become polished. First President I.A. Karimov says: "Spirituality is the strength of a person, people, society, and state." There will never be happiness in that cargo hold.

Spiritual integrity is manifested in the love of each person for the country where he was born and raised, for his language, religion, cultural heritage, traditions and values, and in his self-sacrifice"[1].

Therefore, the perfection of a person cannot be imagined without spirituality. The development of spirituality cannot be understood without the progress of the human society. One is closely related to the other. For this, everyone should be active in social processes.

A real person does not put his own interest above the interest of the people, he always cares for the people.

Beautiful qualities in a person (for example, moral) do not arise by themselves, on the contrary, they are manifested in the interaction between people. People can be different by nature, there are those whose hearts are as wide as a river, pure as spring water, generous, kind, man-eaters, who do not know what cake is. Because the environment surrounding him had such good qualities. There are also such types of people who are arrogant, self-interested, give advice, and keep a cake. Such people are spiritually poor.

Young people's attitude to study, work, behavior, and dressing culture is not at the top level. Family, parents, neighborhood and other authorities seem to have lost focus on this issue. Wearing tight pants and exposing them up to the navel (of girls) is completely incompatible with the Uzbek mentality. At such a time, the society should think about the appropriate guidelines.

At the same time, in the following years, activities such as family readings, going to the library and using it by young people, reading newspapers and magazines, going to the

theater, cinema, clubs and museums cannot be considered satisfactory. However, Central Asia has long been considered a center of enlightenment. Our scholars created the alphabets and writings of foreign nations. Mahmud al-Zamakhshari created the Arabic alphabet and script. He himself taught Arabs the Arabic language. There are thousands of such examples. The relations of our young people, who are growing up in such a land, cannot be left as such. This is the unpardonable sin.

Conclusion

For spiritually mature young people who are coming of age today, following the trend of pluralism, learning it perfectly - allows us to reach the world level, introduce our Motherland, our people, our nation to the world. For now, such young people are few in number. In fact, it is impossible to achieve all the achievements at once. Little by little, young people of Uzbekistan are showing their potential on the world stage.

References

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