

Formation Of High Spiritual Qualities In Youth

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Abstract

In this article, the authors provide ways to use national and universal values in the formation of high spiritual qualities in young people, in shaping them into perfect human beings.

Key words: *reform, harmoniously developed generation, upbringing, high spirituality, personal upbringing, purpose, happiness, dignity, heroism, honesty, purity, universal values, national and spiritual values.*

1. Introduction

All the reforms being carried out in our country today are aimed at educating a harmoniously developed generation, a person of high spirituality, which has risen to the level of state policy. Therefore, one of the urgent tasks today is to train qualified personnel through the application of achievements in modern science, technology, engineering and manufacturing to the education system. Due to the fact that all the educational work carried out in our country is aimed at educating young people as highly spiritual people, our young people, like the youth of developed countries, are able to participate in the most prestigious events in the world. The President of the Republic of Uzbekistan Shavkat Miromonovich Mirziyoyev, in his speech on the occasion of the 24th anniversary of the Constitution of the Republic of Uzbekistan, said: "It is unfortunate for a people to strive for a definite goal, to be rich, to be happy and honored, to be brave or to be weakly humiliated," he said. to bear the burden, to be neglected, to be enslaved and enslaved depends on the upbringing they received from their parents as children "[1]

Therefore, Shavkat Miromonovich Mirziyoyev constantly pays great attention to the further improvement of this system, saying that the formation of young people with high spiritual qualities is today's demand. The formation of young people with high spiritual qualities is not a spontaneous process, it is necessary to create all the conditions for it.

Today, in shaping the young generation, whose hearts are full of beautiful feelings, in the embrace of high spiritual qualities, it is necessary to educate young people with physically healthy, mentally alert, open-minded, intelligent and entrepreneurial knowledge. In this sense, paying attention to the following ideas, recognized in the work of the first President of the Republic of Uzbekistan IA Karimov "High spirituality is an invincible force" will help us to achieve our goal. "Spirituality is the incomparable power that purifies a person spiritually, encourages him to grow in heart, strengthens his inner world, strengthens his will, unites his faith, awakens his conscience, is the criterion of all his views" [2]. Hence, the goal set in the formation of high spiritual qualities in young people can be achieved by carrying out the following work. To do this, the following work must be done. These are:

- education - moving towards a specific goal in education;
- Orientation of young people to become rich through honesty and purity;
- show ways to be happy, honorable, respectful throughout their lives;
- to get used to living with the virtue of spiritual heroism throughout his life;
- to teach spiritual purification throughout life;
- show young people how to grow a heart;
- Explain to young people that enriching their inner world is a guarantee of a happy life;
- Explain to young people the need to strengthen the will;
- to help young people understand the true meaning of faith and belief.

We work on the principle that the goal must be clear in guiding young people to spiritual maturity. For example, in it, today the whole world is under the influence of the coronavirus disaster, which has become difficult. This catastrophe has forced so many people to say goodbye to this beautiful life. It has taken them away from us. We understand how important it is to do the above to help the state in such a difficult situation. What is the purpose of keeping children at home, of course, not to infect children with this virus. You see, when a goal is set clearly, it becomes so easy to follow.

One of the next pressing issues is to guide these young people to become rich through honesty and purity. Our people have been doing this for a long time. Enriching young people in an honest and clean way is a benefit for the state, family and society. This category of people is well aware that they must constantly fulfill their duty to the state, family, society. With this in mind, it is a good idea to explain to young people in a timely manner what is being done today. For example, thousands of families have been affected by the coronavirus, contributing to the spread of the disease. On such days, the assistance provided by entrepreneurs to needy families is exciting. Explaining this to young people will not only instill in them a sense of wealth, but also shape them into people who will be able to stand by the people in the future and help them in difficult situations.

There is one more thing to pay attention to in shaping young people with high spiritual qualities and to find ways to implement it. In doing so, we are working to create opportunities for young people to live happily, honorably, respectfully throughout their lives, and to show them how not to miss this opportunity. Is there anyone who doesn't want to live a happy, dignified, respectful life? It is foolish to ask. Of course everyone wants to be happy. As we said, wanting doesn't mean you're happy. The wish must be fulfilled. To do this, arousing a sense of envy towards people who are living happily is an important factor.

Havas is a feeling of pleasure that results from people being very interested in something and reacting accordingly. Therefore, it is necessary to arouse in the minds and hearts of every young person a feeling of envy for loving parents. In doing so, it is expedient to do the following in the family, preschools, secondary schools, specialized schools, tutoring schools, colleges, technical schools, lyceums and higher education. will be. These are:

First, the children in the family need to be clearly explained the role of the parents. For example, it is necessary to constantly explain that parents are the head of the family, that their leadership should not be taken lightly, that responding to the work ordered by the parents will help them to have a better life in the future.

Second, it must be constantly felt that parents want the best for their children, that their future is bright.

We know from history that our ancestors have come a long and difficult way with endurance, patience and high spirituality. We know that in each stage of the development of human society a system of spiritual education has been formed and systematized, which has its own appearance. As a result, science and technology have developed in a unique way at each stage of the development of society. However, there are cases when young people are attracted to their ideas by people with foreign ideas. The only way to protect young people from foreign ideas is to form a high level of spirituality, spiritual worldview of young people.

Today, in the effective organization of educational processes, it is expedient to use the spiritual heritage of our great ancestors. Their joint efforts to educate the younger generation are commendable. Therefore, given the fact that the further revitalization of the system of role models in the promotion of creative ideas among young people is of great importance today, we consider it important to form a highly spiritual person.

The solution to such pressing problems can be achieved through the coordination of family, educational institutions and community activities. To do this, it is necessary to pay attention to the historical roots of the spirituality of our people. An important tool in this is the creation of patterns on the native land.

Basically, it is based on ancient stone inscriptions, legends, myths, stories and epics, that is, folklore, folk applied arts, folk action games. For example, the legends and epics about Spitamen, Alpomish, Gorogly, Tomaris and Shirak, which we all love to read, call on the younger generation to show patriotism, courage, friendship, loyalty, fidelity, devotion to the bright, independent future of the country.

In view of the above, it would be expedient if we pay attention to the following in the upbringing of high-spirited youth. These are:

- Folklore;
- the creations of our great figures;
- Creators of today;
- It is important to equip young people with high human qualities by addressing the activities of people respected by the people. For example, in the Avesto, one of the oldest written sources, we can rely on a number of ideas about the upbringing of a highly spiritual person. For example, in this century, "Good thought. We can meet the criteria of humanity in life, the basic inseparable trinity of morality, such as "Good words, good deeds." Each of these three moral units can be recognized as an important spiritual nourishment in shaping young people as highly spiritual individuals.

In the formation of young people as a highly spiritual person, it is necessary to use the humanist ideas of the thinker in a timely manner. Throughout his life, Mir Alisher Navoi condemned aggression, violence and advocated justice, peace, and encouraged people to live in peace and friendship. Reading works dedicated to the creative work, not only watching performances and movies, but also analyzing its educational value with young people, human qualities begin to sprout in the hearts of the younger generation.

In Abdullah Avloni's "Turkish Gulistan or Morality", morality is "a science that calls people to goodness and turns them away from evil." The importance of national and universal values is also taught by explaining to children the correctness of the idea that this science should be based on the expression of "the goodness of good behavior, the badness of bad behavior with evidence and examples" [3]. In shaping young people as highly spiritual individuals based on national values, attention should be paid to the following. These are:

- unconditional respect for national values;
- Proud to be a child of the Uzbek nation;
- understanding of their place in society;
- Belief in the creative ideas of our nation;
- Continuous contribution to national development;
- pride in ancestors;
- enrichment of national thinking;
- Upbringing of young people as highly spiritual people is achieved through respect for the values of other nations.

In shaping the youth as a person of high spirituality on the basis of national values:

- formation of healthy mental activity in young people on the basis of national and spiritual values;
- teaching young people to approach all aspects of social life with human qualities;
- Encouraging young people to be spiritually strong on the basis of national and spiritual values;
- Formation of a high spiritual worldview through topics relevant to the psyche of young people;
- formation of reading skills and competencies in young people;
- Revealing the work done by young people to enrich their spiritual world;
- voluntary upbringing of young people on the basis of national and spiritual values;
- instilling in young people a sense of justice and love in the educational process;
- In order to cultivate young people as highly spiritual people, they must be given the opportunity to bring to the fore the feelings of devotion to the motherland, love for the people, the priority of the

family.

Great figures had high spirituality. In order to set an example for young people in their lives, a teacher, a mentor, a coach must have set the example system in the right direction. Most importantly, in setting an example for young people in the activities of these great people, we will establish a system of effective use of information and telecommunications in the educational process.

For example, what human qualities should a highly spiritual person possess? - A documentary film about the activities of a number of thinkers, such as Mir Alisher Navoiy, Babur, Abdulla Avloni.

At the end of the film, students are asked to comment on the content of the film. There will be a question and answer session on the moral and economic value of the work done. The work done by the thinkers is asked and exchanged views on what they have personally given to themselves and their families in this period, in this class, in this audience.

- Did you understand the idea of this film?
- What made you feel about the events in the film?
- Do you understand why a person needs enlightenment?
- What is your impression of scientific research in the Orient?
- Did you see this film and understand what high spirituality is capable of?
- Questions such as what a high spirituality should be, students' knowledge, worldview and insights in this area are determined.

In the process of education, it is important to pay attention to the fact that in the formation of young people as highly spiritual people, it is important to teach them to make an objective assessment of what is happening today from a human point of view. For example, in the family we need to form a high moral taste and level of respect for parents. Let's say you get up in the morning and say hello at a high level. Where to say hello - oh, hello, how are you, father. Or, than to say that I went to work, Mother, I have never left you, but I have to go to work, please pray, thank you ..., do not be bored, tell me what you like, mother - a thousand times better. Therefore, in the formation of young people with high spiritual qualities from childhood, high spiritual qualities are gradually formed by focusing on the simple ways of speaking that occur in the process of everyday life. For example, in this process, the answers to the questions focus on short, clear, spiritually rich, well-founded factors.

In this case:

- 1) What do you do when you get up in the morning?
- 2) How does your day start?
- 3) What do you do if your mother scolds you?
- 4) How do you respond to parental advice?
- 5) Your attitude towards your friend?
- 6) Do you help your sister or brother?
- 7) Do you help older people?
- 8) Is it a virtue of gratitude?
- 9) Do you read books?
- 10) Do you work on yourself? Through questions like, we were able to determine the levels of formation of the spiritual worldview of young people.

In inculcating national and spiritual values in the minds of young people through modern educational tools, great attention is paid to the fact that the information provided by teachers is analyzed by monitoring the level of understanding and mastery of its educational aspects. Therefore, the proposed technologies provide an opportunity to educate young people who are able to meet today's requirements, to display in themselves a high level of spiritual qualities. There are:

- In the process of inculcating national and universal values in the minds of young people, their inner

- world is refreshed and their hearts begin to grow spiritually;
- National and universal values create conditions for the formation of a conscious attitude of young people to social life;
 - National and universal values encourage young people to grow spiritually and enrich their human qualities;
 - National and spiritual values increase the flexibility of students in social life, create opportunities for communication;
 - National-spiritual values create in students the desire to be a person of high spirituality.

In the process of such work, educators treat each child with great respect:

- develops students as socially active people who can draw important conclusions and make important decisions independently;
- develops students as a person of high spiritual image through the system of role models.

In educating the younger generation as a person of high spirituality, it is necessary to be diligent in daily life, to be selfless every day, to never give up, to raise this quality to the level of a rule of life, to say the least, that not everyone can do it. If I say that a person needs a great heart and a strong will, I think I will not be mistaken. I am always proud to have lived with my contemporaries, to have had spiritual courage throughout my life and career, to have been in touch with mature people in all respects. ” [2] High spiritual outlook, high spiritual taste, high spiritual knowledge are important pedagogical processes in inculcating the ideas in the minds of young people.

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