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The Role of Spiritual Factors in the Development of Ideal Immunity in Children

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ABSTRACT

The role of spiritual factors in the development of ideal immunity in adolescents. The author focuses on the spiritual factors of the problem. In particular, the role of spiritual values in enhancing the spiritual qualities of young people is analyzed.

Keywords:

Youth, Ideological Immunity, Spiritual Values, Cultural Factors, Society, Values, Young People, Analyzed.

In the context of renewed Uzbekistan, it is important to pay attention to the development of ideological immunity in young people as a topical issue of our time. To this end, raising the intellectual potential of young people, ensuring physical and spiritual harmony in young people is an important task of our time. President of Uzbekistan Shavkat Mirziyoyev: "It is no secret that today the perfect mastery of modern science and high technologies is becoming a decisive condition for the development of any state and society. Deeply aware of this fact, we are mobilizing all our efforts and opportunities for the young generation to grow up both physically and spiritually harmoniously "[Mirziyoyev, Sh.Tom.4.2020.-P.442.]

According to Sultan Murad, "National ideology is not something that is formed in a year or two, or even in a year or two. As long as the Uzbek people have at least three thousand years of national history, national statehood, it

means that the national ideology has passed at least as many historical paths "[Sultanmurod Olim,,: 2001.-P.7.]

The national and spiritual values created by our ancestors are determined by respect for the motherland, loyalty to the memory of generations, respect for adults, respect for the little ones, modesty, and so on.

After the independence of Uzbekistan, the development plans of the country, the issues of the future were on the agenda, the need to pay attention not only to the economic aspects of development, but also to the spirituality.

"Spirituality is the strength of a person, a people, a society, a state," said the First President I. Karimov. "Spirituality is a powerful force that encourages spiritual purification and ascension, enriches a person's inner world, strengthens his faith and awakens his conscience." This definition of spirituality, given by our President, reflects the many facets

and importance of the concept of spirituality in its content and essence.

At the heart of the term "spirituality" is the Arabic word "meaning", which expresses the essence of such expressions as meaning, content. Spirituality is a broad concept that is extremely difficult to express in a single sentence. Spirituality is focused on the human heart, the inner side, and reflects the fact that man, as a conscious being, is the possessor of intelligence. Even when man is called the flower of nature, he is meant to be able to form himself as the possessor of high spirituality.

If material pleasures and riches provide a person with physical nourishment and strength, then spirituality leads him to spiritual purification and perfection as a human being.

It should be noted that all conditions are being created in our country for the young generation to grow up on the basis of high moral standards. "Today, we see that the rights and interests of young people are taken into account in all spheres of life - health or education, economy or small business, leadership, culture and sports. It is impossible to bring up a mature person without spirituality. Because the memory of ancestors, national pride, love for the motherland, respect for parents, devotion to independence, a sense of childhood, human qualities, which are necessary for every step of life, are absorbed into his consciousness and become the meaning of life. It is known that in youth a person becomes curious and aspiring. Directing these aspirations to spiritual perfection is a crucial and urgent issue in ensuring a bright future not only for these young men and women, but for society as a whole. After all, spirituality has always been a unique blessing that leads man to perfection. In this sense, we are not mistaken in saying that even today, spirituality is the power of salvation, spirituality is the divine light. This fact has a deeper meaning, especially for young people who are stepping into life with great hopes, looking at it only with a pure and spotless look, and moving forward.

Indeed, the respect of our youth for the past, the cultural heritage, means, first of all, the respect and kindness shown to the people, who

were its creators and developers. The future of a nation that looks with great attention and respect to its past history, culture, historical heritage and national traditions will be bright. The better we know and respect our past, the deeper and more perfect our understanding of the present, the prospects and significance of our independence.

Educating young people in the spirit of devotion to traditional values and inculcating in their minds the programmatic aspects of the National Idea also instills in them such qualities as patriotism, humanity, loyalty and national pride. is important in the development of ing. "Strengthening independence raises a number of issues and tasks related to the fundamental historical turning point in the political, economic, cultural and spiritual spheres of society. requires reliance on it in construction "[Ergashev, I.2005.B.178.]

These spiritual renewals in our society are also shaping the spirit of a positive attitude towards our values among our youth, which is very important today, when the foundations of civil society are being formed.

"After gaining independence, the idea of national independence acquires a special character, which is reflected in the tasks ahead of it," he said. During this period, it serves to ideologically ensure the strengthening of the political, socio-economic, legal and spiritual foundations of the independence achieved. This common task includes the tasks of active inculcation of independence in the social consciousness, restoration of national values, customs and traditions, as well as comprehensive development "[Ochildiev, A.2004.B.15.]. while it plays an important role, its theoretical foundations must also be addressed. After all, referring to the theoretical foundations of our values, the use of universal values in the ideological upbringing of our youth will undoubtedly give positive results. It is necessary to understand more deeply that it is very important to enrich the minds of the people of the time, especially the youth.

The centuries-old history of human life proves once again that it is impossible to think of a perfect man without ensuring that the notions of spiritual values are embodied in the

minds of people. As noted in I. Karimov's book "Uzbekistan as a threat to security, conditions of stability and guarantees of development on the threshold of the XXI century", "Cultural values and spiritual heritage of the people have served as a powerful source of spirituality for the peoples of the East for thousands of years." After all, the history of the nation plays an invaluable role in the formation of a sense of love for the Motherland in the hearts of young people in the understanding of national identity. The sense of homeland is intertwined with spiritual values. We must recognize that a sense of attitude towards spiritual values is not just about passion, mood, as well as mood. On the contrary, it depends on the level of spiritual and enlightenment maturity of the people. Indeed, a deep understanding of spiritual values strengthens the sense of homeland. At the same time, the more young people know about the Motherland, the deeper they understand and respect spiritual values, the stronger their ideological immunity develops.

Thus, while the universal values in the system of values embody the ideals of humanity, it is important to use these aspects in the development of ideological immunity in the minds of our youth.

In particular, the role and influence of fine arts in the implementation of these tasks is incomparable. Through this sphere, young people can enjoy the spiritual, moral, cultural values of the people, the riches of world civilization. It reflects the life of creative people, our glorious history, the bright pages of our modern life, noble deeds, activities in the implementation of the national idea.

It also achieves a healthy ideological environment in the creative world through effective discussion, objective criticism and analysis. Most importantly, the task of educating a spiritually rich person who has matured in all respects is fulfilled. One of the main goals of our national ideology is to bring up a full-fledged human being. provides an opportunity to apply them in practice.

A free civil society can be built only by people who are spiritually mature, have noble ideas and life beliefs. Therefore, in our renewed society, special attention should be paid to the

upbringing of a healthy young generation, the formation of moral values of a free citizen, the development of independent thinking youth through spiritual and educational work. Spiritually mature young people will fight hard against sectarianism, ethnic divisions, national solidarity, cooperation and solidarity, mutual friendship.

There is no field in human life in which there is no need for spirituality. As the future is in the hands of the youth, the spiritual values and level of cultural maturity of each nation are seen in the youth, any civilized state cares about the fate of the younger generation, the formation of its spirituality and culture

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The President of the Republic, our government pays special attention to this area. The Law of the Republic of Uzbekistan "On Education" also pays special attention to educating the younger generation in the spirit of spiritual and enlightenment values, as evidenced by the spiritual activities carried out in higher and public education institutions, youth, mahallas. Spiritual and enlightenment events on "Girls' chastity", "Female Entrepreneur", "Female participant of society" are based on the history, traditions and customs of our people and play an important role in instilling in young people respect for our national values. Because of spiritual values, the will acquires a patriotic content. A spiritually strong person does not fly to false ideas and does not stray into the path of inhuman goals. Opportunities are being created for the younger generation to grow up strong-willed, proud of all forms of subsistence, proud and educated, broad-minded and creative.

At the present time, the contradictions between different ideologies and doctrines are intensifying, and the conquest of human

consciousness and thinking is leading to armed conflicts. Their main goal is to promote inhuman degradation among young people, to discredit our spiritual values. Today's conditions of democratic development require high spiritual wealth of the members of our society, especially the youth. It is well known that tolerance as a socio-philosophical concept is a priority of such qualities as a fair approach to people, the environment, reality, as well as members of society, mutual kindness, mutual understanding and support.

Tolerance, as an integral part of our national values, is necessary in developing the spiritual and moral qualities of young people and ensuring the stability of ideological immunity in their minds.

It is well known that values are "... related to the life, lifestyle, past, future and social environment of a particular nation, people and peoples. They are called national values "[Nazarov, Q.2004.bb.136].

Ideological immunity is a necessary feature in the human heart and mind and plays an important role in human moral perfection. This aspect is also closely related to spiritual factors. Therefore:

1. More promotion of aspects that serve to improve the spirituality of young people in our national values;

2. Focusing on the aspects of our ancestors' "Avesto" ideas, "good thoughts, good words and good deeds" that the world is a struggle between good and evil, and that good always wins, and goodness is a factor that raises man to the level of personality. broad access to value models;

3. To promote the features of courage, bravery, heroism and patriotism of our ancestors in the "Turkish Khanate" (V-VI centuries AD), which serve the self-awareness of young people. In particular, Jaloliddin Manguberdi and Temurmaliq's heroism against the invasion of Genghis Khan, the creative and patriotic qualities of our ancestors in the Timurid era, the aspirations of our people to independence and freedom in the country under Tsarist Russia and the Bolsheviks are important cultural objects, including historical museums.

Also, one of the most important tasks today is to pay more attention to the spiritual factors in the development of ideological immunity in young people, to show in the hearts of young people the courageous images of our great ancestors and to form feelings of courage.

This means that it is more important than ever in today's developing civil society institutions to reflect in the examples of artistic creativity the qualities of courage, bravery, nobility, loyalty and love that are characteristic of our ancestors.

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