



FORMATION OF SPIRITUAL AND MORAL VALUES IN YOUNG PEOPLE THROUGH THE DEVELOPMENT OF READING CULTURE

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Abstract:

In this article, the author examines the processes of forming spiritual and moral values in young people through the development of a reading culture. The relevance of the topic is due to the need to strengthen moral guidelines in the conditions of modern society, characterized by rapid changes and global challenges. Key aspects of reading culture are described, such as the choice of literature, participation in reading aloud and the organization of clubs of interest. The findings indicate that the development of a reading culture plays an important role in the formation of stable spiritual and moral values, which, in turn, contributes to social harmony and cultural identity.

Keywords: Spirituality, morality, culture, youth, devaluation of cultural values, spiritual depersonalization, reading culture

INTRODUCTION

Reading is not just a way to obtain information or entertainment; it is a deep and multifaceted process that can significantly enrich our spiritual life. Reading promotes the development of self-knowledge. Fiction, philosophical treatises, spiritual texts – all these genres help people look inside themselves, understand their feelings, thoughts and life principles. Through the heroes of books, we can experience various emotions, which opens up new horizons of awareness and understanding of ourselves. Reading spiritual books often becomes a catalyst for deep reflection and spiritual development. Reading develops the ability to empathy, which is also an important part of spiritual growth. Immersing ourselves in the lives of characters, we learn to understand and feel other people. This skill makes us more sensitive and responsive to the suffering and joys of others, which contributes to the integration of the values of kindness and empathy into our lives.

The role of reading culture is huge and very important! If culture is static and scalar by nature, in physics terms, then reading culture enlivens it, gives colour to it, makes it multifaceted and multifaceted. Reading, being a substructure of culture, enriches, nourishes and expands (spreads) it – the emergence of various literary genres, the diversity of multinational book products, translations of books from one language to another. That is, the development of

reading (book) culture is directly proportional to the development of culture itself.

And spirituality gives culture a vector, directs it. Directs it towards humanity, goodness, beauty, mercy, nobility and decency.

Being one of the main components of culture, reading culture promotes and develops culture itself and its integral part – spirituality. Spiritual values are the attitudes of the individual, which are the fundamental elements of value orientations. They indicate their socio-cultural, human significance, regulate the conscious activity and behaviour of a person, give them a moral character and orient the personality to achieve the highest ideals [1].

THE MAIN PART

Spiritual and moral education and training of young people are processes that shape consciousness and behaviour in society in the spirit of universal ideals. Modern researchers convincingly show that their integrity in the vision of moral beauty, in its versatile development, social preparedness of a young person, in his maturity of judgement, in a multifaceted and broad perception and evaluation of the most complex life processes, in the ability to master and apply the riches of world culture. World culture, which includes reading culture, has a special humanistic property of influencing human consciousness. It is one of the most powerful means of shaping a young personality, with a profound aesthetic, intellectual and moral impact. The formation of adolescents, boys and



girls interest in reading, is carried out in all age periods and is the main task of the pedagogical process in the formation of personality. This is an integrated process of formation of spiritual and ethical qualities of the reader's personality.

Morality is instilled in children in childhood with the first books. By means of books, cultural values, rules of behaviour in society are passed on to the child, and the child is introduced to the cultural and historical heritage. In a word, the formation of a person as an independent personality occurs through the education of spiritual and moral values [2].

How are spirituality and morality formed in a child?

L.Kohlberg distinguishes three stages of assimilation of spiritual and moral values.

At the first stage, the child begins to have the rudiments of elementary morality, based on obedience to elders. The child, following the instructions and requirements of his elders, copies them, thus adapting to the environment. At this stage, the child is not yet aware of moral principles. His behaviour is still regulated from the outside, by his elders.

In many people (even adults) at this (child) stage moral development stops. (Is not the reason for unwillingness to read, not to mention high spiritual and moral intentions, the lack of a moral core, infantile behaviour, dependence of behaviour on external influences?). The main guiding motive for following moral principles in such a person is the fear of punishment for their violation.

The second stage is the period of conventional morality. This morality is connected with the public opinion of others. What will people say about me? This type of morality, as the main regulator, governs the behaviour of a person throughout his life. The guiding motive for such behaviour is honour and shame.

The third stage is characterised by the formation of a more perfect type of morality – autonomous morality (moral self-regulation of behaviour). This type of morality does not depend on the opinion of others and is inside the individual. Moral actions come from the needs of the person himself. The guiding motive of such behaviour is conscience [3]. This morality is inherent in decent, kind and compassionate people.

Outstanding pedagogues, scientists and thinkers of the past centuries A.Yugnaki, Al-Farabi, Biruni, Ibn Sina, Y.Hajib, J.Rumi, A.Zhami, D.Davani, A.Navoi, H.Kashifi in their scientific works and literary works wrote about the importance of the role of

spirituality and morality in the education of the younger generation. For them, spiritual and moral values were associated with religion, knowledge, education, high culture, acquired by a young person in the process of education and upbringing. Being unique representatives of their era and standing at the forefront of the development of the Uzbek state, the future of the young generation was very important to them. Especially their spiritual and moral qualities.

Philosopher N. Shamsitdinova quotes Ibn Sina describing the development of morality in a child: 'When a child is weaned, his education and moral upbringing begin. Bad traits can quickly pick up and overpower a young child, and bad habits will begin to dominate. If he falls under this influence, it is very difficult to get rid of them and fight them later on. All moral traits, good or bad, are acquired, and a man has the opportunity, before he develops a firm character, to retain these traits in himself. But he can exercise willpower and resist them.' [4].

Ibn Sina, continues N. Shamsitdinova, "speaks of the importance of the presence of an older person in this period for a child, who can help him to instil 'good traits', resist 'bad ones', show willpower, and eradicate bad habits.

The culture of reading is closely connected with human spirituality and morality. The culture of reading is the most important perspective of morality, spirituality, intelligence, creativity, resilience and self-realisation of a person, enabling their limitless development. In his wonderful work 'The Birth of a Citizen' V. Sukhomlinsky noted that real reading is reading that captivates the mind and heart. That the book 'heals the soul and body', rejoices, opens the beauty of the world, teaches [5].

A person who reads is markedly different from a non-reader. Proof of this is the results of studies conducted in different countries, collected and analysed by the famous scientist-book historian S. Plotnikov [6].

According to the findings of his research, active readers (Homo Legens):

- think in categories, grasp the whole and identify complex and contradictory interrelationships of phenomena;
- adequately assess the situation and more quickly find the right way out of difficult situations;
- have a large memory capacity and active creative imagination;
- master speech more quickly and have a rich vocabulary;
- formulate their thoughts accurately;



- have easy contact with strangers, are free, relaxed and pleasant in communication;
- are independent, internally free, self-reliant;
- in actions and relations with other people are oriented on personal spiritual and moral values;

Thus, reading culture is able to change the inner world of man, its content and nature, contributing to both spiritual and social development.

This is how humanity begins to undergo the deepest transformation - we are moving from the world of text, conceptual thinking, logic and analytics to the world of images, ready-made stamps, gifs and SMS.

According to L.Kohlberg's research, which was cited above, the spirituality of such people due to underdeveloped consciousness, young age, lack of life experience and practice, has not even reached the second level, conventional - 'What will people think about me?'. Spirituality remained at the first level, at the level of elementary morality.

CONCLUSION

The modern world often leaves little time for reflection and introspection. Reading offers the opportunity to disconnect from the outside world, delve into a text, and spend time reflecting on what has been read. This process can lead to inner discovery and spiritual peace, allowing us to comprehend important aspects of life and our existence. Reading is a path that can lead to profound inner change and spiritual development. It opens new horizons of understanding, helps in self-knowledge, and strengthens the connection with ourselves and the world around us. In our quest for spirituality, reading can become a reliable companion that helps us find meaning, harmony, and inspiration at every step of our journey.

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