

The Influence of Literature and Language on the Psychological and Spiritual Development of the Individual in the Family

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Abstract. *This article discusses one of the great values of the Uzbek people, which has been preserved from ancient times to the present day and has never lost its significance, namely, the high level of respect for parents and the influence of literature and language on the development of the spirituality of the family.*

Key words: *Nation, law, rule, psychology, spirituality, family, society, value, upbringing, education.*

The Uzbek family has its own internal rules, moral and spiritual criteria that are not visible from the outside. Below, we have found it necessary to dwell on some of them, the necessary ones for marriage. We hope that this will be useful for young people who are about to start a family.

We must always remember that the future of our country depends on how the younger generation is brought up, what spiritual qualities it will acquire, how actively our children will approach life, what lofty goals they will serve, and we must always care and fight for the harmonious spiritual world of our children, for their spiritual and moral maturity, and for their physical health.

The future begins today. If we do not pay attention to the issue of education now, the future will be lost. Spiritual and moral purification, faith, honesty, piety, honor, kindness, and such truly human qualities do not come by themselves. Education is the basis of everything.

According to family etiquette, adults do not appear openly to children, children who have reached puberty, and daughters-in-law to adults, do not act like children, do not speak shamelessly. They do not go out in their home clothes. The Uzbek family has many virtues, which are not stipulated in laws, but have procedures and requirements that have become the values of our nation. It is both a duty and a duty for our children to assimilate them.

Thus, the family is the main link of society. The upbringing instilled in the family, the concept and imagination given about the Motherland, people, independence, freedom, remain imprinted in the child's tender heart for a lifetime. Only if the family is strong, peaceful, prosperous, and healthy, will stability arise in society. Looking at the issue of the birth of a spiritually and mentally healthy child as the result of the work of a healthy and harmonious family, it is the task of each of us today to form an atmosphere of mutual respect and love, high moral and spiritual values in the family. The role of national and universal values in fulfilling this task is very large. Values are the basis of the development of society, a powerful factor that passes on the successes achieved in the historical development of the nation from generation to generation. Looking back at the stages of historical development, each society and state has not developed without developing and strengthening its national values.

At a videoconference meeting held on January 19, 2021, chaired by the President of the Republic of Uzbekistan Shavkat Mirziyoyev, on issues of radically improving the system of spiritual and educational work and strengthening cooperation between state and public organizations in this regard, they admitted: "If the body of society is the economy, then its soul and spirit are spirituality. Since we have decided to build a new Uzbekistan, we will rely on two strong pillars. The first is a strong economy based on market principles. The second is a strong spirituality based on the rich heritage of our ancestors and national values."

That is why special attention is paid to strengthening the family in our country. In particular, in Chapter 14 of our basic law, entitled "Family", the following provisions can be read:

"Article 63" The family is the basic unit of society and has the right to be protected by society and the state...

Article 64. Parents are obliged to raise and educate their children until they reach adulthood...

Article 65. ...Motherhood and childhood are protected by the state."

The fact that special importance is attached to family relations in our independent Republic can also be seen in the adoption of the "Family Code" at the eleventh session of the Oliy Majlis of the first convocation. The policy of our state aimed at increasing the role of the family will certainly be of great importance in raising the spirituality of our children.

We know that literature and art are an important means of forming and developing the spirituality of a person

There are many factors and means of developing the spirituality of a person. One of the wonderful values of the Uzbek people, which has been preserved from ancient times to the present day and has never lost its significance, is to highly respect and honor parents. For a child, there is no one in the world more loving, dear and reliable than parents. Parents are the support of children, their inexhaustible wealth.

Parents do not spare anything from their children. This is their greatness that nature has bestowed upon them. According to the etiquette of the Uzbek people, it is a sin to pass by the elderly, parents, without greeting them. Appreciating parents, being faithful to their immeasurable, gratifying service for a lifetime, and receiving their blessings are the filial duties of children. This is one of the most important requirements of our national values. As our great grandfather, Hazrat Alisher Navoi, said, respecting parents "...is an obligation for children. Serve them both equally, no matter how much you serve them, consider them as less. It is worth sacrificing your head for your father and giving your whole body for your mother! If you want both of your worlds to be prosperous, seek the consent of these two people! Consider one of them the moon, the other the sun, who illuminate you day and night. "Do not write anything beyond their words, do not step a single step beyond the line they have drawn. Perform all your duties with decency, and be as modest as the "dol" in the word "adab."

We must admit that during the Soviet era, our national values of respecting the elderly and parents began to fade a little. It is noticeable that some of our young people are losing such high spiritual qualities as respecting their elders, enlightened elders, and listening to their advice. Perhaps people of other nationalities do not pay much attention to this, but we, Uzbeks, cannot help but feel it.

It is unacceptable that parents with children who are still alive live in homes for the elderly. We hear about cases of raising a hand against parents, and even more serious crimes! This is not a simple defect, but a complete humiliation, trampling on our national values of tolerance, and losing our humanity. It is natural to ask what is the basis, root, and reason for such vile incidents that tarnish our national values and the honor of the Uzbek people.

During the Soviet era, instead of promoting the teachings, admonitions, and wonderful traditions of our ancestors, they were criticized, vilified, and considered heresy and superstition. Our heritage in national education was not studied or promoted. Instead, we praised and promoted the European and Russian models of education, depriving our youth of our national values. Because of this, we began to lose the invaluable wealth of education that has stood the test of life, such as religious and moral,

family, blood-neighborhood, and neighborhood-village influence. Thanks to our independence, these were put to an end, and significant work is being done to eliminate such negative vices.

It is a joyful event that our values, which glorify a person as a human being, make him morally, spiritually beautiful and perfect, such as respect for elders, compassion for younger ones, respect for parents, and devotion to children, are beginning to take root in the hearts of people, especially young people. The main law of the independent Republic of Uzbekistan - the Constitution - defines the human duties and responsibilities of children to society, family, and parents based on the basic ideas and principles of our national values. Article 66 of it states that adult, able-bodied children are obliged to take care of their parents.

Therefore, it is the duty of every child to respect his parents and his responsibility to society. It is both an obligation and a duty for all of us to follow the following Eastern requirements of respecting parents. It is necessary to feed parents, keep them clean and dressed, take them to the doctor when they are sick, bring them the necessary medicine, always ask about their health and well-being, and not to say "uh" in front of parents. It is necessary not to do anything that parents disapprove of, do not drink vodka, do not join bad people, do not do it and do not join. When walking on the street, do not walk before your father, do not reach for food or the table before your father, do not sit before your father, and do not sit in a race before your father. It is not our etiquette to stretch out our legs and lean on our father. It is the duty of a child to respond to his parents with a smile when they call him, and to respond to them immediately without hesitation, no matter what they are doing. Then the parents will be pleased with their child. A child who receives the parents' approval will be blessed, his work will go well, and he will achieve the goals he has set for himself.

Even if a child whose parents are not happy runs until late, his work will not be blessed, one will not become two. There is a lot of wisdom in getting the parents' approval and blessing when getting married. All of the above is a handful of gold, a treasure for us. It means laying the foundation for our future life. This world is a world of returns, what you sow is what you reap, what you do to your parents, it will come back to you from your children. If this is also a law of nature, then no wonder!

Now, let us cite some instructive thoughts from the hadiths about the greatness of respecting parents. "If a Muslim child visits his parents in the morning with the hope of reward, Allah Almighty will open two doors of Paradise for him. If he visits one of them, He will open one door of Paradise for him. Allah Almighty will not be pleased with a child until he pleases whichever of his parents he offends"; "Whoever pleases his parents, he will be granted a tree in Paradise and Allah Almighty will increase his life span"; "The supplication of three categories of people is undoubtedly acceptable to Allah Almighty: the supplication of an oppressed person, the supplication of a traveler, and the supplication of his parents"; "A child who does not please both of his parents when they are old, or if one of them is not, the other, and does not become a person of Paradise, let him be humiliated, humiliated, and humiliated again"; "Obedience to parents is obedience to God. Sinning before them is the same as sinning before God," and so on.

Above, we discussed the duty of a child to his parents. The duty of parents to their children is also extremely great and responsible. The spiritual character of children in the future largely depends on the parents and the upbringing they give. Every parent must fully feel their paternal and maternal duty to their child, and spiritually understand their responsibility to them.

During the former Soviet era, national and spiritual upbringing was pushed aside for a long time. As a result, it is no secret that parental responsibility in raising children has decreased. However, the upbringing given by parents is of great importance in raising a child, a growing younger generation. It would be useful for every parent to know well that child upbringing is carried out in the following stages.

The first is parenting, that is, raising a child. It should begin before the child is born. That is, it is necessary to take into account the health of the future mother and father, their responsibility for raising a child. This means that parents who want to have a child should take a responsible approach to the fate of their future children and improve their own health.

The second stage is care during pregnancy. This issue is extremely important, extremely significant. In developed countries, it is believed that the period of pregnancy determines 60% of the fate of the future person. Most of the measures taken during this period are taken by parents. The third stage is the period from the birth of the child to the age of 6-7. By this time, the main buds of the child's spirituality are formed. Then the period of care and further development of these spiritual buds begins. Spiritual perfection may begin with the content of the cradle, with dressing the child and feeding him with halal food. As Hazrat Bahauddin Naqshband said, good deeds and deeds in a person are from halal food.

So, if parents feed their child with halal food, that child will grow up spiritually pure and halal. During the Soviet era, we forgot this, did not pay attention to it, and moreover, the system adapted education to its own interests and took it into its own hands.

According to our oldest tradition, the Uzbek family also begins with a wedding. Our people are generous people. They say, "I will give what I have earned to the people and the country." Our people cannot be accused of being fond of weddings. If we were to accuse them, we would be humiliating ourselves. It is not fair to unnecessarily throw stones at our weddings and celebrations. However, a wedding cannot justify the pursuit of false prestige or the use of extravagant spending. It is good that the priority at weddings and celebrations is not competition, but rather the strengthening of the values of generosity and spirituality.

Literature and works of art have such wonderful properties as enriching the spiritual world of the citizens of our independent republic, allowing them to enjoy all the beautiful things. Spiritual, highly artistic, attractive works of literature and art are distinguished by their properties such as finding a way to the hearts of people more quickly, having a strong impact on their aesthetic feelings, and encouraging them to deeply observe life events. Therefore, it is important to use the artistic influence of works of literature and art as much as possible in educating people in a high spiritual and moral spirit.

The power of literature and art lies in its popular and understandable nature, in its ability to emotionally affect the inner - spiritual world of people. It is important to take into account this feature of literature and art in raising a spiritually mature generation.

Widespread use of the rich spiritual heritage of the Uzbek people in spiritual education can be an important factor in increasing its effectiveness and efficiency. In the spiritual education of our youth, the use of the works of our classic poets and writers such as Yusuf Khos Khojib, Ahmad Yugnakiy, Ahmad Yassaviy, Lutfiy, Alisher Navoiy, Abdurakhmon Jomiy, Mashrab, Mukumiy, Furqat, Abdulla Qodiriy, Cholpon, Usman Nasir is of great importance in spiritually enriching their souls and spiritual world. The rich artistic and spiritual heritage they left us is distinguished by its deep philosophical content and moral direction.

The works of our classic artists express the spiritual qualities necessary for a person, such as honesty and purity, fairness, not taking advantage of someone else's rights, not betraying others, humanity, patriotism, hard work, piety, faith, earning a living with an honest meal, and respecting parents, at a high artistic level. In spiritual education, it is also very effective to widely use the works of our writers such as Pirimkol Qodirov, Odil Yakubov, Said Ahmad, Otkir Hoshimov; and poets such as Abdulla Oripov, Erkin Vohidov, Oydin Hojiyeva, and Omon Matchon, and to hold conversations and discussions about works of art, the character, morality, and spiritual world of the heroes in them.

The role, place and importance of theater art in influencing the consciousness and psyche of people in spiritual education, the scope of its influence is unlimited. We can liken theater art to a double-edged sword. With one side, it brings light into the hearts of people, directs them towards high spirituality, and with the other side, it fights against ignorance, ignorance, that is, lack of spirituality and ignorance in the human heart.

Theater art, like other types of art, has the property of emotionally influencing the human heart with its figurative and artistic nature, penetrating deeply into its spiritual world, thereby enriching its spiritual world. Strengthening independence, educating people in the spirit of high spirituality is the

need of the time to effectively use this feature of theater art. Unfortunately, it is surprising that our people, including our youth, are not sufficiently interested in theater, cinema, or other forms of art.

Theater is a space that vividly reflects our reality, the lives, aspirations, interests, and actions of our people. It is distinguished by its ability to affect the human heart through words, music, and actions at the same time. Therefore, the use of this feature of theater and cinema in spiritual education will undoubtedly be very effective. It is only necessary to use them effectively.

Special attention should be paid to the use of television opportunities to help such works reach people's hearts. Just as our people eagerly await programs like "The Words of the Fathers - the Eye of the Mind," they need high-quality literature and works of art that encourage spiritual elevation, that is, promote courage and nobility, spiritual beauty and moral purity, grandeur, elegance and spiritual values. Because they not only elevate our spirituality, but also are one of the main means of inspiring our youth to acquire knowledge, develop the nation and homeland, show selflessness, and give pleasure and inspiration.

It is also necessary to highlight the practical work of the Republican Council for Spirituality and Enlightenment in carrying out educational work and instilling the ideas of national independence in the minds of our youth. Effective work is being carried out in its branches in the regions and in the city of Tashkent.

In particular, very important work is being carried out, such as organizing meetings of prominent literary and artistic figures of our Republic with student youth, organizing various scientific and practical conferences with the participation of prominent scientists. It should be especially noted that scientific and popular scientific pamphlets devoted to issues of spirituality, upbringing and education are being printed and widely promoted among young people. This council, with its activities, is making its contribution to the general work being carried out in our country in the field of upbringing. The conclusion is that, as our wise people say, we should start raising a child before he is even born, in the unity of the father, mother and all family members. Everything in the universe is created in pairs. Living in pairs is a law and a requirement of nature. But living in a family is unique among all creatures, only to the human race.

The family is the first and primary unit, a particle of society. Society is made up of these small particles. A husband and wife are a third world, a union of two living beings, two worlds. If the family is peaceful and harmonious, the world is peaceful and prosperous. Otherwise, marriage turns into hell, the family becomes a prison, and not only the husband and wife themselves, but also their children and loved ones suffer from this. The family should be based on purity and innocence, mutual love, loyalty and fidelity. This is an important factor in raising children.

In conclusion, spiritual education is the most urgent issue of our time. All intellectuals of our country - teachers, journalists, writers, doctors, artists, all leaders - are equally responsible for this work. Only if we effectively use all the opportunities and means available to us to conduct education in our country at the level of modern requirements, will it be possible to achieve the upbringing of highly spiritual youth.

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