



EXPRESSION OF ISSUES OF IMPROVING THE CULTURE OF LIFE IN ISLAM

Akbarova Marguba Adilovna
Andijan State University

Teacher at the Department of Theory of Civil Society

Annotation

This article discusses the expression of the issues of raising the culture of life in Islam.

Key words: Islamic culture, the Qur'an, the Hadith, religious views in the education of young people, freedom is from faith, human spirituality.

Introduction

A harmoniously developed generation plays an important role in building a democratic state and civil society in our country. Restoring and respecting national values is an important process in educating young people to perfection and creating a healthy social environment, which is the foundation of our future. After all, the social environment is a key factor in the formation of a person as a person throughout his life. It affects the human mind, the renewal of thinking, spiritual and moral maturity. The role of the Holy Qur'an and the Hadith in this is invaluable.

In the upbringing of young people, in addition to religious views, especially in terms of Islamic values, scientific and philosophical approaches were also formed at the same time. These national philosophical views try to approach the problems of the individual and society to the realities of life, based on scientific evidence about the essence of social existence, the foundations of logical thinking, the experience of natural sciences. The services of scientists and thinkers who grew up in our country are of special importance. There have been many great figures in the history of Central Asia who embodied political intelligence, spiritual courage, religious worldview and encyclopedic knowledge. In particular, Imam al-Bukhari, Imam Termezi, Khoja Bahouddin Naqshband, Khoja Ahmad Yassavi, Al-Khwarizmi, Abu Rayhan Beruni, Abu Ali Ibn Sino, Amir Temur, Mirzo Ulugbek, Zahiriddin Muhammad Babur and many other great ancestors have made a great contribution to the development of our culture, have become the national pride of our people. Their names and their contribution to the development of world civilization are now known throughout the world.

These works, which are considered to be invaluable masterpieces of Islamic culture are held in high esteem and are important not only for the physical health of the





younger generation, but also for their spiritual and moral maturity. They encourage man to do good and virtuous deeds and command him to give up bad habits. Islamic upbringing plays an important role in the development of morality and morality, as well as in the development of human spirituality and enlightenment, which glorify the individual as an independent family, duty to parents, spouses and children. Interpersonal relationships, humanity, love, friendship, solidarity, living and working in harmony depend in many ways on moral education.

He pays special attention to the issues of courage, bravery, endurance and strength. Spiritually and physically strong, morally mature people are formed as patriots who can defend their country and homeland from enemies.

In the seventh chapter of Surat al-Imran, the Qur'an says: "O you who believe! (That is, refrain from sins!) As long as you follow the right path, those who go astray will not harm you and you will all return to Allah. Then Allah will inform you of what you used to do." From this surah, it is clear that it is the duty of a true human being to protect oneself from greed, evil, lust and materialism, which are considered vices and to encourage oneself to live only by human qualities. It is known that the basis of Islam is the fulfillment of its five basic fards. These are faith (faith and devotion), prayer, fasting, almsgiving and pilgrimage. Islam means believing in and submitting to the oneness of Allah and devoting oneself to Him with all one's heart and believing in the religious beliefs commanded by Allah.

According to the requirements for prayer:

Clean and honest drinking water,

The place of prayer is clean and tidy.

Clean clothes - clean clothes,

The intention is to know which prayer you are praying.

Time is to perform each prayer on time.

Ghusl (ablution). The conditions of ghusl are to wash the mouth, nose and water all over the body, to wash the hands, to wash the dirty areas, to perform ablutions in an orderly manner, feet, face, neck, ears, hands and elbows, 5 times a day, such as washing before prayer. From the observation of the prevalence of certain diseases in those who regularly pray and those who do not, it is clear that in those who pray: perforation of the rectum, paraproctitis and other purulent diseases are almost non-existent, as well as in them settings bowel movements, hemorrhoids are rare; the biorhythm of defecation is maintained.

In addition, students perform conditional movements 5 times a day: turning their heads left and right, raising their arms, bending, sitting on their knees and so on. As a result, a number of diseases that are common in the elderly, such as osteochondrosis





of the neck and joints, are rare in the elderly who pray. In addition, prayer usually has a positive effect on the nervous system. One stays alert all day.

Fasting has a positive effect on a number of diseases, has a therapeutic effect on obesity, cardiovascular disease, atherosclerosis, gout, etc., relieves stress. As a result, treatment for starvation has become increasingly popular. It is well known that cleanliness is one of the main conditions of health. The Prophet (peace and blessings of Allaah be upon him) said, "Freedom is from faith," meaning that purity is part of the faith and Islam calls people to mass purity. Everything about a person's body, clothing, standing and sitting, etc, should be kept clean. Purification is obligatory before all prayers and washing is the same.

In verses 90-91 of Surat al-Ma'ida, Allah states that alcohol and gambling are forbidden: O you who believe! Alcohol, gambling, idolatry and divination are the work of the devil. Stay away from them until you are saved.

Satan seeks to stir up enmity and hatred among you through alcohol and gambling. And they want to prevent you from the remembrance and prayer of Allah.

Allah says that gambling with vodka is a filthy thing, the work of the devil. Because of these two things, there is a lot of evil and corruption. The dangers of vodka are endless. Vodka makes a person who drinks it unscrupulous. As a result, many families are broken up, often by riots, murders and other crimes. Because of vodka, friends become enemies.

Vodka prevents a person from remembering Allah and praying. Because a drunkard has no mind, how can a fool pray? Prayer depends on the mind. The many negative habits that result from consuming vodka, our young people need to know that Islam was forbidden to Muslims 15 centuries ago in order to protect people from its bad consequences. It is well known that the more we study the Qur'an and the Hadith, the more we realize how deeply the issues of raising the culture of life are expressed in Islam.

References

1. Spirituality: An Explanatory Dictionary of Basic Concepts. - T .: Ghafur Ghulam Publishing House, 2009
2. Mahmudhoja Behbudi. Selected works. - Tashkent: Manaviyat, 2006.
3. Education (encyclopedia for parents and educators). - T .: National Encyclopedia of Uzbekistan|| State Scientific Publishing House, 2010.
4. Quronov M. National education. –Tashkent: Manaviyat, 2007. -248 p.
5. Kholmatova M. Culture of family relations and upbringing of a healthy generation. - Tashkent: Uzbekistan, 2000.





6. Жамолдиновна, Б. М. (2020). Лингвокультурологические научные направления и интерпретация языка и культуры в современной лингвистике. Вестник Приамурского государственного университета им. Шолом-Алейхема, (3 (40)), 104-115.
7. Bekiyeva, M. J. K. (2022). DEVELOPMENT OF LINGUOCULTUROLOGY AND INTERPRETATION OF LANGUAGE AND CULTURE IN MODERN LINGUISTICS. Central Asian Research Journal for Interdisciplinary Studies (CARJIS), 2(1), 93-102.
8. Oblanazarovna, S. N. (2022). Psycholinguistics One of The Modern Branches of Linguistics. Eurasian Journal of Learning and Academic Teaching, 4, 277-280.
9. Bekiyeva, M. J. Q. (2022). Frazeologiya bo'limining mustaqil fan bo'lib shakllanishi. Science and Education, 3(1), 393-399.
10. Jamoldinovna, B. M. (2020). Lingvokulturologiyaning tadqiqot obyekti, predmeti, maqsadi va vazifalari. Интернаука, 18(147 часть 3), 69.
11. Bekiyeva, M. J. Q. (2022). FRAZEOLOGIK BIRLIKLAR OBRAZLILIK VA EMOTSIONAL-EKSPRESSIVLIKNI YUZAGA KELITIRUVCHI ENG MUHIM VOSITA. Oriental renaissance: Innovative, educational, natural and social sciences, 2(1), 650-655.
12. The development of literature, art and culture is an important basis for the development of the spiritual world of our people. Speech by President Shavkat Mirziyoyev at a meeting with representatives of the creative intelligentsia of Uzbekistan. // "People's Word" newspaper, August 4, 2017, No. 153.

