



THE PHYSICAL AND SPIRITUAL WELL-BEING OF THE YOUNGER GENERATION IN THE DESTINY OF THE NATION

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Annotation

In this regard, it is analyzed as a component of the restoration of national values, a sense of self-awareness and the upbringing of harmonious development.

Keywords: Self-awareness, spirituality, culture, generational upbringing.

Our government is developing Resolutions, Concepts, decrees, orders, documents on the development of culture and art, which are based on the tasks aimed at peace, development of the Motherland, education of a perfect human being, meeting the interests and needs of the people. The interpretation of these concepts involves important creative and organizational processes, in which cultural workers and representatives of the arts have a great responsibility. Cultural workers need special knowledge, skills, abilities and hard work in the formation of such qualities as the spiritual development of the population, increasing their cultural knowledge, encouraging them to live a clean and honest life, to have a strong faith. The main purpose of the organization of spiritual and educational work is to widely promote and popularize the best examples of national and world cultures, spiritual upbringing of the younger generation, modern youth, the nation, history, humanity. to awaken and preserve respect, to take an active part in spiritual and enlightenment reforms. Indeed, in order to preserve the originality and uniqueness of peoples, historically formed ancient national cultures, arts and folk art, to bring together and enrich each other national traditions and customs that have existed for hundreds of years, It is worth emphasizing the importance of spiritual and educational work to create an atmosphere of mutual respect between people of different nationalities and ethnic groups. Expanding the concepts of spiritual, enlightenment, moral, educational significance in the minds of people, becoming an active member of society, love of country, peace, appreciation of independence - the formation of the concept of culture in the minds of young people, art, creativity is done by awakening kindness. Indeed, we all know that raising spirituality is one of the most important tasks of today. It is even more important to form a harmoniously developed generation based on the spiritual heritage of the youth, which is the foundation of the future. Because the





future of our country, the achievement of the great goals facing our people, depends, first of all, on our youth, on their development into full-fledged human beings. From this point of view, one of the most important tasks is to achieve the effectiveness of spiritual, educational, moral and educational work in the education of a perfect person. Spirituality requires a person to live according to certain rules. Because where there is discipline, there is meaning. The need to organize life in a certain order encourages us to count time and appreciate it. Even the appreciation of time is reflected in the proverbs and wise sayings of the Uzbek people. For example: "Your time is gone, your money is gone", "Time is a fair judge", "Opportunity flows" []such as proverbs and sayings. So, the influence of time on a person's life, his activity, his worldview is very strong, and therefore, the effective use of time, the calculation of time, the calculation of it, means the correct use of spiritual life. It is understood that every minute of it is optimally distributed. There is no room for idleness and boredom when a person's daily life is organized on a solid basis. It is no coincidence that the French writer Stendhal once said, "Unemployment is the mother of boredom." Idleness and boredom make a person prone to commit various crimes, such as drunkenness, drunkenness, and immorality. It is self-evident that while free time is more valuable to someone than gold and serves its spiritual upliftment, for someone else, it is a whimpering of one's own will and will to the abyss. leading disaster. The physical and spiritual development and intellectual potential of the younger generation play an important role in the development of society, the destiny of the country and the nation. As the head of our state Shavkat Mirziyoyev noted, "Today, when the world is changing rapidly and various new threats and dangers are emerging that threaten the stability and sustainable development of peoples, spirituality and enlightenment, moral education, youth education , it is more important than ever to focus on the pursuit of perfection. Number of important documents on improving the state youth policy, protection of the rights and interests of young people, creating the necessary conditions for their harmonious development, adopted in the Action Strategy for the five key areas of development of the Republic of Uzbekistan, were adopted. , practical work has been done, certain results have been achieved. However, the work to be done in this area is always large-scale and remains relevant. Meaningful organization of leisure time of the younger generation, their broad involvement in the profession, assistance in their formation as individuals, involvement in clubs, the use of resources of educational value in them, conscious approach to the issues of etiquette, morality, social development, making them knowledgeable, educated, equipping them with spirituality, making a perfect. Tasks aimed at educating people can be the basis for the skillful organization of cultural events. Now to celebrate high





results through the ideologically correct organization of our circles, organized under the auspices of citizens' assemblies, to spend people's free time meaningfully and productively, to continue targeted actions aimed at specific goals is focused. The Resolution of the President of the Republic of Uzbekistan dated July 28, 2017 "On increasing the effectiveness of spiritual and educational work and raising the development of the industry to a new level" states that "today the globalization process is intensifying, a new threat to peace and stability. The risks are growing. Such a complex and dangerous situation requires a critical assessment of the work done in the field and the improvement of its activities in line with modern requirements. In particular, the education of young people in families, neighborhoods and educational institutions, the superficial conduct of targeted ideological and educational work with unorganized youth in remote areas and neighborhoods, misguidance of crime, religious extremism and terrorism, disregard for national values. , advocacy work to prevent negative situations, such as early marriage and divorce, often do not yield the expected results, "he said, offering suggestions and recommendations for its improvement: Comprehensive coverage of the complex geopolitical and ideological processes taking place in the world, effective ideological fight against terrorism, religious extremism, bigotry, separatism, human trafficking, "mass culture", drug trafficking and other threats. to go "; Development and implementation of a comprehensive system of measures aimed at eliminating internal threats to the sustainable development of our society - indifference to the fate of the people, localism, tribalism, family values and neglect of youth education; to form a healthy worldview in young people, including reading skills, to increase the culture of rational use of the Internet, information and communication technologies, to strengthen their ideological immunity against ideological and information attacks. Uzbek commitment to identity will make Uzbekistan the spiritual capital of the 21st century.

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