



THE SCIENTIFIC BASIS OF FORMING THE CONCEPT OF SPIRITUAL MATURITY AND ENLIGHTENMENT IN YOUTH

Rajabova Shaxinabonu Yunus qizi

Student of SamSIFL

Abstract: *Today, the worldview of young people, innovative ways of spiritual education, and the reforms being carried out in this regard are reflected in their formation as a well-rounded person.*

Key words: *the inner world of a person, a powerful inner force that strengthens one's faith and belief, awakens one's conscience, one's inner world, thinking and outlook, morals and manners...*

Islam Karimov, the first President of the Republic of Uzbekistan, in his work entitled "High spirituality is an invincible power": "Spirituality is a person's inner world, which strengthens his will, strengthens his faith, awakens his conscience. "The incomparable power that he exerts is the criterion of all his views." Human spirituality is formed by satisfying his spiritual needs. Human needs begin to form from infancy. That is why human needs and the process of satisfying them are important. Needs are human abilities to consume.

Therefore, it is possible to influence the process of formation of needs, consumption abilities of a person, educate, manage, and change those formed. When a person develops the ability to consume, use, and use any delicacy, needs for these things arise. This process is especially acute among young people. For example, people who do not use tobacco and alcohol do not need them. For example, needs for mass culture can enter only because of the information about them and the allowed conditions. Needs are manifested in a person as a need for something, have the appearance of a vital necessity.

People should deeply study and analyze the essence of their needs, the means and processes of their satisfaction. Only learning, knowing the results of consumption and use of the gifts that satisfy human needs (gifts of nature, products of social production) leads to positive results in the development of life. Spiritual needs are no exception. Formation of the spiritual needs of young people is one of the most important tasks in raising a mature generation. If needs are a sign of life, spiritual needs are a sign of a person's sociality and humanity.

Spirituality is only a human characteristic. Spirituality, as a spiritual, intellectual, moral value, embodies the inner world of the nation, people, every person, thinking and outlook, morals and manners, that is, all human qualities.



For example, spirituality is defined as a powerful inner force that enriches the inner world of a person, invites him to spiritual purification and elevation, strengthens his faith and belief, and awakens his conscience.

Spirituality is usually formed through education and education. For this reason, the power of human spirituality depends on enlightenment. Enlightenment means knowing, knowing knowledge. Knowledge is in worldly, religious, philosophical (wisdom) directions.

Various knowledge and information about nature, society and human essence is called enlightenment. Enlightened people are called spiritual if they use their knowledge for the future and happiness of man and society. Human spirituality is formed as a result of life experience, knowledge, the environment and the example of other people. The spirituality of the individual is a part of the spirituality of the nation, society, and state. Spirituality develops on the basis of multifaceted relationships between people, conditions and opportunities in the life of society. At the same time, spirituality is the basis of relations between people imbued with high moral standards, legal criteria, justice based on ideological beliefs, humanity, and honesty.

In the hearts, minds, and thoughts of our youth, it is necessary to form the need to realize national pride, to love the Motherland from the heart, the dear place where the family, neighborhood, navel blood was spilled. Inculcation of qualities specific to these qualities in the process of formation of spiritual needs of young people is one of the psychologically and pedagogically complex and long-term urgent problems. The following methods can be used to justify the spiritual needs of young people:

1. Monitoring method - monitoring each object in terms of time, place, condition and other parameters, analyzing it within a specific period, and conditionally determining measures will be effective. This method requires great care and patience from the pedagogue.

2. Work product, data analysis is a necessary method from a scientific point of view. It is possible to get information and make the necessary conclusions about the student through his documents and, first of all, the results of the methods that describe him, used against him before, his work product (prepared independent works, biographies, creative actions, etc.).

3. Interview is the most effective way to clarify the situation that caused doubt during the observation process. A well-planned interview gives an opportunity to learn about the mental state of the student and to check the observation method. The ability to use this method depends on the skill of the pedagogue. For example,



in order to identify negative mental changes, it is necessary to be able to distinguish them from positive ones, that is, the pedagogue should be aware of the psychology of youth.

4. Methodological experience – a method used to have the desired effect based on the results of the collected observations, the information obtained during the interview, it is very complex and requires serious preparation. It is advisable to use the experimental method in coordination with the psychologist of the educational institution and under his supervision. Experimentation has its own requirements and laws, and is carried out based on a separate event plan.

5. Questionnaire is a question-and-answer, open investigation for students, and this method requires additional investigations and analysis. The results may not always be convincing.

6. Test is a test. It is very difficult for those who do not have psychological balance to perceive, and it is a method that is carried out by blind choice by those who do not have their own opinion and knowledge. Taking into account that the mind and outlook of young people are not fully developed, general tests may not give the desired results. To use this method, the topic must be very clear, focused, and the questions and answers must be carefully prepared.

7. Correctional – development methods – are used for the purpose of eliminating and correcting identified negative psychological acquisitions, developing positive qualities, abilities and talents of students. It can be conducted in different fields and on different topics. These techniques, performed with good preparation, will give the desired results.

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