



## THE CONCEPT OF SPIRITUALITY, THE METHODOLOGICAL BASIS OF ITS EDUCATIONAL SIGNIFICANCE

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**Annotation:** This article explores the concept of spirituality and its educational significance from a methodological perspective. It analyzes the essence, structure, and functions of spirituality as a key factor in shaping an individual's moral character and worldview. The study also highlights the theoretical and methodological foundations of spiritual education, including its principles, approaches, and tools. Particular attention is given to the role of spirituality in fostering ethical values, social responsibility, and national identity in the context of modern society.

**Keywords:** spirituality, moral education, methodology, values, personal development, ethical upbringing, national identity, worldview, pedagogical approaches, social responsibility.

Today, the issue of spirituality has become one of the main issues of our social life. Thanks to independence, fundamental changes are taking place in our spiritual life. From the first days of independence, enormous and constant attention has been paid to this sphere in our country. The national consciousness and national pride of our people are growing, creating a foundation for further strengthening the spiritual foundation.

"Ma'naviyat" is an Arabic word derived from the verb "ma'no" (meaning): spirit, mind, consciousness, perception, mental state, inner mood, courage, bravery, character, essence, care, and taste of sorrow. Spirituality is the sum of a person's spiritual and intellectual world. Spirituality is a concept that embodies the inner life, spiritual experiences, mental abilities, and perception of society, nation, or individual. Spirituality is the foundation of human and societal culture, the main factor in a certain direction of human and societal life. It has a strong influence on the formation, change, or crisis of a particular system of socio-economic life. If spirituality is enriched, society flourishes, and conversely, if spirituality becomes impoverished, society gradually declines. This is precisely why, during the years of independence, the attitude towards issues of spirituality has fundamentally changed, and great attention is being paid to its enrichment. Without rich spirituality, it is impossible to build a great state. Spirituality is the main factor and foundation of the development of society and the nation.

Spirituality is a broad concept, encompassing the concepts of enlightenment and culture. When the great Alisher Navoi said "people of meaning," he meant a perfect person who has entered the path of truth. Ma'rifat also means knowledge, wisdom, and enlightenment. Thus, spirituality is the spiritual world of a person.

Spirituality is the strength of humanity, the people, society, and the state. Consequently, the higher the spiritual culture of society and people, the faster our homeland, Uzbekistan, will strengthen, and the easier it will be to solve other social problems.

Japan is not flourishing with its mineral resources and land; it remains dominant in the 20th century with its enlightenment and intellectual history. A spiritually impoverished nation never becomes rich. The glory of a person who does not know his rights, does not understand

and does not want to understand the power of his laws is equal to the earth.

The concept of spirituality also includes the concept of enlightenment. The word ma'rifat (plural maorif) is also Arabic, derived from the verb "arafa." It means knowledge, information, acquaintance. In general, its lexical meaning is knowledge. As a term, it refers to a complex of various knowledge and information about the nature of society and man.

Thus, enlightenment means education aimed at increasing people's consciousness, knowledge, and culture.

Spirituality, as mentioned above, also includes the concept of culture. Culture comes from the Arabic word "madina" (city, town). Arabs divided people's lives into two types, one called the Bedouin or desert life, and the other the cultural life. Bedouinism was applied to nomadic peoples living in the steppes and deserts, while civilization was applied to settled peoples living in cities with urban lifestyles. The concept of culture is used in broad and narrow senses.

In a broad sense, the concept of culture reflects the totality of all material and spiritual wealth created by humanity throughout its historical development. In a narrow sense, the term "culture" is used to denote the spiritual life of society.

At the conference held on August 29, 1997, at the 9th session of the Oliy Majlis on the topic "Harmoniously Developed Generation - the Foundation of Uzbekistan's Development," it was stated that "Every nation is strong not only through its underground and surface natural resources, military power, and production potential, but primarily through its high culture and spirituality." Therefore, from the first steps of our country's path to independence, great importance has been attached to the purpose of restoring and further elevating our great spirituality, improving the national education system, strengthening its national foundation, and bringing it to the level of world standards and skills based on harmonization with modern requirements. In general, the adoption of the Law "On Education" and the "National Program for Personnel Training" at the 9th session was a major social and political event. The main goals and objectives of the educational program implementation were defined in detail.

#### **Methods of the methodological base of the "Spirituality" course:**

Dialectical method

Method of comparison and contrast.

Empirical-sociological method (survey, questionnaire, mathematical method)

General logical method (synthesis, abstraction, generality)

Theoretical method (from abstraction to accuracy)

Ethical method (observing the behavior of a group or individual)

Interpretation method

Forecasting method

Informatization method (use of scientific achievements)

Methodological basis:

1. Philosophical analysis, 2. Theoretical analysis, 3. Studies social reality.

Spirituality is one of the main criteria determining the development of society, the maturity of the nation, and the perfection of the individual, because only with the development of spirituality can economic and political stability arise in society, and the country and the nation develop. This, in turn, serves as a necessary foundation for the harmonious development of the individual.

Defining the spiritual and moral foundations of the development of independent

Uzbekistan, he indicates that "Uzbekistan's own path of renewal and development is based on four main foundations" and defines the following.

- adherence to universal values;
- strengthening and developing the spiritual heritage of our people;
- free manifestation of a person's potential;
- patriotism;

The essence of these foundations is also revealed in the work. In particular, "The source of strength and power of independent Uzbekistan is the loyalty of our people to universal values. Our people have cherished and preserved the delicate seeds of justice, peace, good neighborliness, and humanism through the centuries. The highest goal of Uzbekistan's renewal is to revive these traditions, give them new meaning, and create the necessary conditions for peace and democracy, prosperity, culture, freedom of conscience, and the development of every person on our land."

It is emphasized that the spiritual roots of our people are deep, and the need to revive them and enrich them with new content is defined as a strategic task. The main reason we emphasize the need for special attention to this issue is that the author creatively develops the idea of restoring our spiritual heritage in subsequent works and substantiates that it will be the main direction for the spiritual development of our nation.

In this regard, President Sh.M.Mirziyoyev, reflecting on the issue of spirituality, focuses on the great qualities of our people and draws attention to the peculiarities of humanism inherent in Uzbeks. In addition, emphasizing that today in many regions of the world human values are being destroyed, especially in the context of the pandemic, impatience, aggression, and moods are increasing in many countries, he expressed the opinion that in such a tense situation, as the great thinkers said, the world will be saved by goodness, mercy, and humanity.

For this reason, President Sh.M.Mirziyoyev emphasized: "We must create a new strategy for the system of spiritual education in our country and raise spiritual and educational work among our people, especially young people, to a qualitatively and substantively new level".<sup>1</sup>

"Humanism is an integral quality of the national spirit of the Uzbek people. Cruelty and violence are alien to his nature." Conveying the essence of these very qualities to students should be the focus of the teacher. Because the main sources of our national spirituality are rooted in this. Today's youth must understand the essence of this.

The work also substantiates the role of spirituality in strengthening and developing the spiritual spirit of our people. In particular, "Strengthening and developing the spiritual spirit of our people is the most important task of the state and society in Uzbekistan. Spirituality is such a precious fruit that it has matured in the hearts of our ancient and young people with a sense of understanding their independence and love for freedom in the family of all humanity."

The role of spirituality in national development and the necessity of its assimilation are scientifically substantiated in the work: "Spirituality becomes a powerful force only when it relies on a deep knowledge and understanding of the history of its people, its culture and tasks."

In the process of reading the lecture, the author should explain to the students that the development of national spirituality is defined as a priority task in state policy today by thoroughly explaining the above-mentioned ideas of the President.

In his works, President Sh. Mirziyoyev draws attention to the fact that the revival and

<sup>1</sup> Sh.M.Mirziyoyev "Yangi O'zbekiston strategiyasi" Toshkent: O'zbekiston 2021 227-bet.

development of national spirituality is a priority task of state policy and puts forward the following conceptual idea. He writes: "Those who say that people should first be given material wealth, and then think about spirituality, must be right. Spirituality is the strength and power of the individual, the people, society, and the state. There will never be happiness without him..."<sup>2</sup>

The theoretical and practical significance of this conceptual idea put forward by the President of our country lies in the fact that, firstly, the author also shows the reasons for the socio-political, economic, and spiritual-educational crisis of the former Soviet period, when the development of spirituality was considered a third-level factor. Secondly, he drew attention to the fact that without the development of spirituality, without changing the spiritual and psychological state of the individual, it is impossible to achieve the intended goal in society. Another important conceptual idea is that it is scientifically substantiated that spirituality is the most important criterion of the individual and, at the same time, a huge factor that leads him to perfection, self-awareness, and the realization of his potential.

In the concept of national-spiritual revival, a special place is occupied by substantiating the fact that patriotism is an integral part of the spirituality of the individual. Indeed, anyone who does not love their homeland and does not feel responsible for every inch of its land is considered spiritually impoverished. The teacher should direct students' attention to understanding the essence of this very idea.

In his other works, he creatively developed his concepts devoted to the implementation of the task of national-spiritual revival, enriched them with new content, and defined its new directions in accordance with the needs for solving problems arising at a new stage of our development.

The time has come to seriously study these rare manuscripts, which embody the life experience, religious, moral, and scientific views of our ancestors, accumulated over centuries." "Self-awareness begins with knowledge of history. For a person, being deprived of history means being deprived of life," is aimed at understanding that the need for every compatriot, especially our youth, to deeply study our spiritual heritage is the main task of our national spiritual revival.

Through national ideology, the people unite, set great goals for themselves, and are capable of achieving them. The First President, in turn, clearly defines the task of the national idea: "...the national idea is necessary, first of all, to educate the younger generation in the spirit of patriotism, devotion to the Motherland, to instill in their hearts the qualities of humanism and humaneness, to be a support in our noble work." Today, our country, freed from the totalitarian regime, is taking bold steps towards building a democratic society. Naturally, the transition from one stage of society to another, and moreover, from a society built on the basis of violence to an enlightened, democratic society that serves the freedom and perfection of the individual, will not be easy, since the vices of the old system still persist. They resist with all their might to prolong their lives, and a new society is not built in a short time, but requires a certain amount of time and the selfless work of all people living in it. It is in this process that the organization of people with high moral conviction and patience to solve the problems that arise, the formation of a new society's thinking in their worldview, rises to the level of an

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<sup>2</sup> Prezident Sh.Mirziyoyev "Qonun ustuvorligi va inson manfaatlarini ta'minlash yurt taraqqiyoti v avaxalq farovonligining garovi" Toshkent: O'zbekiston 2016. 31-bet.

important task.

In our country, processes are underway to solve these great problems. To successfully solve them, we must raise and educate the younger generation, who will be the successors of our tomorrow. Therefore, despite the complex nature of the processes of solving difficult economic problems, he identified the development, adoption, and implementation of a personnel training program as his main task and is leading its implementation. In his report at the IX session of the Oliy Majlis, he emphasized the importance of this program. "In short, we all understand that achieving our great goals and noble intentions, the renewal of our society, the progress of our life and the effective fate of our reforms and plans - all of this is closely connected, first of all, with the problem of training highly qualified, conscious, specialist personnel who meet the requirements of the time."

It is necessary to clearly understand the role of spirituality in the development of a person and a nation, as well as in the development of society, and to develop it on this basis, to scientifically analyze its essence and content.

First of all, it should be noted that in the conditions of the former Soviet system, spirituality was not studied in the current state. It is mentioned only as a branch of spiritual culture or in the works of scholars

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