



## THE ROLE OF THE FAMILY IN THE FORMATION OF HUMAN SPIRITUALITY

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**Abstract:** This article highlights the role and significance of the family in the formation of human spirituality. The functions of the family in raising children and its role in transmitting national and universal values from generation to generation are analyzed. It also examines the influence of the spiritual environment in the family, the personal example of parents, and the educational process on the moral, educational, and spiritual maturity of the younger generation. According to the research findings, a healthy family environment is considered a crucial factor in a person's spiritual development.

**Keywords:** spirituality, family, upbringing, values, younger generation, spiritual maturity, moral education, family environment.

The family is a small community formed on the basis of social and natural factors, and the relationship between individuals of both sexes is not only about living together and bearing children, but also about creating conditions for their spiritual and physical development and independent entry into life.

A family arises on the basis of the law of pairs; one man or one woman cannot be a family. After all, a family consists not only of a husband and wife. A family is a multi-generational family consisting of not only husband and wife but also the husband's parents, i.e., father-in-law and mother-in-law, children, brothers, and sisters. Each member has their own status and lives according to the internal discipline of this family. In this sense, the family is a society in the work of society. This society has its own kingdom: in it, in the process of a thousand coincidences, the love of a husband and wife is tested, in the process of this test, they understand each other more deeply, they will be able to appreciate each other, they will be forgiving to each other, they will become husbands and fathers, wives and mothers, they will raise children, they will dream. In this sense, the family gives fullness to a person's life, becomes a source of loyalty as a sacred place of society.

Family management is one of the important factors influencing the internal formation of young people from trust, respect, sincerity, duty, and demandingness to the proximity of family members in managing the life of society. As society develops, the importance of spiritual factors in social development increases, and attention to family upbringing increases.

The family is a sacred place that preserves the continuity of every nation, ensures the development of national values, gives birth to a new generation, educates it spiritually and physically, and is considered the main foundation of society. The family is one of the most beautiful miracles of nature, it is a social unit based on the "natural-biological," economic, legal, spiritual relations inherent in people.

Each family, as a historical and social phenomenon with a long history and deep roots, plays an important role in the development of human society with its unique characteristics.

Sources indicate that for the Uzbek people, the family is the most sacred institution. Most Uzbeks prioritize caring for the well-being of their family, relatives and loved ones, and neighbors, rather than their own personal well-being. This is the highest spiritual value, the pearl of the human soul".

A family guaranteed legal protection should not forget its duties. The most important of these is that one of the qualities that make a family a good family is preparing children for marriage. Indeed, preparing young people for family life in our country is an important condition for ensuring the strength of families. **Therefore, in the "National Program for Personnel Training," special attention is paid to the following issues:**

- the family is the preservation and continuation of family traditions and spiritual and moral heritage;
- the smallest part of society that ensures the growth of a child's cultural, aesthetic, and other needs and a healthy lifestyle;
- the first mentor who forms the foundations of a child's character;
- is the constant advisor and guide of the younger generation in all spheres of life.

Consequently, the strength of the family's foundation is the primary condition for ensuring the solid construction of the foundation and building of society, while its material and spiritual perfection is the foundation of the state and society.

After the country gained independence, ensuring family well-being became one of the priority areas of our government's activities. To this end, important work is being carried out in the following areas, which encompass all issues related to ensuring the strength, well-being, and stability of the family:

- improving the legal foundations of family relations, ensuring the legal protection of family interests, and protecting the rights of motherhood and childhood;
- creating conditions to ensure the social interests of the family, protecting the health of family members, and improving opportunities for raising the level of knowledge;
- creating conditions to ensure the economic interests of the family, increasing family income, the level of employment of family members, and improving household and living conditions. State support for low-income families;
- creating conditions for improving the spiritual and moral foundations and cultural interests of the family;
- increasing the role of the family in raising a healthy, intellectually developed younger generation, and improving the tasks of the family and society in raising a comprehensively developed generation;
- scientific and social research of family problems, collection and improvement of statistical reporting reflecting the economic and social status of families, women, and children.

according to researchers, in the early stages of the emergence of human society, a lifestyle based on group marriage, that is, polygamy (many marriages), in which men and women had irregular sexual relations, was built on the basis of matriarchal, and then patriarchal rule. The development of means of production, changes in society, and the impact of these changes on human consciousness, along with the growth of their thinking, led to the formation of the family and family relations.

Although the family is built and lives on the basis of the laws of society and nature, it remains an independent space in terms of relationships between husband and wife, parents



and children, parents-in-law, brothers-in-law and sisters-in-law, family traditions and values. However, it cannot fail to have a positive or negative impact on the priority ideas and relations of a particular system, state, or society in the socio-economic, ideological, spiritual, and moral spheres.

The family has a number of specific functions, one of the main of which is reproduction, that is, ensuring the birth of children, the continuity of generations, and the historical development of humanity on earth. As the folk saying goes, "A house with children is a bazaar, a house without children is a cemetery," and in a home with children, joy and tranquility prevail. Every day of such a family is meaningful, planned, and purposeful. In most cases, a childless family is restless and fragile.

Another characteristic feature of the family is its nuclear nature. "Nuclear" is a Latin word meaning "nuclear." A family consisting of a husband and wife and children is called a nuclear family.

Another of the family's tasks is the proper management of economic and financial activities.

The family is one of the oldest social organizations. The family lives according to centuries-old traditions and is a reliable support for a person, the core of their spirituality and morality. The family, where a person spends most of their life, plays an exceptionally important role in society. Nowhere is there a social structure without the family and family-relations.

The family, as a historical and social phenomenon, performs a number of tasks in human society and ensures the improvement of both itself and society. The primary function of the family is demographic. In essence, the family is a socio-biological phenomenon arising not only from the regulation of sexual intercourse but also from the need to continue reproduction.

The demographic policy currently being implemented in the world does not leave the Uzbek family indifferent. In particular, the goals of the struggle for a healthy generation, put on the agenda by independence, began to require starting work with a healthy family. This raises the question of family planning. Although family planning refers to the regulation of childbearing, two directions prevail in global demographic policy regarding this issue.

The first direction is voluntary family planning. At the same time, each family decides for itself how many children to have. In economically developed countries, it has become a tradition to limit oneself to having one or two children in a situation where women's educational levels have risen, their employment in production has increased, and medical protection opportunities have expanded. This situation is becoming increasingly acute, especially in European countries. In these countries, demographic policy began to be directed toward stimulating birth rates. Thus, while in Germany and Poland a family with a child is rewarded with a large sum of money at once, in Hungary a woman with a child receives a monthly salary of one hundred percent in the first year and sixty percent in the second. In Greece, a woman receives the same monthly salary at her previous workplace from the day she goes on maternity leave until her child reaches the age of seven and goes to school, and the workplace is also preserved. There is one condition for such a privilege. The condition is that the mother herself must raise her child to be healthy in all respects and prepare them for school. They are selected for the school through a special examination. If the child successfully passes this examination and is admitted to school, the state will give up the salary that the mother has been receiving for seven years, and the mother will continue to work at her previous place of



work. If, on the contrary, she dies, the mother is obliged to return the salary given by the state during the seven years of work.

The second direction is political family planning by the state. Such a demographic policy began to be applied in the countries of Asia, Africa, and Latin America in the mid-20th century. After all, by this time, birth rates in these countries were rising rapidly, and the problem of providing the population with food, clothing, and employment was becoming serious.

The social function of the family is actually manifested on this very ground, in the fact that the family is the unit that gives birth to society and ensures its health. After all, the family is the product of the mutual equality and love of people of two sexes—man and woman—the desire to live and multiply together while understanding each other, and the joint efforts to replenish society and, most importantly, to improve it both economically and spiritually.

Among the most common concepts, morality and spirituality are the same. According to the first point of view, morality is a form of consciousness and "a type of social relations aimed at affirming the self-esteem of the individual, the equality of all people in the pursuit of a happy and decent life, which expresses the ideal of humanity and the humanistic perspective of history," while spirituality is a sphere of practical actions and customs.

The second view views morality as a means of regulating behavior in all spheres of social life (family, labor, politics, etc.) through social norms, social control, socio-psychological coercion, and collective opinion. Spirituality, on the other hand, is the spiritual nature of the individual, their internal choice of humanistic values, and the sphere of personal consciousness. In other words, an individual's spirituality reflects the moral principles of universal social significance that constitute the value foundation of society and the relationships between people.

In the formation of a person as a human being, in finding their place in life, in gaining respect in the work of the country, and in embodying high moral and ethical rules, the family plays a key role. The family is a space where the individual is formed, ensuring the continuity of life, where ethnic culture, customs, and moral-spiritual values are preserved and developed, and where the foundation of economic and spiritual life is laid, which determines the development of society. As the head of our state noted, our people have long considered the family sacred. After all, if the family is united and harmonious, peace and harmony will be achieved in society, and peace and stability will prevail in the state.

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