



The Importance of Building a Strong Need for Spiritual Health in Youth Minds

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Abstract: This article discusses the issue of healthy spiritual needs in human activity and their importance in developing the spiritual development of society. In social development, issues related to the growth of human interests, demands, and needs have been studied and analyzed. It is emphasized that the scientific conclusions of Eastern teachings and thinkers in the spiritual and educational sphere are an important factor and relevance.

Keywords: spirituality, value, social development, society, human demand, thinker, spiritual and educational work, need, interest.

Regardless of which aspect of social development, human interests, requirements, and needs form the basis of all development. Each of these three terms has its own characteristics. For example, while an interest plays an important role in a person's life, it is more transitory, it appears in certain periods of a person's life, and it gives way to another due to the formation of new interests. Interest is only temporary.

Demand plays a big role in human activity. A demand is a phenomenon characterized by a certain persistence in relation to interest and is of vital importance in a person's life. Demand increases in proportion to human development. Demand can be healthy or unhealthy. Although healthy demand exists within the framework of norms and values accepted by society, however, its ever-increasing growth creates an opportunity for individual development. Unhealthy demands are a negative phenomenon that creates a disordered satisfaction of both material and non-material needs of a person, ultimately forming his disrespectful attitude towards the rules and regulations of the society.

Now let's think about the issues related to the question of needs. It is known that need is a natural characteristic that arises on the basis of human requirements. The need includes the material and spiritual power, energy, and informational components necessary for a person's real state of existence, socio-cultural activity. In scientific literature, the concepts of "need" and "interest" are often used as concepts with exactly the same meaning. True, these concepts are close to each other, they are closely related in terms of content. But they should be distinguished as different links in the chain of human activity.

Needs are an important feature of biological and social systems, and it is the conditions necessary for the existence and survival of a certain natural or social object, phenomenon, as well as the attitude towards it. The existence of each system is an indicator that its vital needs are being met.

Community life includes both biological and social needs. Due to this, the social life of a person does not negate the biological aspects, that is, the needs, on the contrary, it improves them. In social life, these two needs are not separate and parallel, but on the contrary, they are closely connected with each other. However, social needs are of primary importance.

The system of social needs has a very broad meaning. Among them, the needs related to science, values, and education are of particular importance. Also, spiritual needs play one of the main roles



in this system. In this sense, it should be noted that the spiritual need is clearly manifested in social, political, philosophical, moral, religious, legal and other directions. It is known that the formation and satisfaction of the spiritual needs of the population is mainly directly related to the satisfaction of the social needs of society. The more quickly and perfectly the social needs of the society are formed and satisfied, it allows to strengthen the material well-being of the population of the country, to ensure socio-ideological stability. Spiritual needs are an important social phenomenon that never stops and is constantly growing. This can be found in all periods of the national development of our country. Indeed, the views and teachings of spirituality and enlightenment throughout humanity have never ceased to evolve.

Scholars and writers who lived and created at one or another stage of the development of human society, taking into account the historical conditions, objective demands and needs of that time, creatively developed and enriched the ideas of spirituality and enlightenment, manners in their works. Our thinkers, who left a huge mark in world history with their education, upbringing, and spiritual-enlightenment discoveries, directly connected spiritual needs with the categories of personal perfection and happiness. Abu Nasr Farabi states that every material thing, without words, came into existence to achieve its own unique career – the highest perfection. The name of this perfection characteristic of man is the most mature happiness.

This happiness unites all the various things that lead to this high perfection. Subtle things are the virtuous arts (crafts) that lead to the most mature happiness. People who willingly and passionately strive to master the profession and achieve perfection in order to educate the people and the people of the city are the owners of real virtues, the real people of art.

Farabi notes that it is impossible to form and satisfy spiritual needs outside of the community of people. Every human being is so constituted by his nature that he needs many things in order to live and reach the highest level of maturity, which he cannot acquire alone, and to acquire them, a community of people is needed. Therefore, it is only through the union of the many people who are necessary for life, who supply and help each other, that man can reach the maturity that his nature seeks. The activities of the members of such a community as a whole provide each of them with what is necessary for survival and maturity. Therefore, human individuals multiply and settle in the inhabited part of the earth, as a result, a human community is created.

Middle-age scholars of the East, with their spiritual-educational and scientific discoveries, always paid special attention to the fact that the development of a person is directly related to their spiritual needs. For example, Abu Ali Ibn Sina in his philosophical teachings on good and evil, justice and injustice, pleasure and pain, chastity, shame and dishonor, generosity and stinginess, wisdom and ignorance, love and hatred, purity and impurity, loyalty and disloyalty. , notes that moral issues such as humility and arrogance, conceit, boasting are important qualities that lead a person to perfection. In Alloma's works "Treatise on Morals", "Treatise on Duty", "On Purity of Self", "Laws of Medicine", "Salomon and Ibsol", "Fountains of Wisdom", the essence of good and bad habits manifested in people's practical activities and their extensive information is provided on the causes of its occurrence. According to him, all good and bad habits arise from habit. At the same time, he says that the influence of government officials on people's good and bad is also great.

It can be seen that the wise thoughts of Eastern thinkers are mainly based on the harmony of science, spirituality and enlightenment issues. In the West, this issue is mainly related to educational issues. In Eastern teachings, the harmony of education, science, culture, and spirituality is actually interpreted as a condition that helps in the formation of healthy spiritual needs. In the works of Abu Rayhan Beruni, in the scientific and educational teachings developed by him, the formation of spiritual needs is considered as an important direction in human activity, especially in



his education. Every scientific conclusion of Alloma is in fact watered with ideas that motivate the formation of the spiritual needs of a person. Here are some of them: “It is possible to give up a science that has no basis”, “Where equality reigns, there will be no treacherous, deceitful passions, sadness”, “Thanks destroys the gift”, “The hearts of ignorant people are prone to superstition”, “Every there is a taste in something new”, “Mardu Maidan becomes such a person that sooner or later harms the enemy and benefits the friend”, “Lies turn a person away from justice, oppression, false testimony, betrayal of trust, taking other people’s property by deception, theft, world and makes good other bad habits that cause the destruction of nations”, such thoughts as “Ignorance is a disease that has no claim” indicate that knowledge is the most important qualities needed to build an enlightened society and educate a perfect person.

Abu Rayhan Beruni’s purmano opinion that “Necessities and needs in human life create their demand for knowledge” is actually like a lamp on the way to educate a person and stabilize the society more spiritually and socially. In fact, this conclusion expressed by the scholar a thousand years ago has not lost its relevance even today. From the above, it can be concluded that today, in the process of building an enlightened society and a new spiritual space in our country, the role of the scientific-cultural, spiritual-enlightenment heritage of the past scholars is increasing in the efforts of people to form spiritual needs and enrich their spiritual world. The teachings created by them are playing the role of a strong spiritual foundation in the establishment of New Uzbekistan. Serious work is being done to build a new society in Uzbekistan today. Undoubtedly, spirituality and enlightenment have an invaluable role in this. In addition, the conflicting situations occurring in the world, inter-civilizational conflicts, the erosion of national and universal values formed over thousands of years, and the increasing number of forms of immorality make the necessity of forming spiritual needs in society members very urgent.

Therefore, today the head of the country treats spirituality and enlightenment as an important factor of saving the society from various ideological and ideological disasters and strengthening social and spiritual stability. In this regard, the special meeting held by the President of Uzbekistan on January 19, 2021 on the fundamental improvement of the system of spiritual and educational affairs and strengthening the cooperation of state and public organizations in this matter should be noted.

At the moment, the importance of the decisions of the head of the country “On the establishment of a special fund for the support of spirituality and creativity” and “On measures to fundamentally improve the system of spiritual and educational work” adopted by the head of the country on March 26, 2021 in the fundamental improvement of the effectiveness of spiritual and educational work in the country it should be noted that it was very large. The work carried out by the Republican Center for Spirituality and Enlightenment, its regional departments and units, in terms of shaping the spiritual needs of our people, is clearly showing its results.

On the occasion of the 32nd anniversary of our country’s independence, the Republican Spirituality and Enlightenment Center and the “Marifat” society of propagandists will organize “For a new life, for a new Uzbekistan!” across the country on August 23-28, 2023. “Festival of Spirituality” was held under the slogan. Within the framework of the festival, 378 spiritual-educational and cultural events were held in neighborhoods, public organizations, enterprises and offices in 102 regions, presentations of “Hours of Enlightenment”, “New Moynoq” book-album, “New Uzbekistan” poster collection, “New Uzbekistan State”, Concert programs such as “Meeting of three generations”, “My first bookshelf”, “National songs and status”, “Motherland anthem”, “Bakhshilar hymn”, as well as many educational projects were implemented. In general, about 130,000 different strata of the population participated in these events.



Undoubtedly, such activities played an important role in the formation of spiritual needs of the population, especially among young people.

The role of reading culture in forming and satisfying the spiritual needs of citizens is extremely important. In this regard, serious work is being carried out by cultural experts, literary experts, library staff, and sociologists. As a result of rapid globalization of today's world, it should be noted that the interest in books among the population, especially among young people, has decreased in a certain sense.

In order to study this issue, a sociological survey was conducted by the research institute "Family and Women". "How do you spend your free time?" the following answers were received from the respondents: 55.3% of the respondents read books in their free time, 14.2% watch TV shows, 11% are busy with housework, 7.5% do sports, 7.1% social watch the networks, 1.6 percent listen to the radio, and 1.4 percent say they go for a walk in cultural and recreational parks. The role of reading culture in forming and satisfying the spiritual needs of citizens is extremely important. In this regard, serious work is being carried out by cultural experts, literary experts, library staff, and sociologists. As a result of rapid globalization of today's world, it should be noted that the interest in books among the population, especially among young people, has decreased in a certain sense.

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These answers can generally be evaluated positively. Because 55.3% of the respondents pay special attention to reading books, it shows that they have healthy spiritual needs.

At the same time, in today's globalization conditions, it should be noted that the factors that negatively affect the formation of the spiritual needs of young people are increasing more and more. This is also confirmed by the sociological surveys conducted by the Institute for the Study of Youth Problems and Training of Prospective Personnel under the Academy of Public Administration under the President of the Republic of Uzbekistan. In fact, the active use of the Internet, the expansion of access to it, along with a number of positive aspects, is also the cause of the emergence of various negative factors in the education of young people, in meeting their spiritual needs. 85 percent of young people who took part in the survey stated that the Internet and social networks are the reason for the destruction of their spiritual world. In addition, 7 percent of respondents said that friends and acquaintances, 5 percent of family, and 3 percent of mass media (foreign movies, TV series, and music videos) influence the deterioration of the spiritual world of young people. Forming a healthy spiritual need among our youth and satisfying it has become one of the most urgent issues today. In a situation where the transformation of values is intensifying and the influence of "mass culture" is increasing, it is important to strengthen reading among our youth, introduce them to culture and art, and find ways to effectively use the science and cultural-educational heritage created by our thinkers for thousands of years. Remains a factor.

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