

## **The Essence of Spirituality in Strengthening Democratic and Strategic Reforms in the Republic of Uzbekistan**

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**Abstract.** *In the strengthening of democratic and strategic reforms in the Republic of Uzbekistan, the spiritual heritage, national values and traditions of our people, and the future of our youth, are of great importance. This article provides information on the development of spiritual awareness in our people and youth, and the formation of immunity against foreign ideas affecting spirituality. We organized a discussion with experienced pedagogues-psychologists in our country about the factors affecting the morale of our youth, and we listened to their opinions. The first president of the Republic of Uzbekistan I. Karimov's work "High Spirituality - Invincible Power" contains the opinions that have gained importance in improving the spiritual maturity of our youth.*

**Keywords:** *Spirituality, spiritual consciousness, thinking, worldview, strategic reforms, spiritual consciousness, respectable person, spiritual heritage, ideological education and training.*

### **Introduction**

Today, the issue of forming the spirituality of free citizens in building the foundations of a new life and a new society in our country is extremely important for us. The results of our large-scale reforms in all spheres of our life indicate that new democratic strategic reforms are being implemented. Until now, democratic reforms are being carried out in our country with openness and transparency in order to increase the morale of the nation and the people. Our President is taking all measures to introduce digitization in all areas in order to further improve the lifestyle of our people. Currently, great attention is being paid to the processes of providing quality education to young people. New international educational programs are being used for the education of our youth. Each of us is responsible for the development of our young people into educated and spiritually mature individuals. Therefore, we should not be indifferent to the future of our youth. President Shavkat Mirziyoyev declared 2024 as the "Year of Youth and Business Support" in the Republic of Uzbekistan. We would not be mistaken if we say that this is a very strong attention to the education and upbringing of our minors, to their health, and to the development of spiritually mature people. Currently, several changes have been made in the educational processes of schools and pre-school educational institutions. It is safe to say that the creation of additional benefits for enrolling students who complete the 11th grade in higher education institutions is one of the greatest opportunities created for these young people. The role of educational institutions and neighborhood is incomparable in raising our children to become educated, intelligent and intelligent, spiritual, enlightened and perfect people. Right now, to increase the legal literacy of our youth, reading contests, sports competitions, intellectual games are being carried out by youth leaders and neighborhood activists in each neighborhood. Through such contests and competitions, we create conditions for our youth to use their free time productively and gain new knowledge. We must raise our children to be loyal to the motherland and help them form their spiritual consciousness. Spiritual consciousness is the formation

of spiritual immunity to reduce external negative effects. That is, in order to protect the minds of our youth from destructive ideas, it is appropriate that we always pay attention to their education, outlook, and mental state. Nowadays, most of our young people use phones. You can get all kinds of necessary and unnecessary information and games through the phone. How developed is the culture of using the phone among our youth? The opinions of experienced pedagogues and psychologists were heard on this question. Many pedagogues spoke about the negative effects of the telephone on the spiritual consciousness of young people. For example, students of school age have a phone and use it during the lesson, hiding it from the teacher. The student's attention is not in the lesson, but on the phone. Some pedagogues said that there is a high probability that this will cause mental retardation (negative effects on thinking, speech, mental state, and health) in young people. Psychologists have come to the conclusion that it has a negative effect on the moral and spiritual development of students. Professional, pedagogical and psychological knowledge are needed from the teacher to impart knowledge to students. Currently, users from all over the world are posting videos on social networks such as YouTube, Telegram, Instagram, Facebook, and Twitter. The question was raised whether all these posted videos will increase the morale of our youth. Most of these videos are videos of teenagers dancing brainlessly, videos that go against our traditional dressing culture. It is a fact that such materials have negative effects on the minds of young people. Today, our young people receive various information not only in educational institutions, but also through media such as radio and television, the press, and the Internet. In such a situation, where the global information space is expanding, not only surrounding the minds of our children, but giving one-sided education that they don't read it, don't see it, surrounding them with an iron wall, without a doubt, not only does not meet the requirements of today's times, but also it does not correspond to our noble goals. That is because, we have firmly set ourselves the task of building an open and free democratic society in our country, and we will never turn back from this path. Another peculiar aspect of the process of globalization is that it has become a very sharp weapon of ideological influence and serves the interests of various political forces and centers in the current environment, which any reasonable person can certainly observe. Speaking about this, I think it is appropriate to repeat some of the points I made earlier. To illustrate, it can be said that today's ideological landfills are more powerful than nuclear landfills. The thing that always urges one to be aware of this issue is that if there is military, economic, political pressure, it can be sensed, seen, prevented, but ideological pressure, its effects and consequences are extremely fast and difficult to catch up with. The first president of the Republic of Uzbekistan, I. Karimov, in his work "High spirituality is an invincible power", he says that "In order to ensure that there is no void in the spiritual world of our youth, it is necessary to form a healthy way of life, respect for national values in the hearts and minds of our youths from childhood". He believes that it should not be forgotten that today, even a small message directed against human spirituality, which at first glance seems insignificant, takes strength from the intensity of globalization in the world of information, and is a huge damage that is invisible, but devastating. But today it is natural for all of us to think about the question of what we should rely on to protect the integrity of the spiritual world of our people, especially our young generation. In the work of our first president, "High spirituality is an invincible power", he states by saying that "in the age where deep changes are taking place in the geopolitical, economic, social, information and communication landscape of the world, and the conflict of different ideologies is becoming acute, it is clear to all of us that, ideas against ideas, thoughts against thoughts, enlightenment against ignorance is more important than ever". I think that in forming the spirituality of our youth, our people, we should improve their outlook and thinking. Destructive ideas never come from educated, spiritual and enlightened, perfect people. We must educate our youth in the spirit of loyalty to the homeland and people, inculcate in them our national traditions, national values and ancient history. First of all, we should educate them to the extent that they can answer the question: Who are our ancestors? We are descendants of the great general Amir Temur, Zahiriddin Muhammad Babur, great thinker Alisher Navoi. We need to educate young people to become mature people who are proud of their ancestors. It is not for nothing that the saying that a nation that has lost its history has no hope for tomorrow's future still goes around. We should raise children worthy of our great grandparents. If we want to glorify our Uzbekistan to the world, glorify its ancient history and bright future, if we

want to keep it forever in the memory of generations, first of all we need to educate great writers, great poets and great artists. We should be proud of our great ancestors. Another important vital factor that directly affects the formation of spirituality is closely related to the education system. We should not neglect the education and upbringing of our children. When we think about it, we remember the deeply meaningful words of Abdulla Awlani: "Education is for us a matter of either life or death, salvation or destruction, of happiness or disaster." As these words of our great enlightened grandfather were important and relevant for our nation at the beginning of the last century, we have witnessed that they are equally important and relevant for us today. This means that it is necessary to carry out the work of education and training in harmony. Education cannot be separated from education, and education cannot be separated from education - this is an oriental view, an oriental philosophy of life. It can be said that the main goal of modern education is to achieve the formation of each person as a spiritually mature, spiritually rich and comprehensively developed person with high human qualities. One of the most important areas of education is ideological education. Secondary education is aimed at inculcating national ideas into the minds of young people, and on the basis of the nation's national-cultural and spiritual-ethical traditions, national values and democratic principles, it is aimed at forming comprehensively developed individuals. It is the source of emotional, cultural, pedagogical and other measures of influence. Ideological education is a long and complex process, which requires: Philosophical, political, legal, aesthetic, moral, artistic, professional knowledge, views and skills of the human mind, human good and evil, virtue and cruelty, must have ideas about the contradictions between creativity and destruction. All education has an ideological content according to its purpose and essence, which is the consistent implementation of some principles and components of ideology in his mind. Therefore, the main tasks of ideological education consist of helping the young generation to form their perspective of the world, to enrich their knowledge, to improve their spiritual world, to develop ideological and moral qualities, to educate young people in the spirit of national independence, patriotism, interethnic harmony, and to implement the principles of democracy and political knowledge. The most important directions of ideological education are ideological and political education that forms the ideological and political qualities of a person of this phenomenon. It strengthens people's confidence in the ideas of freedom and development, serves to hold the place of humanitarian beliefs. One of the important directions of ideological education is work education, which forms in every person a deep respect for conscientious work, for the benefit of the individual and for the common interests, whether it is mental or physical work. Work is the main source of a person's material and spiritual wealth, the main criterion of his social prestige, the basis of the development of a sense of ownership of his property, the results of work. Moral education plays an important role in raising an ideal person, thanks to which a person's moral qualities, high moral consciousness and moral behavior are formed. The task of aesthetic education includes the development of creative abilities of young people in the fields of music, literature, painting, and theater.

## **Conclusion**

In conclusion, it should be said that the importance of spirituality in the strengthening of democratic reforms and strategic reforms in the Republic of Uzbekistan is incomparable. To date, many opportunities and conditions have been created for young people in our country. It is necessary to use these conditions wisely. All nations care about the future of young people. The reason is that the tomorrow of the country is the youth. Therefore, along with parents, teachers, neighborhood activists, and intellectuals, all of us should pay attention to the spiritual maturity, education, and upbringing of young people. We should help them as much as possible to become respectable people in the future, to become a specialist in their profession. Youths are the pillars of our future. The future of our country will be prosperous if we educate our juniors and kids.

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