



THE IMPORTANCE OF READING CULTURE IN THE FORMATION OF A HEALTHY SPIRITUAL CLIMATE IN THE FAMILY

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Abstract: The book is an unquenchable light that illuminates the path of life, a source of happiness that gives meaning to a person's life, a faithful friend who accompanies him in any situation. There is no such powerful tool as a book in ensuring the spiritual perfection of a person. Therefore, since ancient times, the leaders of the enlightenment, the sages called on all mankind to read the book, to learn from it the secrets of science and morality. Today, children are often accused of not reading books. But the need to recommend colorful literature to them also at some point goes unnoticed by parents, teachers, librarians.

Key words: spirituality, family, society, education, reading culture

Introduction. Independence gave the Uzbek people the opportunity to restore their dignity, culture and traditions, religion, language and spirituality, to cultivate national and national thinking, a sense of love for the Motherland. To fulfill this task in shaping the spirituality of the younger generation, it is important to instill in them a sense of love and devotion to their Homeland, their people, to educate in the spirit of national and universal values self-awareness, worldview, way of thinking based on the introduction of national independence into their minds and hearts, to make them aware of the essence of the reforms taking place in our country. From all this follows the need to protect the younger generation from sometimes alien influences, to educate them with faith, conviction, and a broad outlook. Such a generation, of course, is initially brought up in a family environment.

Thus, the future of any state depends on how the younger generation is brought up, because, in the end, the future will be in their hands. The effectiveness of the upbringing of the younger generation is inextricably linked to how early it begins. Especially today, when the spiritual and moral education of the younger generation is dictated by the epoch itself. Thus, the further development of our independent republic, its socio-political, economic and spiritual development directly depends on the young generation entering life at the present time, on their maturity. Consequently, both the prospects of society and the independence of our people require the education and upbringing of comprehensively mature, perfect people.

LITERATURE ANALYSIS AND METHODS

After all, spiritual elevation is the main criterion for the development of society. And the spiritual thinking of a person is determined by its scientific potential, the level of readability. Consequently, the cultural and spiritual maturation of the younger generation also goes back to books and reading. That is why it is so important to educate the younger generation on the ideas of independence and to ensure that they become devoted people of our society. The intensive changes taking place in our social life in recent years, in turn, pose such tasks to families, researchers, scientists directly related to the upbringing of the younger generation, as the development of teaching methods in accordance with the requirements of life, the creation of more effective pedagogical and

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psychological approaches. The family is also responsible for instilling in young people their independence and giving them a complete and perfect knowledge of the history and spirituality of the nation.

It is known that a person's spiritual maturation is formed only in the family and school. Of particular importance in this is the role of the family in shaping the spirituality of young people. This was done by Professor O. Musurmanova-he calls the process of becoming spirituality. Thus, the spirituality of the individual is formed in the family and school, and this spirituality consists of:

Noble qualitative character. This means the growing up of the younger generation, endowed with human qualities.

Decency of a noble quality. Formation of the behavior of the younger generation in accordance with the national mentality.

A healthy worldview. The development of the younger generation in conscious, balanced, educated and conscious worldly progress.

A sense of social activity. The main force is in educating the younger generation as a true continuer of adult work, the true masters of the future.

All this plays an important role in the formation of spirituality.

Results

The Uzbek family has a unique experience in the formation of youth spirituality in the family and school. At the same time , the following can be noted:

The Uzbek family has its own national directions of education;

In the modern family and school, the formation of a person's character occupies an important place;

The Uzbek family is an inexhaustible source of human behavior;

early thinking and the expression of their own independent opinion in young children begin in the family and at school;

this Uzbek family brings up a socially active person for society.

Consequently, the Uzbek family has its own national experience in the formation of the spirituality of the individual.

It has long been considered a sacred duty of parents in the family and school to educate and educate a child. every parent aspired to raise their child more perfect than himself. The first and important criterion of perfection was the acquisition of knowledge. And knowledge is related to reading. It was a long-standing tradition that could not be broken or changed.

After all, the spiritual and moral education of the younger generation is dictated by life itself.

Discussion

The source of knowledge in the Uzbek family is the traditions of reading that have come down to our days. The desire and interest in the book were contained in us as a centuries-old mental legacy from the distant past.

As you know, among the peoples of the Islamic world, the holy scriptures of the Koran and the teachings of the holy hadith occupy an important place. Of these, many examples can be given concerning the issues of teaching a child, preparing him for adulthood. One of the hadiths says that each parent has a number of responsibilities. These are: a good name for boys and girls, physical and spiritual education, schooling, learning a craft, etc

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**SUMMARY AND RECOMMENDATIONS**

For the full-fledged formation of the intellectual potential of students, teachers and parents need to pay attention to the following: intellectual potential and abilities, which are an important factor in development and, above all, based on the upbringing of a healthy generation, should be aimed at its development.

Intellectual potential is understood as a combination of intelligence, consciousness, perseverance, knowledge with enlightenment, spirituality and moral values. Therefore, it is necessary to pay attention to the priority of values in school and family. All this can be done on the basis of modern possibilities of using pedagogical literature.

Ensuring the participation of students and young people in exhibitions, Olympiads, shows, competitions, festivals held in our country and in prestigious countries is one of the main requirements of today.

In order to identify and improve talented youth, coordination of NGO activities and the creation of a Fund to support talented Youth for the practical implementation of the tasks set are of great importance.

In educational institutions, it is necessary to effectively spend students' free time from classes, ensure their constant participation in various circles, training courses and spiritual and educational activities.

The formation of attention to reading in families is the most relevant topic of our time, consonant with socio-economic requirements.

In our research work, exploring pedagogical and psychological aspects, we came to the conclusion that the interests of the individual are taken into account in the course of the lesson, if they are approached individually, if they are involved in extracurricular activities, in subject circles, if contests, excursions are often organized, if modern pedagogical technologies are widely used, and also if in the system covering the types of education, individual ones are taken into account. we believe that its educational value will be higher if it is investigated.

Today, many textbooks and literature are available in electronic form. We never want to deny it. However, using the original state of the book, feeling its temperature with artistic pleasure, allows a person to better understand the information contained in the source. Our main goal in our research work is to teach readers to use literature, guided by modern possibilities and observing a healthy lifestyle. An invitation to the effective use of pedagogical literature, taking into account the youth age.

**Recommendations:**

- First of all, teachers and parents should explain the information about the book to young people in a fascinating way;
- It should not be recommended to the child to choose the right book suitable for his age;
- It is important that he always oversees the training of the correct and proper use of the media;
- When teachers and parents discuss the information of young people about the books they have read, the interest in the book increases even more among the younger generation;
- The reader should know that patience, research, hard work are necessary to achieve every positive achievement. The result of this, of course, should be interpreted under the supervision of parents, teachers. Only then will we be able to fully realize the intellectual potential of future generations.

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The more books are read in the family, the more healthy lifestyle appears in this family.

A parent should always be responsible for the future of their child. A small amount of locomotion over time can lead to irreparable mistakes.

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