



METHODOLOGY FOR FORMING THE SPIRITUAL DEVELOPMENT OF A PERSON ON THE BASIS OF NATIONAL VALUES

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<https://doi.org/10.5281/zenodo.15362058>

Annotation. This research explores the methodology of shaping an individual's spiritual maturity based on national values. The study focuses on the integration of cultural heritage, moral principles, and traditional values into the educational and upbringing processes. It highlights how national values such as patriotism, respect for elders, social responsibility, and moral integrity contribute to the spiritual development of personality. The work also presents practical methods and pedagogical-psychological approaches aimed at enhancing the effectiveness of moral education. The results of the study can be applied in educational institutions, family upbringing, and social development programs to foster spiritually mature and culturally rooted individuals.

Keywords: spiritual development, national values, moral education, personal growth, cultural identity, upbringing, pedagogy, psychological methodology, traditional values, youth education

In the modern era of globalization and rapid social change, the spiritual development of the individual has become a key factor in ensuring the stability, moral strength, and cultural continuity of any society. Spiritual maturity is not only a reflection of personal growth but also a product of deeply rooted national values that shape one's worldview, character, and behavior. National values—such as respect for traditions, family cohesion, patriotism, and social responsibility—play a vital role in forming an individual's moral compass and guiding them toward a meaningful and purposeful life. This study explores the importance of integrating national values into the process of spiritual upbringing and education. It aims to develop and present effective methodologies that foster spiritual maturity through culturally relevant pedagogical and psychological approaches. The research underscores the need for a value-based educational framework that nurtures not only intellectual but also ethical and emotional development, especially among the younger generation.

Methods that help to form spiritual and moral behavior, life experiences in this regard:

1. Formal professional games. In this method, important knowledge about spiritual and moral education is conveyed to students through games. In particular, moral categories are explained based on the life, work and views of





great scholars. Through games such as "Intelligence", "Golden Crown", "Think, Search, Find", "New Idea", "Who is a Teacher", "Educators or Mentors?", students' interests are increased and they begin to understand moral values in depth.

2. Business games. In this method, moral education is carried out in a business environment. Based on questions such as "Is it better to be a smart person or a wise person?", "Who is a scientist or a virtuous person?", students' logical thinking and moral concepts are formed. These games help them to correctly perceive life experiences.

3. Brainstorming. In this method, various training classes are organized to form students' moral views and concepts. In the process of exchanging ideas, the role of the concepts of goodness and justice in human life is highlighted. Students have the opportunity to freely express their thoughts and find a moral approach to various problems.

4. Systematization of thoughts and ideas. In this method, through the struggle of thoughts and ideas, students are explained the need to rely on enlightenment and spirituality to combat ignorance. They understand the importance of being a useful person to society through science and knowledge. They also form their own independent opinions by analyzing different points of view.

5. Debate. In this method, students have the opportunity to argue on spiritual and moral topics. Debates are organized on topics such as "Simple truths", "Are you intellectually capable?", "Who is the perfect generation?", "Who is the perfect person?", "What kind of people are endowed with wisdom?" During the discussions, students' moral understanding deepens and their logical thinking skills develop.

6. Competition. In this method, students have the opportunity to evaluate and test their knowledge. Competitions are organized between groups to understand the path of a person from individuality to personality, from an intelligent person to a wise person and to wisdom. As a result of the competitions, students' spiritual growth and aspirations for personal perfection are stimulated.

7. Preparation of albums and magazines on spiritual and moral topics. In this method, students create albums and magazines based on the thoughts, views and teachings of our great ancestors. This process allows them to study the lives and scientific heritage of historical figures and to deeply understand





their spiritual values. These journals and albums also play an important role in developing students' creative abilities.

8. Analysis of moral and problematic situations. This method is aimed at explaining how creative and destructive ideas affect a person, family, society and the state. Problem situations taken from real life are analyzed with the participation of students, and in this process, important conclusions are drawn aimed at developing their moral consciousness. Through this method, students develop the skills of moral assessment of social phenomena in society.

Thus, methods and means of moral and ethical education, as well as their purposeful use, are considered one of the solid foundations for the formation of a mature generation.

Independence is playing an important role in raising the morale of people, which is noticeable in the fronts of our Republic. In particular, it is becoming increasingly important to carry out work to explain the essence of the State Program "Perfect Generation" to the general public.

In order to raise young people as a perfect generation, it is necessary to use the rich spiritual heritage of our ancestors.

It is necessary to make extensive use of the potential of information and telecommunications in instilling national values in the minds of primary school students. This is also reflected in the Law "On Education", which must be implemented.

As is known, our ancestors considered the upbringing of a harmonious generation to be their most important task. Folk pedagogy, which takes into account the basic principles of education, taking into account the systematic development of a person, has been developing and improving for centuries. People with such a dream are the wise men of countries that belong to ancient enlightenment and spirituality - the most reliable intellectuals, and their life path plays the role of an example in this regard. Among them, our great ancestors who lived in our Motherland, called Uzbekistan, have a significant place. There is a lot of evidence from our history in raising a well-rounded generation. Including, the teachings of the Zoroastrians through their holy book "Avesta", the medicine of Ibn Sina, the encyclopedic teachings of Abu Rayhan Beruni and Al-Khwarizmi, Ulugbek's organization of the universe and public education, the naming of celestial bodies after Al-Farghani and Mirzo Ulugbek, Alisher Navoi's teachings on justice, or the teachings of Imam Bukhari, at-Tirmidhi, Ahmad Yassawi, Naqshbandi and others. The hadith sciences of the Kabyles or the statecraft of Amir Temur, the enlightenment of Babur and the





educational reforms, that is, the teachings of the "House of Wisdom" in the "Hatti Baburiy" and the "Ma'mun Academy", all had the main goal of raising the future generation to be literate - enlightened, spiritually and physically healthy.

"Among the academic scholars was the talented hakim, philosopher, and linguist Ismail Jurjani." He served in the court of the kings of Khorezm for 30 years, becoming the most famous judge of his time, the second Ibn Sina. The idea put forward in Birgina Farabi's work "The City of Virtuous People" is that every citizen of society, regardless of their position, position in society, or who they are, should be a virtuous person. The work describes a virtuous person as one who knows all the laws and regulations of his state well, acts on them, thinks positively, is a master of his profession, and if necessary, sacrifices his life for the Motherland. The inhabitants of the city of virtues respect each other. There is oriental tenderness, love, and respect between father and mother and child, teacher and student.

It is necessary to emphasize how high the spiritual level of our ancestors was, and of course, the national-spiritual values themselves are being improved as a result of studying their centuries-old heritage. For this reason, we, the current generation, have no right to forget the rich national-spiritual values even for a minute.

In conclusion, the development of spiritual maturity in individuals cannot be separated from the cultural and moral foundation provided by national values. These values serve as guiding principles that shape personality, promote ethical behavior, and strengthen social cohesion. The research highlights that an effective methodology for spiritual development must be rooted in a nation's historical heritage, traditions, and moral teachings. By incorporating national values into educational and upbringing processes, it is possible to nurture individuals who are not only intellectually capable but also morally responsible and emotionally balanced. Such individuals are better prepared to contribute positively to society and preserve the cultural identity of their nation. Therefore, the implementation of culturally sensitive pedagogical and psychological methods is essential in fostering spiritually mature and socially conscious citizens.

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