

## **FAMILY READING IS THE FOUNDATION OF SPIRITUAL WELL-BEING**

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The dream of every heart is this book of life,  
A book is undoubtedly a soul for those who appreciate it. (H.H. Niyozey)

### **Abstract**

If we look at the development and progress of society and the nation, the role of educated, spiritual and enlightened youth in the development of society is incomparable. One of the main factors that perfectly educate such youth is the book as a means of reading. The most unique discovery created by mankind that lifts us from the earth to the sky, leads us to perfection, brings light and warmth into the hearts of people, helps us to consciously understand the difference between black and white, good and evil, destructive and creative is the book. The book glorifies man, cultivates human virtues such as loving the homeland, humanity, looking at the life one lives with a sense of gratitude, being kind and polite to others, and sharing goodness with people around. The importance of books in human life is immeasurable. They are an unfailing guide that illuminates the path of human life, a source of happiness that gives meaning to human life, and a loyal friend who accompanies us in any situation.

**Keywords:** Interest in books, reading culture, spiritual perfection, successful, educated youth, family environment, family values, spiritual degree.

## Introduction

**The family is a sacred place:** It is there that children mature - the greatest wealth of our society, our family values, passed down from generation to generation, grow with them. Each person has their own spiritual world. The most dear and beloved unforgettable faces, moments, beliefs and values live in this world. The most important point in our life, the center that unites all good is the family. A growing child "absorbs" the main upbringing from the family, parents, grandparents, and adult relatives. It is enough to be an example in raising a child. After all, children learn by observing and imitating. Consequently, children growing up in a family, seeing the love of their elders for books, grow up to be readers.

Our great-grandfathers also emphasized the great importance of books in child education, their importance as an indispensable wing of thought, their importance as a means of high creativity and imagination, and their need to be used effectively. Experts have called the early childhood period of a child's life the "age of miracles." During this period, children are prepared to read books. First, they must master speech skills, listening, and speaking. If we start the process of forming children's interest in books from the family, it will give very positive results, and then continue it in cooperation with the family in preschool educational organizations, the expected result can be effective.

Just as all the criteria for upbringing are formed in the family, the culture of reading will be more effective if it starts from this place. Because, it is not for nothing that the saying "A bird does what it sees in its nest" is said. In a sacred place, it is good for parents to be an example for their children in developing their interest in books and to read books themselves. If parents love books in the family, such children will have a broad worldview and thinking circle, they will grow up to be polite, kind, and try to do good to others as much as possible, think through every word they say and do, in a word, they will try to demonstrate the qualities of a well-rounded person. Systematic implementation of reading in a family environment will further increase the expected effect. Telling Uzbek folk tales to children from a young age instills in them human qualities such as hard work, sincerity, hospitality, as well as concepts such as respect and reverence for national and universal human values. In addition, we introduce our great scholars such as Alisher Navoi, Forabi, Abdulla Avloni, Niyoz, Yusuf Khos Hajji,

Jaloliddin Rumi, and their educationally significant thoughts serve as the main source in child education.

The first educator of a child is his mother. The child receives knowledge and ideas about life, good and evil, primarily at home, and for this, mothers must regularly work on themselves. At home, the child plays, reads books, does homework, helps parents with household chores. Habits formed in the family are preserved for life. The formation of a child as a good, polite, hardworking, healthy person largely depends on the mother. According to scientific research, children who feel the mother's upbringing, her care and affection at every step grow up healthier, smarter, more educated and cheerful than children of mothers who devote themselves entirely to social work and are separated from their children. Another duty of a mother is to interest and teach children from a young age to science and knowledge. A child who is interested in any field of science is one of those who benefit their family, people, and homeland. After all, if mothers do not give their children a good upbringing, if they do not instill in them love for themselves, their nation, their religion, and their homeland, they cannot fulfill their maternal rights. One of the mistakes that some mothers make in today's society is that they think that their child will only receive education from teachers at "preschool" when they go to these institutions. We cannot oppose such limited views of mothers. After all, the comprehensive development of our Motherland is in the hands of these beautiful children.

It is worth noting that only spiritual people can reach great heights in any field. In the 21st century, information technologies are able to sort out the necessary information and data. They are not allowed to influence other people's ideas and be deceived. The encyclopedist Abu Ali ibn Sina said in his works: "I entered the world of light and acquired most of the knowledge I learned only at the age of fourteen, and I devoted the rest of my life to improving the knowledge I received at that age." Indeed, a child's ability to understand and know the world develops by 70% by the age of seven. This period also includes the preschool period. Have you noticed that a child is very greedy for bright colors and news. Monotony quickly bores him. I think that is why various games on the Internet are updated. Smart children are interested in and master new things. Of course, there are many good reasons for this. However, a child does not know much about the difference between good and evil, because his spirituality is not yet fully formed in childhood. The influence of unnecessary, alien destructive ideas, the influence of

cruel games leads to negative changes in the child's psyche, leads to the emergence and growth of eye diseases. In addition, a lifestyle that is not characteristic of the national mentality of our people begins to form. Using such real examples, I propose to jointly promote ways to interest children in literature and reading books from a young age. For this, it is necessary to further strengthen cooperation with local citizens' meetings. In addition, fairy tales are one of the most interesting and widespread genres of children's reading. Fairy tale competitions such as "Song of Love - Alla", "Storyteller Mother", "My Favorite Fairy Tale", "Yangi Ertak" also have a positive effect on the psyche of children. According to the pedagogical and psychological characteristics of children's reading, it can be divided into the following groups:

- Reading for preschool children aged 2-7;
- Reading for primary school students aged 7-12;
- Reading for middle and older children aged 12-17.

As is known, preschool children cannot yet read books on their own, instilling in them a love of books and reading can be carried out mainly with the support of parents and educators of preschool educational organizations. A person with high spirituality has his own opinion, goals, worldview. He loves his homeland, family, parents.

### **How children are raised in different countries?**

South Korea - In Korea, the birth of children is of great importance. Because, in their opinion, children are not only the continuation of the lineage, but also the blessing of fate for the future life, that is, they please the spirits of their ancestors. In Korea, children are under the constant supervision of their parents. In South Korea, women are considered housewives with no work or irregular working hours. According to Dr. Lee Min-hee, "Korean children are extremely attached to their mothers compared to their European and American peers."

In Japan, raising children is considered a woman's duty. Of course, in the 21st century, the traditions of raising children are very different. For example, if earlier women were engaged only in housework, modern Japanese women study, work and travel. However, if a woman decides to become a mother, she must devote herself entirely to the family. Until the child is three years old, the mother should raise him alone and not go to work. The main responsibility of a woman is to be a mother. After all, in Japan there is no system of transferring your responsibilities

to someone else. Moreover, until the child is one year old, the mother and the child are one. Wherever the mother goes, whatever she does, the child should always be with her mother! "Slings", that is, carrying children in slings similar to kangaroo pouches, have existed in Japan for a long time, and their current appearance is a modern, improved form.

America - Family education is also important for Americans. Parents believe that they have a responsibility to spend as much time as possible with their children, even when they are not working, to focus on their success and development. American mothers consider it very important to teach children fun activities, including copying, drawing and making, songs and poems, to arouse children's interest. American mothers value independence and want their children to grow up with a sense of self-confidence, live independently and succeed in life.

Gollandiya - In this country, a child becomes a person from the moment of birth. Children are brought up to be free and bold. Therefore, any child can easily start a conversation with a familiar or unfamiliar person (for example, a bus driver, a shop assistant). Adults, even strangers, communicate with the child with respect. They answer his questions attentively.

Sweden - Parents in Sweden are known around the world for giving their children freedom and treating them as equals. However, there are some things they are very strict about. For example, limiting sweets. Swedish children can only eat sweets on Saturdays.

Italy - Mothers play a key role in raising children. Just as a hen holds her chicks under her wings, she loves to gather her children around the table. That is why, unlike other European countries, in Italy, boys still live with their mothers until they are thirty years old.

In France, it is customary to send children to kindergarten from infancy. Firstly, it gives French women the opportunity to work, and secondly, they adapt to society and grow up to be independent adults from infancy. A French child from the age of 6 goes to school on his own, buys things in a store and is left alone at home. Despite this, the French can live in their parents' house until the age of 30-35 and are in no hurry to start their own family. Although mothers scold their children with their voices, they never beat them. Society protects the rights of children with a number of laws. Parents and guardians are primarily responsible for the development and health of children.

In Germany, great attention is paid to the development of children from the age of 3. Mothers take their children to special development groups once a week at the elementary stage, and several times as they grow older. The goal is to teach them to play in a team, to communicate with each other. Only after the child has attended these groups, he is sent to kindergarten. Because it is easier for the child to get used to kindergarten, and children feel freer here. In kindergarten, children are taught their rights, no one can offend them. This is not only about raising a hand to children, but also about raising the voice of adults and not allowing them to offend them. Since children are taught to get up early, plan the day from an early age, remember important dates (relatives' birthdays) and control their expenses, children are forbidden to watch TV at an early age and, if possible, are put to bed at 8 pm.

To help children develop good manners, mothers enroll them in special development group politeness in their children, mothers take them to development groups. In kindergartens, children are mainly taught to behave in a team, communicate, and write and read only at school.

In England, children are raised gradually. Because late marriage is the norm. Most often, the British achieve the happiness of parenthood at the age of 35-40. That is why they pay great and serious attention to raising children. From the age of 2-3, they are taught to behave at the table, communicate with others, and hide their emotions. It is rare to see parents spoiling their children on the streets of English cities.

In Australia, parents decide for themselves whether to punish their children or not. Considering that they go to school early, that is, from the age of 5, they are not taught to read and write in the institution. The teacher will never scold the mother for the child. In addition to kindergartens, there are many children's clubs in the country. They are organized according to the interests of the children.

In Israel, special attention is paid to child education, because here the child is the center of the family. Children are accepted into kindergartens from the age of 6 months. In addition to state preschool institutions, family-type kindergartens - "mishpakstons" are also widespread in the country. The number of children in such kindergartens does not exceed 5, and special attention is paid to the comprehensive development of the children. All kindergartens are equipped with computers and libraries. Every week, students are taken on excursions, stage performances are shown, and attention is paid to sports and music.



China is a nation famous all over the world for its hard work. The Chinese are a very disciplined and athletic people. Of course, this is reflected in the upbringing of children. If in European countries, raising children is mainly carried out by parents, in China it is the responsibility of the state. Babies are sent to kindergarten from the age of three months. Little Chinese children begin to learn to dance, sing, draw, count and recognize letters from the age of one and a half. Starting from elementary school, it is required to be disciplined, not to be capricious, and to study well. Obedience and not expressing "I" are the basis of Chinese upbringing.

Interesting facts about raising children:

\*In Austria, children are bought the most toys compared to other countries.

\*In England, if a child has a cold or a fever, he is not considered sick and does not miss school.

\*In Belgium, children go to school from the age of three.

\*The most uneducated children in Europe are Italians. They do not know how to behave in public places.

\*In Hong Kong, children do not hire nannies. Children are sent to kindergarten from infancy.

\*In Brazil, the highest punishment for a child is to be deprived of the opportunity to play football.

\*In Cuba, even 7-8-year-old children are forced to work after school.

\*In Germany, 90% of families forbid children from watching TV until the age of 8, and after that they are allowed to watch only children's programs.

Although the approach to raising children in each country is different, they all have one thing in common - love for the child.

From the above points, it is clear that the family is an important and solid foundation in raising a spiritually well-rounded reading generation. Therefore, in any activity aimed at developing reading in society and forming a reading culture, working together with the family and in unison creates a worthy basis for achieving the intended goals.

### **Family reading is the foundation of spiritual well-being:**

Over the years, large-scale tasks have been implemented in our country to increase the level of reading among the population and youth. The goal of implementing these tasks is to increase the reading level of the population,

especially among the youth, who are the future of the nation, and to promote book promotion in an exemplary manner, and it is important to focus on ensuring the implementation of these tasks. As a continuation of the goals aimed at this goal, one of the 5 important initiatives for meaningful organization of youth leisure time announced in February 2019 is to improve the reading culture among young people and promote book love. The Resolution of the President of the Republic of Uzbekistan “On the Program of Comprehensive Measures to Develop the System of Publishing and Distribution of Book Products, Enhance and Promote the Culture of Book Reading and Reading” states that “our people, first of all, have an urgent task of delivering high-quality books that meet the spiritual, educational, artistic and aesthetic needs of young people to publishing houses and educational institutions on time and at reasonable prices, translating the best examples of national and world literature, forming the habit of reading books, including e-books, in our children from childhood, and improving the culture of reading in our society.”

Visible work is being done in Uzbekistan on this issue, and valuable experience has been accumulated. In particular, competitions such as “Best Family Book Reader”, “Book Reader Soldier”, “Book-loving Inmate”, “Book Reader Student”, “Book Reader Leader”, “Newlywed Readers” (the list can be continued) have become a tradition in neighborhoods, organizations, and institutions, and holding such large-scale events has become a regular occurrence. The results of these competitions are providing a solid foundation for increasing the level of book reading in our country and expanding the ranks of those who love books among young people.

Family is the smallest unit of society. Within society, society has its own governance, life traditions, moral and spiritual standards. The expected results can be achieved only if we approach the promotion of reading by deeply studying the specific characteristics and family principles of each family. In one neighborhood, 550-600 families and even more people live. There are such families that do not understand or cannot even imagine the great educational function of books. They do not think about anything other than material and household needs, we all know that the upbringing of children who grow up in such families is difficult, we recognize that unpatriotic, faithless, weak-willed, drug-addicted youth come from such families. However, we do not fully appreciate the invaluable role of books in turning them away from this path. It



has become a habit to hold events only among intelligent families, families where reading has become one of the family's simple traditions. Because it is easy to hold events with such families, it is not difficult to teach them the conditions of the competition, the true purpose of the jury. We do not care enough about working with families who do not love books, do not know what a reading culture is, whose spiritual world is not enviable, to attract them to reading, to improve the level of reading and reading culture.

You sometimes hear of cases where an intellectual member of a family once collected many books and had a personal library, but after his death, other family members who did not understand the essence of intelligence left him unattended and the books were covered in dust. In many cases, we have also heard of unpleasant situations such as tearing up the books that were left unattended, using them for useless things, making incense, and giving money to unsold books. Because there was no concern about protecting this neglected family library, registering every copy of the book in it, and providing practical assistance to satisfy the family members' desire to preserve and enrich the library in the future, rare publications have disappeared.

When it came to this, the authorities justified themselves with general statements such as "This is the personal property of that family, we cannot own it, we did not know, if we had heard about it, we would have preserved it." However, this situation arose because no person or organization cared about preserving these books.

When our enlightened grandfather Fitrat said in his work "Family or Family Management Procedures" that "It is necessary to bring a child to physical, mental and moral maturity and bring him out into the world of life strong, intelligent and with good morals," there is no doubt that he was talking about family reading and being close to books in raising children.

The hadith states, "Seek knowledge even if you have to go to China , for seeking knowledge is an obligation upon every Muslim man and woman." This teaching is also a direct reference to the obligation of children to seek knowledge along with their parents.

French philosopher and writer V. Hugo expressed a meaningful opinion that "Books are soulless, but loyal friends," while Russian writer M. Dostoevsky called on parents and children to read books with their participation and supervision, saying, "Read and learn. Read serious books. Life itself will explain

the rest.” The proverb “If you don’t have a smart partner, talk to a book” also has great meaning in Azerbaijanis.

Doctor of Philology, Professor N. Jabborov, in his article on the topic "Literacy - a source of national progress", while giving a broad understanding of national progress, specifically focuses on the education of thought and, in the words of the great enlightener A. Avloni, "The education of thought is the most necessary, a task that has been destined for a long time, which has been the focus of teachers' attention and is entrusted to their conscience," explains that "unless the younger generation develops a correct way of thinking and analytical thinking, they will not be able to fulfill the urgent task facing society - national progress." Professor N. Jabborov clearly states his opinion that it is necessary to make family reading a tradition, increase television programs on reading topics, further improve the advertising of books and reading, and most importantly, that people who read books in society always have a greater advantage over those who do not.

### **Conclusion:**

Books are the foundation of all good deeds and creative ideas. It is also the book that sheds the light of knowledge on us. Therefore, if we start the interest in books from the family today and form appropriate libraries for this, it will be a beacon of enlightenment. It is necessary to develop oral speech and increase love for books on the basis of forming reading skills in a child. If we start our young people capable of great work from the family to rely on the book as a companion and adviser on the paths of life, a faithful friend for life, we would contribute to raising and bringing up worthy creative young people for our great country in the future.

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