

SPIRITUAL ENLIGHTENMENT AND PHYSICAL MATURITY ARE THE MAIN CRITERIA OF THE IDEA OF A PERFECT MAN

B. Dj. Davrambekov,

Teacher of Physical Education and Sports at Tashkent Institute of Architecture and Construction

Abstract: The idea of the perfect man is the idea of the Supreme Lord, which has both national and universal significance, embodies the highest spiritual and physical perfection of mankind, and always encourages him to goodness. is an idea that has inspired unparalleled achievements in the field of spirituality and enlightenment. Emphasizing the importance of the idea of the perfect man in the education of young people is one of the most pressing issues today. That is why we should be concerned about the upbringing of harmoniously developed generations so that young people grow up spiritually and physically mature in all respects.

If we look at history, especially according to our national traditions, the perfection of man is first seen in his moral maturity. The study of the heritage of the creators and its enrichment is evident in their efforts to respect the great and the small. There are many symbols of perfection in our long history: Alpomish is the ideal hero of our people. He is an artistic embodiment of intelligence, ingenuity, maturity, courage and patriotism. In the sacred book of Zoroastrianism, the Avesto, honest labor is interpreted as the main criterion of perfection. The idea of the perfect man is nourished by Islamic philosophy and acquires a broader meaning. The ideas of such thinkers as Ibn Sina, Beruni, Farobi, Navoi on the education of the perfect man are imbued with the ideas of further development of society. The ideal image of Farhod for Hazrat Navoi. He has mental and physical maturity. In Oybek's novel Navoi, Navoi is the ideal image. At the same time, he is a real historical figure and a perfect man.

The idea of the perfect man is a noble idea of both national and universal nature, embodying the highest, spiritual and physical perfection of mankind and always encouraging goodness. The idea of the perfect man has led not only individuals, but all peoples to high development, inspiring them to unparalleled achievements in the field of spirituality and enlightenment. A nation that does not dream of perfection and does not care about raising harmoniously developed generations has no future and is doomed to decline. Perfection is a set of many original human qualities and virtues, such as kindness, justice, honesty, conscience, honor, will, entrepreneurship, perseverance. The three-stage system of competitions - "Umid Nihollari", "Barkamol Avlod" and "Universiade" sports games have a special place in educating the younger generation in the spirit of devotion to the country, the formation of a healthy lifestyle among them. Significantly, these competitions cover all members of the younger generation, from first-graders to graduates of higher education institutions. One of the key factors in education is to develop in the spirit of commitment to national values. No human being, of course, can live without a purpose. Therefore, as long as there is life, as long as countries have states and their interests, they will seek to determine the path of their development through the horizons of tomorrow, through their national idea, their national ideology. " So, the national idea, and ideology is expressed through any notion of any meaning in the life of citizens, the purpose of each, the goals, interests, the path of development, the idea, the idea of integration. It is obvious that it is impossible to meet any nation without such qualities and goals. its vitality is ensured by what it is doing. Philosophy of life The processes taking place in Uzbekistan confirm the diversity of the philosophy of development, as well as in the field of ideology. In this sense, we need to think more about the factors that help to improve life, make it more prosperous, more cultural. That is, it is better in all respects that spiritual wealth is stronger than material wealth. If traditions are not understood in a new way, when they lag behind the changes of time, they can hinder rather than promote development. In the national consciousness of each nation there are basic aspects that have formed a history specific and appropriate to that nation, which represents the psyche, mentality, character of this nation. It is through the cultural heritage of this way of life that a person today realizes his or her national values and

values himself or herself. This, of course, is due to the fact that changes in the worldview, consciousness, thinking of people, especially our youth, are in line with our national values or vice versa. The question arises, in particular, how young people view it and what values they value.

Consistent with the national cultural heritage and values of the people of Uzbekistan, the development of the country's future while maintaining its originality is associated with a sense of nationalism and patriotism. In this way, we can maintain the country's unique path of development and protect it from various threats. The national cultural heritage is not a relic of antiquity, as some think. Ignoring it separates us from our foundations. There must be an integral connection between traditional and modern appearances. According to A. Fitrat, it is necessary to be careful not to become an obstacle to development by alienating oneself from one's national cultural heritage, not by envying and striving for any innovation, but by denying it.

The formation of such noble ideas in the minds of young people as contributing to the strengthening of independence is one of the primary tasks of educating young people to love the motherland. The idea of the perfect man and the aspirations to realize it constitute the meaningful content of human civilization. Historically, the most important indicator of perfection in any society is the attitude of man to goodness, social happiness, humanistic ideas and practical activities based on them. That is, the criterion of perfection, which has a positive impact on the overall development of society, human civilization, has always been to make society happy by perfecting the individual. Perfection in man is, first of all, in his understanding of the freedom of thought, thinking and practical activity. In this sense, the call of the great Greek philosopher Socrates, "Understand yourself," is a call to understand one's own lineage, the meaning of life, one's responsibility and obligation to future generations. The idea of a perfect man is inseparable from the idea of national independence.

In other words, the essence of the perfect man is manifested first of all in his efforts to perfect society. Two interrelated processes can be seen in the relationship between the perfect man and society. The first is the positive impact of the perfect man on the development of society. The existence of the idea of the perfect man and the practice associated with it manifests itself as a criterion that determines the level of development of society. That is, freedom, independence creates the appropriate conditions for the realization of the idea of a perfect man. Therefore, social, political, economic, spiritual and organizational tasks for the upbringing of a perfect person in Uzbekistan have been identified as the most important and priority direction of state policy. After all, a nation, a nation and a state that does not care about the future of a harmoniously developed generation will not have a future.

Respect for universal values and ideological immunity are one of the main factors in the upbringing of a perfect person.

Values are the basis of the development of society, a powerful factor that transmits from generation to generation the achievements of the nation in its historical development. If we look at the stages of historical development, not every society, state has developed without developing and strengthening its national values. Therefore, as stated in the Law of the Republic of Uzbekistan "On Education", "The priority of universal and national cultural values in education" is one of the main principles of state policy in the field of education. So what is value itself? How to understand it? Values mean everything that is important to man and humanity. When we explain the essence of values from a pedagogical point of view, it is understood that the traditions of human historical experience are fully taught to future generations. Therefore, it is important to respect and cherish national spiritual values and bring them to their state.

Values are divided into different types of content and cover all aspects of life. In particular, man and his life are the highest value. It is nonsense to talk about the value of something where there is no one. Therefore, respect for human dignity, improvement of his life, development of knowledge and culture, protection of health and life are the main directions of our state policy. People don't stop even after they've climbed a little higher than they do now. There is a system of ideas and views that express the struggle for the full manifestation of human dignity, freedom and abilities, the aspiration of people to ensure happiness, equality, a just life. This is humanity. These ideas have a deep and long history. We see that love for man, the glorification of his dignity, has been expressed since ancient times, first in the oral tradition of the people, and

then in the written sources. In the works of a number of our ancestors, such as Farabi, Beruni, Ibn Sino, Ahmad Yassavi, Mirzo Ulugbek, Alisher Navoi, Behbudi, Avloni, Fitrat, Cholpon, Qodiri, issues such as human freedom, his duties and responsibilities have found their philosophical and artistic solution. has not lost its significance. In Eastern social thought, the ideas of humanity have ancient roots. From the first days of independence, Uzbekistan, based on the principles of humanity in its policy, began to organize the life of the people and the activities of society on this basis. The legal system aimed at protecting the interests of the people, valuing them and ensuring the well-being of each person has been formed in our country. Values are taking deep root in our country.

It plays an important role in the development of the state. When it comes to ideas and consciousness today, the following points need to be considered. First, a particular idea may not be accepted by man. Second, a particular idea can remain in the person's mind only as information, that is, it can lie dust on one side of the human mind like an unnecessary object. In the first case, the idea leaves no trace in the human mind. In the second case, it has no social significance for the individual. The conclusion to be drawn from this is that the idea becomes a motivating force, a program of action only if it becomes an integral part of the spiritual state that occupies the human heart. That is why the main goal of the ideological struggle today remains to conquer the human mind.

Universal values are deeper and broader in content than national and regional values and have universal significance. Universal values are in line with the goals and aspirations of all nations, peoples and peoples of the world. The category of universal values includes universal problems related to the development of human civilization. The most important of these are the development of science on earth, maintaining peace, stopping the nuclear arms race, ensuring international security, preventing various diseases, protecting nature, eradicating poverty and illiteracy, providing industrial raw materials, energy and food, and the universe. and problems with the development of the world's ocean resources. Indeed, the artistic and spiritual works created by our ancestors are more valuable than any jewels. These riches have been serving humanity since its inception. When the Athenian democracy was in crisis before Christ, Greek philosophers raised the issue of value. For the first time in the history of socio-political, legal thinking, they showed that "man is the highest value", advocated the measurement of all aspects of the world by the "criterion of humanity." The great thinker Socrates asked, "What is value?" to the question, "Everyone understands his own identity." In this regard, the words of a potential writer Maqsud Shaykhzoda are very pertinent: "If every nation, - he said, - does not respect and appreciate their great ancestors, such a nation may lose its future." Such views are one of the main principles in all educational institutions today. In our opinion, in the current context in which the foundations of our national statehood are being laid, the role of national values is growing more than ever. In short, universal values are a powerful factor that transmits from generation to generation the achievements of society and its foundation, the historical development of the nation. These national values serve to form a moral education in the minds of swimmers.

One of the main factors in upbringing is to have ideas such as striving for elegance and beauty in educating a perfect person.

Aesthetic values are to cultivate students' aesthetic intuition and perception, to shape their external and internal beauty. In order to form aesthetic values in them: to form in students a sense of preservation of works of art that have come down to us from our ancestors, folk arts, architecture, music, holidays of various natures; Assessing beauty, being able to distinguish real beauty from fake beauty; To see the delicate beauties of nature, to develop a sense of feeling. Ecological values include the formation of a conscious attitude to the phenomena of nature and society, the formation of feelings of love for the flora and fauna, the riches of nature and society. We understand that the earth is not only a source of minerals, but also our homeland, a place where our umbilical cord blood is shed. We need to make students aware of the beauty of the earth, that it is our duty to preserve, nurture and reproduce it, not to spoil it, and that conserving nature is the only way to preserve the living environment and humanity itself.

One of the main factors of nature is to have such ideas as mental mobilization in educating a perfect person.

Socio-political values have a special place in human life. Freedom, equality, brotherhood have always been respected and valued by humanity. Human freedom, his glory and dignity are the highest values of our society. The Constitution of the Republic of Uzbekistan states: "The Republic of Uzbekistan is based on democracy, universal principles, according to which a person, his life, freedom, honor, dignity and other inalienable rights are of the highest value. "Democratic rights and freedoms are protected by the Constitution and laws." Values are divided into national, regional and universal types according to the scope. A person's idea of what nationality he belongs to is not only an idea, but also an emotion. If a person does not have national consciousness and pride, it is difficult to imagine that he will understand his national values if he does not feel that he belongs to any nation. At the same time, we are all realizing another truth. Only a truly enlightened person can selflessly understand the dignity of man, the values of the nation, in a word, to live in a free and independent society, to fight selflessly for our independent state to take its rightful place in the world community. Every state, every nation is strong not only with its underground and surface natural resources, but also with its high culture and spirituality, primarily with its military power and production potential. To understand the significance of such wealth, it is enough to recall the words of the Governor-General of Tsarist Russia in Turkestan: M. Skobelev: does. Regional values constitute a set of natural and social phenomena that serve the interests of peoples whose economy, culture, history, language, religion, customs and traditions are common. Life itself demands that our peoples, who have long been inspired by a spiritual climate, should be closer and more compassionate, especially in today's responsible period, which requires intelligence, intelligence and courage, worldly potential and national pride.

Human life is a process of lifelong spiritual purification and striving for perfection. Every person, every family, every society must work hard to bring up a well-developed person. Raising a perfect person is a complex, multifaceted, and time-consuming process.

A free civil society is created only by people who are spiritually mature, based on noble ideas, and have strong faith in life. Therefore, in our renewed society, special attention is paid to the upbringing of a healthy generation, the formation of a free civil spirit, the development of harmoniously developed people through a high level of spiritual and educational work.

Perfect people are the infinite conscience of society. They are the most perfect, intelligent and wise of human beings. The sign of their perfection is that they follow the right path and benefit the people. A person can be a perfect human being only if he benefits people with his words, deeds, and pure intentions, guides the wicked, and sacrifices his life in the right path.

Today's youth must have modern knowledge that meets world standards, physical and mental stability of worldview.

References:

1. Karimov I. High spirituality is an invincible force. - T., 2008.
2. Sh.Kobilov. The grief of preserving the spiritual world. - Tashkent., 2011.