

Mutolaa - As an Important Attribute of Human Life

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Annotation: *The article focuses on the concept of reading and the role and importance of reading in human life, and emphasizes that reading is an important criterion of the human spiritual world.*

Keywords: *reading, book, reading, reading culture, cognition, knowledge, spiritual maturity.*

In the current era of globalization in the world, the need for reading is growing more than ever. Because at a time when "mass culture" is expanding its audience day by day, it is seen as a process that strengthens people's spiritual immunity, will, and forms their spirituality, consciousness and thinking. Reading a book allows a person to understand himself, to correctly understand what is happening in reality, and to see many things.

There are many opinions in scientific sources that the concept of reading is an important attribute of human spiritual life. In particular, the ancient thinker I. Kant sees the essence of reading in the development of the inner spiritual culture of man. According to Kant's general concept of knowledge and activity, "Reading is a free creative movement in which the complex synthesis of sensibility and rationalism is carried out using the power of imagination, understanding, comprehension, of course, to reflect a non-passive but creative text. I. Kant sees the necessary element in the process of reading together and puts the student in the center of reading. When a student reads, he does not reflect the world, but creates it." [1] The reading process, therefore, is a free creative individual movement that gradually demonstrates the existential existence of man.

At the same time, the book is a light that calls man to goodness. No matter who reads the book, when, in what situation, in what direction, he first receives information that he does not know. Everyone reads a book, regardless of lifestyle, profession, geographical area, nationality, expands the scope of knowledge through reading. They achieve the goal they set for themselves. "Reading is knowledge, norms, social phenomena and other attributes that represent a set of changes in the content, structure and systems of behaviors and activities of social groups, associations and individuals aimed at obtaining general information" [2]. Hence, the category of reading also has its own attributive properties as a complex, multifaceted phenomenon. The book, which is the product of high thinking, raises the spiritual world and perfection of man.

Books and reading will lead you to a powerful source of creativity. Books and reading will take you to many new stages (Oybek). The book "generates thoughts, imagination and understanding" (L. Tolstoy) opens the way to understanding one's identity, to understanding the world. "The book has always been accepted not only as a storehouse of knowledge and a translator, but also as a means of knowing the world around us." In addition, a person who reads many books is distinguished from others by his breadth of spirituality and worldview, level of knowledge, high thinking, and his own worldview and thinking. Readers are able to think within the framework of problems, understand integrity, identify contradictions and

Kresna Social Science and Humanities Research

Proceedings of the International Conference on Sustainable Development:
Problems, Analysis And Prospects

connections between events, assess the situation more adequately, and quickly find the right answers. They are people with good memory, active creative thinking, fluent in the language. Many readers are people who form ideas correctly, write competently, are attractive in communication, and are independent in thinking and acting. Hence, reading shapes the qualities of a spiritually mature, educated, culturally and socially valued person. After all, "Books have a certain charm; books give us peace: they talk to us, they give us noble advice, they become our living friends ... Books amaze us, they tell us, they are connected to us with advice and some kind of lively, perfect harmony "[4].

Indeed, there are many reasons that have a negative impact on reading today: the disappearance of the traditional system of human values, the influence of the internet, foreign films, continuous Turkish serials, and so on. Nevertheless, the community of readers on social media is growing rapidly. Today, e-reading is rapidly becoming globalized. This means that in modern society, as part of the lifestyle of the majority of the population is connected to the Internet, the formation of an Internet reading culture in them remains an important task.

In short, first of all, the book covers the vast spiritual world of humanity. The book gathers and disseminates all experiences, all knowledge, all consciousness of humanity. It is the strongest and most universal means of communication between people, nations, generations; secondly, reading a book enriches a person's worldview and directs him to creative activity; third, reading is a source of knowledge, a means of self-education and self-improvement. It allows you to get to know the world around you, sort out thoughts, feelings, needs, find a way of life, define a self-education program and ethical guidelines that depend on the nation's spiritual health and future; fourth, man is a part of the society in which he lives. So, whether he wants to or not, he enjoys the weather of this society. In order to fully enjoy it, one must have a passion for awareness. And ignorance cannot be imagined without reading. Today, in order to live a prosperous, beautiful and fulfilling life, a person needs to know and understand the past and the future - and this can be achieved only through reading.

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