

RAISING A HEALTHY GENERATION ACCORDING TO THE TEACHINGS OF OUR GREAT ANCESTORS

Rakhmanova Dिल्фуза Uchkunovna*

*Teacher,
Department of Psychology,
Chirchik State Pedagogical University
UZBEKISTAN

Email id: RakhmanovaDिल्фуза@mail.ru, rakhmanovadिल्фуза2@gmail.com

DOI: 10.5958/2278-4853.2022.00251.8

ABSTRACT

This article reflects the child's attitude towards himself in the teachings of our great ancestors. The opinions of the Uzbek people on education and training in raising a perfect generation are given.

KEYWORDS: *Perfect Generation, History, Manners, Teacher, Student, Education, Upbringing.*

INTRODUCTION

In ancient times, our great scientists paid special attention to the harmonious development of a person in all aspects while raising a healthy generation. As the rightful inheritors of this spiritual heritage, it is appropriate for us to learn the experiences and thoughts of our ancestors and use them in all spheres of life.

It is important to study the historical experience of the Uzbek people in education and training and to apply it to life in the formation and training of a modern person.

In the teachings of our ancestors, scientific ideas about loving and honoring knowledge, respecting scholars and teachers, the culture of behavior in teacher-student relationships, honoring human qualities, are composed on the basis of the oral creativity of the Uzbek people, and the unity of the epic. - is a cultural heritage.

"Avesta", which is considered a historical source, is considered a collection of rules and laws for the period (up to the 7th century) that created the roots of the modern Uzbek nation, its ethnic consciousness and identity.

In ancient epics, teachers are embodied as persons with a social position in the upbringing of a child, his knowledge and skill acquisition. It is written in "Avesta" that "Every person should be educated in such a way that he first learns to read well and then to write, so that he rises to the highest level."

According to Zoroastrianism, it is shown that education and training is carried out as follows: 1) religious and moral education; 2) physical education; 3) teaching to read and write.

Thus, Avesta is based on high universal values, it helps to form a spiritually rich, morally mature, intellectually developed, highly educated, physically strong, all-round mature person

who has a place in life, and a mentor-disciple. Is one of the important historical sources aimed at improving the relationship?

Analysis of Literature on the Topic (Literature Review)

Eastern thinker Akhmad Yassavi explains the concept of manners as follows: "Adab is to cultivate a beautiful character, the outward self and the inner self. According to Sufis, etiquette is divided into 4:

1. Sharia literature. This is to follow the shari'a and sunnah of the Prophet.
2. Tariqat literature. This is to become attached to the sect, learn its manners and ropes, and act accordingly.
3. Etiquette of Enlightenment. This is mastering the divine knowledge by defeating the ego.
4. The etiquette of truth. This is to turn away from anything other than God and to drink from the water of unity.

Abu Nasr Farabi (873-950) pays attention to two aspects of a person's spiritual life: his mind-consciousness and his morals-behavior. Therefore, in his opinion, education should be focused on making a person intellectually and morally mature and perfect. Therefore, the only task of education is to prepare an ideal person who can fully meet the demands of society and serve to maintain it in unity, peace, and prosperity.

Educating a person to perfection in all aspects, forming positive qualities in him is carried out as a result of the struggle against the influence of negative qualities with the help of the above-mentioned ways. Because, under the influence of the external environment, a person can go towards spiritual maturity, become depressed, and become a negative person who is far from the demands of the community.

Abu Rayhan Beruni (973-1048) paid special attention to the issue of education in his scientific and philosophical teachings, emphasized the strong influence of the environment and community in education, and the importance of properly organizing the process of teaching and educating children. Recognizes its importance. He expressed the following as the most necessary components of education: 1) intellectual education; 2) moral education; 3) aesthetic education; 4) physical education and work education; 5) friendship education and international education.

According to Beruni, choosing a teacher for teaching young people is considered the first and main task, and children should be taught from a young age, to be precise, from 5-6 years old. For this, he demanded that the teacher should be polite, honest, well-versed in his subject, clean, neat and orderly, be an example in walking and standing, and "if the teacher is not an example, he should follow what he said." if he doesn't, his upbringing is ineffective," he says.

So, the scholar presents his scientific conclusions about the organization of educational work, the creation of necessary conditions for this, and the norms of implementing the educational process taking into account the physical and mental capabilities of the students.

Abu Ali ibn Sina (980-1037) Arabic encyclopedic work "The Laws of Medicine" describes human education, various forms, tasks and goals of this education, and as a person grows in age, the task of educating him also dies. Emphasizes that it will change;

In his opinion, in order to raise young children from birth, it is necessary to choose a teacher and educator who is well-versed in moral and intellectual education methods, willful, wise, caring and religious, and who is healthy, clean-loving, honest and he says that he should be a teacher who can treat people well.

Instead of teaching children individually, Ibn Sina suggests teaching in a group and establishing a relationship between a teacher and a student. In his opinion, when they are trained in a team, their desire for knowledge increases, and their pride does not allow them to lag behind their peers. The exchange of ideas and friendship between students will be restored, and the effort to form rules for thinking about their rights and duties will increase. In addition, the team plays an important role in the growth of the child's speech, sharpening of his mind, and strengthening of his memory. Only the educational process based on such rules ensures the intellectual and moral maturity of young people.

Ibn Sina stated that before starting to teach students, the teacher should study the child's behavior and check his knowledge, observe what he pays attention to, and then recommend him a profession or a type of science. It is appropriate to do.

Allama Abu Ali Ibn Sina's scientific-philosophical teachings on education had a great impact on the development of advanced ideas not only in Central Asia, but also in Western European countries.

The work of Yusuf Khos Hajib (1020) "Kutadgubilig", ("Knowledge that leads to happiness" written in 1069) tells about social and family education in Turkic peoples, the branches of science in schools, and the specific features of the education system. is a source of information.

According to the author, it is necessary to start the education of children very early, because it prevents them from engaging in inappropriate behavior. For this purpose, it is emphasized that it is necessary to invite a well-intentioned and pure coach with special training.

The great thinker AlisherNavoi (1441-1501) in his work "Mahbub-ulQulub" paid special attention to the ethics of interaction between the teacher and students. The teacher's rudeness and harshness are definitely expressed in his actions in his relations with students, and his ruthlessness, impudence, imprudence and arrogance can be seen from his facial expressions, speech expression, and behavior. - that it is easy to learn from their actions, and all this shows that the teacher has become the cause of lack of intelligence, and it shows that it is no longer the task of educating young people, but it is the cause of a number of puzzles, shortcomings, and disorders in their fate. According to A. Navoi, "They try to subjugate the children by torture and control the unstable nature of the children with threats. The visible rudeness in them is a big ego to smooth out the inappropriate behavior of young children"- the words of Ibratmuz confirm our above opinion.

At the same time, A. Navoi has a number of positive qualities of a teacher - persistence, hard work, knowledge, kindness, even his appearance, neatness, neatness, good habits, beautiful stature and behavior are an example to everyone. A show that it is necessary to approach each student taking into account his or her own characteristics, and specifically acknowledges that the work of education is a very difficult and complex work. "But to be honest, raising a single child is exhausting to any strong-willed person. A school teacher teaches a bunch of children science and literature... But there is also the fact that among the children there is some understanding and

perception. From this point of view, children have a lot of rights to it." From these thoughts, you can learn how difficult the work of a teacher is.

Research Methodology (Research Methodology)

Russian pedagogue G.K. Mitrofanov highlighted some humanistic traditions of upbringing and education typical of the Sufi period. Such traditions are clearly shown in the teacher's obligations expressed in Sufi teachings. The most important of these obligations are as follows:

1. A teacher should like children and treat them like his own children. Also, children should always understand their weaknesses and take care of them because of these weaknesses.
2. The teacher should not expect payment, gifts or gratitude for his work. He should be grateful to the student for wanting to study.
3. A teacher should never refuse to give advice to a student. Progress is evaluated by the teacher, not the student.
4. In order to turn the student away from the bad path, the teacher should speak to him not directly, but hinting at something.
5. A teacher who teaches a certain subject should not speak inappropriately about other subjects in front of students.
6. What the teacher teaches, he must follow. He is primarily a living example of the fruits of study, etc.

Analysis And Results (Analysis And Results)

Ahmad Donish (1827-1897), Furqat (1858-1909), Abdurauf Fitrat (1886-1938), Abdulla Avloni (1878-1934), Hamza Hakimzade Niaz (1889-1929), Cholpon (1897-1938) and others, while maintaining the national characteristics and uniqueness of the nation in establishing teacher-pupil relations in the process of education, learned the best traditions of world civilization. Encouraged to study;

Ahmad Donish pays great attention to the moral image of the teacher and recognizes the need for him to work hard to improve and deepen his knowledge in order to educate the younger generation.

Conclusions and Recommendations (Conclusion/Recommendations)

Thus, it is reasonable to use the teachings of our great ancestors on the psychological characteristics of teacher-pupil relations in the current educational process in order to educate children as well-rounded individuals and to form a worldview based on universal human values in them.

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