

The Role of the Book in Human Spiritual and Intellectual Perfection

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Annotation: *The article that will be referenced to you below will tell about the role of the book which is the grateful teacher, faithful friend and equal to gold, in the life of a person, as well as in the spiritual and intellectual perfection, The book is a companion to man in our lonely and sad days. In addition to developing our spiritual world and conversational ability, it is also a means of treating various diseases, especially depression.*

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The great playwright William Shekspir said about the books: "not only does the book cover look elegant, but also if the contents inside it are equal to gold" it plays special role.

Introduction

It is known that the book plays an invaluable role in meeting the intellectual and spiritual-aesthetic needs of the population, in particular, in educating young people to be independent-minded, strong-willed, truly patriotic, and spiritually mature people.

While we cannot imagine our days without the advanced technologies of today's information age, it is gratifying that there are young people among our peers who are familiar with books. We are happy to see people holding books in their hands on the streets and in transport. Unfortunately, sometimes young people waste their precious time, especially playing too many computer and mobile phone games. , it's not right to spend it watching meaningless movies. Instead, plan your extracurricular activities for productive pursuits. It is especially important to set aside certain parts of the day for useful reading. Because, as the saying goes, "Science learned in youth is a pattern carved in stone," it will certainly help and benefit in life, although years have passed.

Materials and methods

Reading enhances our speaking culture and enriches our spiritual world. In some occasions, it is necessary to read a book to prevent some of our compatriots in the sacred Uzbek language from becoming abusive and impoverished due to their "service". However, our Uzbek language is one of the richest in the world. While Pushkin used a total of 21,197 words throughout his career, the language of Shakespeare's works used more than 20,000 words. Spanish scholars estimate that 18,000 words were used in Cervantes' work. The number of words used in the works of our great ancestor Alisher Navoi is more than 26,000. (Kadyrov P. "Til va el" Tashkent 2010-127 pages).

It turned out that one of the Japanese schools surveyed what is the greatest discovery in world history. Those who participated in this survey mentioned different things that they considered a miracle: fire, engine, atomic bomb, electrotechnics, and a few other things. However, among the participants found that the 6th-grade student's answer to the question "the most difficult discovery – the book" was acceptable to the members of the jury. To the question of why exactly is the book, he answered that "the opinions of the rest are also correct, but if there was no book, none of them would have been invented."

See this, many people are slowly finding their proof that this answer, which is not even imaginary, is true. The book is a miracle, the sentences that are quoted in it are capable of performing such tasks as infecting an impulsive reader, influencing him spiritually, developing intelligence.

"O, dear! There is no one more precious and pleasing to a person than a book. The book is unparalleled in eloquence, maturity, and grace, and is free from hypocrisy. It is a faithful companion in loneliness and sadness. There is neither discord nor hatred in it. It is so unanimous that in its words there will be no lies and mistakes. And from the conversation to the person does not cause trouble. It does not hurt its friend's tongue. And the heart does not squeeze. It is such a wife that a person does not gossip

behind it. From Its conversation, you have such delightful benefits that you can not find such a benefit from people. On the contrary, most people hurt a person by conversation. Inside a friend like a book is the incarnation of all knowledge that warns people of the past and the future. Therefore, those who say that "the book is a fortress of mind". (Mashrikzamin-hikmat bostoni. - Tashkent, 1997. p. 39)

According to scientists, a person can read 2000 books all his life. The book, read by a child in his teenage years, may leave a mark on it for a lifetime. The teenager has now passed through childhood. He is pleased with the book he read, he needs to read with pleasure. He now admires the artistic skills of the author of the book and is influenced by the emotional coloring of the word and moves on to reading it with the quickness of wit. Therefore, he will enrich his family's library with books that he liked, or he will be the initiator of the creation of a personal library.

For example, our enlightened compatriot Ishakhon Ibrat builds a large, rich library in his house and calls it "Kutubkhonai Ishaqiya". The list of books in the Ibrat archive confirms that the library had many books related to education and teaching in Uzbek, Russian, Turkish, Tatar, Persian-Tajik languages. The library was used not only by him but also by the villagers. Ishakhon Ibrat provided his school teachers with books stored in the library. In the section dedicated to school teachers of the library, many textbooks, such as "Ustodi avval" by Saidrasul Saidazizov, Abdulla Avloni's "Birinchi muallim", and "Turkiy gulistan yohud akhlaq", Rustambek Yusufbek Haji oglu's "Rahbari hisob", study guides are saved there. The Ibrat library was constantly enlarged. He also organized notebooks for writing lists about that the books of the members of the library to receive and hand over the books after reading, and Ishaqkhan himself supervised the reading of the members, especially the youth. (Ibrat. Ajziy. Sofizoda.- Tashkent, 1999.-38 pages)

Results

Usually, we see the reading of the book as a means of enriching spirituality, increasing knowledge, thinking, worldview. In turn, it is known from the research of foreign scientists that reading is also a useful activity for human health. The results of such studies, conducted in the following years, proved that with the help of a book reading it is possible to effectively treat several diseases.

Today, many medical professionals believe that reading has a great influence on the treatment of depression, impotence, helps a person to control his emotions in different situations. Doctor Pierre-Andre Bonne, the author of the dissertation on the topic of bibliotherapy, states: "I will also give a picture of the cover of the books recommended for reading along with the list of medical drugs for patients who have come to the examination. And when the next time it comes, we will discuss these works with patients. It turns out that many of them find a cure for their healing from the book.

It has been more than 10 years since bibliotherapy was introduced in the UK. Today, this kind of pleasant and useful type of therapy has become much more popular in practice.

On the initiative of the Ministry of the health of Great Britain introduced a special program called "Book on subscription". According to it, doctors recommend reading in different genres of fiction to help their patients get rid of depression. Among the recommended works, the book "Sidr and Rozie" by the English writer Laurie Lee is the most popular, this work tells about the author's childhood, which was in Gloucestershire. For the first time, the book, published in 1959, successfully passed the test of time. It was only published in the UK itself in more than 6 million copies and has become a favorite work of many. And from modern literature experts recommend the works of Lucy Diamond "The Beach Cafe" and Jasper Fforde "The death of Shaltai". The work of the avstroanglian writer Ernst Gombrich, written in 1935 and forbidden to read by the Germans at that time, "The little history of the universe", was considered the best antidepressant. book

It is a mistake to use the book as a tool that comes to hand in mere pastime or boredom. The book educates the human spirit as a factor that satisfies the need for thought and soul and is the main motivator in the formation of its personality. In the process of reading a book, a person can preserve the information in it in his memory by keeping not only the mind and the eye but also the soul as awake. The purpose of reading a book is to understand its meaning, to have a heartfelt vision of the meaning embedded in it, and to have spiritual nourishment through it. The reading of the book does not at all allow the appearance of spiritual emptiness in a person, so, any person who reads the book can become a highly spiritual person.

Conclusion

"The book is a grateful teacher. Every minute he can acquaint us with the treasure of knowledge of sages, "wrote the great poet and thinker Mir Alisher Navoi. So, dear friends, read a book. After all, if a book is a companion in the path of life, it will flow smoothly and happily along the paths of life.

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