



## THE ROLE OF SPIRITUALITY IN THE RENEWAL OF LIFESTYLE AND LABOR MENTALITY

*N. Urinboyev*

*Associate professor at Fergana regional center for retraining and advanced training of public educator's candidate of philosophical sciences*

**Abstract:** This article reveals the scientific and philosophical nature of a healthy lifestyle, the mentality of work in human and social life. It is based on the fact that a healthy lifestyle is associated with an increase in work ethic. The importance of a healthy lifestyle as a factor in the development of spirituality has been studied.

**Keywords:** healthy lifestyle, labor mentality, renewal, spirituality, consciousness, national way of life, worldview, labor activity, formation of spirituality, creativity, objective necessity.

### Introduction

The role of human lifestyle and labor activity in the formation of the relationship between consciousness and spirituality is extremely important. The importance of this issue is that the perception of spirituality in the mind depends in many respects on labor activity. Depending on a person's attitude towards marriage, the formation of spirituality can vary. The peculiarities of the national way of life, depending on the formation of spirituality in the mind, have a different, colorful form and meaning in different nations. That is why different peoples and nations have their own way of life. In our view, the objective necessity of the leading role of spirituality in the formation of the national way of life is the same.

### The main part

The special role of spirituality in the system of national way of life and labor mentality is that with its help the labor skills and abilities that have become valuable are passed down from generation to generation. They are formed and perfected through spirituality. The more spirituality is formed in man and in society, the more perfect the culture of life will be. Just as it is impossible to organize human activity without spirituality, so it is impossible to imagine the essence of spirituality without labor. Lifestyle and work are just a factor in the formation of spirituality. For this factor to function at full power, all forms of consciousness that are part of spirituality must act in accordance with it. The end result of a non-spiritual lifestyle and work mentality will never lead to good.

The direct connection of work mentality to spirituality is that human activity may not always be focused on creativity and ingenuity. For example, everyone understands that radical economic reforms are the basis of development, but it is a fact of life that not everyone has a conscious approach to creative labor. There are many among them who cannot get rid of the old worldview, who support the reforms orally and, in practice, work against it secretly. Such people earnestly try to take advantage of any changes in society only for their own benefit, to earn a living. They are selfish, hypocritical, far from spirituality, and society needs to be cleansed of them immediately.

A Muslim slave starts a pill by getting a white blessing from the elders, whether he is big or small. This habit has become one of the main factors of our labor mentality. In the recent past, under the pretext of separating religion from the state, there has been an increase in spiritual poverty in society as

a result of open attempts to separate labor from religion, which in practice has been a source of its blessings.

There have been serious attempts to contrast religion with the development of science and technology, to distance it from the spiritual world of man. As a result, unfortunately, many of the qualities inherent in our labor mentality - our national values that call for purity, honesty, integrity, fairness and activism - are being forgotten. That is why the full restoration and development of our labor mentality remains one of the most urgent tasks of today.

Morality is the spiritual basis of our labor mentality. It is literally a key factor in linking human labor activity to thinking, empowering it, and regulating labor relations. Morality is the criterion between man and his activity, and everyone is obliged to be accountable to himself in his judgment. Morality, through the formation of labor behavior, reflects the essence and content of human conscious life activities, awakens hope for the future. Failure to adhere to the work ethic leads one to become superfluous in society, to be deprived of all the constituent elements of spirituality.

Morality embodies the most important features, skills and abilities, traditions of labor traditions and transmits them from generation to generation. Therefore, the attitude of each nation to labor is manifested in a separate, unique way. The morality of a hardworking, industrious people is an example to others, and nations striving for development and progress strive to embrace it. It is well known that such wonderful qualities of the mentality of the Uzbek people have been a model for centuries for their close relatives, Kazakhs, Kyrgyz, Turkmen, Karakalpaks and even many foreign nations.

One of the important structural pillars of spirituality is faith. Belief is a factor in the labor mentality that encourages a person to be creative and creative, to fully develop as a person. High faith in the profession glorifies a person, helps to create spiritual satisfaction in him, to earn his own reputation in society - attention, dignity. Belief in labor allows people to follow progressive ideas aimed at the development of the people, nation and society, to reconcile the interests of the individual with the interests of society. In this regard, Sh.M.Mirziyoev's "New Uzbekistan is a noble dream of all of us, a dream of our hardworking, peace-loving people! It uniquely reflects the age-old hopes and aspirations of our people. The dream of a new Uzbekistan, like other emergencies that embody the ideas of national development in the world, has been shaped and refined over the centuries.

It is safe to say that he was originally embodied in a vital idea found in the Avesto in ancient times. It is this dream that has led to the establishment of the principle of "good thoughts, good words and good deeds" in the minds and lifestyles of the people. Thus, the protection of goodness and humanity has become an important component of the mentality and spirituality of our people, the main direction of their life "[1.15.], - he said.

At the same time, the peculiarities of the labor mentality of the Uzbek people are: diligence, diligence, selflessness, honesty, non-betrayal, mutual assistance, "hashar", "equal to the underage" (care). Opinions about a healthy lifestyle in society, as stated in the Avesto, "a morally mature person should think not only about moral guidance, but also about a good friend, a smart child, a truly happy family life" [2.81]. Indeed, a healthy lifestyle is a process aimed at shaping the physical, mental, social, legal and spiritual, aesthetic and moral qualities of a person not only in society but also in the family.

The creative power of spirituality is evident in the great achievements made under the influence of advanced universal and national ideas, as a result of the restoration and development of the labor mentality. Creative ideas do not always produce the expected results at any given time. For this, a certain radical turn in history, a period that has become an objective necessity, must have come. The progressive idea, which is a harmonious element of spirituality, must be able to give way to the specific interests of the main groups and strata of society in labor and to create a deep confidence in their bright future. It is not the religious or secular basis of the progressive idea that is important here, but the lofty goals and tasks it has set for itself.

The vitality of the social idea and its ability to represent the specific interests of existing social groups depend on the rich traditions of the labor mentality. The strength of spirituality can be achieved only

through the restoration of labor traditions, the creation of ways to develop them, the widespread use of best practices in directing people to creative activities. Spirituality without labor cannot become a firm belief for man. His high esteem as a spirituality can only be achieved through honest and productive labor.

As subjects of spirituality, we can point to the individual, the individual, the family, the work community, the group of people in a particular profession, the class, the people, and the nation. Each of them makes a worthy contribution to the development of spirituality through their labor activity. The main and driving force-subject of spirituality is human thinking. In our opinion, only a person who has attained "higher thinking" is able to create miracles, and historical examples have proved this.

The development of man and society is the product of labor based on spirituality. It is not in vain that a special emphasis is placed on the spiritual power of man. After all, history has shown that any human activity does not lead to the development of society. Only, labor activity based on rich spirituality can be a great creative force and a key factor in the development of the individual and society.

The revival and development of the labor mentality is a historical, social, dialectical-dynamic process, a system that constantly moves the immortal values of peoples, nations, passed down from generation to generation [3.24.]. Man, on the other hand, acts constantly, unceasingly, as a subject of thought who can combine material and spiritual factors in this system.

A philosophical new approach to the role and place of spirituality in a healthy lifestyle, human and social life, can be a methodological basis for studying the scientific and practical aspects of the restoration and development of a new labor mentality of the Uzbek people.

The content and essence of the labor mentality is formed precisely as a result of the spiritual activity of man and manifests itself as a creative force. Focusing on the specific role of spirituality in the development of society, the spiritual values of our people, the origins of which go back to the thoughts and aspirations of our great ancestors, serve as a solid foundation for our economic growth.

It is no coincidence that spirituality is at the heart of this path of renewal, aimed at restoring and developing the national way of life and labor mentality. After all, we can say without hesitation that this path is a creative development of the problem of "man" in Eastern philosophy in the new conditions.

Everyone's life is rare and unique. Man lives once, everyone's life is an absolute value. The "labor mentality", which is the expression of a healthy environment, requires a combination of biological and social characteristics in human activity. Any scientific and unscientific action aimed at separating them from each other and relying on the dominant power of one side, in practice, leads to the loss of the great creative power of spirituality, stagnation in development and progress, the beginning of human tragedy.

The purpose of man from labor is to leave material and spiritual values to the next generation. If the goal is to make a mark in life by working, then the formation of a new generation with its help is the essence and content of humanity. However, no matter how important work is in a person's life, it cannot create its content on its own. As much as it is necessary for a person to work, it is just as important to meet the needs of a free and prosperous life with his help. In this case, the "human factor" cannot be imagined in isolation from society.

A person's attitude to society is directly related to the conditions created for labor activity. It simply does not create spiritual satisfaction from working for a living. He tries to take all possible measures to unleash his natural abilities and talents. A person's personal ability and ability is a key force for the development of a society. Therefore, the full satisfaction of human interests should be the highest goal of society. The conscious movement of each person to develop his abilities, to serve the society in which he lives, is determined by a certain level of human spirituality. The enrichment of the spirituality of society is formed on the basis of the sum of the results of conscious and effective labor activity of each person.

## Conclusion

In short, spirituality, by its very nature, is not only the end product of the creative activity of individuals, social groups, classes, peoples, and nations, but is an effective way of making it more meaningful. In this process, it is also important that the lifestyle is based on the labor mentality. The free approach of people to work, to the profession of their choice, through high thinking and a healthy lifestyle, in our opinion, leads to the renewal of the national mentality, the mental worldview.

## References

1. Мирзиёев Ш.М. Янги Ўзбекистон стратегияси. Тошкент. “Ўзбекистон”, 2021.
2. Каримов С. Шарқ ижтимоий тафаккури тарихидан. Тошкент. Ўзбекистон файласуфлари миллий жамияти нашриёти. 2016.
3. М.Бекмуродов. Ўзбек менталитети: кеча ва бугун. Тафаккур. №2 2002. Миллий металитет ва бошқарув. Жамият ва бошқарув. 1998.
4. Абдуғаниев А, Мирзакаримова М. Ўтиш даври иқтисодиётида меҳнат бозори. Тошкент. Меҳнат. 1999.
5. Н.Жўраев. Янгиланишлар концепцияси: яратилиши, эволюцияси ва амалиёти. Тошкент. “Маънавият”. 2002.
6. Р.Қодирова. Жамиятдаги янги тамойиллар ва ёшларнинг касб танлашдаги ўзгаришлар. Ўзбекистонда ижтимоий фанлар. 1999.
7. Бегимкулова, Л. М. (2016). ЎҚУВЧИЛАРДА МИЛЛИЙ ҒОЯНИ ШАКЛЛАНТИРИШ ЙЎЛЛАРИ. Актуальные научные исследования в современном мире, (12-3), 26-31.
8. Begimqulova, L. (2020). STUDY OF THE POLITICAL PROCESSES THAT TOOK PLACE IN TRANSOXIANA IN 1405-1409 IN FRENCH HISTORIOGRAPHY. In WORLD SCIENCE: PROBLEMS AND INNOVATIONS (pp. 76-78).
9. Begimqulova, L. (2020). STUDY OF THE POLITICAL PROCESSES IN TRANSOXIANA IN 1405-1409 IN THE WORKS OF ENGLISH HISTORIANS. In ИННОВАЦИОННОЕ РАЗВИТИЕ: ПОТЕНЦИАЛ НАУКИ И СОВРЕМЕННОГО ОБРАЗОВАНИЯ (pp. 65-67).