

THE CULTURE OF READING IN THE CURRENT UZBEK FAMILY: PROBLEMS AND SOLUTIONS

Bakhtiyor Robiddinovich Isakov

Associate Professor of Namangan State University,

Candidate of Historical Sciences

ANNOTATION

This article analyzes the culture of reading in the Uzbek family, which is one of the most pressing problems today. In the article, the author pointed out that only reading, that is, enlightenment, can save humanity from various material and spiritual threats. According to the author, it is true that the low level of reading culture in Uzbek families is influenced by various threats (Internet, market economy, ideological threats, etc.) as well as internal problems in the spiritual environment of families.

Key words and phrases: Uzbek people, reading, culture of reading, humanity, reading, listening, Internet, market economy, ideological threats, spiritual.

Love for books, preservation of existing books as pupils of the eyes, reading in the Uzbek family from ancient times is considered one of the long-standing traditions and is finally gaining importance in the true spiritual maturity of elimiz.

Elimiz Azal has long been a book-loving virtue. And true book Love is, in fact, a human quality that drinks miriqib water from the reader, and, consequently, it reflects the level of spiritual perfection of a person. And in our great people, this quality was formed in the family environment, initially it was formed in the form of listening with interest to folk tales, folk tales, epics sung in various family circles, weddings, parties, talk shows, stories told, tales told by grandparents to their grandchildren. Hence, listening has become the original condition for the perception, understanding and mastering of what has been read. Listening, in turn, necessitated the centralization of the entire focus, that is, the concentration of a single point, and as a consequence, a combination of reading and reading, consisting of a complex process in human activity leading it towards spiritual perfection. And the basis of reading was the same work of reading and reading.

American psychologist scientists R. Carnikau and F. Makeelrow carried out special scientific research on the issue of reading and reading. In their opinion, the natural physiological-psychological capabilities of the personality allow me to preserve the knowledge acquired in certain forms at different levels. That is, a person: 10 percent when he reads the source himself; 20 percent when he hears information from other people; 30 percent when he sees with his own eyes what happened, events and processes; 50 percent when he sees what happened, events and processes and hears information about them; 80 percent of the data itself when it is transmitted to other people (who spoke and demonstrated); it would be possible to keep up to 90 percent of the data in mind when reading and reading and applying the acquired knowledge (information, information) to their activities.

In Japan, 25 books are read per person each year. The Swiss read an average of 10 books a year and the French read 7. Judging by the calculations of scientists, people spend 3.5-4 hours of

their time every day watching TV (even more precisely, watching). And the time spent on the Internet, being a "spider's net", is even more than that. But, while reading a book, only 2.5 minutes are allocated. In Japan, 14 percent of all residents, 12 in America, and 11 percent in England and France regularly read books. 1 book per 6 people if in Turkey¹.

Aware of the real situation in them, I think that we should be able to draw conclusions about the situation in ourselves. Because, although the role of each nation in the overall scale of progress is also measured by the number of books that that people read. According to Vidiadhar Naipol, a great writer who won the Nobel Prize in literature in 2002, "what a nation is determined not so much by the greatness of its ancestors who lived in the past, but by the way it stands today, including its literature".

We call the book oftob. This is what our ancestors say from time immemorial. And the computer can not say that. Without a lamp, the computer will absolutely not work. Where the sun does not fall, the crop also does not end and becomes porous. The brains of those who have not read books are also pore. That is why such a head is usually similar to a pumpkin. Because, although the inside of the pumpkin is also empty"².

When you see the excessive intensity of the flow of information, like a flood, a tsunami, you will both be surprised and you will catch a person. In this bejilov process, NAF and profit range anxiety and risks are also sufficient. The volume of information that only one person can receive in 60 years in the time when the "saint of the Saints" Hazrat Alisher Navoi lived is only 2 (two!) is receiving as early as the day...

Why is the spiritual state of the whole world becoming poor as information becomes rich? After all, information is not the basis for science? When we look logically, science should also increase as the volume of information increases! Why is continuous information making human souls even more severe, turning huge rocks into a giant millstone?

Our great ancestors were also confused about this issue. Seven hundred years ago, our grandfather Revgari, one of the seven Piers, said: "information is retail, it is not true science." When Sheikh Shibli said: "I read four thousand hadiths, memorized four faces, of which I followed four and reached my goal."

Hence, all the main statements are in the reworking of information received without interruption in the human brain and thinking. Unnecessary stone, while unprocessed information is superfluous, dardisar head is a burden of trouble. You yourself know better if there is much more harm than the benefits of such a load for a while.

Experts note that later it turned out that even in young people there is a decrease in memory. If representatives of the luminous generation complain about the decline in the memories of our grandmothers and great-grandmothers, we will look at this as natural. Because, as a person ages, memory deteriorates due to insufficient oxygen access to the head brain. Now, even in young people, why is such a negative and alarming situation observed?

According to experts who study the tissues of the human brain scientifically, the main reason for memory decline is that there is an excessive exhaustion and the brain is overflowing with nokerak messages. A constant rush day routine, a betinim work without days off and not eating

¹ "Китоб дунёси" газетаси. 2013 йил 10 июль.

² "Оила даврасида" газетаси. 2016 йилнинг 21 январь.

right, all this has a negative impact on the functioning of the nervous system, and, above all, on memory. According to the opinion of most scientists, it turns out that TV also has a negative effect on memory. Am I actually like that? If you watch all the shows during the day without going across the TV, of course, there is also a negative effect on memory, some doctors say. However, it is not about watching popular science, historical, intellectual shows and quizzes, and thanks to viewing, memory improves a little. It provides great support in sharpening memory by forcing thinking, thinking. In addition to seeing interesting shows, reading an art book, solving crossword puzzles, scanwords and puzzles, playing chess, oral counting and language learning, all this is useful in the idea of \ u200b \ u200bThe further strengthening of memory, taking extremely good and necessary information.

In 1998, the number of requests on Google averaged 9.8 thousand, while now (in 2018) it is even more than 5.5 trillion. Now we are watching" Google "- effect, that is, we sat down on"Nina", which is as pleasant as receiving information in any amount with extreme speed. This, in turn, leads to a decrease in our memory anyway, albeit slowly. Our working memory is also getting shorter and shorter, year after year, day after day. In 2011, an interesting article was published about an experiment conducted in the journal Science. According to the same article, students who can access the internet very quickly and easily, as well as students who keep information 100 times less in mind compared to students in the pre-computer era. This is if the same indicates that our brain has changed since then. And we prefer to store information that should be stored in our original memory in the computer's memory. Our dependence on computers is becoming more and more. The number of people who correctly calculate the information in it is also increasing. Who can guarantee that this information is correct? If we, full of Internet technologies, also submit our own discretion, we will continue to lose our "I"as a person in a similar way.

Of course, knowledge begins with information. However, ignorance also begins with information that benefits someone. That is, information that does not lead a person to the side of thinking leads to ignorance and deceives and deceives people. That is why any person is obliged to teach himself to process information. If not, the extreme vortex of information will swallow it alive. He will be instructed to every status every hour. So who or what teaches us to process existing information? No doubt, read on! The reading of good books does not oblige us to read Life and nature, to read, understand, know a person and The Creator, to follow his correct, Noble instructions, encourages us through propaganda, fills us with pleasure and teaches...

As for the problem of truly reading books, this one is now a completely different matter. Especially if you have the works of Stevenson, Defoe, Gogol or Chekhov in your hands, such training is a wonderful and unusual activity in any conditions – both during industrialization trips and at lunchtime, when the price of the precious paper falls, even before going to bed, during the years of depression and confusion, and even on an empty stomach, at an overwhelming level

So what is the real recitation itself? This is an allanechuk thing that always gives an elegant answer to the glaring shifts in US, which are subtly in tune with humanity in man. And the glaring glides separate us from butterflies and elephants. In other words, recitation gives a person a Shudu Hurray...

...Recitals are to be involved in divine Genesis, because when we are obsessed with reading, we create and become creative. And finally, reading therefore has such a positive effect on us that, seeing how bright and high a person with two ears and two legs, like ourselves, can rise to heights, we will also envy them, and incomparably envy from our sincere heart...

Recitation is also mental work that exhausts people again, because in the reading circuit you will also encounter various kinds of feedback that regularly offend a person. They stir up your mind and cause you so much pain that even if not one, one by one, "was it better for me to read than to experience this ordeal?" you also go to the thought... Here is a blessing, in Vissarion Grigorievich Belinsky (1811 – 1843) we come across such words that alert thinking people: "stand not in a hurry, we will still have cast-iron roads, air mail will also appear, still factories, manufactories will mature in US, and folk wealth will increase even more, but religious feelings will intensify, here is where the original matter itself is! We will be carpenters, we will be locksmiths, we can also be fabricators, but we can really be real people – here's what the most basic issue is!"

In fact, this is an excellent matter, a matter that does not require a very broad, positive response even when it is a matter, perhaps it does not have a complete answer that will satisfy everyone equally... Humanity seems to have not become so bad over time, but even though it has not become even better!..

When all people are reading books, this is actually not a normative phenomenon. Not everyone can be a reader. Not everyone can be a reader, just as not everyone can be a spectator, a dormist, an artist, a predictor, an entrepreneur, a devotee, an inventor, a singer, a collector or an excellent specialist in white ants. The passion for reading in its own way, the talent for reading is not for everyone, so it is much more common in nature than the tendency to steal, but much less common than the desire to drink rosa and have a good snack. Therefore, those who say that the reader will be a much more fortunate creature, more than anything, the happiness of mankind to communicate with the owners of the best and great minds than to have a higher opinion of oneself than to prolong one's life, rather than to have a blessing from tamaddun. On the other hand, the reader is a kind of shaddod, as well as a fearless creature, because communicating with the best minds of mankind through books can lead to such suffering discoveries that Ekleziast said about these discoveries: "the abundance of knowledge also multiplies grief." Therefore, sometimes you even get tired of thinking, "Come on, Aries is now better to have that book than him, a specialist in white ants.".."³.

You are well aware that the decree of the president of the Republic of Uzbekistan Shavkat Mirziyoyev signed on January 12, 2017 "on the development of the system of printing and distribution of book products, the creation of a commission on book reading and the promotion and culture of reading" is one of the most important documents in this regard. After the adoption of this order, the population, especially among the younger generation, is convinced that the attitude towards the book has changed radically in a positive way and that the original Gulshan of thought is of particular importance in human maturation.

It is known that art is one of the diversity that purifies our consciousness and leads to spiritual and educational perfection. Through it you can find the way to the hearts, minds of all human

³ “Тафаккур” журнали. – 2001. – №2. – Б. 59–72.

beings. But are we always able to use these tabarruk field opportunities correctly? Either in our social life the image of the heroes of our time is being created, whom we look at with envy, who can become an example for everyone? In our opinion, it is important that I focus all my attention on important human aspects in this idea, both on the screens, in songs and scenes, and in literature.

Books worth treating can also be chosen by everyone based on their taste and level. It is important that the main requirement in bibliotherapy is observed, that is, the work should be interesting, the reading process should not only give pleasure, but also encourage thinking, make the sick person think. It is also worthwhile for the main character of the work to get into a situation that has happened in your life someday and is still stealing your rest. It is also necessary that the book being read gives a person peace of mind and high spirits, gives a firm confidence that the existing problems will be resolved in a sad way, and gives a vivid impression in people.

What books give strength to the mind and heart, first of all, when reading? Examples of classical literature in the first time! The narrative style in one rhythm also evokes stagnant and stable feelings in people from their own sleep. The hero of the work also encourages you to think about the mistakes you made. The reading of classical works fulfills its function as a kind of treatment when people suffer mental shocks and when the central nervous system is disturbed, in a state of neurosis and in situations where it is difficult to forget about such unpleasant memories. Detective and adventure works temper the quality of attention, perseverance and observation. In the case of complex plots, mahzun thought-also distracts from fantasies and worries for quite some time. Various unpleasant thoughts are firmly entrenched in the brain, and when a person is mentally squeezed, reading a book is leisurely, truly passing the function of medical treatment. Science fiction works, on the other hand, expand the perceptions of what is likely to happen, happen in the future, provide an opportunity to go through thought and desires without fear, to recognize that there may be such thoughts and desires as in others. This type of book is usually recommended as a medicine for people suffering from fear as well as panic, living in strict order.

In the case of a strict rhythm in the works of Nazmi (poetic), it normalizes the processes taking place in the body, raises the mood, instills in a person confidence in his strength. This method is also used in the treatment of a depressed state, as well as stuttering after a stroke. Various fairy tales and folklore literature get used to the rules of trouble-free handling and observability. This type of book is quite applicable in the upbringing of children who are very hasty, disobedient, unspoken and "earless", and gives the expected effect from the very beginning.

Legal literature, on the other hand, teaches to prevent various worrying situations and to enter into circulation without conflict. Helps adolescents during their transition to youth, raises the mood after surgery. Philosophical and religious literature gives people an idea of the integrity of the world, the place of man in it and his role. Sharp mental shocks, much more deliverance from chronic mental contractions too. The diverse information from the book forms a new connection between the part of our brain responsible for short-and long-term memory and makes our brain more organized.

Any person, first of all, his parents, will find his place only in a family that reads books and has only a village, a neighborhood, a real worldview, does not find a place in the family-it is difficult for him to find a worthy place in society; he will have an appetite for self – esteem in the family, if he cannot find value in The family is closely connected to the motherland with such a spiritual bond, and for each person the motherland becomes a homeland. It is at this point that the concepts of family and homeland are mutually absorbed. And as a result of this, a family member becomes a part of the motherland and a citizen. If families are Society, members are people, people, then, in turn, they will continue to become the people of an entire country.