

## THE ROLE OF MENTAL DEVELOPMENT OF THE YOUNG GENERATION

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### ABSTRACT

The article explores the distinction between intellect and mind, emphasizing that the ability to think is not innate but developed through learning, experience, and spiritual growth. Drawing on Eastern and Western philosophy, it highlights knowledge as a vital foundation of life. Special attention is given to the role of youth, as the future of the nation depends on raising well-rounded individuals who can think independently, understand their rights, and contribute to the development of Uzbekistan in a modern, rapidly changing world.

**Keywords:** intellect, mind, knowledge, spirituality, education, thinking, youth, development, wisdom, Uzbekistan

### INTRODUCTION

Intelligence is a stable system of an individual's mental abilities for thinking and rational knowledge. And the mind is the ability of a highly organized brain to store knowledge and make correlations.

“Everyone complains about their memory, but no one complains about their mind,” said Francois de La Rochefoucauld, the famous French writer and moral philosopher. Everyone, of course, understands that being smart is much better than being stupid. But not everyone, even a very educated person, understands that intelligence, the ability to think, the ability to think skillfully is not an innate property, not a gift of nature, but precisely a skill that every person can and should develop in himself, and that it is not given for free.

An intelligent person is a person who knows how to think, reflect, and independently judge things, people, events, facts. We often meet very smart people who have not received not only higher education, but also secondary education. It is also obvious that “knowing a lot” is not quite the same as “being able to think.” “Knowledge does not teach the mind much,” Heraclitus warned at the dawn of philosophy. And he was, of course, absolutely right, as countries such as Germany know from world experience. Japan does not prosper due to its mineral resources, but thanks to the enlightenment and intellect of the people.

Strait of land and water.

In the 20th century, they took the leading position on the planet, covering science, education and enlightenment.

“...A people with poor spirituality will never be rich.

If he does not know his rights, has not realized and does not want to understand the power of his laws, has not been able to put the system of spirituality and enlightenment in the country on the right track, his desire for national honor and dignity will be in vain, such a people will not find their place in the world community.”

The future of any state, its tomorrow, the prosperous and peaceful life of the people are directly related to the young generation, its future and hope. "Young people with their talents and thirst for knowledge are where education and comprehension of spirituality begins," the President emphasizes.

That is why the slogan "Uzbekistan is a state with a great future!"

Society has a great responsibility for the younger generation, which requires paying special attention, first of all, to young people, providing them with every opportunity for spiritual development.

"Mind" ("wisdom") is not "knowledge" in itself, not a set of information embedded in memory by education, not information and not a set of rules for combining words with words, terms with terms.

This is the ability to properly manage knowledge, the ability to correlate this knowledge with the facts and events of real life, objective reality, and most importantly, independently obtain and replenish this knowledge; this is how "mind" has long been defined. And therefore, the simple assimilation of knowledge, that is, memorizing it, does not necessarily lead to the formation of the mind, thinking. In a competition for simple memorization of information, the smartest person will not be able to compete with the stupidest and most imperfect electronic computer.

However, this is precisely where he has an advantage over her - the advantage of having intelligence. But what if those who claim that the mind is an innate property are right, depending, if not one hundred percent, then at least eighty percent, on the genes shared with the mother, the peculiarities of the brain structure?

If so, then, of course, nothing will help.

One should not think that the most favorable conditions for the development of the mind are concentrated in the same place as material wealth. The situation with the conditions for the emergence of intelligence and talent is not so simple. They, as a rule, develop in those strata of society that feel the pressure of historically pressing development needs more strongly and acutely, the pressure of the contradictions of this development, which forces them to think, reflect, and "rack their brains" much more intensely than wealthy and "prosperous" people. Long before Islam, ancient Eastern thinkers expressed the idea that wisdom gives life, and the Greeks called uneducated people the living dead.

This ancient tradition has been preserved in Islam.

Aristotle is credited with saying that "knowledge is life and ignorance is death."

In Islamic life, the denying nature of ignorance is reflected in the following verses:

In ignorance there is death for the ignorant even before they die.

Their bodies are tombed even before they are buried.

A man to whom knowledge has not given life is dead.

He will not experience the joy of resurrection until the Day of Resurrection."

A truly educated person is not one who graduated from any, even higher, educational institution! Not someone who has read many, even very many, at least the best books in his lifetime. Not the one who has accumulated in himself, by one means or another, a certain stock, even a very large one, of various knowledge.

This is not the very essence of education.

Socrates said that the soul is nourished, but its food is something incorporeal, since its food is knowledge.

Knowledge is to the intellect what food is to the body, since both these things complement each other and must coexist in a person.

Knowledge and books have always been called spiritual food.

This popular concept of knowledge has survived to this day.

“The lack of judgment is, in fact, what is called stupidity;

There is no cure for this deficiency.”

Anyone, even a “stupid and limited mind,” Kant continues.

“...can, however, with the help of training even achieve scholarship.”

Nowadays, it is very easy to choke and drown in the rapid flow of information that bombards a person from all sides every day and hourly.

Moreover, this flow carries with it not only good-quality spiritual food.

In the early years of independence, our President set himself the task of creating all the necessary opportunities and conditions not only to raise a physically and spiritually healthy child, but also to raise a harmoniously developed person with modern intellectual knowledge that could fully meet the requirements of the 21st century.”

The requirement of modernity is to improve the qualities of an individual in all respects.

Today we need to raise children who will not become victims of their ignorance in various aspects of life.

There are very great opportunities opening up in Uzbekistan.

Understanding these possibilities and making the right choice is the need of the hour. Children should study full-fledged law so as not to trample on the rights of others and to protect themselves if necessary.

Children need to be taught the basics of psychology and communication so that they can find a way out of various conflicts.

Children must be able to understand themselves and formulate their thoughts correctly. Be able to navigate in space and on any terrain in any country.

That is why our President noted that “... our children should be stronger, more educated, wiser and, of course, happier than us.”

Therefore, we are obliged to raise every child to be a harmoniously developed not only physically, but also spiritually, mentally developed, socially active person and a true patriot. And only having achieved this, we can confidently say that Uzbekistan is a state with a great future.

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