

**INNOVATIVE METHODS OF FORMING SPIRITUAL  
IMMUNITY OF YOUTH (ON AN EXAMPLE OF TASHKENT  
STATE UNIVERSITY OF ECONOMICS EXPERIENCE)**

**Ismail S. Saifnazarov**  
**Tashkent State University of Economics,**  
**Tashkent, Republic of Uzbekistan**

**Abstract:** *At present, globalization of the information process around the world, spread of extraneous ideas into the world of our national values under the guise of "mass culture" are adversely affecting the youth. Therefore, the main goal of the work is to study innovative methods that contribute to the formation of spiritual immunity for young people. The basis is taken by the Tashkent State University of Economics. It is established that the institutions of civil society contribute to the formation of an atmosphere of mutual respect, charity and cohesion in society, the preservation and development of national and universal values.*

**Keywords:** makhalla, educational institution, aesthetic taste, album-presentation.

At Tashkent State University of Economics, innovative methods of increasing spirituality, forming ideological immunity by developing youth's capacity for independent thinking and scientific research, have been introduced. Professors and teachers of the Department of Social Sciences of the University are teaching students subjects of Philosophy, Ethics, Aesthetics, Logic, The basis of spirituality, Religious studies and The national idea. These subjects play a great role in formation among youth of high moral qualities, world outlook, culture, aesthetic taste, spiritual immunity, logical thinking skills<sup>1</sup>.

Classes on social sciences aimed at developing in students the feelings of respect for spiritual values, formation of a strong immunity against extraneous ideological threats<sup>2</sup>, are conducted using innovative pedagogical technologies and interactive methods, and this gives its positive results. So, first year students on the subject "Fundamentals of spirituality" as an independent work are given the task of preparing an album-presentation on "My family is my happiness", "My family is my pride"<sup>3</sup>.

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<sup>1</sup> A.S. Begmatov, *Structure, components and principles of spirituality*, Fan Va Texnologiya, Tashkent, 2017.

<sup>2</sup> I. Saifnazarov, and F. Saifnazarova, *What is an ideological threat?* Manaviyat, Tashkent, 2015.

<sup>3</sup> O.V. Zashchirinskaya, E.I. Nikolaeva, V.Y. Rybnikov, V.M. Byzova, "The influence of family communication on the specificity of the gestures perception by children of primary

When preparing an independent work on this course, which we called – "Practical spirituality", students are required to compile a genealogical tree of a kind (which in the Soviet period of our history was forgotten), a description of the best qualities of parents, sisters and brothers, close relatives who can serve as an example for them, coverage by slides of the merits of these people in front of the country, the collective, the makhalla. Independent work, in the form of presentation, is defended in each academic group, demonstrated in the family and in the future this slide album can be kept by a student as a document of family values.

Let's pay attention to the goals and tasks of practical work on "My family is my happiness!" The reforms carried out in Uzbekistan are primarily manifested in the life of family<sup>4</sup>. And therefore one of the important tasks is to provide peace and tranquility in families, a healthy spiritual environment. A friendly, strong family is considered the backbone of the state, its reliable future, a hearth of love and spirituality, multiplying the glory of the nation<sup>5</sup>. If peace reigns in families – the country will be tranquil and well-developed, our children will grow in a healthy spiritual atmosphere. Our main goal is the scientific study of ensuring the stability of families by preserving the rich, meaningful national traditions related to the family, combining them with universal values, introducing the sacredness of the family and marriage into the consciousness of the youth, taking into account the role of the family in the development of society and the upbringing of a harmoniously developed, healthy generation.

The goal is also to achieve a combination of theoretical knowledge of students in the subjects of "Fundamentals of spirituality", "Religious studies" with practice, the introduction of national and religious values in

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school age with mild mental retardation”, in *Novosibirsk State Pedagogical University Bulletin*, 2017, vol. 7, no. 5, p. 81-93.

<sup>4</sup> President of the Republic of Uzbekistan. *Decree of February 7, 2017 "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan"*, 2017. Available at: <http://uza.uz/ru/documents/o-strategii-deystviy-po-dalneyshemu-razvitiyu-respubliki-uzb-08-02-2017>

<sup>5</sup> O.V. Zashchirinskaia, A.V. Lapteva, E.I. Nikolaeva, N.A. Medina Bracamonte, E.V. Zmanovskaya, “Concepts of friendship among primary school children with intellectual disability”, in *Novosibirsk State Pedagogical University Bulletin*, 2018, vol. 8, no. 2, p. 26-42.

the minds of young people, and awareness of the value of the family<sup>67</sup>. For millennia, many great thinkers talked about creating a happy family. And today this issue is touched upon by many scientists and authoritative persons. Their happiness is found by those who follow these instructions.

We are paying special attention to identifying the level of mastering by students of the ideas and opinions on the family, such eternal values as human love, mercy, faithfulness, marriage, the upbringing of children, the future of the nation, their attitudes toward their family, their ancestors, close relatives, the ability to express their faith, ability to self-awareness<sup>8</sup>.

### **Interactive classes and their features**

Interactive classes have a positive impact on students. They independently, creatively are working on revealing the exemplary characteristics of their families, identifying aspects that can be proud of, while classmates getting acquainted with the values of their friends' families and making appropriate conclusions. "Practical spirituality" contributes to the development of such spiritual qualities as love, self-awareness, national pride, the correct expression of one's thoughts, a deep understanding of the value of the family, development of an aesthetic taste.

Such slide-albums also inspire family members of students. They are expressing sincere gratitude to the organizers of the project "practical spirituality". After such presentations, the prestige of students in their families and among relatives, increases, most of them are receiving moral and material encouragement, which increases the feeling of mutual respect and love for their family.

The second year students are preparing an album-presentation on "My teacher is my torch!" This practical work shows the huge role of teachers and mentors who taught to read, write, sent to the world of knowledge and enlightenment, reliance on people of this glorious and responsible profession in the awareness of life and development of

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<sup>6</sup> President of the Republic of Uzbekistan. *Resolution of June 27, 2018 "On the Approval of the Concept of Strengthening the Family in the Republic of Uzbekistan"*, 2018. Available at: <http://www.uza.uz/ru/documents/ob-utverzhdenii-kontseptsii-ukrepleniya-institutu-semi-v-res-27-06-2018>

<sup>7</sup> A. Sailaukyzy, G. Yertassova, K. Sak, N. Kurman, "Social aspects of religious matters in the comparative analysis of the historical and contemporary feature materials of Kazakhstan", in *Utopia y Praxis Latinoamericana*, 2018, vol. 23, no. 82, p. 52-62.

<sup>8</sup> F. Saifnazarova, *The Uzbek family as a national and social value: past and present*, Yurist-Media Markazi, Tashkent, 2014.

sciences, in connection with which the feeling of boundless respect for the mentors remains forever in the hearts of people.

During the classes, students are recommended to use literature on the subject, as well as manuals for independent work that contribute to strengthening philosophical, life concepts in their worldview, the importance of the unlimited role of mentors in a person's life, independent understanding of their own lives and making necessary conclusions. Such subjects for independent work of students are chosen because they require a certain amount of knowledge on the subject being studied, the ability to search independently, the possibility of cheating is minimized, because each person has his own way of life, all students studied in different schools, lyceums, colleges and are trained in various specialties. When preparing independent work, the student demonstrates in practice knowledge of the subject of philosophy (ethics, aesthetics, logic). The proposed subject provides methodological suggestions and recommendations, lists of necessary literature, websites, supports the innovative, creative approach of the student to the coverage of the subject.

The purpose of the work: to promote connection of theoretical knowledge of students on the subject of philosophy (ethics, aesthetics, logic) with practical life, develop dialogue skills with mentors, feelings of respect for them, ability of philosophical thinking about the role of mentors in their lives, formation in the minds of students of the best spiritual qualities. As well as formation among students of moral norms based on the system of national and universal values, the development of aesthetic taste, the skills of independent search, training in the use of logical certainty and consistency in thinking. We also have a goal – through the activities of students the establishment of a strong university connection with schools, lyceums, colleges, the development among students of interest in profession of an economist and the attraction of talented youth to the university.

On this issue it is appropriate to give an example from the experience of Japan. The Prime Minister of this country was asked what is the secret of Japan's incomparable development. The Head of the government replied: "There is no secret. We simply provided teachers with the salary of the minister, the inviolability of the diplomat and the high position equal to the status of our emperor". That is, increasing the role and social status of teachers in society is one of the important factors of

the country's innovative development, ensuring the well-being of the population<sup>9</sup>.

Second year students in implementing the task of the "Practical philosophy" should prepare an album about teachers of the school, lyceum and college in which they were trained, the teachers of this university who deserved respect among students, present their characteristics and indicate the best qualities, with which they won confession. Presentations of independent works are held at the university, as well as in educational institutions where students were trained. Such attention especially touches the hearts of teachers of these institutions, and one can say that they increase the sense of satisfaction from their work and interest in profession of a teacher. It also contributes to a worthy assessment of the hard work of teachers and, at the same time, gives them the opportunity to determine their rating. As a result of the implemented work, the students' strive for science have strengthened, and it will be true to say that valuable advice, recommendations and good wishes of mentors further multiplied the spiritual world of students.

In the third year, a project on "My makhalla is my pride" is being developed among students. During the practical classes on the subject "national idea", each student prepares an album-presentation about his/her makhalla. This album presents information about history, residents of makhallas, famous people, traditions, the carried out work, operating in the territory of makhalla institutions, organizations, enterprises<sup>10</sup>. The purpose of practical work is to combine the theoretical knowledge of students on the subject "National idea" with practical life, their training in independent search, the collection and analysis of necessary information, social cooperation, the introduction into the consciousness of young people of the role of makhalla in development of society and human life, as well as development of pride in their makhalla, patriotism, strengthening national and spiritual immunity in them<sup>11</sup>.

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<sup>9</sup> S.A. Lyausheva, I.S. Karabulatova, Z.O. Abregova, Z.A. Mamisheva, L.V. Usova, "Problems of innovative development in the modern ethno-cultural environment", in *Astra Salvensis*, 2018, vol. 6, no. 12, p. 745-751; V.V. Zelenskaya, S.A. Golubtsov, I.S. Karabulatova, I.A. Kanon, Z.S. Kasyanova, "Innovative discourse in the formation of a modern ethno-cultural environment", in *Astra Salvensis*, 2018, vol. 6, no. 12, p. 753-766.

<sup>10</sup> E. Akhmetshin, E. Danchikov, T. Polyanskaya, N. Plaskova, N. Prodanova, S. Zhiltsov, "Analysis of innovation activity of enterprises in modern business environment", in *Journal of Advanced Research in Law and Economics*, 2018, vol. 8, no. 8, p. 2311-2323.

<sup>11</sup> President of the Republic of Uzbekistan. *Decree of the February 3, 2017 "On Measures to Further Improve the Institute of Makhalla"*, 2017. Available at: [www.uza.uz](http://www.uza.uz).

## **Features of civil society institutions**

On our land the makhalla is considered a center of upbringing throughout the centuries. The role of the makhalla in preserving the national values, the way of life and thinking of our people passed on from generation to generation is unlimited. In the years of independence of Uzbekistan, the prestige of the makhalla institute has increased, attention to its not only socio-economic but also political, educational and spiritual significance has increased. For the first time in the history of our national statehood, the citizens' gatherings of villages, auls and makhallas are defined as self-governing territorial units and this is enshrined in the Article 105 of the Constitution of the Republic of Uzbekistan. Participation of civil society institutions in the life of society is reflected in more than 100 normative legal documents of our country.

Currently, more than 30 tasks of socio-economic importance that were previously assigned to state bodies of local authorities have been successfully carried out in the country with 10 thousand citizens' gatherings. Based on modern requirements for formation of civil society in the country, the system for ensuring the effective implementation of tasks assigned to civil society institutions is being improved.

In particular, at present, the following tasks are identified as priority areas for further improvement of the makhalla institute<sup>12</sup>:

- strengthening the place and role of civil society institutions in society, their transformation at places into real consultants and people's assistants;
- increasing importance and prestige of the makhalla in formation of an atmosphere of mutual respect, charity and cohesion in society, preservation and development of national and universal values;
- strengthening cooperation of civil society institutions with state and non-governmental organizations in the work on spiritual and physical education of youth<sup>13</sup>, ensuring youth employment, protecting the younger generation from ideological threats, social support for needy strata of the population and representatives of the older generation;
- expanding direct participation of the makhalla in ensuring public order, timely prevention of violations, strengthening citizens' sense of respect for the law;

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<sup>12</sup> *Ibidem*.

<sup>13</sup> A. Ermakhanova, D. Nurmuhambetova, "Dynamics of physical development of young girls of synchronous swimming in the process of educational training", in *Astra Salvensis*, 2018, vol. 6, no. 12, p. 543-548.

- introduction of an effective mechanism for protecting the rights and legitimate interests of civil society institutions and coordinating their activities, ensuring the practice of applying a single right in the makhalla system<sup>14</sup>.

In order to improve the effectiveness of local events in education of young people in the spirit of love for the Motherland, respecting the centuries-old traditions of people, ensuring peace and tranquility in the makhallas,<sup>15</sup> supporting the social activity of representatives of the older generation in the Republican Council for Coordinating Activities of Civil Society Institutions and its territorial offices, Vice-Chairmen of the Council on Youth Affairs, Seniors, Veterans and Religious Enlightenment Issues, in civil society institutions – deputy chairman of civil society institutions – a consultant on youth issues, acting on a voluntary basis<sup>16</sup>.

Presentations of independent works on studying makhallas are conducted in makhallas in the place of residence of students. Such works contribute to increasing students' interest in their makhallas, their profound study, development of a sense of pride for famous residents of the makhalla and the charity work that are being carried out by them. Such events were conducted by professors and teachers of social sciences of Tashkent State University of Economics in makhallas of Payarik district of Samarkand region, Bekabad city, Buka and Kibray districts of Tashkent region, Yunusabad, Mirzo Ulugbek, Chilanzar and other districts of Tashkent city.

These events aroused great interest among activists of makhallas, youth, especially among students, and increased the feeling of respect for their makhallas. We can state that during the presentations, students got acquainted with the work conducted in other makhallas, got acquainted with the families of friends who live in these makhallas, expanded their outlook, friendship, cohesion, hospitality, partnership, and the desire to help each other increased among classmates.

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<sup>14</sup> L. Nyssanbekova, T. Toktybekov, S. Yessetova, Z. Zhanat, “Some aspects of personality of individual in international law (rights of individual in the international criminal court, rights of migrants, refugees, rights of women and children in international humanitarian law, rights of investors)”, in *Journal of Advanced Research in Law and Economics*, 2016, vol. 7, no. 6, p. 1455-1464.

<sup>15</sup> Sh.M. Mirziyoyev, *A well-maintained makhalla is a prosperous country*, 2017. Available at: <http://uza.uz/ru/politics/shavkat-mirziyeev-blagoustroennaya-makhallya-protsvetayushch-08-07-2017>

<sup>16</sup> T. Evstratova, V. Shalashnikova, N. Starostenkov, E. Nakhratova, A. Zotova, M. Ziroyan, “Practical aspects of volunteer movement development in Moscow”, in *Research Journal of Pharmaceutical, Biological and Chemical Sciences*, 2016, vol. 7, no. 3, p. 2073-2081.

At the same time, at these events, students and their family members were more closely acquainted with the population of the makhalla, which increased the authority of the family in the makhalla. Carrying out on-site presentations strengthened the responsibility of the makhalla activists for educating the youth, at these events the activists received some information about the activities of the makhallas and once again became convinced of the relevance of the aphorism "seven makhallas are parents to one child".

The practical work carried out on the above subjects is fully in line with the country's goal of improving cooperation: "The family is an educational institution of makhalla" and promotes the professional orientation of young people and their spiritual development. Based on presentations of students on this project, in cooperation with primary organization of the Youth Union of the University, conversations and contests were organized, the authors of the best works were awarded. Three author' certificates were received on three projects of Tashkent State University of Economics.

In conclusion, it should be noted that active application of the experience of Tashkent State University of Economics in formation of spiritual immunity against destructive ideas through the spiritual and enlightenment education of youth, combination of theory and practice of social sciences, introduction of national, religious values, the national idea, development of independent thinking and scientific search – in other higher and secondary special education institutions, will contribute to further improvement of work on strengthening the spiritual immunity of youth. A person who knows how to appreciate the invaluable role of family, mentors and makhalla in his/her life, will never turn off the right path, he/she will have strong faith and strong spiritual immunity.