

**THE IMPORTANCE OF UZBEKISTAN FOLK SAYS AND APHORISMS IN  
SPIRITUAL EDUCATION**

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**Abstract:** The article analyzes the role of Uzbek folk proverbs and aphorisms in spiritual education, their influence on personal development, their connection with folk pedagogy, and the possibilities of their application in the modern educational process. The spiritual content of aphorisms is highlighted based on the wisdom of such scholars as Alisher Navoi, Abdulla Avloni, and Ahmad Donish. The study describes the pedagogical and psychological significance of folk art in the education of youth on a scientific and theoretical basis.

**Keywords:** folk oral art, proverb, aphorism, spirituality, folk pedagogy, morality, national value, enlightenment, education, youth, spiritual immunity.

Enter. Today, the issue of improving the education system, educating the young generation in the spirit of national and universal values is one of the strategic tasks of society. From this point of view, proverbs and aphorisms, which are invaluable examples of folk art, occupy an extremely important place as a means of spiritual education. They are a concise form of folk wisdom, embodying profound wisdom on all aspects of human life.

Uzbek folk proverbs and aphorisms express the worldview, life experience, spiritual values, beliefs and moral ideals of the people formed over the centuries. They call on young people to be decency, honesty, hard work, kindness, patriotism and humanity. Therefore, proverbs and aphorisms are of incomparable pedagogical importance in the national education system, especially in the formation of a spiritually mature person.

Proverbs are one of the oldest, most concise and deep forms of folk oral creativity. For centuries, they have expressed the people's life experience, worldview, moral and normative views and attitude to social relations. Each proverb expresses a whole thought, a life truth or a lesson in a few words. In this regard, they are considered one of the highest manifestations of folk wisdom. Although proverbs are passed down orally from generation to generation, they have not lost their relevance, but have acquired a unique educational significance in each era. Proverbs are in different directions in content, and each has its own educational load. For example, in the proverb "He who eats with others is at a wedding, he who eats alone is at a funeral," there is a call for respect for the spirit of the community, solidarity, and unity. The proverb "He who works is satisfied" glorifies hard work. Through such proverbs, such qualities as patience, honesty, justice, loyalty, friendship, respect for parents, and patriotism are formed in people. Therefore, proverbs are valued not only as a linguistic decoration, but also as a moral and educational criterion.

Literature analysis. Folk proverbs have long served as a means of education. They are created on the basis of instructive thoughts taken from folk experience, life observations, and social life. Proverbs are short, but rich in content and deeply meaningful expressions. Each of them embodies a wise thought that determines a person's social life, moral qualities, attitude to work, and place in society.

The proverb "He who walks with the people becomes a people, but he who separates from the people becomes a stranger" shows the importance of human inseparability from society and social solidarity. "He who works is satisfied, but the lazy remains empty" emphasizes the place of honest labor in human life. In this way, proverbs are manifested as a pedagogical tool that

transfers not only everyday life experience, but also moral and normative values from generation to generation.

Academician A. Kadyrov in his work “The System of Spiritual Values in Folk Pedagogy” says: “Folk proverbs, with their educational essence, are absorbed into the human psyche, and they create moral immunity in a person who hears them repeatedly. This immunity is an internal force that protects a person from evil, lies, and selflessness.” The impact of folk proverbs on the psyche of a student is more emotional and volitional than through conscious teaching. Therefore, they can also be effectively used in hypnopaedia (learning by listening in a sleep state) or audio-educational methods. In addition, proverbs teach logical thinking, generalization, and drawing conclusions. Usually they are short, clear and are effective, encouraging a person to think about a particular situation. Proverbs represent cause-and-effect relationships in life and form important concepts in the human mind. For example, the proverb “A bad friend is a sorrow, a good friend is a booty” indicates that a person should be careful when choosing friends, and that it has consequences. Such expressions create a basis for young people to think critically and consciously respond to life events. The effective use of proverbs in the modern educational process opens up many opportunities. They can be used to introduce the topic in lessons, stimulate debate, draw conclusions in written works, enrich moral discussions or creative assignments. Especially in language and literature, spirituality and history lessons, discussing life topics through proverbs and connecting them with real situations strengthens students' life thinking. At the same time, the educational process can be made interesting and effective by preparing dramatic scenes, assignments, tests or role-playing games based on proverbs.

Proverbs are rare sources that embody the essence of folk wisdom, national thinking and spirituality. They play a significant role in both upbringing and education, are a powerful tool that encourages people to think, draw conclusions, and be kind. Their effective integration into the modern educational process is a reliable way to educate spiritually mature, thoughtful, and conscious young people.

Aphorism (from the Greek "aphorismos" - a wise saying) is the most concise, concise and profound expression of human thought. Aphorisms are usually wise sayings created by great thinkers, philosophers, and writers. In Uzbek literature, scholars such as Alisher Navoi, Ahmad Donish, Abdulla Avloni, Fitrat, Cholpon, Oybek created deeply meaningful aphorisms about humanity, justice, morality and spirituality in their works.

The great thinker, scholar, sultan of poetry, Alisher Navoi writes in his work “Mahbub ul-qulub”: “What makes a person great is his word and deed.” This aphorism educates the ideas of unity of word and deed, responsibility, and honesty in the younger generation.

The great enlightener Abdulla Avloni, in his work “Turkish Gulistan or Morality,” gives the following wisdom: “Morals are the virtues that make a person human.”

Through this thought, the scholar evaluates morality as the most important criterion of humanity. Another scholar, Ahmad Donish, in his work “Navodir ul-vaqoe”, contains the following aphorism: “Knowledge is light, ignorance is darkness.” This idea encourages young people to strive for knowledge and enlightenment.

Aphorisms are of incomparable pedagogical importance as a means of shaping personal thinking, strengthening human qualities, and strengthening the national-spiritual spirit.

According to the pedagogical scientist B. Khodiyev: “Proverbs and aphorisms educate the younger generation not only in terms of morality, but also in terms of spirituality and emotion. Their short form, musicality, and meaningfulness ensure that they are convenient and memorable for the child’s mind.” Folk proverbs are an effective means of psychological adaptation and memorization in the educational process.

Discussion and conclusion. Uzbek folk proverbs and aphorisms serve as the main factor in the formation of the following spiritual qualities in the younger generation:

“The homeland is the mother, it is obligatory to love it”, “The peace of the country is the prosperity of the people.”

“The one who works is rich, the lazy remains idle.”

“There is no lying nation, but if there is a nation, its work will not work.”

“Respect for the elderly, honor for the young.”

“Knowledge is wealth, labor is power.”

Through these proverbs, the people have formed an educational system for centuries. They serve not just as words, but as a vital criterion, a moral guide.

In the era of globalization, when the risk of alien cultural trends and Western stereotypes taking over the minds of young people is increasing, the inclusion of folk oral creativity in the educational process remains an effective way to preserve national identity. Through proverbs and aphorisms, young people acquire the qualities of national pride, faith, honesty and decency.

President Sh. M. Mirziyoyev said about this: “Instilling feelings of national pride, patriotism, honesty, and hard work in the hearts of young people is strengthening the spiritual immunity of our people.”

We recommend the following tasks to develop students' spiritual education through proverbs: “Analysis of proverbs and drawing logical conclusions”

This task is performed in order to study the logical structure of proverbs and develop the ability to draw logical conclusions from them.

Choose 2-3 Uzbek folk proverbs. It is better if the proverbs cover different topics. Analyze each proverb according to its logical structure.

What is the main idea of the proverb?

What logical connections are there in it?

How is each part of the proverb logically related to each other?

What general conclusion can be drawn from the proverb?

Explain the meaning of proverbs provide relevant pictures, drawings or other visual materials.

“Formulating logical problems based on proverbs”

The purpose of this task is to develop logical thinking by forming logical problems from proverbs and solving them. Using Uzbek folk proverbs, create logical problems. The problems should be based on the meaning of the proverbs and have a logical solution.

Based on the proverb “Seven measures, one cut”, you can create a problem about saving time, planning and working carefully. Sort the created problems by level of difficulty, develop game rules for solving the problems, and play the game individually or in groups. To make the game more interesting, you can use multimedia tools or prepare prizes for the winners.

These tasks will help students to understand the proverbs in depth, develop logical thinking skills and demonstrate their creative approaches.

Conclusion. Uzbek folk proverbs and aphorisms are priceless masterpieces of folk thought, spiritual treasures that express the deepest layers of national consciousness and thinking. They have embodied the life experience, moral values, and socio-cultural views of the people for centuries, and have not lost their educational significance today. Through proverbs and aphorisms, a person's attitude to life, work, relationships, homeland and nation is formed, which enriches the spiritual world of young people and develops high moral qualities in them. These genres of folk oral creativity are an important educational tool for instilling in students such qualities as honesty, diligence, justice, loyalty, decency, and kindness. Through them, young people understand their national identity, learn to respect the historical experience, traditions, and values of the nation. Also, aphorisms and proverbs serve as didactic material for

teachers in the educational process, enriching topics with real-life examples, teaching students to think independently, analyze, and draw the right conclusions.

In today's modern education, strengthening the spiritual immunity of the younger generation and educating them on the basis of national values is of great importance. In this regard, the integration of Uzbek folk proverbs and aphorisms into the modern educational process, in particular, into the disciplines of spirituality and education, their combination with interactive methods, trainings, and game technologies will give effective results. This process will serve to strengthen the national education system, form a high spiritual culture in students, and increase national pride and honor.

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