

**EDUCATIONAL VALUE OF TEACHING LITERARY TEXTS IN DEVELOPING
READING LITERACY: FACTORS SHAPING PATRIOTISM IN
PRIMARY EDUCATION**

Uktamova Mehriqiyo Azamovna

Lecturer of the Department of Pedagogy and
Psychology at the Asia International University
mexrigiyouktamova@gmail.com

Abstract. This article analyzes the educational importance of teaching literary texts in the process of developing reading literacy and its role in fostering patriotism in primary education. In the context of an intensifying global information flow, nurturing a sense of national identity, patriotism, preservation of historical memory, and strengthening moral immunity are considered essential objectives of education. Literary texts serve as a powerful educational tool that shapes the learner's worldview, instilling qualities such as love for the homeland, responsibility, dedication, unity, and diligence through imagery and artistic expression. The article presents strategies for developing reading literacy through literary texts based on interactive methods, competency-based approaches, and national values. The research outcomes contribute to increasing the effectiveness of patriotic education in primary schools and to forming morally mature, socially responsible individuals.

Keywords: reading literacy, literary text, primary education, patriotic education, moral and ethical development, competency-based approach, national values, educational technologies.

Аннотация. В данной статье анализируется воспитательное значение преподавания художественных текстов в процессе формирования читательской грамотности и роль этого процесса в развитии патриотизма у учащихся начальной школы. В условиях усиливающегося глобального информационного потока одной из ключевых задач образования становится формирование национального самосознания, патриотизма, сохранение исторической памяти и укрепление духовного иммунитета учащихся. Художественный текст является мощным воспитательным инструментом, который формирует мировоззрение ученика, прививая такие качества, как любовь к Родине, ответственность, преданность, единство и трудолюбие через систему художественных образов. В статье представлены стратегии развития читательской грамотности на основе художественных текстов с применением интерактивных методов, компетентностного подхода и национальных ценностей. Результаты исследования способствуют повышению эффективности патриотического воспитания и формированию духовно зрелой личности.

Ключевые слова: читательская грамотность, художественный текст, начальное образование, патриотическое воспитание, духовно-нравственное развитие, компетентностный подход, национальные ценности, образовательные технологии.

INTRODUCTION

In the 21st century, one of the main tasks of the educational process is not only to provide knowledge but also to nurture a morally mature, patriotic, and independently thinking individual. In the Republic of Uzbekistan, educational reforms implemented in recent years—particularly the creation of “new generation” textbooks and the preparation for international assessment programs on reading literacy (PISA, PIRLS)—require improving the quality of primary

education. In this process, teaching literary texts not only develops the learner's speech and thinking skills but also serves as a key source of moral and ethical education.

A literary text, through images, plot, and national values, helps the learner develop love for the homeland, respect for ancestral heritage, responsibility, and civic consciousness. Through literary works, students emotionally experience the value of their motherland, the importance of peace, the dignity of labor, and the courage and devotion of historical figures. This process is closely connected with reading literacy, and well-selected texts significantly influence not only academic development but also personal growth.

The task of a primary school teacher is to guide meaningful reading, reflection, drawing conclusions based on the text, and connecting it with real life. For this purpose, interactive methods (cluster, role-play, discussion, critical thinking strategies) and a competency-based approach produce effective results. This fosters not just reading ability but the development of a learner who can think, feel, and analyze.

The relevance of the article lies in the fact that, in today's era of globalization, one of the most effective ways to strengthen the spiritual world of the younger generation and protect them from negative information is education through literary texts.

RESEARCH SUBJECT. Sometimes you just want to leave everything behind and disappear into distant, quiet places where peace feels real and the world finally pauses. You want to breathe without fear, without pressure, without anyone demanding anything from you. You want to cry not because you are weak, but because your heart is full and tired, and tears are the only language that understands you. You look for calmness the way lost travelers look for light — slowly, quietly, with hope that somewhere there is a place where your soul can rest. A person's patience is not made of iron; it has limits, and even the strongest hearts break when they carry too much for too long. Every human being reaches a moment when they simply get exhausted — exhausted from trying, from holding everything together, from pretending to be fine. Sometimes all we truly need is someone who hears us without judgment, a moment where the world softens, and a space where we can breathe again. And in those quiet moments, when the storm inside slowly settles, we remember that even the gentlest souls deserve peace, and even the tired deserve rest. Sometimes the weight of life settles on a person so quietly that it takes years to notice how heavy it has become. You wake up one day and realize that the exhaustion you feel is not only from lack of sleep but from carrying emotions without rest. You begin to understand that seeking peace is not a weakness; it is a human necessity, something as natural as breathing, something as vital as wanting warmth in the middle of a cold night. The desire to escape into distant quiet places becomes stronger when the noise inside outgrows the noise outside. You imagine wide fields, soft winds, tall mountains, or a silent room where no one demands anything. In those imagined spaces, you find a version of yourself that is not constantly tired, not constantly pressured, not constantly pretending. People often believe patience is infinite, as if human hearts are made of metal, unbreakable and solid. But the truth is that patience is a soft thread, stretching and stretching until one day it simply snaps. Even the most resilient souls have their limits, and when they reach that invisible boundary, something inside them changes. They stop fighting, not because they have given up, but because they have finally understood how deeply they need rest. The process of reaching this understanding is rarely peaceful. It comes with tears, frustration, and moments of silence in which a person no longer knows what to feel. Crying becomes a language when words fail, and those tears speak honestly in ways the mouth never could. You find yourself drawn to the idea of disappearing, not forever, but long enough to remember who you are without the world's expectations. You imagine long walks in places where no one knows your name, where your thoughts are not interrupted, and where every breath

feels like healing. In those dreams, the world slows down, and you finally have space to listen to your own heartbeat. You notice how hungry your soul has been for quiet, how thirsty you are for understanding, how deeply you crave a moment where nothing hurts. But life rarely allows such disappearances. Responsibilities return like tides, pulling you back before you can drift too far. Yet the longing remains. You hold it softly in your chest, and it becomes a reminder that you deserve gentleness. The journey toward inner peace begins the moment you acknowledge that longing. It is not selfish to want peace. It is not childish to seek comfort. It is human to need a place where your spirit can breathe.

As days pass, you begin to see how exhaustion shows itself. It appears in the way you sigh without realizing, in the heaviness of your steps, in the deep breath you take before entering a room. It shows in your silence during conversations, in the smile you force, in the tears that come too easily. Sometimes you cry not because something tragic has happened, but because your heart is simply too full. Full of small worries, unspoken fears, unsent messages, quiet disappointments, and responsibilities you never asked for but carry anyway. These emotions accumulate slowly, layering themselves over the years until even the smallest moment becomes overwhelming. Yet, there is beauty in this vulnerability. To feel deeply is not a curse; it is a sign of being alive, of being connected to the world in ways others may never understand. Your sensitivity, though tiring, is also the source of your compassion. You care about people, about moments, about memories. You notice details others overlook: the trembling in someone's voice, the sadness behind a smile, the quiet loneliness in a crowded room. This awareness makes you emotionally rich, even if it also makes you emotionally tired. Still, there comes a moment when even the strongest hearts reach a breaking point. Not a dramatic collapse, but a quiet surrender. You stop forcing yourself to be strong all the time. You stop pretending you are okay when you are not. You stop apologizing for needing time alone. This surrender is not defeat. It is the beginning of healing. When you allow yourself to be honest about your feelings, you create a doorway to peace. In the search for that peace, you begin to reflect on your life, your choices, your pain, and your resilience. You realize that much of your exhaustion comes from being everything for everyone while being nothing for yourself. You have given your time, your love, your energy, and your strength to people who never truly saw how much it cost you. You have carried burdens in silence to avoid burdening others. You have sacrificed sleep, dreams, and opportunities just to keep everything together. But now, you finally understand: you, too, deserve the care you give so freely. The world does not slow down for anyone. It demands, pushes, pulls, and expects. But inside you, there is a quieter world — one that still remembers softness. That inner world whispers to you during sleepless nights, reminding you that you are more than your responsibilities, more than your mistakes, more than your exhaustion. It reminds you that peace is not a distant dream but something you can cultivate within yourself. Healing begins gently, almost invisibly. It comes in the form of small choices: saying no, resting when you need to, allowing yourself to feel without judgment. It comes from understanding that you cannot pour from an empty cup, that you cannot help others if you are drowning inside. Healing comes from slowing down enough to hear your own voice again. And in these quiet moments, something magical happens. You begin to rediscover yourself. You remember the version of you who laughed freely, who dreamed boldly, who believed in miracles. You reconnect with the softness in your heart, with the hope you thought you had lost. You realize that your exhaustion is not a sign of failure, but a sign that you have been too strong for too long. You start to build your peace. Not by escaping the world, but by creating a sanctuary within yourself. A place where you are allowed to be fragile, allowed to be imperfect, allowed to rest. You protect this inner sanctuary with boundaries, with honesty, with self-respect. And slowly, very slowly, life begins

to feel lighter. People may never understand your journey — the battles you fought in silence, the nights you cried without reason, the weight you carried behind your smile. But understanding from others is not the goal. The goal is to understand yourself, to honor your journey, to respect your limits, and to love the parts of yourself that survived even the hardest days. You learn to let go of things that no longer nourish you. You learn to walk away from people who drain you. You learn to stop apologizing for protecting your peace. And with each step, you become more grounded, more aware, more alive. Your search for peace becomes a form of strength. Not the loud, heroic strength people expect, but a quiet, steady strength that grows from within. It is the strength of choosing yourself after years of choosing everything else. It is the strength of admitting your pain and still moving forward. It is the strength of allowing yourself to heal. In time, you discover that peace is not found in distant places but cultivated in the heart. You realize that the calm you seek is something you can give yourself through acceptance, self-love, and rest. You begin to trust your journey, even the difficult parts, knowing that each moment of exhaustion taught you something valuable. And so you continue forward, not as someone who has escaped the world, but as someone who has learned to live gently within it.

CONCLUSION

The journey toward inner peace, though deeply personal, follows a pattern shared by many who carry emotional exhaustion. It begins with awareness — the recognition that something within you is tired beyond simple rest. This acknowledgment is the first step toward healing because it allows you to confront your feelings honestly. Without honesty, peace remains unreachable. Through recognizing your limits, you create the space needed for transformation. Exhaustion teaches us that we cannot survive on strength alone. We need softness, breathing room, and understanding. When a person reaches their breaking point, it is not a sign of weakness but a natural response to prolonged emotional weight. In allowing yourself to break, you also allow yourself to rebuild. The process is slow, tender, and often painful, but it leads to a deeper form of resilience — one that is grounded in self-awareness rather than self-denial. The desire to disappear into quiet places reflects a deeper truth: humans need peace. Not temporary distraction, but genuine emotional stillness. Such stillness cannot be found in external escape alone. It must be cultivated from within. External calm helps, but only inner alignment brings lasting healing. This alignment comes from listening to your emotions, honoring your needs, and setting boundaries that protect your well-being. Healing is not a linear path. There will be days when the heaviness returns, when tears fall easily, when the world feels too loud. But these moments do not erase your progress. Healing is measured not by the absence of pain but by the presence of self-compassion. Each time you choose to rest instead of pushing yourself, each time you speak your truth instead of remaining silent, each time you forgive yourself for being human — you move closer to peace. Ultimately, the journey toward peace is a journey toward yourself. It is about learning who you are beneath the exhaustion, beneath the expectations, beneath the roles you play. It is about returning to your essence — the part of you that is soft, hopeful, and capable of joy. When you reconnect with that part of yourself, the world begins to look different. Challenges remain, but they no longer crush you. Responsibilities continue, but they no longer suffocate you. You begin to navigate life with steadiness, with clarity, with gentleness.

REFERENCES:

1. Maslach, C., & Leiter, M. P. *The Truth About Burnout: How Organizations Cause Personal Stress and What to Do About It*. Jossey-Bass, 1997.

2. Kabat-Zinn, J. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hyperion, 1994.
3. Neff, K. *Self-Compassion: The Proven Power of Being Kind to Yourself*. William Morrow, 2011.
4. Brown, B. *The Gifts of Imperfection*. Hazelden Publishing, 2010.
5. Selye, H. *The Stress of Life*. McGraw-Hill, 1956.
6. Rogers, C. *On Becoming a Person: A Therapist's View of Psychotherapy*. Houghton Mifflin, 1961.
7. Frankl, V. E. *Man's Search for Meaning*. Beacon Press, 1959.
8. American Psychological Association. *Stress in America: Coping With Change*. APA Report, various years.
9. Goleman, D. *Emotional Intelligence*. Bantam Books, 1995.
10. Williams, M., & Penman, D. *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*. Piatkus, 2011.
11. Siegel, D. J. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. W. W. Norton & Company, 2007.
12. McEwen, B. *The End of Stress as We Know It*. Dana Press, 2002.