

Some aspects of forming a healthy environment in society through the formation of passion education in youth

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Annotation. *Passion is a concept that expresses a predisposition to the benefits of the material world to the human psyche, through the cultivation of passion, a person achieves inner peace, reaches spiritual perfection, finds his place in society. This article examines some aspects of the formation of a healthy environment in society through the formation of passion education in youth.*

Keywords: *passion, passion education, healthy environment, community development, religious education, prayer, belief, spiritual maturation.*

Некоторые аспекты формирования здоровой среды в обществе через воспитание страсть у молодежи

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Аннотация. *Страсть - это понятие, которое выражает склонность человеческой психики к благам материального мира, и через воспитание эго человек достигает внутреннего покоя, достигает духовного совершенства, находит свое место в обществе. В этой статье рассматриваются некоторые аспекты формирования здоровой среды в обществе посредством воспитания страсть у молодежи.*

Ключевые слова: *страсть, воспитание страсти, здоровая среда, развитие общества, религиозное образование, молитва, вера, духовное созревание.*

Yoshlarda nafs tarbiyasini shakllantirish orqali jamiyatda sog'lom muhitni shakllantirishning ayrim jihatlari

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Annotatsiya. *Nafs inson ruhiyatiga moddiy olam ne'matlariga moyillikni ifodalovchi tushuncha bo'lib, nafsni tarbiyalash orqali inson ichki tinchlikka erishadi, ma'naviy kamolotga yetadi, jamiyatda o'z o'rnini topadi. Ushbu maqolada yoshlarda nafs tarbiyasini shakllantirish orqali jamiyatda sog'lom muhitni shakllantirishning ayrim jihatlari ko'rib chiqilgan.*

Kalit so'zlar: *nafs, nafs tarbiyasi, sog'lom muhit, jamiyat taraqqiyoti, diniy ta'lim, ibodat, e'tiqod, ma'naviy kamolot.*

Passion education is an important process in which a person seeks to control his inner world, desires and feelings, to distinguish between good and evil, to achieve spiritual perfection. Self-education brings inner peace and calmness to a person, since he develops the ability to control his desires, to properly treat life's difficulties. The cultivation of passion helps a person achieve spiritual

maturity, as it allows him to control his feelings, strive for good, deviate from evil, be patient, develop affection, compassion and other beautiful qualities. A person brought up with passion finds his place in society, because he adheres to the rules of etiquette in dealing with others, divides the right, puts the interests of society above his own interests. A person brought up with passion is successful in life, because he strives for a goal, is not afraid of difficulties, is hardworking, patient and ready for various tests of life.

The source of the views reflected in the passion and its upbringing can be grouped as follows:

1. Verses of the Qur'an Karim.
2. Hadith.
3. Examples of folk oral creativity.
4. Aphorisms.

Passion education is expressed in a sense of connection with one's people, in responsibility for the progressive development of society, in conscious observance of its laws, and in readiness to take active action to protect its interests. It is difficult to instill passion culture in young people through direct targeted training, therefore, teachers and all interested people are faced with the task of developing a unified program for the formation of a patriotic culture of youth, given the complexity and versatility of modern society, the author shows the need to combine traditional education with innovative approaches in the formation of youth passion culture.

Passion education is a process by which a person is focused on self-control, the development of moral qualities and getting rid of bad vices. There are different styles for its improvement, each of which is selected in accordance with the state of mind, character and goals of a person. Below are some of the most effective ways to improve your ego education:

1. Self-observation and analysis (accounting): each person must constantly monitor their behavior, thoughts and feelings, analyze them and identify the good and the bad.

- Keeping a diary: keeping records of events, thoughts and feelings that occur during the day, analyzing them.

- Self-questioning: an analysis of the causes, consequences of one's actions and their moral aspects.

- Meditation and contemplation: to penetrate deeply into one's inner world, calm thoughts and find a spiritual balance.

- Advantages: increases self-awareness, helps to identify good and bad habits, allows you to draw up a road map for personal growth.

2. Goal setting and planning: to set specific goals of passion education and develop specific plans to achieve them.

- SMART goals: setting goals based on the principles of accuracy (Specific), scalability (Measurable), Achievable (Achievable), relevance (Relevant) and time limitation (Time-bound).

- Small steps: divide large goals into small, easy-to-follow steps.

- Planning tools: using time management programs, calendars and other planning tools.

- Advantages: provides targeted orientation, increases motivation, helps track progress.

3. The formation of positive habits and the abandonment of bad habits: the development of habits that are beneficial for the upbringing of passion and getting rid of harmful habits.

- Chain of habits: linking a positive habit to a habit that already exists.

- Reward system: self-reward after performing a positive habit.

- Replacing bad habits: putting a healthy and healthy habit instead of a bad habit.

- Self-control: strengthening the will to fight bad habits.

- Advantages: develops moral qualities, improves health, reduces stress.

4. Reading and learning: educating the ego by reading good books, gaining knowledge and increasing spiritual knowledge.

- Moral books: reading books that teach moral qualities, passion and religious knowledge.

- Biographies: studying the life path of great people and learning from them. *

- Conversation with spiritual scribes: participation in the conversations of spiritual scribes, following their advice.

- Advantages: expands the scope of thinking, strengthens moral principles, helps to look at life from a new point of view.

5. Prayer and remembrance: to approach God and purify the soul through religious prayers, remembrance and prayers.

- Prayer reading: five times each day to fulfill the prayer in a timely manner.

- Fasting: fasting during the month of Ramadan and other noble fasts.

- To remember: to memorize God, to say the rosary and to read the Quran.

- To pray: to ask God for good, to wish forgiveness of sins and to purify the soul.

- Advantages: provides spiritual peace, increases love for God, helps to purify the soul.

6. Generosity and helping others: nurture passion by helping others, giving generosity to those in need, and benefiting society.

- Giving zakat: giving part of the property to those in need.

- Generosity: helping the poor, orphans and disabled.

-Volunteering: free participation in activities that are beneficial to society.

- Advantages: develops a sense of compassion for others, reduces egoism, gives a feeling of satisfaction in contributing to society.

7. Patience and gratitude: to be patient with the difficulties of life, to be grateful for the blessings and to always rely on God.

- Patience with difficulties: accepting difficulties in life as a test and tolerating them patiently.

- To thank the blessings: to thank God for the blessings he has given and to use them in the right way.

- Taking risks: relying on God in all endeavors and hoping for his help.

- Advantages: increases mental strength, develops a sense of contentment, increases satisfaction with life.

8. Accepting criticism and learning from mistakes: recognizing one's own shortcomings, accepting others' criticisms correctly, and learning from mistakes and not repeating them in the future.

- Openness: being open to the opinions of others, listening and analyzing them carefully.

- Mining: thanking critics because they are creating opportunities for growth.

- Error analysis: identify the causes of errors and take steps to prevent them in the future.

- Learning: learn from mistakes and use them as tools for personal development.

- Advantages: helps in self-improvement, increases self-confidence, improves relationships with others.

9. Restraint and control of emotions: control and control over anger, envy, selfishness and other negative emotions.

- Contemplation: when anger comes, stop and think about what is happening and what to do.

- Deep breathing: reducing nervousness through breathing exercises.

- Imagination: to imagine oneself in a quiet and calm place.

- Exercise: doing sports because it helps reduce stress.

- Advantages: helps maintain mental balance, reduces stress, improves interpersonal relationships.

10. Leading a healthy lifestyle: maintaining physical and mental health by eating healthy, exercising, getting enough sleep, and avoiding harmful habits.

- Balanced diet: diet rich in fruits, vegetables, whole grains and proteins.

- Physical activity: exercise for at least 30 minutes every day.

- Enough sleep: 7-8 hours of sleep every day.

- Avoid harmful habits: smoking, abstinence from alcohol and drugs.

- Advantages: strengthens physical and mental health, increases energy, reduces stress.

Doing good and helping those around them: doing good to others, helping them, helping those in need, and nurturing selfishness by benefiting society. Talking to worthy mentors and mentors: being in constant contact with mentors who show the right path in life, inspire and help in the upbringing of desires.

Passion education is a process that requires long-term and constant effort.

The above methods should be applied taking into account the peculiarities of each person. The main thing is to be patient in the pursuit of the goal, to constantly work on oneself and ask God for help. Passion education is a lifelong process. Choose styles that suit you, be patient and constantly work on yourself. Then you will be able to control yourself and achieve happiness in life.

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