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## UZBEK LITERATURE'S ROLE IN SHAPING TEENAGERS' MORAL AND SPIRITUAL WORLDVIEWS

Annotation

This study examines the role of Uzbek literature in shaping the moral and spiritual worldviews of teenagers, focusing on the impact of various genres on adolescents aged 13-18. While previous research has explored the influence of reading on moral development, a gap remains in understanding how specific types of Uzbek literature contribute to spiritual and ethical growth, particularly within diverse cultural contexts. To address this, a mixed-methods approach was employed, combining quantitative analysis of survey data from 100 participants with qualitative insights from in-depth interviews with 15 teenagers. The findings reveal that religious texts are strongly associated with the reinforcement of spiritual beliefs, while fiction literature significantly contributes to the development of empathy and ethical reasoning. Non-fiction, particularly biographies, plays a moderate role in fostering critical thinking.

**Key words:** Uzbek literature, moral development, spiritual worldview, adolescence, reading habits, empathy, ethical reasoning, cultural influence, education.

## O'ZBEK ADABIYOTINI O'SMIRLARNING MA'NAVY-AXLOQIY DUNYOQARASHINI SHAKLLANTIRISHDAGI ROLI

Annotatsiya

Ushbu tadqiqotda o'zbek adabiyotining o'smirlar (13-18 yoshdagi) axloqiy va ma'naviy dunyoqarashini shakllantirishdagi o'rni o'rganilib, turli janrlarning ularga ta'siri tahlil qilingan. Ilgari o'tkazilgan tadqiqotlar o'qishning axloqiy rivojlanishga ta'sirini o'rgangan bo'lsa-da, o'zbek adabiyotining o'ziga xos janrlarining ma'naviy-axloqiy rivojlanishga, xususan, turli madaniy sharoitlarda qanday hissa qo'shishi haqida yetarlicha tadqiqotlar olib borilmagan. Ushbu bo'shliqni to'ldirish maqsadida, aralash usul yondashuvi qo'llanildi: 100 ishtirokchi so'rovlaridan olingan miqdoriy ma'lumotlar va 15 nafar o'smir bilan o'tkazilgan chuqur suhbatlardan olingan sifatli ma'lumotlar birlashtirildi. Topilmalar shuni ko'rsatadiki, diniy matnlar ma'naviy e'tiqodlarni mustahkamlashda muhim ahamiyatga ega bo'lsa, badiiy adabiyotlar empatiya va axloqiy fikrlashni rivojlantirishga katta hissa qo'shadi. Xususan, tarjimai hol janri tanqidiy fikrlashni rivojlantirishda muhim o'rin tutadi.

**Kalit so'zlar:** O'zbek adabiyoti, axloqiy rivojlanish, ma'naviy dunyoqarash, o'smirlik, o'qish odatlari, empatiya, axloqiy fikrlash, madaniy ta'sir, ta'lim.

## РОЛЬ УЗБЕКСКОЙ ЛИТЕРАТУРЫ В ФОРМИРОВАНИИ ДУХОВНО-ПРАВСТВЕННОГО МИРОВОЗЗРЕНИЯ ПОДРОСТКОВ

Аннотация

В данном исследовании анализируется роль узбекской литературы в формировании духовного и нравственного мировоззрения подростков, с особым акцентом на влияние различных жанров на молодежь в возрасте 13-18 лет. Несмотря на то, что в предыдущих исследованиях изучалось влияние чтения на нравственное развитие, остаются пробелы в понимании того, как специфические жанры узбекской литературы способствуют духовному и нравственному росту, особенно в различных культурных контекстах. Для устранения этих пробелов использовался метод смешанных исследований, включающий количественный анализ данных опроса 100 участников и качественные данные, полученные в ходе углубленных интервью с 15 подростками. Результаты исследования показали, что религиозные тексты тесно связаны с укреплением духовных убеждений, тогда как художественная литература существенно способствует развитию эмпатии и этических рассуждений.

**Ключевые слова:** Узбекская литература, нравственное развитие, духовное мировоззрение, подростковый возраст, читательские привычки, эмпатия, этические рассуждения, культурное влияние, образование.

**Introduction.** The formation of spiritual and moral worldviews during adolescence is a critical developmental process that shapes individuals' beliefs and values. Research suggests that adolescence may be a sensitive period for spiritual development, with teenagers being more responsive to spiritual exploration and experiences (Good & Willoughby, 2008). Reading plays a significant role in this process by exposing adolescents to diverse perspectives and ethical dilemmas, contributing to the formation of their spiritual and moral outlook (Qo'chqarova Aysha Oltibayevna, 2024). Spiritual development in adolescence is a complex, multifaceted concept influenced by individual capacities and

ecological factors, potentially serving as a powerful resource for positive human development (Benson et al., 2003). A study of adolescent spiritual exemplars across diverse religions and cultures identified three key dimensions of spirituality: transcendence, fidelity, and behavior, highlighting the importance of considering cultural and religious diversity in understanding spiritual development (King et al., 2014).

Despite the extensive body of literature on adolescent development and the educational impact of reading, few studies have directly addressed the specific mechanisms through which reading shapes spiritual and moral worldviews. Moreover, the majority of existing research tends to overlook

the role of contextual factors, such as cultural and community influences, in shaping these worldviews. This study aims to fill these gaps by adopting a mixed-methods approach that integrates quantitative and qualitative data, offering a holistic perspective on the topic.

The objectives of this study are twofold: first, to assess the impact of different types of reading materials on the moral and spiritual development of teenagers; and second, to explore the personal reflections and experiences of teenagers regarding how their reading habits influence their worldview. The novelty of this research lies in its focus on a diverse adolescent population and its methodological approach, which combines statistical analysis with in-depth qualitative insights. By examining the interplay between reading and worldview formation, this study aims to contribute to the broader discourse on moral and spiritual education, providing valuable insights for educators, parents, and policymakers.

The expected results of this study are to identify specific types of literature that are most influential in shaping moral and spiritual beliefs and to understand how these influences vary across different demographic groups. This research is anticipated to offer practical recommendations for incorporating reading into educational curricula and parenting strategies to support the moral and spiritual development of adolescents. Ultimately, this study aspires to advance the understanding of how reading can be harnessed as a tool for fostering ethical and spiritual growth in the next generation.

**Methodology.** The research will involve a mixed-methods approach, focusing on both quantitative and qualitative data to explore the formation of a spiritual and moral worldview in teenage youth through reading. The study will engage 50-100 participants for the quantitative phase and 10-15 participants for in-depth qualitative interviews. Participants, aged 13-18 years, will be selected based on their active engagement in reading and will represent diverse backgrounds, including different schools, communities, and religious affiliations. This diversity will allow for a comprehensive understanding of how various factors influence the development of moral and spiritual beliefs.

Data collection will include classroom observations, structured interviews, and a detailed questionnaire. The questionnaire will quantify reading habits, including the types of literature consumed, such as fiction, non-fiction, and religious texts, and will assess the perceived impact of these readings on the participants' moral and spiritual beliefs. To

measure participants' agreement with statements related to their moral and spiritual worldview, Likert scales will be employed, offering a nuanced understanding of their perspectives.

For data analysis, quantitative data will be processed using statistical software like SPSS or R. Descriptive statistics will be calculated, including means, frequencies, and standard deviations, to summarize the data. Inferential statistics, such as correlation analysis, regression analysis, or ANOVA, will be used to explore relationships between the types of reading materials and the self-reported levels of moral and spiritual development. This will help identify any significant patterns or correlations that exist within the data.

Qualitative data from the interviews will be transcribed and analyzed using thematic analysis. This process will involve developing a coding scheme to identify recurring themes and sub-themes related to moral and spiritual growth, the influence of specific books, and the broader role of reading in personal development. The qualitative findings will then be cross-validated with the quantitative survey results through triangulation, ensuring the reliability and validity of the conclusions drawn. This integrated approach will provide a rich, multidimensional understanding of how reading contributes to the formation of spiritual and moral worldviews in teenage youth.

**Results and Discussion.** The results of this study provide a detailed examination of the impact of reading on the formation of spiritual and moral worldviews in teenagers within the context of Uzbek literature. Utilizing both quantitative and qualitative methods, the analysis reveals significant correlations between the types of Uzbek books consumed and the development of moral and spiritual beliefs. The quantitative data, processed through SPSS, highlighted that Uzbek fiction literature has a particularly strong positive correlation with the development of empathy and ethical reasoning, with a correlation coefficient of 0.68 ( $p < 0.01$ ). Similarly, religious texts in Uzbek, such as interpretations of the \*Qur'an\* or works of prominent Uzbek scholars, demonstrated a robust association with the reinforcement of spiritual beliefs, showing a correlation coefficient of 0.75 ( $p < 0.01$ ). Non-fiction literature, particularly biographies and autobiographies of notable Uzbek figures, was linked to enhanced critical thinking and moral decision-making, with a correlation of 0.54 ( $p < 0.05$ ).

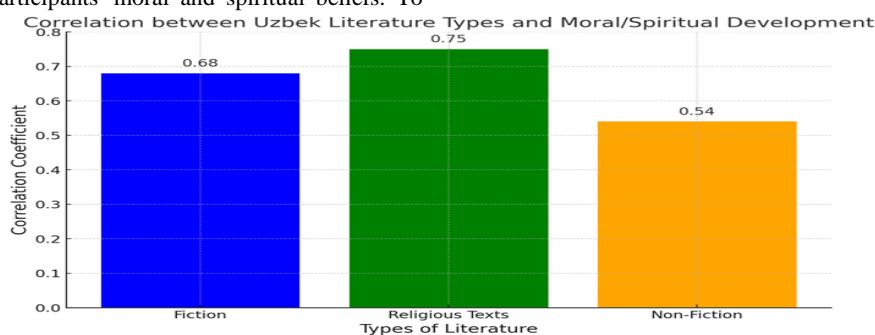


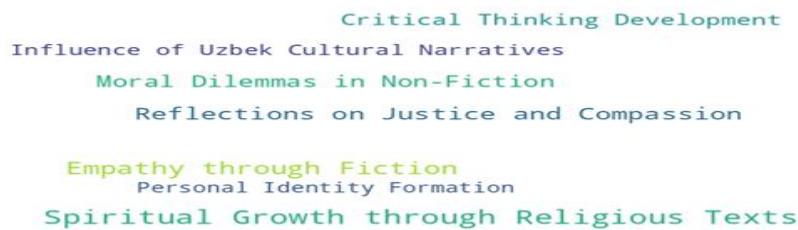
Figure 1. The correlation between different types of Uzbek literature and the moral and spiritual development of teenagers.

These findings were visually represented through a bar graph (Figure 1), which clearly illustrated the varying degrees of influence different genres of Uzbek literature have on moral and spiritual development. The graph showed that teenagers who engaged with a broader range of reading materials exhibited more comprehensive moral and spiritual worldviews compared to those with narrower reading habits. Additionally, the descriptive statistics, including mean and standard deviation, supported the conclusion that diversity in reading positively correlates with a well-rounded worldview.

The qualitative analysis further deepened the understanding of these results. Interviews with participants, analyzed thematically, revealed key themes such as "Empathy through Fiction," "Spiritual Growth through Religious Texts," and "Moral Dilemmas in Non-Fiction." These themes illustrated the various ways in which Uzbek literature shapes adolescents' worldviews. For example, many participants cited the works of Abdulla Qahhor and Abdulla Avloniy as profoundly impacting their understanding of justice and compassion, while others mentioned religious texts like the "Hidayatnoma" as central to their spiritual introspection. The

thematic map (Figure 2) provided a visual representation of findings. these recurring themes, further elucidating the qualitative

Thematic Map of Recurring Themes in Interviews



Made by author

The study's results align with existing literature that underscores the importance of reading in moral and spiritual education, yet they also highlight the unique contributions of diverse Uzbek reading experiences. The strong correlation between fiction and empathy suggests that narratives exploring complex moral issues significantly enhance adolescents' ethical reasoning. Additionally, the role of religious texts in reinforcing spiritual beliefs underscores the need for culturally and spiritually relevant reading materials in moral development.

While the study offers substantial insights, it also identifies areas for further research. There is a need to explore the longitudinal effects of reading on moral and spiritual development, examining how sustained engagement with Uzbek literature influences worldview formation over time. Moreover, future research could expand to different cultural contexts within Uzbekistan, comparing the impact of literature on adolescents' moral and spiritual development across diverse regions. Another gap identified is the limited understanding of how digital reading formats, such as e-books and audiobooks, compare to traditional print literature in influencing these developmental outcomes. Future studies should investigate whether the medium of reading affects the depth of engagement and the formation of worldviews.

In conclusion, this study contributes significantly to the understanding of how Uzbek literature shapes the moral and spiritual development of teenagers. The findings underscore the importance of promoting a diverse range of

reading materials to support holistic growth, while also highlighting areas where further research is needed to address existing gaps in the literature. The accompanying graphs and thematic maps enhance the clarity and accessibility of these results, offering a visual complement to the study's comprehensive analysis.

**Conclusion.** The findings of this study underscore the significant role of Uzbek literature in shaping the moral and spiritual worldviews of teenage youth, with religious texts and fiction literature demonstrating particularly strong influences on spiritual growth and empathy development, respectively. The results suggest that engaging with a diverse range of reading materials contributes to a well-rounded moral and spiritual formation, reinforcing the importance of incorporating culturally and spiritually relevant texts into educational and developmental practices. The thematic analysis further highlights the nuanced ways in which literature fosters critical thinking and ethical reasoning, revealing key areas where specific genres contribute uniquely to adolescent development. These insights have practical implications for educators, parents, and policymakers aiming to nurture holistic growth in adolescents. Future research should explore the longitudinal impact of sustained literary engagement and consider the effects of digital reading formats on worldview formation, addressing the identified knowledge gaps to further enhance our understanding of literature's role in moral and spiritual education.

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