
Eastern Thinkers 'Views on Personal Emotional Sustainability

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Abstract: The article presents the views of Eastern thinkers on the emotional stability of the individual, which describes the mental processes of the individual, the psyche, emotions and factors of personality formation.

Keywords: personality, psyche, emotions, behavior, moods.

In order to bring up young people as high-spirited, harmoniously developed individuals, it is important to study the masterpieces of human thinking that we have inherited from the past, that is, the advanced ideas of our great thinkers. Because their unique ideas in the field of science and education, their ideas that guide them to perfection are a priceless treasure for today's universal development, for the curious, inquisitive perceptions of young people. It is safe to say that the best jewels in this treasure are the world-famous scientists and scholars of the East. The issue of educating a perfect person and properly educating their spirituality and mental abilities has been studied by Eastern thinkers Abu Rayhan Beruni, Abu Nasr Farabi, Abu Ali ibn Sino, Hussein Waz Kashifi, Alisher Navoi, Abdullah Avloni.

The encyclopedic doctrine that serves man and his perfection has not lost its strength, authenticity, relevance and importance in the works of Abu Nasr al-Farabi (873-950) with its consistency and perfection. Farabi's progressive views on man and his psyche in relation to his time: "The City of Noble People", "The Essence of Problems", "Philosophical Questions and Answers", "The Division of Bodies and Accidents by Forms", "From Comments", "Wisdom", It is described in detail in a number of works, such as "On the meanings of the mind." Farabi's progressive views on man and his psyche in relation to his time: "The City of Noble People", "The Essence of Problems", "Philosophical Questions and Answers", "The Division of Bodies and Accidents by Forms", "From Comments", "Wisdom", It is described in detail in a number of works, such as "On the meanings of the mind." Farabi correctly understood the difference between the human and animal psyche at the level of the science of his time, and had a fairly perfect idea of almost all the mental processes studied by the science of modern psychology. In the animal and human psyches, certain features that have certain commonalities and sharply differentiate them have interpreted the basic types of mental processes.

Abu Ali Ibn Sina was a physician, naturalist, philosopher and encyclopedist. Ibn Sina wrote many works in various fields of knowledge: philosophy, medicine, linguistics, logic, mathematics, physics, cosmology, chemistry, ethics and others. According to Ibn Sina, as long as a person has the ability to distinguish between his emotional and spiritual needs throughout his life, this opportunity will gradually become a characteristic of human behavior. In the formation of man, the external environment that surrounds him, people play a special role. It is this external environment and people that affect not only a person's knowledge of the world around him, but also his mental state.

The scientist also explained the physiological manifestations and effects of positive and negative emotions that occur in humans. Among Ibn Sina's teachings, he wrote in his works that a change in a person's mental state, for example, when a person is depressed or in a state of excitement, in turn, leads to the emergence of emotions as a result of human influence.

Abu Rayhan Beruni (973 – circa 1050) entered history as an encyclopedic scholar. Beruni also took a keen interest in matters of spirit and psyche. Abu Rayhan Beruni's views on the purpose, tasks and status of education and upbringing, the development of man, the younger generation are truly based on humanism and anthropology. The principles of the harmony of knowledge and upbringing with nature can be observed in all the works of the thinker. He emphasizes that man is a part of nature. Beruni showed the importance of education in the mental state of people, in their mental views, moral qualities, in changing the human psyche (to serve the common good). The scientist tried to study and interpret the mental processes in man, first of all, in terms of the role of the higher being in nature - the process of human cognition, the enrichment of human knowledge, enlightenment. Therefore, in a number of his works mentioned above, he shows personal qualities such as perception and mental cognition, self-control, memory, imagination, attention, feeling and perception, emotion, ability, skill in relation to the processes of knowing the world. Beruni sometimes warned of deviating from the right path due to nervousness, sometimes bias, or curiosity, and in this case, giving in to emotion would distract a person from acting rationally.

In the works of Abdullah Avloni, valuable ideas are expressed about the role of moral feelings in social life, education. Reflecting on the sense of love, Avloni says that love enriches a person's spiritual qualities, people are connected with each other by feelings of love, love is a powerful force that strengthens relationships between people. emphasizes the need to be brought up in harmony physically, morally and intellectually. "Education should start from the day of birth, strengthen our body, strengthen our morals, enlighten our minds ..."

The great Uzbek poet Alisher Navoi (1441 - 1501), as the most mature thinker of his time, expressed the needs and requirements of his time in his humanistic thoughts on a happy life, a just system, a perfect man, friendship. He also embodied in these thoughts the dreams and aspirations of the advanced thinkers who preceded him. Our great ancestor was known in his time not only as a poet, but also as a strong coach. Navoi also stated in his works that in addition to the knowledge taught in madrassas, such as Farabi, Ibn Sina and other thinkers, the importance of independent education and upbringing is great.

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