



## **International Congress on Economics, Management and Business Studies**

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### **THE INFLUENCE OF NATIONAL MUSIC ON THE SPIRITUAL DEVELOPMENT OF YOUTH**

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#### **Abstract:**

This article examines the influence of national musical art on the spiritual development of youth from theoretical and socio-pedagogical perspectives. The educational potential of national music and its role in shaping moral values, aesthetic taste, and worldview are analyzed. Special attention is given to the philosophical views of Abu Nasr Farabi and Alisher Navoi on the significance of music in human perfection. The pedagogical importance of traditional Shashmaqom heritage in youth education is highlighted.

**Keywords:** national music, spiritual development, youth education, maqom, aesthetic education, national values.

The spiritual development of the younger generation is one of the decisive factors in the development of society. In the context of globalization, the sharp increase in the flow of information, the strengthening of the influence of mass culture, has a serious impact on the consciousness and worldview of young people. In such



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conditions, national musical art manifests itself as an important means of strengthening the spiritual immunity of young people, forming national identity and moral perfection.

National music not only provides aesthetic pleasure, but is also a powerful educational factor that influences the human soul. In this regard, the scientific analysis of this topic is of current importance.

The spiritual and moral influence of music is one of the scientific and philosophical issues that has long been at the center of attention in the history of mankind. Music is not only a source of aesthetic pleasure, but also an important socio-aesthetic factor that shapes a person's inner spiritual world, values, and moral views. Due to its ability to directly influence human consciousness and emotions, music performs a unique educational function in the process of personal development. Psychological studies have proven that in the process of listening to music, the emotional centers of the brain are activated, which positively affects the processes of mood, memory, and thinking. In this respect, music manifests itself as an effective means of forming spirituality.

Music is a type of art that directly affects the human psyche. Since ancient times, Eastern thinkers have highly valued the role of music in human development. In particular, Abu Nasr Farabi, in his work “The Great Book of Music” scientifically substantiated the influence of music on the human psyche. According to his teachings, music is a means of regulating human morality and mental state.

Also, the harmony of music and spirituality is emphasized in the works of Alisher Navoi. He sees music as a factor that purifies and spiritually elevates the human soul. National music is a spiritual heritage that embodies the history, culture, and mentality of the people. It fosters national pride, patriotism, and human qualities in young people.



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The moral influence of music is manifested in human behavior and relationships in society. Morality is a system of social norms and values that determine a person's behavior in society and their attitude towards others. Musical works of educational content strengthen such qualities as patriotism, respect for parents, kindness, and tolerance. Performing a group song or participating in musical events strengthens solidarity, mutual respect, and social unity. However, music that promotes negative ideas can have a negative impact on human consciousness, especially on the taste and moral views of young people. Therefore, in music competitions, paying attention to its ideological content is important from an educational point of view.

In Eastern philosophical thought, music was also interpreted as a means of spiritual purification and spiritual perfection. In particular, in the teachings of Jalaluddin Rumi, music and sama are interpreted as a factor leading the human soul towards divine love. This view once again confirms that music is not only an aesthetic phenomenon, but also a means of moral and spiritual education<sup>1</sup>.

The art of maqom occupies a special place in the Uzbek national musical heritage. In particular, Shashmaqom is a musical system with high artistic and philosophical content. It calls the human heart to tender feelings and cultivates qualities such as patience, endurance, and compassion.

The ideological content of maqom works calls a person to goodness and spiritual purity. Therefore, the art of maqom plays an important role in the spiritual development of young people.

Aesthetic education is an important component of personal development. National music develops in young people a sense of refinement, the ability to perceive beauty. Through the study of national songs and melodies in the process of music education, young people develop respect for national values.

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<sup>1</sup> Jaloliddin Rumi. "Masnaviy ma'naviy". Tarjimon: Jamol Kamol. G'.G'ulom nashriyoti. Toshkent. 2010y.



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Studies show that young people who regularly engage in music have a high level of emotional stability and positive social behavior. Today, in the context of the growing influence of mass culture, national music is an important means of protecting young people from a spiritual vacuum. Through national music, a cultural immunity is formed in young people, who rely on their national roots.

In particular, Uzbek national music, especially the art of maqom, is a high artistic system that embodies the centuries-old spiritual heritage of our people. Maqoms are not only a musical form, but also a spiritual school with deep philosophical and moral content. They express universal human ideas such as the human psyche, the meaning of life, love, fidelity, patience, and perfection. Therefore, the art of maqom is considered as a factor that strongly influences human perfection. Shashmaqom, the classical musical system of the peoples of Central Asia, is the highest example of Uzbek national musical culture. It consists of six main maqams, each of which expresses a certain mental state and spiritual content. The melody and rhythm in maqom works affect the human soul, refining its feelings and thinking. Musicologists emphasize that the gradual development of maqom melodies leads to consistent purification and elevation in the human psyche.

The influence of maqoms on human development is primarily related to spiritual education. This music encourages people to be patient, thoughtful, and composed. In the performance of maqom, not haste or sharpness, but restraint and spiritual depth prevail. This creates a sense of inner balance and calmness in the listener. In this regard, maqoms serve as an important tool in ensuring the emotional stability of a person.

Therefore, it is advisable to improve national music lessons in educational institutions and expand the teaching of maqom and folk songs. National musical art occupies an invaluable place in the spiritual development of young people. It forms moral qualities, develops aesthetic taste, and serves the realization of



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national identity. The teachings of Eastern thinkers also confirm the importance of music in human upbringing.

In conclusion, music plays an important role in the formation of human spirituality and moral consciousness. It stabilizes the mental state, establishes positive values, and serves the development of personality. Therefore, the rational use of the educational potential of music and the formation of a high musical culture in the younger generation is one of the important factors in the development of society. Therefore, the widespread introduction of national musical art into the process of education and upbringing is an important condition for the formation of the younger generation as a harmoniously developed personality.

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