

THE IMPORTANCE OF READING

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Abstract. This article discusses the importance of reading in human life, its impact on thinking, knowledge and the spiritual world. Books enrich a person with new knowledge, broaden his worldview and develop his thinking skills. The impact of reading on personal and professional development is also discussed.

Keywords: Reading, knowledge, thinking, development, worldview, thinking skills, success.

A book is a person's closest friend and source of knowledge. Reading develops a person's thinking, broadens his worldview and contributes to his personal development. Even today, with the development of information technologies, the role of reading is incomparable.

Reading is a very good habit that should be developed in life. Good books inform you, enlighten you and set you on the right path. There is no better companion than a good book. Reading is very important because it is beneficial for your overall well-being. Once you start reading, you will experience a whole new world. If you start to love the habit of reading, you will eventually become addicted to it. Reading develops language skills and vocabulary. Reading is also a way to relax and reduce stress. For the healthy functioning of the brain muscles, it is important to read a good book for at least a few minutes every day.

Reading books increases a person's thinking and looks at life with a deeper eye. If we pay attention, recently the younger generation, children, have become interested in the Internet and various social networks and have stopped reading many books. This is a sign of ignorance. Today, at a time when our homeland is rapidly developing, attention to the formation of a culture of reading and reading, which was reflected in the thoughts of our ancestors and wise men, has risen to the level of state policy.

Because, realizing the incomparable role of book reading in the comprehensive formation of the younger generation, the Decree of the President of the Republic of Uzbekistan „On the establishment of a commission for the development of the system of printing and distribution of book products, the promotion and promotion of book reading and reading culture” was adopted on January 12, 2017. This document provides for attracting a wide range of the population to reading books, promoting reading and reading, educating our adult children to love books from kindergarten age, paying attention to the content of book products, improving the quality of their publication,

increasing the number of bookstores stocked with books of various contents, and further enriching the book fund.

Reading has a positive effect on human life in several ways:

- Enriches knowledge and thinking. Books introduce a person to new knowledge and teach him to think. The reading process forces the brain to work actively and contributes to intellectual development.

- Develops the culture of thought and speech. As a result of reading, a person's vocabulary increases, the ability to express his thoughts clearly and fluently is formed. This is of great importance not only in everyday life, but also in professional activities.

- Develops creative thinking. Books expand a person's imagination, encourage him to be creative. Literature, history, scientific books help a person to develop new ideas.

- Reduces stress and has a positive effect on the psyche. Reading distracts a person from everyday worries and gives him peace of mind. This is especially noticeable when reading fiction.

Books are the best substitute for nootropics - drugs designed to develop mental activity, improve memory and increase learning ability.

Nootropics may not be useful over time, but reading books will always sharpen your mind.

You are always updating your knowledge. When writing a work, the author instills his wisdom in it. When the reader reads these words, it is as if he has entered the world of that writer's wisdom.

After reading the work for a while, you will feel as if your mind has been updated. After such an update, it will be easier for you to express yourself in conversations, and you will also gain the skills to write letters.

You will get used to solitude. By stopping to think while reading a book and constantly improving ourselves, we will be able to learn to sit quietly in a room alone.

One of the main problems of humanity, as the French mathematician Blaise Pascal said, can be overcome in this way: „All the misfortunes of men arise from their inability to sit quietly in their rooms.”

You will gain direct experience. The thirst for wisdom is the only desire that can be satisfied without fear of overindulgence. When we have read enough, we are filled with good ideas and courage, so we are ready to explore the world.

You will learn to meditate. The more we read and spend time with books, the more concentration we gain and the more we want to meditate.

Thanks to reading, we become calmer and more resilient, we learn to focus on one thing for a long time.

Reading helps you gain new knowledge in every field. Most successful people have a habit of reading books regularly.

Moreover, Books are truly your best friends because you can count on them when you are bored, sad, depressed, lonely or anxious. They will accompany you whenever you want and lift your spirits. They will share information and knowledge with you at any time.

Good books will always guide you on the right path in life. The benefits of reading are as follows:

- **Self-improvement:** Reading helps you develop a positive mindset. Reading is very important because it develops your mind and gives you additional knowledge and life lessons. It helps you understand the world around you better. It activates your mind and increases your creativity.

- **Communication skills:** Reading improves your vocabulary and develops your communication skills. This will help you learn to use your language creatively. This will not only improve your communication skills, but it will also make you a better writer.

Good communication is important in all aspects of life.

It is also worth noting that in the current era of the rapid development of science and technology, not only esotericists, but also scientists and doctors are talking about the great impoverishment of human spirituality. Indeed, it is no secret that advertising and various other visual images and graphic (especially combat) games, which are widely used on computers, smartphones, mobile phones, the Internet (even in television programs), significantly weaken people's ability to think logically.

This is natural. After all, human logical thinking is formed in the process of understanding a thought, not in the process of viewing an image. That is, thinking requires much different conditions than just seeing the depicted object. On the other hand, the images displayed on the screens can only be a template (a fixed image) for the viewer, not allowing the viewer's imagination to develop independently, creatively. People with such a blocked mind only produce mentally retarded, dull, and violent people, and various family tragedies and crimes are the result of this.

Esotericism has always spoken a lot about the importance of reading, thinking, and learning.

Today, medical science has raised the issue of the impact of this issue on health. Doctors are expressing their opinions that ALSHEIM'S disease is becoming „younger” (that is, this disease is observed not only in the elderly, but also in young people) and are putting forward the idea that reading books and engaging in activities that use the brain should be one of the measures against this disease. That is, according to their explanation, as a result of constant engagement in reading a book carefully, thoughtfully, and thoughtfully, the human mind retains its clarity even in old age. Of course, it is not easier to pick up the remote control, watch TV or open a laptop and immerse yourself in virtual reality than to read a book and think. However, scientists

are shedding light on both the harms of this and the benefits of reading a book.

In addition, there is the following concept. Artistic reading is a type of pop art: performing a literary work (poetic prose, as well as journalism) or a dramatic piece in public, conveying the essence of the work to the audience in an artistically impressive way. In the past, artistic reading was considered the basis of the work of folk fortune tellers, storytellers, and entertainers. In Greece, Rome, and France, the art of rhetoric, declamation, and expressive reading was widely developed. In Russia, there were two types of artistic reading - skillful performance of one's own works and professional ones. Oral expressive speech has long been the basis of the art of Uzbek bakhshi, storytellers and dostanchilis, and storytellers. In the history of the Uzbek art of reading, the services of Uzbek storytellers such as Qosimqul Dostmurod and folk poets such as Polkan poet, and Islam poet are of great importance.

Uzbek storytellers and epic poets, bakhshis, pay attention to the language of the work, the conciseness, simplicity, clarity and imagery of their expressions, and also skillfully use the transition of the voice from one tone to another (modulation), speech classification, style of narration, mimicry and hand movements, improvisation, music and singing. Also, Uzbek writers such as Alisher Navoiy, Muqimiy, Furqat, Hamza, F. Ghulom skillfully performed their works. Uzbek actors such as A. Hidoyatov, Sh. Burhonov, O. Khojayev, N. Rakhimov, E. Komilov, M. Abdukunduzov also have merit in developing the art of Uzbek artistic reading. Muhsin Hamidov, a master of the artistic word, Honored Artist of the Republic, is a well-known professional performer in the field of artistic reading. There are types of artistic reading such as one-act theater, melodrama, and expressive reading.

Also, in general, today our psychologists-scientists give at least the following reasons for the benefits of reading books:

- The vocabulary of a person who reads books is large. Because when reading a book, a person also comes across words that are not used in ordinary everyday life. It is not necessary to look for the meaning of this word in the dictionary, because the meaning of the word also comes from the general content of the book.

- Reading books helps to communicate with other people. That is, a person who reads books has the opportunity to express his thoughts beautifully, clearly, and vividly. Even just reading a few classics, it is noticeable that the art of speaking is somewhat developed in a person. In this way, a person can become a good conversationalist and leave a good impression on people about himself.

- Reading books makes a person bolder. The self-confidence of a person who reads books increases. Because the knowledge he receives from books helps him. And the people around you will have a good idea about you. This will make you more courageous

In our modern life, there are many developments in many areas. There are many

articles and books for students and readers. They can read these sources electronically and in any conditions.

We can divide these books into 2 types. These are: electronic and traditional books.

We know that traditional books have a history of several centuries. Printed books have a special place in the heart of every person. Since childhood, every person has read a book at least once, and it is natural that this has definitely influenced his personal worldview. We can give many examples of traditional books, we can see how useful they are. The peculiarity of traditional books is that several human factors participate in the development of such books and, as a result of certain labor, a wonderful book takes the form of a paper book. The advantages of printed books are quite positive and they are always in the reader's attention.

The advantages of printed books are as follows:

- convenient for reading, painted with unique typographic colors;
- reading always gives a special mood;
- can be decorated with wonderful illustrations in any form, based on the capabilities of modern printing;
- the peculiarity of reading lies in the development of his - the reader's visual imagination;
- each part can have a mental and neurophysiological effect on the reader.

The emergence of the concept of „electronic book” is mainly due to the introduction of non-traditional book forms. The widespread development of this concept and its unique place in society was due to the development of information technologies. Electronic books have quickly become a part of society. Today, almost all books have an electronic form and are actively shared on the Internet. This concept is sometimes referred to as the term „electronic publication”.

Their usefulness does not depend on time and place. We can read these books anywhere and in a convenient way. Also, they do not require excessive spending to purchase.

Education is very important for young people because it lays the foundation for future success, a good life, and a contribution to society. The following main reasons can be considered:

Expanding knowledge and worldview - Through education, a person acquires new knowledge, broadens his worldview, and gains an understanding of various fields.

Professional success - Getting a good education provides the opportunity to find a good job and increase his income. Qualified personnel are always in demand.

Personal development - Education develops a person's thinking skills, logical analysis, and problem-solving skills.

Contribution to society - Educated young people contribute to the development of

society and help form an educated and cultured generation.

New opportunities - Through education, young people can open new doors to education, work, and development around the world.

Personal Independence – A well-educated person can take charge of their own life, learn to make good decisions, and achieve financial stability.

Therefore, it is very important for young people to take their studies seriously and work on themselves.¹

In conclusion, Reading books is one of the most important factors that comprehensively develop a person. It not only increases knowledge, but also helps a person to achieve maturity as a person. Therefore, forming a reading culture and developing it is an important task for every person.

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