

The Significance of Free Time in Social and Spiritual Development of Adolescents

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ANNOTATION

In this article, the content of free time, its functions, its inextricable connection with the quality of education, the socio-cultural importance of properly organized free time in the development and socialization of children have been studied and analyzed.

INTRODUCTION

In today's fast-paced and intense era, it is becoming difficult to maintain exemplary human education. The homogenization of the world landscape is causing the increase of situations that contradict our national traditions and values, and indifference to this issue will inevitably become the basis for the decline of the nation and society. Human experience has proven that the basis of society's development is closely related to the issue of education. Humanity is so wounded that it is still confused about how to raise a child and in what way it is preferable to raise a child. For a person, the free time space is the main space for personal growth and improving the quality of life. The rapid development of industry and technology in the world increases the social and cultural importance of free time.

In recent years, in our country, modern and international educational standards have been introduced into the educational and pedagogical process in general education schools, by increasing the potential of personnel and encouraging the work of teachers, by strengthening the material and technical base of educational institutions. Much attention is paid to the development of glue quality in accordance with the requirements of international evaluation programs. The president of our country assigned to the public education system the task of "by 2030, to achieve inclusion in the ranks of the first 30 advanced countries of the world according to the rating of the PISA international student assessment program." This is to improve the attitude of students to education, to increase their useful work coefficient by the correct distribution of the student's time, in particular, to organize the free time of

the students. Shows the need to improve the mechanisms for strengthening the role of parents and educational institutions. This requires an in-depth study of the multi-factor pedagogical problem related to the meaningful organization of students' free time in general education schools, taking into account the current situation. The great Russian pedagogue K.D. According to Ushunsky, before educating a person comprehensively, it is necessary to study him comprehensively. Before discussing the pedagogical organization of students' free time, it is necessary to determine to what extent it can influence the formation of the personality of a school student and teenager. It is appropriate to study the structure, content and levels of free time in raising a mature generation, as well as its importance in the successful socialization of a person.

LITERATURE ANALYSIS AND METHODOLOGY.

We can see that free time pedagogy is not sufficiently developed in our country. Almost no scientific research has been conducted on this topic. We know that one of our local researchers N. Abulova [1;212-216] worked on several scientific articles on this topic. From the scientists of the Commonwealth of Independent States (CIS) V.V. Zhuravlev, G.E. Zborovsky, S.A. Kravshenko, L.K. Kruglov, Ye.V. Bondarevskaya, L.I. Novikova, social organization of free time of teenagers and young people of general education schools -philosophical aspects; T.G.Kiselova, Yu.D.Krasilnikova, A.D.Zharkova, N.F.Maksyutina, Ye.V.Sokolovas on the essence of the concept of "free time", "leisure culture" and its subjects and functions; A.S. Makarenko, S.T. Shatsky, P.P. Blonsky, A.V. Mudrik, N.L. Selivyanova, N. Krupskaya, K.S. Romanova, N.N. Vodomerov, S.Sh. Lukmanova, M.V. Mukhamedyanova, L.K.Petrova, Sh.A.Amonoshvili, O.S.Gazman, V.A.Krakovskiy, B.A.Trebugov carried out systematic research on the conditions for organizing students' free time, the social essence of free time, and the main functions in the development of the individual. those who went Foreign scientists R. Guardini, M. Parmentier, S. Hellokamps, F. Shmeydr, L. R. Arbeck, H. Grill, G. Spencer, R. Sorokin and others, the problem of self-education in teenagers; German scientists such as L. Weber, B. Müller, V. Narstedt, P. Pluskva, V. Hornstein, B. Engholm, and others, have studied the problems related to free time and its role in the development of a person, in particular, an educational person. those who learned The methods of comparative analysis, analysis and synthesis were used in our research work.

DISCUSSION. The rapid development of industry and technology in the world increases the social and cultural importance of free time. Human free time space is an important indicator of personal growth and improvement of quality of life. Our research shows that teenagers spend their free time for recreation and personality development.

The importance of the free time sphere in the socialization of teenagers is that in this process, a person acts as a free person and demonstrates the abilities of self-management and control. At this point, the formation of self-organization skills in teenagers is an urgent socio-pedagogical task, and it is one of the most important stages in the way of mastering the culture of spending free time. Under certain conditions, free time can become the most important factor in a child's spiritual and physical development. Because children maintain their emotional health by doing interesting and favorite activities for themselves. Sociologist A.I. Vishnyak and V.I. Tarashenko divides leisure activities into real and imaginary types. True recreation fulfills personal and social goals, includes time for self-realization, recreation, and worthwhile community activities. Imaginary leisure without a purpose leads to the degradation of man. The researchers emphasize that the society is harmed by committing antisocial behavior [3]. In such conditions, the manifestation of deviant behavior in adolescents, crisis of moral values, and the growth of infancy in the behavior of the young generation are observed [6].

CIS researchers V.G. Ananiev, L.S. Scientists such as Vyagotsky, D.V. Elkonin emphasize that the child's socialization takes place mainly during the period of adolescence. In our country, the opportunity to develop the organization of free time for teenagers based on the principles of freedom, democracy and humanity arose in the early 90s of the last century.

Free time helps to get rid of stress and avoid aggression. Free time is a social category that fully reveals the natural needs of a person to act in new social roles, different from the roles in the family and school, to express himself on a free and independent basis.

Important features of free time are:

- unregulated informal free activity of a creative nature;
- self-expression requirement;
- self-affirmation, self-development of a person through selected activities;
- the possibility of revealing hidden tendencies and potential;
- initiative;
- acquisition and transmission of useful social experience of personal importance;
- the ability to satisfy personal needs, etc.

Today, the possibilities of virtual existence are increasing day by day, teenagers spend a lot of time in front of TV and computer screens, addiction to the Internet and viewing it as a recreation area leads to negative socialization. Undoubtedly, purposeful use of the Internet helps a person's self-development. With the support of Lomonosov Google, 89% of 12-year-olds in Russia use the Internet. During our surveys, we found that two-thirds of teenagers believe that there are no disadvantages on the Internet. In the course of our research, we focused on the following issues in studying the influence of the free time sphere on the socialization of teenagers:

- the importance of cultural and recreational activities in the socialization of a person;
- social design (structure and forms) of cultural and recreational events;
- activities related to the acquisition of social roles by adolescents, satisfaction of their socially beneficial needs;
- activities related to the self-awareness of a person through participation in practical activities of social importance.

Unfortunately, the majority of young people in our country do not purposefully use the positive aspects of free time for self-development.

If we analyze the European experience in this regard, the main need of adolescence is the need for self-fulfillment. Within the 2016-2020 educational program of Russia, a sub-program entitled "Involvement of youth in social life" has been developed. The goal of this program is to ensure self-awareness and successful socialization of young people. Important projects focused on the concept of spiritual and moral development are aimed at ensuring civic activity of teenagers and increasing their culture.

According to researchers, parenting, their support for their children, empathy, sympathy, and their induction are important in the child's socialization. Support and demandingness, control are defined as two dimensions in the actions of parents in the process of socialization [5]. Parental support or warmth and sensitivity can have a positive effect on socialization practices. Parents' models, inductions, warm relationship with their children help socialization. Parents with educational potential can implement socialization practices such as explaining rules to their children, listening to children's needs, taking into account their opinions, finding solutions to problems taking into account their wishes, showing interest, participating in children's activities and experiences. Parents use induction and encourage or model the expected social behavior from children [4]. L. V. Vyagotsky believed that life plans are an indicator of mastering the inner world of a person and considered them as a system of adaptation to reality [2].

CONCLUSION.

Based on the development of free time pedagogy, there is an opportunity to eliminate the problems arising in the field of education in today's globalization. This process requires the development of parents' educational potential, the development of measures to effectively organize students' free time in the school education system, and effective cooperation with parents. As long as the growing generation does not look at free time as a space for self-development, there will be a problem of creating negative deviations in the behavior of teenagers in this society. Also, the big problem in this matter today is related to the creation of organizational and methodological indicators of free time. Free time and the quality of education are in a dialectical relationship, and it is necessary to formulate guidelines in the system to maximize the positive impact of free time on the quality of education.

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