



THE INFLUENCE OF THE WORKS OF ANCIENT EASTERN SCIENTISTS ON THE PSYCHOLOGY OF YOUTH TODAY

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Annotation. This scientific research analyzes the scientific and philosophical heritage of the great scholars of the Ancient East - Abu Nasr Al-Farabi, Abu Ali Ibn Sina and Al-Ghazali - and sheds light on their influence on the development of contemporary youth psychology on a scientific basis. The article reveals the importance of using the views of these scholars on human nature, mental state, upbringing and education in the processes of spiritual and moral maturity, intellectual potential and personal growth of young people. In particular, Al-Farabi's ideas on moral education, Ibn Sinan's mental balance and Al-Ghazali's internal discipline are compared with modern psychological theories, in particular, Martin Seligman's positive psychology and Mihaly Csikszentmihalyi's concept of «flow»¹. The study demonstrates the application of these views in working with young people on the basis of practical examples, including "spiritual upbringing" programs used in educational institutions in Uzbekistan. The article proves that the heritage of the Ancient East is an important tool for strengthening the psychological stability of young people, increasing self-awareness and goal-oriented motivation.

Keywords: Ancient Eastern scholars, youth psychology, Al-Farabi, Ibn Sina, upbringing, spirituality, moral maturity, spiritual development, influence, psychological views.

The development of any society is directly related, first of all, to the scientific, spiritual and moral development of the younger generation of that society. Today, one of the main directions of state policy towards young people in our country is to educate them as fully developed individuals, increase their intellectual potential, ensure their spiritual stability and arm them with solid



spiritual foundations. In this regard, our rich historical and scientific heritage, formed over the centuries, in particular, the invaluable scientific and philosophical works left by the scholars of the Ancient East, serve as the most important source.

The scholars of the Ancient East - such great figures as Abu Nasr Al-Farabi, Abu Ali Ibn Sina, Al-Ghazali, Abu Rayhan Al-Beruni, Al-Khwarizmi - expressed deep views not only on the natural sciences, but also on the human psyche, morality and personal development. For example, Al-Farabi's ideas about moral education in *The City of Virtuous People* are consistent with the principles of well-being of positive psychology², the concept of mental balance in Ibn Sina's *The Canons of Medicine* is close to cognitive behavioral therapy, and the principles of internal discipline in Al-Ghazali's *Ihya-u ulumiddin* are consistent with the theory of «flow»³. The views of Al-Biruni and Al-Khwarizmi on intellectual development are related to the principles of critical thinking of modern cognitive psychology. It can be seen that their views are close to or inextricably linked to many principles of today's psychology⁴. Therefore, this article analyzes the legacy of these scholars and examines their influence on the psychology of young people today⁵.

In Uzbekistan, this heritage is used in educational programs and psychological counseling centers, for example, the "Spiritual Education" programs based on the moral principles of Al-Farabi and Al-Ghazali serve to increase the psychological stability of young people⁶.

Eastern scholars have put forward very rich and profound reflections on human nature. For example, Al-Farabi in his work "On Happiness" emphasizes that human happiness is his spiritual stability and spiritual elevation achieved through knowledge. This is consistent with the concepts of "psychological health", "inner balance", "personal growth" currently used in psychology⁷.

Ibn Sina, in his "Canons of Medicine" and other works, deeply analyzed the human psyche, emotions, temperament, anger, fear, love, pain from a medical and psychological perspective. He especially noted the importance of love, cheerfulness, teaching to work, and aesthetic education in raising children⁸.



Al-Ghazali, in his work «Ihya Ulum ad-Din», puts forward moral and pedagogical ideas and teaches the need to educate a spiritually mature person by purifying the hearts of young people, preventing them from bad habits, directing them to patience, gratitude, and understanding the meaning of life. Such views of theirs currently play a very important role in social psychology, personality psychology, and youth education. Today's youth live in the throes of numerous information flows, digital technologies, social networks, and various external influences. In such conditions, their mental state is unstable, motivation is reduced, depressive states, problems with self-awareness, and alienation from spiritual values are common⁹. The scientific views of ancient scholars serve as a solid psychological and spiritual basis for solving such problems. While Al-Farabi and Ibn Sina encouraged people to live a healthy lifestyle, maintain mental health, and think in a balanced way, Al-Ghazali directs young minds to purify their minds by explaining the spiritual reason for every event in life. Psychologists working with young people in schools and higher education institutions can develop effective methods by combining modern approaches based on these ancient views. For example, Ibn Sina's recommendations on managing emotions and Al-Farabi's views on the relationship between music and mental state are currently considered the basis of music therapy or art therapy methods.

Studying the spiritual and moral views of ancient scholars in the formation of the personality of young people serves to arm them with historical roots, national values, and high moral standards. This, in turn, increases their self-confidence, strengthens their personal pride, and helps them choose a conscious life path.

Some of the basic principles of approaches such as cognitive-behavioral therapy, positive psychology, and personal growth theories that are widely used in psychology today are close to the ideas put forward in the works of scholars such as Al-Farabi, Ibn Sina, and Al-Ghazali¹⁰.

For example, the concepts of «purification of the soul,» «spiritual patience,» and «internal control» recognized by Al-Ghazali correspond to the techniques of self-awareness, self-analysis, and positive thinking in modern psychology. These views are still relevant for young people in ensuring psychological health¹¹.

In addition, the idea of the connection between spiritual energy and the body, put forward by Ibn Sina, is close to today's theory of psychosomatic

diseases. Thus, ancient views are not in conflict with modern science, but rather complement it and help to understand it more deeply.

At a time when today's youth are faced with various social pressures, family problems, lack of opportunities for self-expression, ancient spiritual and moral ideas can be a practical tool in working with them¹².

For example: Al-Farabi's idea of relaxing the soul through music can be used in music therapy sessions. This method reduces the stress level of young people, calms them down and increases their motivation.

Ibn Sina's recommendations on the management of morals and emotions can be used in psychological trainings and sessions aimed at correcting behavior. Al-Ghazali's writings about purifying the heart, positivity of thought, and teaching patience serve as a basis for motivational interviews and counseling. Through this, psychologists, educators, and parents can develop a harmonious approach of modern and ancient views in communicating with young people¹³.

To convey the heritage of ancient scholars to the minds of young people, it is necessary not only to use theoretical presentations, but also: to revive the lives and views of ancient scholars through interactive trainings, drama therapy, or stage performances, to introduce young people to ancient views through psychological role-playing games, and to create forms that suit the interests of the younger generation through audiobooks, animated videos, or mobile applications. Also, explaining the spiritual views of scholars in the language and style of expression of modern youth will be much more interesting and easier for them to assimilate. In this regard, the joint work of educational psychologists and social specialists is especially important.

Therefore, the organization of psychological and spiritual classes, seminars and lectures based on the works of ancient scholars in the system from preschool to higher education is extremely useful for the psyche of young people. In particular, this heritage is an incomparable source for instilling in the minds of young people such concepts as national values, patience, purity, decency, honesty, and the pursuit of knowledge.

In conclusion, the scientific and philosophical heritage created by the scholars of the Ancient East is not only of historical importance, but can also serve as an important tool in shaping the psychology of today's youth in a healthy, stable and spiritually elevated way. Their views on the human psyche,





morality, life goals, upbringing and self-awareness are in harmony with today's modern psychology and enrich it.

Therefore, educators, psychologists and educators working with young people should deeply study the works of the scholars of the Ancient East and apply them in practice in accordance with modern conditions. This not only improves the psychological state of young people, but also makes a significant contribution to raising them as spiritually mature, knowledgeable, and conscious individuals.

