

**THE HARMONY OF EDUCATION AND UPBRINGING IN PERSONAL
DEVELOPMENT**

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Abstract: This article analyzes the mutual harmony of education and upbringing in ensuring the development of the personality, the integrity of the pedagogical process, and scientific-psychological and pedagogical approaches aimed at raising a complete person. It reveals how the integration of education and upbringing is manifested in modern educational concepts. It also highlights the theoretical foundations, practical mechanisms, and efficiency factors of the interaction between education and upbringing in the intellectual, moral, social, and spiritual development of a person. The results of the research can be used to improve the educational process, optimize the education system, and educate the younger generation in a holistic manner.

Keywords: education, upbringing, personal development, spiritual and moral upbringing, pedagogical process, perfect person, harmonious generation, methodology, educational and upbringing integration.

The issue of personal development in modern society is one of the central topics of socio-philosophical, pedagogical and psychological research. Global integration, the expansion of digital culture, the rapid increase in the flow of information and the complexity of social life impose new requirements on the intellectual, spiritual, moral and aesthetic development of the individual. The success of this process depends primarily on the integral integration of education and upbringing systems, their complementary content and their transformation into a single educational space. Education and upbringing are two main directions of personal development, which cannot produce effective results in isolation from each other.

While education forms knowledge, thinking, and a scientific worldview, upbringing determines moral qualities, spiritual values, social responsibility, and personal position. Only when the two are in harmony can a mature, perfect, and enlightened person be formed. For this reason, the harmony of education and upbringing is considered an important theoretical and practical problem not only of pedagogy, but also of philosophy. In Eastern philosophy, the perfection of a person is interpreted based on criteria such as intelligence, morality, purification of the soul, and service to society. Al-Farabi, Ibn Sina, Alisher Navoi, and other thinkers saw education and upbringing as inseparable from each other. In Western philosophy, philosophers such as Immanuel Kant and J. Dewey justified the need for education to be carried out together with moral upbringing. Education is the process of forming knowledge, skills, and competencies, which serves the intellectual growth of a person.

Education forms spiritual and moral values, a responsible attitude to society, patriotism, decency, etc. Their integration creates a perfect person. The principles of integrity, continuity, individual orientation, cooperation, and basing on national and universal values form the foundation of the harmony of education and upbringing. The reforms being carried out in the education system of Uzbekistan - a new curriculum, the National Curriculum, the introduction of the discipline of upbringing, family-neighborhood cooperation - are aimed at ensuring the development of the individual. The need for harmony of education and upbringing in the context of globalization implies that information attacks, the limitlessness of the Internet environment,

and the strengthening of global culture encourage young people to think critically, analyze information, and acquire spiritual immunity.

This makes the harmony of education and upbringing even more relevant. Based on the results of the harmony of education and upbringing for the development of the personality, such qualities as knowledge, moral maturity, creativity, social activity, spiritual stability, and civic position are formed as a product of integrated education and upbringing.

Today, the socio-economic development of society, the development of science, and the processes of globalization are directly dependent on the quality of human capital. The main factors in the formation of human capital are education and upbringing. Personal maturity is the mental, spiritual, spiritual, and physical perfection of a person, the correct determination of his place in social life, and the realization of his responsibility to society. Achieving such a high level requires the harmonious implementation of education and upbringing. Both Eastern thinkers and modern educators emphasize the inseparability of education and upbringing in the development of a person.

If education is the process of imparting knowledge, then upbringing is the formation of the spiritual and moral image of a person. These two factors cannot give a complete result without each other.

The essence and relationship of education and upbringing: Education is a purposeful process that helps a person acquire knowledge, skills and qualifications. Upbringing is a systematic activity that socializes a person, assimilates values, and shapes his character. In the science of pedagogy, education and upbringing are considered as processes that must be carried out in unity.

The educational process should embody educational goals, and the upbringing process should embody educational goals. For example: in the lesson, while giving knowledge to the student, teach him to think, draw conclusions, and be responsible, expand the student's thinking through educational activities, and increase his interest in science. If education only gives knowledge, the person develops one-sidedly. If upbringing turns into only theoretical propaganda, it will not give practical results. And harmony increases the effectiveness of both processes.

- ✓ Psychological and pedagogical foundations of personal development
- ✓ Personal development is a combination of several factors:
- ✓ Intellectual development is the direct task of education.
- ✓ Spiritual and moral development is the central direction of upbringing.
- ✓ Social activity is the result of the integration of education and upbringing.
- ✓ Mental stability is associated with family upbringing, school upbringing and personal activity.
- ✓ Self-awareness and self-management require age-appropriate methodological approaches.

Personal development occurs in stages, and at each stage, both education and upbringing take on their own unique forms. For example:

- ✓ in preschool age - through play activities;
- ✓ in school age - through the learning process;
- ✓ in adolescence - through social activity;
- ✓ in youth - through independent choices.
- ✓ Harmony of education and upbringing

In pedagogical theory, there is a concept called "educational-educational integration". This means that the educational process should have educational components, and the education process should have educational components. If the educational process forms the consciousness and thinking of a person, the education process forms the beliefs and attitudes of a person, and for the development of a person, consciousness and beliefs must be a whole. Methodological

principles of harmony, integrity, consistency, continuity, age appropriateness, individualization, social activity.

The harmony between education and upbringing is ensured by several practical factors:

1. Through the educational directions of the curriculum, each subject should have an educational aspect in its content. For example: history - forms patriotism, literature - develops artistic thinking, biology - increases responsibility for nature, technology - strengthens hard work.

2. Extracurricular educational activities - clubs, spiritual hours, social projects, sports events - are a continuation of the educational process and strengthen the skills of the individual.

3. Family-school cooperation Personal education does not take place only in school. The family is the main link in the educational process, and high efficiency is achieved only when it is combined with school education.

4. Digital education and upbringing Modern information technologies, along with increasing the efficiency of education, also play an important role in educational areas such as media culture, digital hygiene, and the culture of information selection.

Spiritual and moral education is an integral part of the educational process and includes the following: honesty, patriotism, tolerance, responsibility, etiquette, culture of relationships.

These qualities have a strong impact on the formation of the student as a person. A spiritually stable person can correctly direct his intellectual potential. The concept of a perfect person and education and upbringing in unity A perfect person is a knowledgeable, spiritually mature, physically healthy, creative, responsible, patriotic, and enterprising person.

While education develops the intellectual component of these qualities, upbringing forms the moral and social component. Therefore, the harmony of both processes is of decisive importance in raising a perfect person.

In conclusion, we emphasize that in order to achieve personal development, it is necessary to ensure the inseparability of education and upbringing. If education forms the knowledge and thinking of a person, upbringing determines his spiritual and moral image. If harmony is achieved, a useful, independently thinking, responsible, knowledgeable and spiritually mature generation will grow up. Therefore, strengthening the scientific approach to the integration of education and upbringing in the organization of the pedagogical process, improving methods and forms is one of the urgent tasks of today. The harmony of education and upbringing in personal development is one of the main factors of social development. Education brings the mind to perfection, and upbringing brings the soul to perfection. Their harmony, in turn, brings up a truly perfect person.

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