



## THE PROBLEM OF PERSONAL SPIRITUALITY AND ITS ALIENATION

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### ABSTRACT

*In this article, the question of personal spirituality takes on particular relevance under the influence of social alienation caused by globalization. In philosophy, spirituality is interpreted as a person's inner world, their spiritual and moral development, and their way of understanding and responding to existence. In this sense, spirituality is not limited to subjective feelings or inner experiences but also manifests itself in their activities, relationships, and practical actions in social life.*

Modern society development under the given circumstances Human spirituality problem separately relevance profession Globalization , technological development , social relationships complication Human interior peace , values And vital to your goals directly influence The following is displayed . processes as a result human own essentially , labor from activity , from society And even from myself alienation such as problems to the surface is approaching .

In philosophy spirituality Human interior world , his spiritual and moral perfection , existence understanding And him/her attitude inform method How interpretation In this sense , spirituality Human only subjective feeling or interior experience With limited no , maybe his/her social in life activities , relationships And practical this also manifested itself in their actions It will be . Uzbekistan National in the encyclopedia " **Spirituality** is inherent in man" spiritual And mental world representative concept . These people philosophical , legal , scientific , artistic , moral , religious imagination own inside takes<sup>1</sup> said views reported .

The first President of Uzbekistan, Islam Karimov, defines spirituality as follows: "**Spirituality** is an incomparable force that motivates a person to spiritual purification, spiritual growth, strengthening of inner peace, will, integrity of faith, awakening of conscience, and is the criterion for all their views <sup>2</sup>." In this context, spirituality is included in scientific discourse in a philosophical sense as a manifestation of a person's religious and secular life. According to K.

<sup>1</sup> Uzbekistan national encyclopedia . - T.: Uzbekistan national encyclopedia Publisher , 2003. 334 pages.

<sup>2</sup>Karimov I.A. Higher spirituality is an inexhaustible force. - Tashkent: Spirituality, 2008. - B.19.

Nazarov, "today, all our work in the field of spiritual education, upbringing, and propaganda should be based on the Development Strategy of the New Uzbekistan <sup>3</sup>."

In the context of contemporary globalization and the accelerated development of digital civilization, the transformation of human spirituality and the structural changes occurring in the internal spiritual structure and social essence are becoming a complex and multifaceted object of research within disciplines such as philosophy, sociology, psychology, and cultural studies. The dramatic expansion of the information space, the institutionalization of virtual reality, and the dominance of technocratic relations are leading to increased alienation in human consciousness, undermining the traditional foundations of personal spirituality.

In a philosophical sense, spirituality represents the historically formed values of humanity, the processes of searching for meaning, and a system of socio-moral norms. Alienation And subject own from the essence And sociocultural from the environment interrupt status means . Therefore spiritual alienation values system violation , personal identification weakening And cultural to sources indifferent relationship formation With described .

In philosophy, Hegel interprets this process as a necessary stage for the soul to return to itself, Marx - as a product of socio-economic relations, and existentialism - as the alienation of man from his own essence and the meaning of existence.

According to Jung's theory, alienation is becoming an impending disaster in modern society <sup>4</sup>.

The alienation of human spirituality is a complex and multifactorial process that occurs as a result of the interaction of socioeconomic, cultural, and psychological factors, primarily within society. social inequality deepening , economic instability And constant material pressure Human own work activities in society instead of And private to opportunities relatively mistrust feeling strengthens .

From this outside , public cultures priority color get And consumerism values wide spreading Human spirituality simplification and instrumental character profession achieve take comes . Social success material prosperity And external appearance With measurement Human interior moral criteria And spiritual ideals second to the level pushing puts . As a result Human life content deep spiritual to the values no , maybe short term interests And utilitarian to goals connected remains .

Also , modern information technologies too much outside wide influence Human taking into account fragmentation And surface perception increase cause It's happening . Fast. information flow , virtual communication, real social interaction attitude instead of this ownership Human reflexive thinking , self-awareness understanding And interior reflection conduct ability weakens . This situation human own interior from the world , cultural And spiritual from inheritance leave as a result alienation processes deepen Earth creates .

This factors assembly Human own life meaning , purpose And values With connected interior balance from the trail remove a person existential gap to the state take comes . Such under the given circumstances Human identity in understanding to difficulties face come ,

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<sup>3</sup>Nazarov K. Spirituality must become a strong fortress of society // Newspaper "XXI asr". November 10, 2022 , 45 (991). - P. 3.

<sup>4</sup> Jung, K.G. Affect civilization / C. G. Jung, M. Foucault . The Matrix Madness - M.: Algorithm , 2007. - P. 11-136.

society And culture With was addiction feeling loss begins . Thus, a person spirituality alienation this is not just an individual problem perhaps society spiritual towards stability threat eater socio-philosophical problem How manifestation It will be .

Spiritual alienation Human And society in life deep And many bordered negative consequences brought It emits . Such in case Human interior spiritual balance from the trail withdrawal , indifference , irresponsibility , loneliness And life content loss such as situations more and more often growing The man is coming . his/ her own social the importance of his activities meaning And vital goals transparent understand can't remains , as a result existential gap status to the surface This will happen . Human spiritual to the state negative influence manifestation of anxiety , depression And interior protest such as psychological problems strengthens .

Spiritual alienation social attitude also noticeable in the system at the level negative to the consequences take comes . Interpersonal connections surface color take , pick up confidence And solidarity weakens . People to each other relatively alienation , cooperation And social responsibility principles weakens . As a result society members social activity decline , civil position And team in the interests of loyalty slows down .

Society on the scale spiritual alienation moral crisis deepen take arrival Possibly . Universally . And national values importance decline , individualism , utilitarianism interests And consumerism moods priority begins to fade away . This process social conflicts to strengthening , cultural traditions And spiritual inheritance decomposition Earth creates . As a result society spiritual stability And social unit weakened , distant term progress For serious threat to the body is approaching .

Conclusion How In other words , people spirituality from the trail release aimed at another interior And external effects society spiritual towards stability serious Danger puts And private spiritual alienation processes flash get Earth creates . Such Alienation is , first of all , the alienation of man. own values , spirituality supports And moral based on criteria to the alienation of society With spiritual connections weaken take is approaching.

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