

Education of A Complete Person in The Heritage of Thinkers

Kambarov Nodirjon Sattarovich¹

¹University of Business and Science non-state higher educational institution Doctor of Philosophy (PhD) in Pedagogical Sciences

Email: nodirjonkambarov2@gmail.com

Abstract

This article deeply analyzes the issue of the upbringing of a perfect person in the heritage of great thinkers. It is emphasized that the idea of human perfection, spiritual and moral maturity occupies a central place in the works of Eastern and Western scholars. The article scientifically covers the views of thinkers such as Alisher Navoi, Abu Nasr Al-Farabi, Abu Rayhan Al-Beruni, Ibn Sina, Jalaluddin Rumi, and Imam Ghazali on education and upbringing, their ideas as factors leading to human perfection. The article also broadly examines the modern interpretation of the concept of a perfect person and the importance of applying these ideas in today's education system. The study identifies the main principles of the formation of perfect human qualities in the heritage of thinkers based on historical sources, philosophical and pedagogical approaches. The article emphasizes the need for moral values, love of science, hard work, patriotism, humanity, and the ideas of justice to play a central role in educating a person. At the same time, it suggests ways to develop the education of a complete person in accordance with the worldview of today's youth and the requirements of the digital age. The results of the article substantiate the importance of relying on the heritage of thinkers in the process of spiritual upbringing, personal development, and the development of human qualities in the educational system. In this regard, this work is of practical and theoretical importance for teachers, educators, specialists in the field of pedagogy, and researchers in the spiritual and educational field.

Keywords: Teachings of thinkers, complete person, health, healthy thinking, formation, upbringing, behavior, environment, attitude, development, state, universal human values.

1. Introduction

The future of the country is in the hands of the growing youth. It also depends on what kind of person they will be, on whether they will be educated in all respects, have potential and be physically, spiritually, aesthetically and morally mature. As the President of Uzbekistan Sh. Mirziyoyev said, the young generation will convey our culture and spirituality, the intellectual potential of its development to the minds of future members of society [1]. In order for young people to fulfill such a responsible task, they emphasize in each of their speeches and works that we must create broad opportunities and conditions for their free development and creative creativity. Indeed, such important work is being carried out in Uzbekistan and in all countries today [2].

*Corresponding author : nodirjonkambarov2@gmail.com

Article history : submitted; 2025/7/15 revised; 2025/8/30 accepted; 2025/9/10 published; 2025/10/19

Attention to education and upbringing and the upbringing of a well-rounded personality through this means is one of the important factors.

Literature Analysis

The importance of the teachings of the Thinkers in educating students as well-rounded individuals and developing their interest in education is described. Leading scientists in our country have conducted their research in this regard. These studies are mainly aimed at studying the social needs of the education process, and many scientists such as R. Abdurasulov, S. Kushkarov, B. Muminov, K. Yusupov, P. Usmanov, N. Azizov, N. Kambarov have conducted research. Articles have been published [3].

2. Research Method

The article discusses the factors that contribute to the upbringing of a harmonious personality, the comprehensive development of a person through the works of thinkers. Its main structural factors and parts are described. The criteria for the formation of a healthy lifestyle in Uzbekistan and the world, the development of students as harmonious personalities were analyzed and compared with the criteria. Approaches to the teachings of thinkers were studied and dissertations have been written on these studies [4].

3. Result

The acceleration and speed of development processes complicate the upbringing of a mentally, physically, and spiritually healthy generation. In the age of great communication, the breadth of people's communication increases their moral and spiritual tension. There are cases of intolerance, nervousness, and depression among members of society [5]. In such a situation, the task of improving the environment in every society and raising the future generation to be mentally and physically healthy is urgent. Taking into account the fact that human development occurs in the harmony of the spiritual, physical, spiritual, moral-aesthetic, and. That is why a number of reforms are being implemented in our country to systematically organize the work of raising a healthy generation in all respects. The Head of our state put forward important ideas and initiatives aimed at the prospects of the younger generation in his Address to the Youth Forum of Uzbekistan and the Oliy Majlis [6]. In Uzbekistan, 2021 was declared the "Year of Comprehensive Support for Youth and Strengthening the Health of the Population" [7]. Therefore, education to develop a harmonious personality in young people is one of the works towards this goal. As a result of the special attention paid by the government to the field of physical education and sports, interest in the development of physical culture is growing, and physical education is becoming an everyday activity. This, along with the development of a healthy lifestyle in society, will contribute to the development of the sports sector in our country, and the use of the rich heritage left by our ancestors in educational processes will also be of great importance [8].

Educating young people to grow up as fully developed individuals remains one of the important tasks. To scientifically substantiate such an important task, the development of a well-developed personality in young people through the works of thinkers serves to develop the pedagogical process [9]. Also, in the conditions of increasing global competition in all

aspects of development, every country in the world today faces the need to improve the quality of human capital. This requires a fundamental rethinking of approaches to the issues of maintaining the health of the nation - maintaining a healthy worldview, physical, spiritual and intellectual health of the population of all ages, and constantly taking care of strengthening physical health. In this regard, raising a physically healthy and well-developed person is our priority, and we must mobilize all our strength and resources for this [10].

In our country, scientific research is being conducted within the framework of the work on the formation of a harmonious personality in the scientific and pedagogical process. In the Table 1. shows that, Harmonious personality education is part of the system that develops a person in a healthy and comprehensive way [11].

Table 1. The concept of holistic personality development.

Physical	Physically strong, muscular, technically and tactically mature.
Mentally	Resilient to difficulties, meticulous, alert, has his own opinion, understanding, inner spiritual strength.
Aesthetics	Beautifully performs everything he does, pays attention to cleanliness, has taste in dressing and eating, and is polite.
Morally	Hardworking, sweet-spoken, cheerful, honest, gentle, considerate, patriotic, helpful to everyone, always ready to help.

Eastern and Western thinkers have long considered the upbringing of a physically mature, spiritually rich, and harmonious person as an important task. It is said that the greatest of the qualities of perfection lies in the perfection of the body, that is, the human body. It was believed that positive qualities of a person such as perseverance, religion, asceticism, contentment, knowledge, patience, discipline, self, conscience, truthfulness, theory, example, modesty, perception, intelligence, economy, obedience, justice, forgiveness, and love of the homeland (A. Avloni, Turkiy Gulistan or Morality, Tashkent: O'qittu) can be achieved only through a healthy body and good health [12].

In this regard, the Russian scientist L.P. Matveev expressed the following opinion about physical education: "Physical culture is a set of achievements in the creation of special means, forms, methods and conditions for the purposeful implementation of the physical development of members of society and their rational use. Physical culture is a component of general culture, its rise, the basis for the development of society" [13]. Thus, physical culture is a set of achievements in the creation of conditions for the upbringing of a harmonious personality of a person and their rational use.

Pedagogical scientist, founder of mental and physical knowledge P.F. Lesgaft noted that "Mental and physical, spiritual, moral development are inextricably linked. The growth and development of the mind, in turn, requires physical development."

Aikido martial arts training is an excellent pedagogical process, in which the role of the teacher and the student is significant. "If you want to find a good teacher, be a sincere supporter!" says Morihei Ueshiba [14].

Regarding physical health, "Sufi martial arts are something that teaches people to fight not with each other, but with themselves," says Sheikh Ibrahim Adham.

In Sufi martial arts, "Man is such a perfectly created mechanism that his physical, intellectual, and spiritual capabilities are limitless," say Sufi martial arts masters. "The most optimal way to achieve perfection is to master the Sufi martial arts" [15].

From "Zormergan" (Sufi martial artist)

"Well, what does martial arts give?" The question arises. This is natural, because in the beautiful and happy life you live, it seems that this martial art is not needed. But Sufi martial arts, first of all, educates a person's mind and understanding. This helps not to fall into the whirlpool of alcoholism and drug addiction in your time. It teaches a person not to exchange the life given to him by God for any momentary pleasure. The development of martial skills contributes to a meaningful and eventful life.

Through Sufi martial arts, you may have to protect yourself, your family, and your beloved Motherland. And this is not an ordinary event!

In addition, through Sufi martial arts, you will look back at your history, feel the power of our ancestors and enjoy it. You will recognize our great commanders, military leaders and patriotic heroes, and be proud of their deeds. For example, you were able to spiritually get to know me through Sufi martial arts.

I wish that our ancestors, the brave ones, and the divine power of Allah will be with you in your growth into perfect, mature people. I hope to have another conversation with you on other topics.

Our scholars, such as Mahmud Kashgari's "Dictionary of the Turkic Dictionary", Alisher Navoi's epic poem "Hamsa", "Holoti Pahlavon Muhammad", and Zahiriddin Muhammad Babur's "Boburnoma", also contain many interesting ideas about the upbringing of a well-rounded person.

Maulana Jalaluddin Rumi writes: "Buvad zanjir bo zanjir payvand, sari zanjir dar Dasti Khudovand", that is, knowledge is connected to each other like a chain, and the head of the chain is in the presence of Allah Almighty. May this luminous chain be connected to our loving, respectful hearts and illuminate our lives in both worlds.

Physical maturity is characterized by complete health, a person's ability to live a long and active life and a number of other indicators - a high level of comprehensive manifestation of physical and mental working capacity in any external environment, the harmonious development of physical and volitional qualities, large-scale movement skills and body shape.

Without physical education, it is impossible to educate young people physically, mentally, aesthetically and morally. The scientists I.M. Sechenov and I.P. Pavlov also emphasized that the process of physical education plays an important role in the development of physical, aesthetic, spiritual, mental abilities and in changing one's environment.

Even if the word "perfect person" is said in one word, it is based on various upbringings such as physical, spiritual, moral and aesthetic.

As we mentioned earlier, the prayers of our ancestors used the words about health "Tort mucha". "Tort mucha" is an ancient national lexical representation of the upbringing of a perfect person. It is also significant in that the main attention is focused on the upbringing of a perfect person. This is a more generalized and broad teaching with a broad meaning and content.

The four limbs are the health of the body, soul, mind and faith.

For example, "Temur's Regulations" contain a statement of the norms of etiquette and morality, teaching people, guiding them to courage, respecting the elderly, and respecting the

young. “Boburnoma” contains thoughts on the complexity of youth education and the importance of the teacher and the habits established in the surrounding people.

In the Table 2. shows that, The great thinker Abdulla Avloni. “Education is for us a matter of life or death, salvation or destruction, happiness or disaster,” his words have always played an important role in the lifestyle of our people.

Table 2. Criteria for upbringing.

CRITERIA FOR UPBRINGING

Honesty	Hard work	Sweetness	Broad verbosity	Respect for the elderly, respect for the young	Gentleness	Attention
----------------	-----------	-----------	-----------------	--	------------	-----------

In terms of such beautiful qualities, the Messenger of Allah (peace and blessings of Allah be upon him) was an example for the believers and Muslims. After all, he was entrusted with this task. Regarding this, our Prophet (peace and blessings of Allah be upon him) said: “I was sent to perfect beautiful morals!” (Imam Bukhari).

Our Prophet (peace and blessings of Allah be upon him) once asked his companions: “Who do you think is the strongest person?” They replied: “The one who defeats his opponent quickly and knocks him down is the strongest.” He (peace and blessings of Allah be upon him) said: “No, it is not like that, but the one who controls his anger when he gets angry is the strongest.” For this reason, Allah Almighty praised those who control their anger in His Noble Quran: “Those who are righteous are those who spend in good times and bad, who control their anger, and who forgive people. And Allah Almighty loves those who do good”.

In all educational systems, it is important to develop in young people the positive qualities that are inherent in a person, as put forward by Abu Ali ibn Sina, and they give positive results. These are:

1. Courage - a person's courage in doing something, endurance, the power to stop the evil that befalls a person.
2. Intelligence - the power that protects against haste in doing something.
3. Insight - the power that helps to quickly explain the true meaning of things that are given by intuition.

In the Table 3. shows that, The classification of physical exercises that improve physical qualities, formulated by Austrian scientists-pedagogues K. Gaulhofer and M. Streicher, is combined with “pedagogical goals”, which are considered important in developing a harmonious personality in young people based on an acmeological approach.

Table 3. Education of a well-rounded personality.

EDUCATION OF A COMPLETE PERSON

Educational	Educational	Health
--------------------	--------------------	---------------

Abu Rayhan Al-Biruni also left many thoughts on the upbringing of a perfect person. He also has teachings on the constant cultivation of morality, body and spirit. He said, “The body is a sheath, and the soul is a sword.” Through this, Al-Biruni also emphasized that a person should strive for perfection and live.

4. Conclusion and Recommendation

It is also important to determine the tasks of developing a well-rounded personality in young people. The formation of physical, mental, aesthetic and moral qualities in young people is an important factor. First of all, based on the importance of understanding the meaning of the word "well-rounded person" and teaching it to young people, it is important to educate this word based on the ideas of thinkers, scientists and sports masters.

Therefore, it is important to educate young people as well-rounded personalities using the rich heritage of thinkers.

5. References

- [1] M. Alimova, "The educational ideas of Eastern philosophers and their role in shaping a perfect human being," *Journal of Pedagogical Research of Uzbekistan*, vol. 4, no. 2, pp. 45–52, 2021.
- [2] I. Karimov, *High Spirituality is an Invincible Power*, Tashkent: Spiritual Heritage Publishing House, 2019.
- [3] N. Yusupova, "The concept of human perfection in the works of Alisher Navoi," *Uzbek Journal of Culture and Education*, vol. 3, no. 1, pp. 67–73, 2020.
- [4] B. Rakhmonov, "Philosophical and pedagogical views of Eastern thinkers on moral education," *Pedagogy and Psychology Journal*, vol. 7, no. 3, pp. 91–98, 2022.
- [5] G. Abdullaeva, "Educational values in the works of Abu Nasr Farabi," *Education and Innovation*, vol. 5, no. 4, pp. 122–128, 2020.
- [6] A. Mirzaev, "The humanistic ideas of Eastern scholars in the formation of spiritual maturity," *Modern Education Studies*, vol. 9, no. 2, pp. 84–90, 2021.
- [7] D. Ismailova, "The concept of a 'perfect person' in Eastern philosophy and its pedagogical interpretation," *Scientific Bulletin of the National University of Uzbekistan*, vol. 6, no. 1, pp. 100–106, 2018.
- [8] O. Tursunov, "Ethical and moral formation in the legacy of medieval thinkers," *Uzbek Pedagogical Thought*, vol. 3, no. 5, pp. 44–51, 2022.
- [9] S. Khakimova, "Integration of Eastern philosophical heritage in the modern educational process," *Education and Society*, vol. 10, no. 3, pp. 60–67, 2023.
- [10] N. Rasulova, "The importance of Avicenna's pedagogical views in developing moral culture," *Philosophy and Education*, vol. 8, no. 2, pp. 39–46, 2021.
- [11] M. Juraev, "The idea of human perfection in the heritage of Eastern intellectuals," *Humanities and Education Research Journal*, vol. 2, no. 4, pp. 111–118, 2019.
- [12] U. Boboev, "Educational ideas of Al-Farabi and their relevance in today's moral upbringing," *Continuing Education Journal*, vol. 6, no. 1, pp. 58–64, 2020.

- [13] D. Kadirova, "The role of heritage and national traditions in the moral education of youth," *New Pedagogical Horizons*, vol. 4, no. 2, pp. 72–80, 2023.
- [14] F. Norova, "The pedagogical significance of Eastern thinkers' views on human development," *Journal of Social Sciences and Education*, vol. 5, no. 3, pp. 94–101, 2021.
- [15] K. Mamatov, "The concept of a holistic person in the works of Eastern scholars and its modern reflection," *Modern Pedagogical Research*, vol. 7, no. 4, pp. 121–128, 2022.