

## **The Role of Reading Books in Shaping Youth Spirituality**

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***Abstract.*** The article examines the influence of book reading on the formation of spiritual values and worldviews among young people. Particular attention is paid to the cultural and educational functions of literature, its role in developing critical thinking, moral consciousness, and personal growth. Examples of works contributing to spiritual development are provided, and the issue of declining interest in reading in modern society is analyzed.

***Keywords:*** spirituality, youth, book reading, literary education, value formation, self-development, worldview, upbringing, cultural heritage, critical thinking, emotional intelligence.

### **INTRODUCTION**

Spirituality is a crucial aspect of personal development, especially during youth when individuals are searching for meaning in life and forming a system of values. Literature, as one of the most powerful means of cultural influence, plays a significant role in this process. In the context of digitalization and reduced time spent on reading books, the question of reviving interest in reading among young people and using it to foster spirituality has become increasingly relevant.

Moreover, modern literature, both foreign and domestic, is capable of addressing issues relevant to young people, such as ecology, social justice, and personal identity. In this context, books serve as a kind of "bridge" between the individual and society, helping young people understand their place in the world.

Such monitoring can be carried out through test trials, reading evenings, various discussions, scientific and practical conferences, conversations, empirical sociological and analytical studies. When implementing monitoring, it is advisable to take foreign experience into account.

In the process of researching the positive outcomes of spiritual development in adolescents with disabilities through reading, we have confirmed the effectiveness of the following principles: selecting books that correspond to the age and preparedness level of the adolescent; creating a certain literary potential within the family; observing and controlling children's reading; demonstrating examples and role models for reading books; fostering a love for books within the family and forming skills for careful handling of books; using effective methods and techniques of reading; keeping track of read books and developing personal opinions about them; implementing a step-by-step approach to reading; teaching children to reflect on the books they have read; involving adolescents in reading not through coercion, but by independently awakening a desire and interest in reading; and establishing a school-family system when organizing adolescents' reading.

It is well known that no matter how engaging an adolescent's life may be at home or school, if they do not read books and do not develop a love for them, their adolescent years will be incomplete, a deficiency that cannot be compensated for. This is due to two reasons: firstly, adolescence, being the most unstable period of life, can be significantly stabilized through reading; and secondly, adolescence is characterized by such intense emotional experiences that impressions play a crucial role in the subsequent development and formation of the adolescent as a personality.

## METHODOLOGY

To comprehensively investigate the topic, the study employs a combination of qualitative and quantitative research methods, including:

### *a) Literature Review*

The first step of the methodology involves reviewing existing literature on the subject. This includes analyzing religious texts, philosophical writings, and educational materials that focus on moral and spiritual development. Special attention is given to books that are recognized for shaping the spiritual outlook of youth, with an emphasis on their content, themes, and pedagogical approaches.

### *b) Survey Research*

A survey will be conducted among young people to gather insights into their reading habits and the influence of books on their spiritual beliefs and practices. The survey includes a set of structured questions aimed at understanding the relationship between reading habits and spiritual development. Example survey questions might include:

- What role do you think reading books plays in developing a spiritual worldview?
- Which books have had a significant impact on your spirituality and moral values?
- How has reading affected your inner growth and ethical understanding?

### *c) Interviews*

In-depth interviews will be conducted with experts in the fields of education, religion, and youth development, including teachers, religious leaders, and parents. These interviews will aim to understand their perspectives on the influence of books in shaping the spirituality of young people. The interviews will also explore how different types of books (religious, philosophical, or moral) are recommended and used to nurture spiritual development.

### *d) Experiential Study (Reading Intervention)*

An experiential study will involve a selected group of youth reading specific books over a designated period. These books will be carefully chosen for their spiritual, ethical, and moral content. Participants will be asked to reflect on their experiences and share how their spiritual perspectives have evolved after reading the books. Observations will be made on any changes in behavior, thoughts, or moral decision-making that occur during and after the reading period.

## RESULTS

Books teach young people to perceive life, to distinguish between good and evil, and to develop life goals. Based on the above, in order to spiritually shape adolescents from socially and legally vulnerable groups, as well as to increase the effectiveness of this process, the following should be considered as particularly important:

The creation and improvement of electronic libraries for adolescents with disabilities within the system of educational institutions in the republic.

Considering the special importance of traditions and family reading in the spiritual development of an individual, educational plans for higher and secondary special educational institutions in pedagogical and cultural fields should include special courses such as "Book Reading," "Family Book Reading," as well as the introduction of a separate subject on organizing extracurricular book reading. Additionally, curricula, programs, and teaching aids for this subject should be developed.

Since teaching the courses "Book Reading" and "Family Book Reading" requires specialized teacher training, it is essential to incorporate this preparation into undergraduate programs, as well as systems for teacher training and professional development.

Thus, the issue of the spiritual development of adolescents with disabilities based on family book reading represents a distinct component of a broader effort. In the future, it may serve as a foundation for fundamental research on children's book reading within the field of pedagogy.

### Problems of Modern Youth and Reading

However, in modern society, there is a decline in interest in reading. Social media, video content, and computer games often distract young people from books. As a result, many young people experience a decrease in vocabulary, a reduced ability to concentrate, and a diminished interest in deep reflection.

### Ways to Solve the Problem:

To popularize reading among young people, the following steps are necessary:

Development of infrastructure: Opening new libraries and reading rooms, hosting book exhibitions and fairs.

Family upbringing: Parents should lead by example and instill a love of reading in children from an early age.

Educational initiatives: Introducing programs in schools and universities aimed at promoting classical and modern literature.

Use of technology: Creating electronic libraries, mobile applications, and audiobooks to engage young audiences.

Making the soul lively, compassionate, and open to the world is one of the primary goals of spiritual and moral education. To look into the soul of each child, ignite the flame of moral character within, and resist the temptation of a chaotic and fast-paced world—these are the challenges educators face.

The development of spirituality, as an important state objective, holds exceptional significance in personality formation, as spirituality is what distinguishes humans from other living beings. Based on our experience, we believe that the family initially plays a crucial role in raising the younger generation and shaping their system of moral values and guidelines.

The tradition of family reading has deep roots. In the past, the Bible was the main book, followed by the works of famous philosophers and classics, which served as guides for navigating the complex labyrinths of life. Today, this family tradition has been largely lost due to the development of technology and computers, which have diminished people's incentive to turn to books. However, reading is not only a source of knowledge but also a spiritual foundation that every individual should have.

Children may not yet know how to read, but they eagerly listen and look at illustrations. By introducing children to the world of books, we address many educational tasks: we develop cognitive interest, auditory perception, memory, introduce them to the surrounding world, and, of course, nurture their spiritual growth. Through stories from books, children learn about concepts such as good and evil, love and hate, compassion and indifference.

Later, when a child learns to read, and if we have instilled a love for books, their world will become more colorful and richer. Literary reading lessons play a significant role in the spiritual and moral development of preschoolers and younger students because "a book is a discovery of the world," and a growing person discovers themselves and the world around them.

Everyone knows that reading is beneficial. Books cultivate literacy, expand vocabulary, and foster spiritual growth. Through reading, a person learns to think critically and develops as an individual. This is exactly what every parent wishes for their child.

Unfortunately, after completing homework and attending additional classes, schoolchildren often lack the energy and time for extracurricular reading of fiction. The age of information and computerization has taken control of young readers' minds, turning reading into a technological

process of searching for and obtaining information. Sadly, there has been a sharp decline in the quality of children's reading.

All school subjects contribute to fostering morality, but literature plays a particularly significant role. It is during literature lessons that the fundamental concepts of morality are laid down, concepts that become vital in every person's life: family, kindness, honor, compassion, diligence, wisdom...

Of course, it is impossible to nurture solely through books, as every individual is uniquely distinct. However, to educate without books is unwise: no one can surpass the collective wisdom of nations and millennia. To educate with the help of books, relying on them, means avoiding typical and sometimes dangerous mistakes, saving time and effort, and fostering development.

## **DISCUSSION**

Books and the lively thoughts they awaken are among the most powerful tools. A love for reading and books awakens the strength of the mind. Cultivating a curious and thoughtful reader in a school-aged adolescent is no easy task. Proper upbringing cannot be imagined without the experience of the thrilling joy of reflecting on a book during childhood.

Reading becomes a powerful educational force because, by being captivated by moral beauty and striving to emulate it, a person begins to think about themselves, evaluate their actions, and measure themselves against a moral standard. Reading and reflecting on a book transform into an "intellectual need."

The role of reading in the spiritual and moral development of children and adolescents is immense and unparalleled. Spirituality derives from the word "soul," and it is the book that awakens our souls. Morality is a person's ethical quality, the rules they follow in making choices. It is through books that qualities are evaluated, and various rules are presented.

By raising the level of students' reading culture and expanding the scope of independent children's reading, we nurture curious, thoughtful readers and shape individuals who are spiritually mature, enlightened, cultured, and socially valuable.

## **Conclusion**

Reading books plays a key role in shaping the spirituality of youth, contributing to the development of their inner world, moral compass, and cultural awareness. Through engagement with literary works, young people connect with the values accumulated by humanity, learn to analyze life situations, empathize with characters, and critically interpret the surrounding world.

In the context of modern society, where information is becoming increasingly superficial and fleeting, books provide a means to deepen the understanding of philosophical, moral, and ethical issues, strengthening the spiritual foundation of the individual. Thus, reading serves as an essential tool for shaping a harmoniously developed person capable of thinking, feeling, and acting in alignment with high ideals.

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