

## THE ROLE OF MUSIC IN THE FORMATION OF HUMAN SPIRITUALITY

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### Abstract:

This article discusses the role and significance of music in the upbringing of a well-rounded generation, its impact on the development of individuals, and the importance of musical education in children's lives from ancient times to the present day.

**Keywords:** Upbringing, education, music, lesson, practice, person, personality, art, music pedagogy.

### Introduction

Thanks to independence, the rich historical values of our great ancestors, a unique and captivating culture spanning millennia, have begun to be revived. We have returned to our nearly forgotten mother tongue, to the religion that purifies our spirituality, and to our national customs and traditions. Our national art, folk creativity, and music—representing the cultural identity of our people—are once again being restored. The results of spiritual awakening manifest in people's self-awareness, national pride, honor, admiration for the history of their ancestors, and the realization that the future depends on their own efforts and conscious actions. The study, research, and synthesis of the social and artistic factors contributing to the intellectual and spiritual development of our nation have now begun to bear fruit.

National musical culture, with its great potential for shaping and elevating human spirituality, and traditional song samples deeply rooted in our people's history, hold significant importance in modern human spiritual development.

Musical culture plays a crucial role in fostering a spiritually developed individual. Through music, a person is nurtured in a spirit of loyalty to the homeland, high morality, spiritual purity, and intellectual excellence.

Music is a powerful educational tool that influences the human psyche, providing vitality and nourishment for the soul. It helps people experience joy, delight, relaxation, and peace of mind while stimulating thought. Music, with its immense power, captivates the human heart with its charm.

Musical instruments serve as mediums that express human spirituality through melodies, each tune purifying the soul and leading to perfection. These instruments have developed among the people over centuries, crafted by skilled masters and continuously refined. Each nation’s musical instruments reflect their national pride, traditions, and values, as the melodies they produce are in harmony with these aspects. This, in turn, forms the basis for the design and national identity of new musical instruments. Today, our young musicians, studying under master artists, skillfully perform both national and classical international pieces on traditional instruments,



achieving great success abroad. This is clear evidence of the increasing status of instrumental performance and its significant role in global culture.

Great thinkers of the East who studied musical culture emphasized that musical melodies, especially classical music, have a profound effect on human emotions, moods, and behaviors. They believed music could even be used for healing, developing intellectual and moral qualities, and helping individuals find solace and inspiration.

According to Farabi, music, as a spiritual nourishment, deeply penetrates the human soul and should be directed toward certain goals through specific moods. Otherwise, if music is used merely for amusement, its educational value diminishes. The psyche represents a person's inner world, and its level of maturity depends on the nature of the influences absorbed. Music, expressing the emotional aspects of the inner world, fully reflects an individual's spiritual realm, shaping their intellect, willpower, and overall personality. Thus, music, as an educational factor, bears great responsibility, and its positive or negative influence holds significant importance.

Ibn Sina also addressed the topic of music in his works, incorporating it not only into his musical treatises but also into other disciplines, particularly medicine. In his work "The Canon of Medicine," he wrote: *"To strengthen a child's temperament, two things must be applied: first, gently rocking the child, and second, singing lullabies to put the child to sleep. Depending on the extent to which these two factors are adopted, the child's body develops physically, and their soul develops an affinity for music."* [1, p.19]

In conclusion, music should not be seen merely as entertainment, a means of fun, or just an art form. Rather, it must be studied as an essential component of human spirituality and cultural development.

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