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## THE ROLE OF BOOK READING IN THE PREVENTION OF OFFENSES

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*Abstract: The article examines the relevance and importance of the development of a culture of reading in society, especially books, as an important factor in strengthening culture and spirituality, developing education on the example of the Republic of Uzbekistan. Also, certain aspects of the influence of reading books on the prevention of offenses in various fields, including in the spiritual and physical planes, are studied.*

*Keywords: reading, reading culture, society, crime prevention, upbringing, spirituality, education.*

One of the important directions of the policy of any state is the prevention of offenses, which consists in the implementation of a set of interrelated measures carried out by the bodies and institutions directly carrying out this activity, in order to preserve and strengthen the rule of law, identify, suppress offenses, as well as determine, eliminate the reasons for their commission and conditions conducive to them.

Of course, in modern conditions, an urgent and socially significant task facing any society is the search for ways to reduce the number of offenses. The development of a culture of reading books in society is seen as one of the effective measures in this matter.

Significant efforts have been made in Uzbekistan in recent years, one of which is the five initiatives previously put forward by the President of the country. The fourth initiative envisages increasing the spirituality of young people, widespread promotion of reading. The head of state noted the need to awaken the love of books in young people from childhood, the formation of independent thinking and a broad outlook, which, in his opinion, will become a solid foundation in their way of life [1].

Since ancient times, reading has played an important and integral role in the education of the personality, the disclosure of its individual characteristics, and also served as an important factor in its formation.

It is known that many scientists have been conducting research for a long time regarding the effect of reading books on a person and its causes.

According to numerous studies, reading books affects a person both physically and spiritually and psychologically.

So, according to the researchers, reading brings no less benefit to the body than sports exercises, since in the process of reading literature, a person exercises the whole brain [2]. When reading, blood enters those areas of the brain that are outside the areas responsible for control, and reaches areas associated with the ability to concentrate and cognize.

In addition, according to research by scientists at Rochester and Harvard Universities, regular reading not only allows you to distract yourself and learn new things, but can literally rebuild the way the brain works. It increases emotional intelligence, helps you memorize facts, and teaches you to more effectively seek alternative solutions to complex problems [3]. These studies show that reading not only allows you to assimilate new information, but also develops the ability to remember details, think more effectively about complex problems and find alternative ways to solve them.

Reading is also helpful in reducing stress. According to staff at the University of Sussex UK, reading can reduce stress levels by 68 percent - even more than listening to music or walking. It turns out that just 6 minutes of reading newspapers or books is enough to slow down the heart rate and reduce muscle tension [4].

Reading books also develops our ability to better understand other people. Research by the Mayo Clinic has shown that those who read fiction are better able to perceive other people's beliefs, thoughts, and desires along with their own. They are also more likely to show empathy, that is, the ability to empathize and empathize with the emotional state of another person [5].

Thus, the book is an unsurpassed way to experience strong emotions, an assistant to cope with many problems. For more than one thousand years, this effective and rather widespread method allows through reading, testing strong emotions and experiences to cope with stress, overcome adversity, mental crises, and develop volitional qualities.

In this regard, in the modern world, reading should take a special place, first of all, in the system of continuous education, including in the daily activities of everyone, and reading culture is the basis of the social, cognitive, aesthetic and spiritual development of a modern personality, especially youth, which could to play a leading role in crime prevention.

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