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Humanistic Values in the Poetry of Aleksandr Faynberg and Their Relationship with the Educational Potential of Physical Education

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Abstract. This article examines the humanistic ideas reflected in the poetry of Aleksandr Faynberg and their relationship with approaches to the spiritual and moral education of the younger generation. The study highlights the significance of human relationships, compassion, friendship, solidarity, and kindness in the poet's works and their role in the moral development of young people. Furthermore, the principles of discipline, teamwork, and fairness developed through sports are analyzed in connection with literary education. The main purpose of the article is to explore the spiritual connection between literature and physical education in the upbringing and development of the younger generation.

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Introduction

The foundation of the poetry of Aleksandr Faynberg, the People's Poet of Uzbekistan, is built upon the ideas of **humanism**[6],[7]. In his literary works, regardless of nationality, language, or social background, the individual, their inner world, human dignity, and spiritual beauty are placed at the forefront[3],[4]. In this regard, it is worth emphasizing that one of the poems translated by Aleksandr Faynberg, entitled *"A Father's Blessing"* (*Положение отца*)[2], is deeply imbued with the fundamental ideas of humanism. The central essence of this poem directly reflects humanistic values, emphasizing the importance of human dignity, compassion, and spiritual relationships.

Не надо от тебя мне, мой родной,
богатства, дома роскоши ковровой.
Достаточно мне, сын любимый мой,
чтоб рядом ты ходил живой - здоровый.
Щитом не будь мне, коль придет беда.
Достаточно, чтоб ты под нашим кровом.
В тот час, когда усну я навсегда,
стоял бы надо мной живой - здоровый.

From the very beginning of the poem, the father makes it clear that he does not ask his child for material wealth or a luxurious lifestyle. One of the fundamental principles of humanism is placing human life and existence above all worldly possessions. For the father, his child's mere existence and well-being ("живой-здоровый" — alive and healthy) represent the greatest treasure. Regardless of material wealth and luxury, human life and dignity always remain paramount. The principle of humanism also values sincerity and selfless relationships between people. In the poem, the father does not impose any extraordinary responsibilities on his son, nor does he demand heroism or self-sacrifice from him ("Щитом не будь мне, коль придет беда..." — "Do not be my shield if misfortune comes"). His only wish is to receive human support, his child's affection, and the comfort of their physical presence. This conveys the fragility of the human inner world and emphasizes that ultimately, only another human being can provide genuine emotional comfort and support.

In Faynberg's poetry, the awareness of life's transience reaches its climax at the end of the poem, where the father describes the moment when he is about to depart on his final journey ("В тот час, когда усну я навсегда..." — "At the moment when I fall asleep forever"). From a humanistic perspective, the most important thing in the final moments of life is not to be left alone, but to feel the presence, love, and support of one's loved ones.

The father's wish for his child to remain alive and healthy also symbolizes the continuity of generations and the enduring nature of life. In this sense, the survival and well-being of the next generation represent a profound victory of life over death. Through these ideas, the poem highlights the timeless human values of love, compassion, family bonds, and respect for human life.

The ideas of human relationships, compassion, friendship, solidarity, and kindness reflected in Aleksandr Faynberg's poetry serve as an invaluable spiritual foundation for educating today's younger generation. In contemporary society, young people spend a considerable amount of time on social media, often surrounded by artificial and superficial relationships. Aleksandr Faynberg's poetry helps young people understand the importance of deep and meaningful human connections. In his poems, the poet strongly condemns hypocrisy, careerism, and insincere, flattering attitudes among people. He encourages young people not to lose their identity and to remain sincere and genuine human beings under all circumstances.

Respect for the Elderly and the Sanctity of Family

As demonstrated by the previously analyzed translation of *"A Father's Blessing,"* the poet teaches young people to appreciate their parents and recognize how precious their presence is. In the process of youth education, these poems instill the philosophy that parents do not seek material possessions from their children; rather, they simply wish for their children to remain healthy and by their side. This understanding helps develop a sense of family responsibility and strengthens emotional bonds between generations.

One of the problems frequently observed in contemporary society is the indifference of younger generations toward the suffering of others and the problems facing society. At the heart of Faynberg's lyrical poetry lies the ability to empathize with the suffering of others, in other words, the importance of not remaining indifferent. When the poet writes about homeless animals left on the streets, elderly people in need of assistance, or individuals whose lives have been shattered by hardship, he deeply touches the reader's emotions and awakens their sense of compassion and humanity. These ideas help develop compassion, kindness, and a willingness to extend a helping hand even to strangers among young people. Through Faynberg's emotionally comforting poetic lines, young readers learn not to remain confined to their

own problems but to develop a broader perspective on life, avoid mocking those who have fallen, and instead offer them support and encouragement.

During adolescence, the choice of friends and the influence of one's social environment play a particularly significant role in personal development. Faynberg considers friendship one of the most sacred human values[2]. His reflections on friendship teach young people that a true friend is not simply someone who stands beside you during happy moments and celebrations. A true friend is someone who remains by your side when difficult times arise, even when the entire world turns away from you. Faynberg regards betrayal of friendship as one of the gravest moral transgressions. These ideas encourage young people to be trustworthy, keep their friends' secrets, and stay away from false friendships in life.

Furthermore, the principles of discipline, teamwork, and fairness developed through physical education are closely connected with literary and moral education in his creative works[1],[5]. The theme of sports and its influence on human spirituality occupies a prominent place in Faynberg's poetry, particularly in his early collection *"Velotreks"* (*"Велотреки"*).

In Faynberg's poetry, sport is not merely a combination of physical activities; rather, it is a profound literary and pedagogical means of shaping an individual's character through discipline, teamwork, and fairness[5]. In his lyrical works, the sporting arena, particularly the images of velodromes and stadiums, emerges as a space where human willpower is strengthened and tested.

When describing cycling tracks stretching through the darkness and night fog, the poet compares the strict routines and discipline of an athlete's daily training to the beginning of life's journey. The pursuit of perfection in literature, particularly through the continuous refinement of words and poetic expression, is presented in parallel with the strict discipline required in sports. The spirit of hard work and continuous self-improvement constitutes one of the central ideas of the poet's literary works.

The mutual trust developed through sports gradually becomes an expression of the lyrical speaker's broader love and respect for humanity. In Faynberg's creative vision, team spirit merges with the concept of humanism. For the poet, life itself is like a vast arena in which only those who live conscientiously and remain faithful to their principles can be considered true winners.

Faynberg's poetry fundamentally rejects dishonesty, deception, and victories achieved through unfair or easy means. Just as fairness is essential in physical education and sports, loyalty to one's words and commitment to truth are equally sacred principles in literature. Thus, the poet establishes a meaningful connection between sporting ethics and moral values, demonstrating that genuine victory is measured not only by physical achievement but also by integrity, honesty, and humanity.

In conclusion, it should be emphasized that in Aleksandr Faynberg's poetry, sport is not merely a means of physical training but a comprehensive process of educating the human spirit and character. By incorporating sporting elements into his literary works, the poet aims to develop high moral and ethical qualities in readers, which represents one of the most important objectives of literary education.

If we seek to educate today's younger generation to become individuals who are free from self-interest, guided by strong moral principles, appreciative of their parents, and respectful toward representatives of all nationalities, Aleksandr Faynberg's poetry can serve as an effective instrument of spiritual and moral education within our educational curricula. His poems contribute not only to the intellectual development of young people but also to the enhancement of their emotional intelligence (EQ), helping them develop empathy, compassion, mutual understanding, and respect for others.

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