

Healthy thinking and an ideal model

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Abstract

The article "Healthy thinking and an ideal model" shows that the ability of thinking in humans mobilizes for intellectual, mental and spiritual maturity. It is noted that the role of mind in the provision of the unity of a mature personality along with other educational components, is much greater. Hazrati Ali said that the most precious possession is mind, the best friend is a good character, the most valuable heritage is good behavior, the best way is the way of truth, and the greatest honor is science. The role and value of the healthy thinking and a model which is a brain activity in the life of every person is much greater.

Great Nizami Ganjavi, Sultan of minds reminded that "If a sword kills ten people, thinking will make the whole army knock about the world".

Measure before you cut; think before you speak; realize before you do.

Hazrati Ali

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Introduction

Healthy thinking which is a brain activity and specific for humans and differs them from other living beings and, as well as, an ideal model that provokes amazement and respect, also which is seen, observed and felt in the formation of harmoniously developed mature personalities who are important and useful for our nation and country, condition and complete each other, and closely contribute to each other's evolution and development. A model activity without healthy thinking and, on the contrary, healthy thinking without a model activity is impossible. The role and value of healthy thinking and a model which is seen, observed and felt, and which closely contribute to each other's evolution and development in the formation of harmoniously developed mature personalities is much greater. Being wise, bright and model mobilizes and directs people to be more minded and master rich spirituality. Mind or conscious is a main point in the provision of personality integrity.

Hazrati Ali said that the most precious possession is mind, the best friend is a good character, the most valuable heritage is good behavior, the best way is the way of truth, and the greatest honor is science. The role and value of healthy thinking which a brain activity is is much greater and unparalleled in the provision of these characters in humans that Hazrati Ali highly appreciated. We should know that ideal models that are seen, observed and felt, guarantee and direct humans to master healthy thinking. To master healthy thinking and to be an example that is seen, observed and felt, for others with his her mental-spiritual world is of decisive value in the formation of matured personality integrity. Healthy thinking and an ideal model which is seen, observed and felt and also provokes amazement and respect in everybody, protects humans from petty acts, and makes them to live and create in beauty and directs them to be a model for others in everything and in every activity. The features of having healthy mind and being an ideal exemplary in humans complete each other, and closely contribute to each other's evolution and development. Thanks to the human brain and its activity which is considered

the most perfect apparatus in the world appearance of healthy thinking in humans and formation of an ideal model which is seen, observed and felt and also provokes amazement and respect in everybody, are of decisive value, role and importance in their growing as a matured personality. Healthy thinking and exemplary activity play an important role in the formation of a matured personality. We must also know that we have always been and are just now in need of the great, matured and talented personalities like our national leader Heidar Aliyev who is able to save his nation and people from restrictions and lead them in all periods of history. The great son of the fraternal Turkish people Mustafa Kamal Atatürk was right in reminding repeatedly that the nation that has no great personalities will disappear while facing with any disaster and shocking events, no matter how powerful his economy is.

Experimental Part

From the above mentioned point of view my research titled "Scientific-theoretical basics of a sample and teaching students by causing them to think in raising efficiency of teaching and education" is of great topicality and value in teaching and education. Taking into consideration the above mentioned views, we can say that the research topic "Scientific-theoretical basics of a sample and teaching students by causing them to think in raising efficiency of teaching and education" is of great importance not only in the republic, but also in the world. The competence of affecting students mentally and spiritually, to teach students by causing them to think, to study by thinking, as well as, from the professionalism point of view on the basis of an ideal model which is seen, observed and felt and provokes amazement does not only cause the students to master knowledge, skills and habits deeply and consciously, or students' creative activity in the teaching process, or the lack of an idle student in the class, or their cooperation with the teacher, but also it serves as a real background for the successful and expedient solution to the educating and improving objectives of the

teaching process. The teacher's competence of teaching students by causing them to think, encouraging them to study by thinking, influencing them in amazement with the samples that are seen, observed and felt and which are also amazing, admonitory and instructive directs the students to self-education, self-teaching and self-improvement. Pedagogical-psychological references confirm that in the process of self-education, self-teaching and self-improvement concentration of both activities in one body increases the efficiency and quality of pedagogical activity exceedingly. We must also know that the peak point of education is self-education, the peak point of teaching is self-teaching and the peak point of improvement is self-improvement.

Self-education, first of all, starts from self-comprehension, self-analysis, considering the way you have passed consciously and getting benefit from the life chronicles of the interesting and talented people. As the activities of an educator and the one who is educated concentrates in one body, it is considered the most favorable and the most optimal way of education. That's why getting the schoolchildren and the youth who work in the front of labor accustomed to the self-education and self-comprehension should be focused from the years of teenage. We must keep in mind that consequently, any work in this field should serve self-education, self-teaching and self-improvement. The experimental tests prove that it is reality that self-education, self-teaching and self-improvement are the most optimal and affective ways and means of education.

In the process of self-education, self-teaching and self-improvement all the efforts, emotions, and agitations in every person are mobilized for intellectual, mental and spiritual maturity. Self-affection in a person should form one of the main points in the educative affecting. That's why in the end common education work or process must mobilize our teenagers and youth for self-education, self-teaching and self-improvement. This is a reality that to attempt to avoid from any kind of unnecessary activities and to live and create with noble features should be priorities. In the successful solution of these matters the devotion to our roots and the feeling of inheritance of our moral and spiritual wealth play an important role.

It is natural that those who attempt with their features of the will and work hard easily reach their goals and realize their wishes thanks to healthy thinking. For example, let's remember Rasim Mammadov, an artist from the region of Davachi whom we know from the television broadcasts and newspapers. Though he has lost both of his arms, with the power of his toes he did composition researches. Though Rasim is physically disabled he has been formed as a fine artist and has created mysterious pictures. Or world-wide famous scientist from the city of Baku, L. Landaun finished the secondary school at the age of 13 and entered the university in physics-mathematics and chemistry departments at the same time. Isn't it interesting? Or let's take Irina Clementyeva, the medical worker who wears two false legs. She performed the dancing of the Indian beauty in the ballet "Seven Beautys" by Gara Garayev skillfully in the competition of amateur troupes in Leningrad and won the first prize. We think this is also the bright successful result of self-education and self-improvement. We can show examples of this kind in our Autonomous Republic, too. For example, Ikhtiyar Seyidov from the Shahbuz region made some musical

instruments like gopuz, saz and ud when he was still a child and established an ensemble of ashugs. Maryam Asadova from the city of Nakhchivan who cannot walk and suffers from her legs, embroidered our national ornaments on the fabrics. Tens of such people won worldwide fame in different ways and we can say that these samples may serve as ideal samples for upper class students ("People", 25 September, 1991).

One must never forget about the proverb "You must reap what you have sown". Because our joyful feeling is a sign of good breeding, but our feeling of sorry is a sign of bad breeding. We should pay more attention to our spiritual features to raise up youth who are useful and important for our nation and people. It is necessary to create such an education environment that children themselves can distinguish between the bad and the good, compare positive and negative samples, observe, and feel them. They can also make a choice by thinking; distinguish between the bad and the good consciously.

In order to foster spiritual features in the students the educators themselves must demonstrate the features, like love, kindness, sensitivity, and attentiveness in their activity. This fact is of great educative effect and as well as, of didactic value in the education process. Because a sensitive and pure child's eyes are always fixed on the teacher. Nothing can be avoided from these eyes. So the tripartite of education (parent, educator and teacher) should distinguish with their appearance, views on life, style of speech, deep knowledge, wide outlook, pure morality, in a word, with all spiritual world in a good meaning, and be an ideal sample or model for children. This is the main criteria for all educators, including teachers. If we achieve this goal, we can raise the prestige of the teacher in the education process (Kommunist, 31 May, 1991).

The more the pupils' thinking activities, their intellectual features improve and they master scientific knowledge and their intellectual level rise, the more their thinking ability sharpen and enrich. Mastering scientific knowledge and getting education consciously smarten up the head which is the crown of the human body, makes the human wise, minded and mature. As is mentioned, "Mind is the unity of wide knowledge and developed thinking. The development of thinking is related to the formation of mental operations. These operations include comparison, analysis-content, generalization and concreteness" (Ismikhanov, 1984).

Features of thinking and considering form the human as a mature one, make them wise, get them accustomed to self-comprehension and protect them from unnecessary egoism. As is mentioned in the aphorisms of our people, "As much fruits are on the tree, so lower are its branches", "If you have no chance for thinking, self-comprehension and self-expression, you are not formed as a human". The acquaintance with the content of these aphorisms makes it clear that thanks to the thinking activities pupils begin to comprehend themselves and to more clearly and really express themselves. The ability of intellectual thinking and considering saves human from a number of restrictions, deprivations and hardships, directs and mobilizes him to make a right choice in life.

Teaching process which aims to give education, to cultivate and to improve is a bilateral activity. In regulating this process correctly a teacher should have deep knowledge, methodic mastery and pedagogical competence which purify morality.

The teacher should not be the active in the teaching process. Using the mentioned positive features the teacher must try to direct the pupils to master knowledge, skills and habits by joining them to mental activities and providing their active participation in the activities. During the lessons the students must feel that they are in the atmosphere of thinking, learning and searching. Time by time the teacher should make each of the students feel confidence in himself/ herself to have a chance of gaining knowledge, skills and habits. The teacher should also develop students' ability of expressing themselves independently on the basis of creative thinking and make them do researches in this field. He must not forget that "children who are always working under the control of their parents and teachers have no confidence in themselves. These students demonstrate dependence on others in the teaching and learning process and as a result, this is hindering their mental and psychological development. Taking it into consideration it is important to foster the habits of self-control and self-assessment beginning from the primary years of education (Ismikhanov, 1981).

For establishing education on the basis of researching either a teacher or a student has to think. Thinking by causing someone to think becomes a leading activity. In the pedagogical process using self-control in their activities and self-assessment means in a conscious way is very important, useful and effective for both teachers and students. From his point of view in the teaching process which is a bilateral activity the teacher must teach by causing them to think and the student must study by thinking and researching. They must also analyze their activities and come to real correct conclusions. The teacher must know that the students will not be able to worthily use the self-control and self-assessment means in their activities, if he/she does not form the competence of thinking and the habit of getting mental conclusions in them. So every teacher must ask herself/himself the questions "Can younger learners control over their learning activities? How do their self-control and self-assessment means appear?" and think about them deeply and thoroughly (Ismikhanov, 1981).

The effective power of an ideal sample which is of great value in the provision of the unity of thinking which is a brain activity and mature personality is significantly greater. Great Nizami Ganjavi, Sultan of minds reminded that "If a sword kills ten people, thinking will make the whole army knock about the world". In the pedagogical activity the effective power of a teacher's being an ideal sample for the students with her/his spiritual world is also of great significance. The majority of the books and materials on pedagogy which I read affirm that a teacher's ideal sample in the education and teaching process is not without any effect, it impacts greatly on the students and those who are around them. I would like to remind the fact that in the later years of my pedagogical activity (I have already been teaching for 68 years) the research topic "Scientific-theoretical basics of a sample and teaching students by causing them to think in raising efficiency of teaching and education" that I defended (February 27, 2016) in spite of some difficulties, is of great value and topicality.

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