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## KINDNESS IS A FACTOR OF SUCCESS

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**Аннотация.** Мақолада меҳр тушунчаси кучли томон сифатида назарий ва амалий таҳлил қилинган. Маълумки, шахснинг дастлабки ижтимоийлашув жараёни она ва фарзанд муносабатлари доирасида кечади. Бунда фарзанднинг она меҳридан қониқиши инсонда бахтиёрлик ва хотиржамлик каби туйғуларни шакллантиради. Кейинчалик инсон меҳрни жамиятдан ҳам кидиради. Инсондаги меҳрга бўлган доимий эҳтиёждан ижтимоий муносабатлар жараёнида жамиятнинг социомаданий даражасини ошириш учун янада самарали фойдаланиш мумкин. Бу бир вақтнинг ўзида шахс учун ҳам, жамият учун ҳам ижобий аҳамият касб этади.

**Калит сўзлар:** меҳр, меҳрлилик, фаоллик, меҳрсизлик, муносабатлар, кучли томон.

**Аннотация.** В статье представлен теоретический и практический анализ концепции доброты как неотъемлемой части общественных отношений. Известно, что первоначальный процесс социализации личности происходит в рамках отношений матери и ребенка. В то же время удовлетворение ребенка любовью матери создает в человеке чувство счастья и покоя. Позднее человек ищет доброты и в обществе. Постоянная потребность в доброте к человеку может более эффективно использоваться в процессе общественных отношений для поднятия социокультурного уровня общества. Это оказывает положительное влияние как на человека, так и на сообщество одновременно.

**Ключевые слова:** доброта, проявление доброты, активность, отношения, сильная сторона.

**Abstract.** The article presents a theoretical and practical analysis of the concept of kindness as an integral part of social relations. It is known that the initial process of personality socialization occurs within the framework of relations between mother and child. At the same time, a child's satisfaction with the mother's love creates a feeling of happiness and peace in a person. Later, a person seeks kindness in society. The constant need for kindness to a person can be more effectively used in the process of social relations to raise the socio-cultural level of society. This has a positive effect on both the individual and the community at the same time.

**Key words:** kindness, manifestation of kindness, activity, relationships, strong point.

**Introduction.** People who have achieved a lot in life rely on their abilities and strengths to achieve a high career and organize their personal lives properly. Such people know how to recognize and develop their talents, the roles that suit them, and how to use their talents and abilities in life. On the contrary, it is more vulnerable to

control them than to develop them. Well, what factors play an important role in shaping a person to be so strong.

**Literature review.** Man cannot live a full, bright, full life without compassion. People who live happily talk more about what they love. In this way, they open endless paths to the well-being of life [13].

Mercy ensures that a person succeeds in society. He said:

- develop a holistic view of life and its prospects;
- work with factors that lead to optimism (seeing goodness, kindness);
- correct mastering of activities;
- developing self-confidence;
- create a sense of vitality;
- motivation for practical activities;
- Helps to achieve goals.

**Research Methodology.** Dividing people into strong and weak may seem inappropriate. After all, it is impossible to set a clear criterion for evaluation. But it can be assumed that a weak person is a person who cannot be happy. He is full of fear, avoids responsibility, and lives with the mistakes of the past. This is not typical of the strong. The strong want only one thing – to fill life with happiness for themselves and their loved ones. Such an idea requires a realistic view of life, the things around it, the attitude to the events with a positive energy, high spirits.

**Analysis and results.** Is a loving adult strong or weak? First of all, really strong people apologize when they make a mistake, ask people for help, try to be equally sincere to everyone. But people often interpret this as a weakness. For example, the famous Indian revolutionary Mahatma Gandhi said, “The ability to forgive is inherent in the strong. The weak will never forgive”. Weak, that is, a weak person can cite several aspects that are incapable. That is, they rarely apologize, it is impossible for them to ask for help, it is not necessary for them to be sincere. The two groups have little in common, but there are many differences.

**Apology.** Apologizing is uncomfortable. To do this, we have to admit that we are wrong. And that touches our senses. But those who manage to overcome themselves and apologize will have the peace of mind and spiritual strength. This is because the pain a person inflicts does not go away without a trace. This is true for both parties. Apologizing makes us “human” in the eyes of others. As the great scholar Jalaliddin Rumi said, "Only in the heart can one ascend to the highest heavenly heights".

**Asking for help.** Asking for help is as difficult as apologizing, and situations are interrelated. Please force the person to admit that he or she does not know how to solve the problem. But if we have done something wrong, we need to ask for help from people who can guide us. You need to know who to contact with this issue. If you want useful advice, turn to the master of the work. Conversely, if in doubt, tell someone close to you who is listening to your story. Maybe you will find a solution together.

**Optimism.** We don't see many people with sincere smiles in our time. But optimistic people have a lot of success in life. Such a character is not present in everyone. Optimists are physically healthy, strong and able to give positive energy to

others as well. An optimistic spirit is not easily given. That is why such a view of life is possible only in strong people. The main difference between a strong man and a weak man is that a sense of hope is always present in the strong. Their secret is to be able to defend themselves in a good mood. To have such a pillar, ask yourself, "What makes me happy?" Ask a question like Of course, being optimistic makes a person happy, and pessimism can ruin it.

**Sincerity.** People try to be sincere, but there are very few of them. They try to share their fears and concerns with others. You don't have to reveal all your secrets to others. The less people around you know about you, the more power you have. First, acknowledge the reasons for your worries, and everyone has them. (Eg, who will come into my life tomorrow, what might happen, etc.) Then think about who to share them with. If we are sincere in time, we can overcome many problems, obstacles in front of us.

**Freedom and responsibility.** Only strong people can be free. Because freedom implies discipline and obligation. If you want to be free, figure out what your responsibilities are, what your principles are, what your values are. Weak people do not do this and are subject to the influence of the world. What is taken away from them is called "freedom." In other words, to be free, you have to submit to your own values [9].

The common denominator for the features and actions listed above is that achieving and perfecting them does not require much effort. To overcome selfishness to apologize, and to maintain optimism – to be able to resist external influences. To be free - you have to stay true to your faith.

This means that not all valuable things in life come naturally. It takes a fight and a sacrifice. But if you are ready to work on yourself, the result will not wait long for you [12].

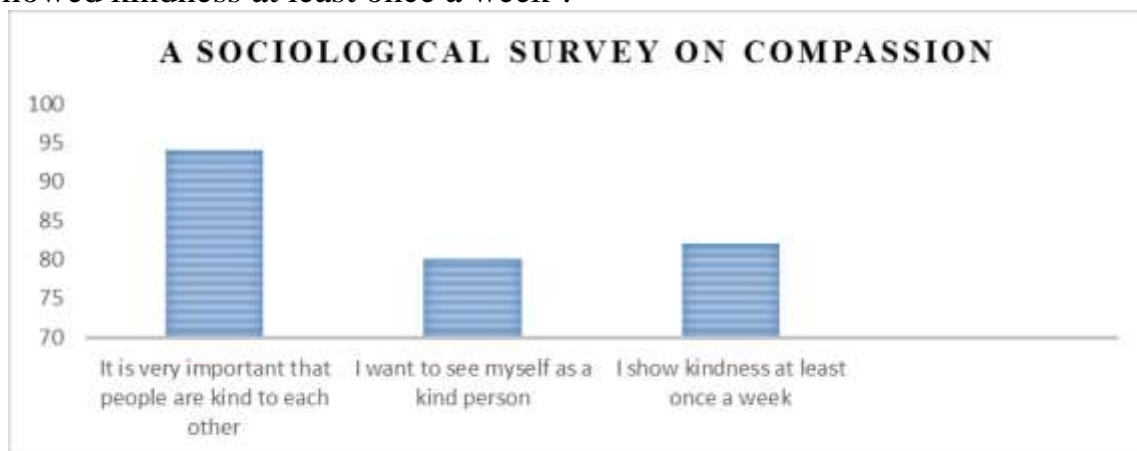
<b>Wisdom and knowledge</b>	
Interest and love for the world (interest in various things) Love to read (to increase knowledge for themselves) Broad outlook, wisdom (see the overall picture, think wise)	Creativity, ingenuity, originality (the ability to find new ways to do something, intelligence) Impartiality, critical thinking (thinking rationally, being able to make the right decisions)
<b>Courage</b>	
Brave, fearless (resistance, overcoming fear) Perseverance, diligence (finishing the work started, not being distracted)	Purposefulness, loyalty, honesty (fidelity to the promise, sincerity and openness) Passionate, zealous (living life to the fullest, having energy)
<b>Love and humanity</b>	
Love and affection (appreciation and close love relationship) kindness, generosity (helping others, showing compassion, caring)	Social intelligence, personal intelligence, emotional intelligence (understanding what people feel, responding to their feelings, feeling comfortable with others)
<b>Justice</b>	
Civic position, team spirit, loyalty (good teamwork) Leadership qualities (organizing and motivating others)	Honesty, impartiality (equal treatment of people, do not discriminate against people because of their shortcomings)

<b>Moderation</b>	
Self-control, self-direction (emotion management, discipline) Kindness, caution (avoidance of danger, caution)	Humility, seriousness (understanding your place in the universe) Forgiveness, compassion (forgiveness and forgetfulness of attitudes and actions)
<b>Transcendental</b>	
Ability to appreciate beauty and perfection (create and / or inspire them, rise) Spirituality, understanding of meaning and essence (development of consistent ideas about life, faith, belief, high faith)	Hope, optimism, focus on the future (assuming that the glass is half full, make plans for the future) Gratitude (to thank people, make yourself happy) Humor, cheerfulness (cause laughter and smiles, get to work)

**Figure 1. Strengths: Classification of benefits and kindness**

The level of direct affection also underlies a person’s behavior in life and success in relationships with members of society. It is often assumed that people who set high goals in life have achieved a lot, while those who have achieved low goals have set themselves modest goals. However, observations show that successful people are aware of their abilities and set their goals a little higher than their level, while people with less success often do not know their capabilities and set unrealistic goals for themselves [11].

In a survey of loving relationships, 94 percent of those surveyed said, "It's very important for people to be kind to each other." Eighty percent of them said they would like to see themselves as a kind person, and 82 percent of those surveyed said they showed kindness at least once a week<sup>1</sup>.

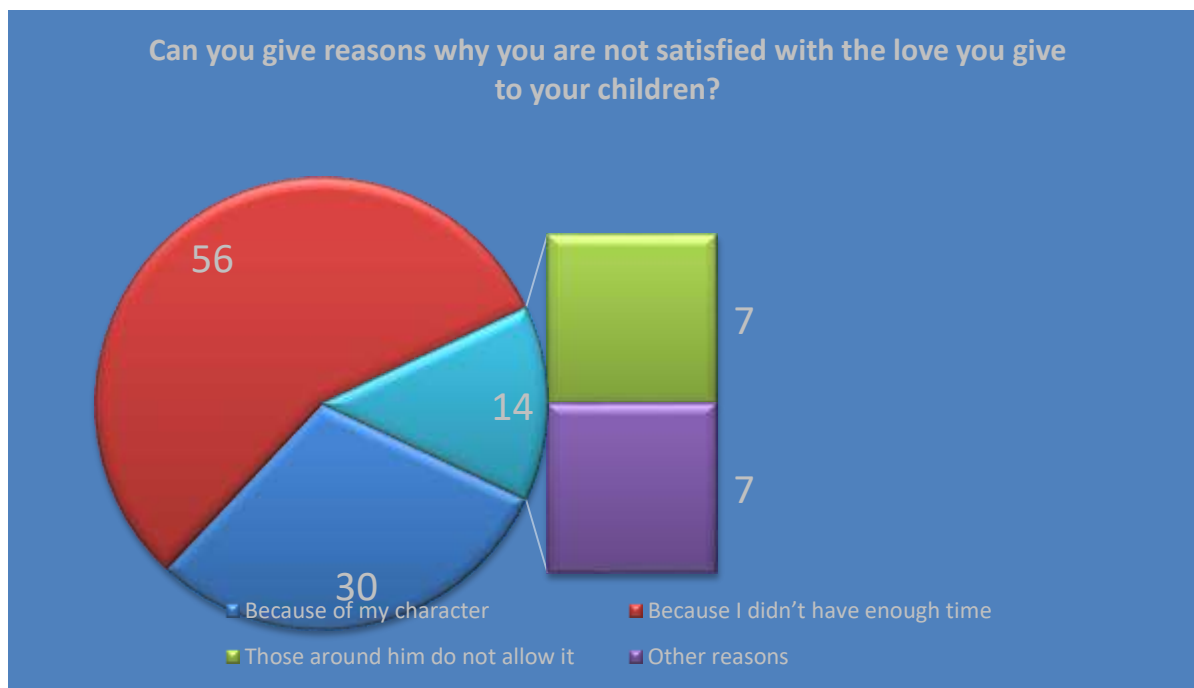


**Figure 2. A sociological survey on compassion**

The following responses were received from 185 respondents in the public opinion poll "Are we kind"<sup>2</sup>.

<sup>1</sup> Public opinion poll conducted on August 20-24, 2020 through the "FAMILY AND LIFE" and "Share kindness" Telegram channels. A total of 2076 respondents.

<sup>2</sup> Public opinion poll in Bukhara region, January 2020.



**Figure 3. Results of questionnaires**

Fifty-seven percent of those surveyed said they did not spend enough time caring for their child. It is well known that untimely kindness leads to various negative consequences in society. In particular, violence against motherhood will inevitably have an impact on future socio-cultural relations. The answer of 30% of respondents that they do not give enough love to their children "because of my character" today requires an individual approach to the individual, the correct organization of sociological and psychological work to help them socialize and adapt to social processes. The answer is 7%, which is not allowed by others. This is characterized by the difficult course of interpersonal relationships, with members of society regularly facing certain obstacles [4].

Analyzes show that in order for a young baby to survive, a parent needs to be hugged, hugged, and cared for at least three or four times a day. Children deprived of such opportunities do not feel full of happiness. In order for it to grow and develop well, it is necessary to show kindness by pressing on the liver ten or twelve times a day. In order to be talented, it is necessary to press the child twenty times a day, that is, to fully cover and pay attention. In this case, the child will be able to feel free in society, to fully realize their dreams and desires.

Kindness is directly related to value, prestige and qualities. Understanding one's own strengths helps one to see one's differences. The strengths of a loving person are similar to character traits, but environmental factors can affect them [1].

By loving people, we contribute, first of all, to the understanding that a person's dignity is the way he or she and the people around him or her look, living the right life. Second, whether the presence of this advantage leads to positive results or not, it has a moral significance. Third, we do not discriminate against others by displaying our own qualities, on the contrary, such appearances can be beneficial to them. It causes amazement, not jealousy. Fourth, a strong man who loves will never resist, but will direct. This is also a positive result. Fifth, what is strong in a person is



manifested in his actions, thoughts, feelings, and imagination. This applies to different situations and times [2].

We can see that kindness is related to a number of qualities:

- Humanism - respect for the person as the highest value, communication through love;
- wisdom - this quality unites the parties involved in the acquisition and use of knowledge;
- Courage - human qualities associated with the expression of the will to achieve a goal in the face of external or internal resistance, etc.

Compassion is the ability to demonstrate consistently high levels of results in any area of activity. Our strengths are our talents. Talent is a naturally occurring model of thoughts, feelings, or behaviors that can be applied to different areas [6].

If we liken talents to diamonds, a loving person can be likened to a processed diamond. Kindness is further refined as we polish our talents through knowledge and skills. The full manifestation of human kindness is transformed into manufactured products, wonderful examples of craftsmanship. Our showing our love is based on certain principles. In particular, the manifestation of kindness:

- understanding of the person;
- respect for the person and take personal responsibility;
- understanding of our life goals;
- building caring relationships that make life easier;
- not clinging to past successes;
- use skills and strengths;
- Understand what kindness means to others. This will help them understand them better [12].



**Figure 4. The impact of kindness on a person's social activities**

Let's take a closer look at the impact of kindness on a person's social activities [7]:

- flexibility - changes depending on environmental requirements;



- analytical thinking - understanding the causes and consequences;
- faith - deep-rooted values, the existence of ideas, the search for meaning in life;
- imagination - creativity, originality, new ideas and concepts;
- Harmony - finding common ground, avoiding contradictions;
- discipline - adaptation to the order and structure;
- individualization - accepting other people as individuals and recognizing their talents, paying attention to differences;
- Intelligence - the ability to think in many directions;
- information - active acquisition of knowledge, curiosity;
- Correction - the ability to recognize problems and solve them;
- communication - the ability to explain, explain, speak well;
- competition - diligence, success, desire to win, comparison with others;
- Orientation to the future - the ability to focus on the future, to see opportunities, to strive for the actions of others;
- responsibility - obligations that you can trust;
- relationships - building close relationships with people;
- Positiveness - passion, optimism, excitement, motivation of others;
- harmony - concern for equality, justice, good and evil;
- development - looking at the opportunities of others and helping them to develop;
- fairness - making the right decision;
- Leadership - the ability to resolve conflicts and crises and take responsibility;
- self-affirmation - self-confidence, independence of thought;
- connection - the integration of ideas or events into a meaningful whole;
- Empathy - understanding others, building supportive relationships.
- intuition - the ability to understand the inner nature of an event, an event.

**Compassionate, successful people always have an idea of their abilities and therefore set goals higher than their own.** Ordinary people, on the other hand, set very high goals that they cannot achieve without the resources of their abilities.

The inability of a person to give kindness while being kind is also an indication that many social problems have accumulated in the society. Rarely do people speak openly about their kindness. And many simply do not know or understand how important it is in life [5].

Another characteristic of kindness is that it does not require great goals or tasks. Even a single attention or recognition sometimes motivates a person to achieve a goal, to succeed. Goals that are higher than a person's capabilities will direct him or her to work more efficiently. This is always achieved through hard work. Setting very high goals can sometimes lead to a loss of confidence.

**Conclusion/Recommendations.** It should be noted that kindness, knowledge of one's own strong qualities and qualities and their development form a holistic view of a person's future prospects. Man is inquisitive, he has a unique positive energy hidden in him, if he puts his love at the center of his life activities, he can have a positive impact not only on himself but also on the social environment. Develops confidence, strength, endurance, enthusiasm, performance, helps to achieve the goal.

So far, there is no single generalized theory on the concept of kindness in science. However, situations have been developed that describe and explain people's behavior. Before attempting to determine the basis of a methodological approach in this regard, it is necessary to analyze the data collected in the social sciences [3]. It is precisely the existence of different approaches to the problem of compassion that requires the study of this problem in parallel in the relevant sciences and scientific approaches.

The most acceptable for the development of social relations is the study of healthy behavior, as well as the attitude to affection that arises from the social situation. From the point of view of this approach, the most relevant is the study of living conditions, how a person's macro and micro social environment affects his behavior, which lifestyles are individual and which are specific to a particular social group.

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