

IDEOLOGICAL THREATS AND METHODS FOR DEVELOPING SPIRITUAL IMMUNITY

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Abstract:

This article analyzes the nature of ideological threats affecting human consciousness in the context of globalization and the information age, focusing particularly on their impact on society and the younger generation. It demonstrates that ideological threats, formed through information attacks, foreign ideas, and cultural assimilation processes, lead to negative consequences such as ideological instability and loss of identity among the wider public. The article also outlines scientific and practical approaches for developing spiritual and ideological immunity against these threats. Furthermore, it examines the experiences of foreign countries, emphasizing the necessity of developing effective strategies based on a national model.

Keywords: Ideology, spirituality, ideological threat, information attacks, youth, national identity, spiritual immunity, education, upbringing, national idea

“When we speak of ideology, we primarily mean the education of thought and the cultivation of national and universal values. The national idea of the new Uzbekistan we are building will be based on the principles of humanity, goodness, and constructive development.”

Sh. Mirziyoyev

Introduction

The 21st century, as the era of information and globalization, is creating not only positive opportunities but also serious ideological threats. Through the Internet and social media, various ideas, viewpoints, and cultural influences are directly directed into the human mind. Especially, the youth are at the center of this flow of information, consciously or unconsciously adopting foreign ideas. This negatively affects their spiritual world, understanding of national identity, and the development of an active civic position.

In the context of globalization, ideological threats are intensifying not only due to external influences but also due to insufficient internal resilience. Therefore, forming an effective immunity against these threats, i.e., achieving ideological and moral stability, becomes an urgent task. To ensure such stability, it is necessary, first of all, to deeply understand the types of existing ideological threats, their formation mechanisms, and the scope of their impact.

Ideological threats refer to ideological attacks, information manipulations, and forms of cultural assimilation that influence human consciousness and worldview and weaken the national-spiritual unity of society. They primarily spread through the global flow of

information and the digital media environment. If individuals, especially youth, are unprepared for these threats, they may lose their identity, experience ideological instability, and become socially passive. The main forms of ideological threats and their mechanisms of influence are as follows:

Foreign ideas and radical ideologies are religious, political, and cultural views disseminated through the Internet and social media that contradict national values. Various websites and social media platforms systematically spread foreign ideas, including religious extremism, separatism, or views opposing national values. These ideas create doubt in the minds of young people about their identity and national belonging. They are often spread under the guise of “justice,” “freedom,” or “new thinking,” but in reality, they cause instability and conflict in society. For example, some extremist groups use visual content (videos, graphics) and emotional appeals to promote their ideologies among youth. As J. Nye notes in *Soft Power*, “Ideas achieve their power not through force, but through persuasion.”

Propaganda and manipulation are methods of influencing people’s minds through false or partially true information.

Cultural assimilation and “benevolent globalization”: In some cases, globalization weakens national values under the guise of cultural exchange. For example, Western mass culture (pop culture, cinema, fashion, consumer culture) may lead to carelessness toward national customs, traditions, and language. This process is called cultural assimilation. As Mark Castells writes, “In the network society, ideas expand not physically but in the form of information. This information transforms a person’s process of self-understanding.”

Information attacks and manipulative media influence: Information attacks are planned forms of psychological or ideological influence on individuals through information. They are carried out through false or incomplete information, messages taken out of context, and unverified interpretations. Such information can create instability, doubt, and discontent in society. Fake news and unverified “sensational” information can lead to misinterpretations of reality. Castells emphasizes that “Manipulative information is a central tool of global influence.”

Consumer ideology and mass consumption culture: In today’s media environment, individuals are often interpreted only as consumers. Slogans like “Buy more” or “Everything for yourself” tie a person solely to material life. This shifts focus away from moral values, societal responsibilities, and national duties. In response, countries like China and Japan have developed special national education programs to counter such threats. For instance, Japan’s “Ikiru chikara” concept emphasizes that every young person should develop based on “social responsibility and moral independence.”

One of the forms of information threats widely spread today is symbolic influence, i.e., the use of cinema, advertising, and music to instill ideas. Currently, ideological influences are carried out under the guise of “entertainment.” Western cinema often questions national values or family relationships, emphasizing only freedom and personal desire for youth. In South Korea, “K-Culture” has strengthened its national brand globally while enhancing its ideological influence. All these trends promote material interests over spiritual needs through mass culture and consumer ideology.

Today, ideological threats in youth mentalities manifest as doubt, social passivity, and loss of identity. Particularly concerning is the increase in carelessness toward national values, belief in fake information, and susceptibility to radical ideas. In today's complex and rapidly changing era, the education system alone cannot counter existing ideological threats. Without mobilizing the entire society's resources, the expected results cannot be achieved.

Manipulative information – controlling public opinion through information with hidden parts or altered context.

Fake news – information that does not correspond to reality but evokes emotions.

Consumer ideology – interpreting a person only as a consumer in the media environment.

As information attacks intensify, the critical thinking skills of youth weaken, making them more susceptible to various influences. Ideological threats manifest in doubt, social passivity, and loss of identity, with increasing indifference to national values, belief in fake news, and susceptibility to radical ideas, demonstrating the growing targeted influence of information attacks on individuals and society.

Ideological threats are multifaceted and compact, yet they pose serious risks to societal consciousness and stability. Understanding and analyzing them is essential for effective ideological prevention and the development of moral immunity. Moral and ideological immunity refers to a person's critical attitude toward foreign ideas, loyalty to national values, and ability to think independently. It is developed through:

Education system – integrating national ideology and spiritual foundations deeply into school and higher education curricula.

Family upbringing – fostering respect for traditions, language, and religion from childhood.

Media activity – ensuring media acts not only as information providers but also as instruments of moral education.

Community organizations and NGOs – promoting healthy thinking and active engagement among youth through educational events. Experiences from South Korea and Japan show that achieving ideological stability through education is an effective model.

Ideological threats are widespread in today's information environment and significantly influence youth consciousness. Combating these threats effectively requires not only administrative measures but also comprehensive moral and ideological immunity. For this, national ideology and philosophical teachings must be firmly integrated into education; media and online platforms should focus on positive content; and national values must be reinforced in families and community organizations. Only then can we protect the younger generation from ideological threats, foster critical thinking, and develop an independent life stance.

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