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The Power of Books in the Human Existence

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Abstract: Books will tell you everything. What they have not seen. After all, each book has its own story, the heroes- angels and their own Lord Voldemort. This article will tell you how books have a tremendous influence on a person. Why, how it is important to read because reading is the path to light! This article explores the effect of books on the development of an individual's identity and inner world. It emphasizes that the literature one reads reflects to way of thinking, value of dignity and interests. Through their choice of books person reveals aspirations, dreams, aims, life priorities and mindset. The article also examines the importance of reading in the search for meaning and aim in human existence. It emphasizes that books often provide answers to profound questions related to self- determination and life choices. Reading helps people understand their way of life, determine the direction of their personal development and find inner support. It is concluded that books play a significant role in the process of self- realization, remaining a key factor in the spiritual and intellectual development of a humanity.

Keywords: *books, reading, self- realization, the meaning of life, intellectual growth, emotional and personal development*

1. Introduction

Books are something that lives forever, despite the passage of time, despite merciless and insignificant wars, despite billions of falling stars in the sky. Since ancient times, when humanity did not even know how to write, people still needed to leave behind something as a momento for the next generation. Throughout ancient history, books have played a special role in human life, remaining not only a source of knowledge, but also a space for inner progress and self- discovery. Throughout history, it was through books that ideas, preferences and life experiences were passed on from generation to generation. "Books serve as a guiding light throughout the vast journey of human history, preserving wisdom across generations[1,2,3,4]. The word "book" itself does not mean rectangular sheets of paper consisting of words. A book is a whole land of possibilities, fantasies, creations, realizations, love, disappointment, joy, tears, from all- loving heroes to devalued villains, from smug hunters to victims who love to be seen as such, illusions and also discovery[5]. Not everyone can open the door to books, where they give their meaning, where they can fully unfold. In these pages, people can find themselves, make mistakes, develop as they want and can: emotionally, analytically, critically, intellectually and find ways to understand why they live.

This article examines the role of books in the process of personal growth and self- realization and to analyze how reading contributes to the formation of a worldview and

mindset, emotional and intellectual growth and the search for the meaning of human existence.

2. Methodology

This study applies a mixed-method research approach to examine the influence of books on human intellectual and emotional development. The research is based on both qualitative and quantitative methods. The qualitative part includes a review and analysis of relevant literature on reading, personal development, and cognitive growth, drawing on academic sources and theoretical perspectives[6,7,8].

In addition, a quantitative survey was conducted among students of the Silk Road International University of Tourism and Cultural Heritage to gather empirical data. A total of 67 students participated in the survey, which aimed to identify their attitudes toward reading and its impact on analytical and critical thinking. The collected data were analyzed using basic statistical methods, including percentage distribution.

Furthermore, examples from literary works and real-life reading experiences were used to support the analysis. This combination of methods allows for a more comprehensive understanding of how books contribute to personal growth, self-realization, and the formation of an individual's worldview.

3. Results and discussion

Everyone perceives life differently. Also, everyone has had to choose their position in life at some point: public hero, leader, braggart, manipulator, provocateur, eternal victim of circumstances, dissatisfied with oneself, extrovert, introvert, ambivert, a nerd, a loser, a genius, positive team player, soul of the party, perpetual pessimist, activist, first in everything, perpetually gloomy, a constant critic, a lover of silence, a humorist, always beautiful, seemingly successful, a know-it-all, a BBC agent, a shopaholic, a bookaholic- all these "nicknames" are chosen unconsciously, but in reality[9,10,11]. How we view life, how we formulate our system of life, is all connected to our level of knowledge of the greatest subject in this world "life". This same knowledge will come over time with the help of life's constant companions- books. What if I say that by looking at the category and genre of books a person primarily reads, you can determine their personality, their position, what they crave and dream about? A simple university student serves as proof and example of this. She's 19 years old, a second- year student in the literature faculty. She's sitting by the window, preferably with tea and Jane Austin's "Pride and Prejudice" on her hands[12]. What do you think she's dreaming about? What is she imagining? Of course, she's in the world of Fitzwilliam Darcy and Elizabeth Bennet, angry at Darcy, giving advice to Elizabeth and her sister, Anne. Where will our thoughts lead us? She is now at the age where, in absolutely every book, her age is described as unforgettable and fleeting years, when every young man and young lady pursues happiness- called love. As a purely literary girl, with her current positions as a lover of silence, a bookaholic, an ambivert- since she reads many books across many genres. She is an activist who strives to be first everywhere- she is very sentimental and emotional. She wants to achieve her goals, which she sets for specific years[13,14]. She is intelligent, studied for a gold medal, knows what she wants from life and she is certain she wants a good life. Because she grew up reading Russian golden literature Pushkin, Lermontov, Yesenin, Krylov, later Tolstoy, Dostoyevskiy, Anna Akhmatova, Marina Tsvetaeva, was carried away by Uzbek literature, especially Utkir Khoshimov, grew up with Khudayberdi Tukhtaboev, then Abdulla Kadyri, Chulpon, Tokhir Malik, Said Akhmad, she is a great lover poems of Erkin Vohidov, Usmon Azim, as well as the literature of the world of Remarque- with its post-war generation, George Orwell- with his totalitarian dictatorship of Big Brother, Jack London- who completely changed her view of thinking with Martin Eden, Jane Austin – you cannot argue with her in pride, Louisa May Alcott- who completely revealed the life of little women in the 1970s, Agatha Christie – her constant friend, Joanne Kathleen Rowling – from Avata Ketaura to Harry Potter, Chingiz Aitmatov- meaning in every

sentence, Oscar Wilde- with the portrait of Dorian Grey, Somerset Maugham- a theater lover, Harper Lee- where to kill a mockingbird exactly means the death of a man, Arthur Hailey- where in the inside of the airport it is not a simple place, but a place where a complex system of regulation takes place. All this has given her the opportunity to build her own perspective on a particular side, meaning she can consciously choose what she wants[15].

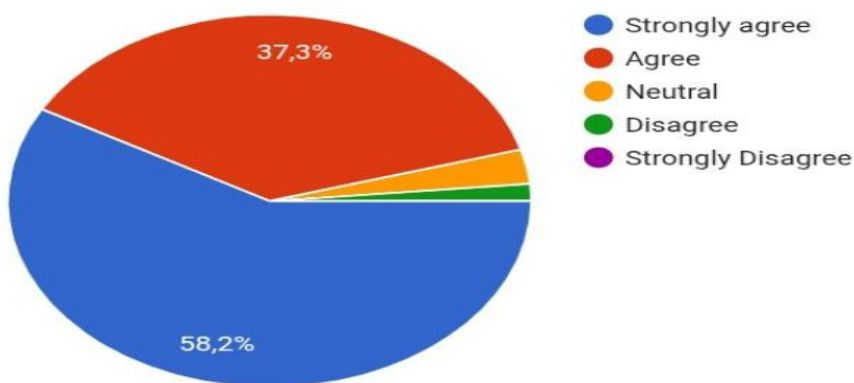
An individual identity is shaped by many factors, among which reading plays a significant role. A human’s choice of literature often reflects their inner mindset, preferences, values and life aspirations. The books they read can reveal a great deal about their character, thinking, feeling and spiritual needs. Through reading, a person not only perceives the thoughts and ideas of others but also relates them to their own experiences, forming a personal worldview. Reading promotes the development of the ability to think, analyze and reflect. Through interaction with text, a person learns to ask questions, seek answers and comprehend what is happening both in external and internal world. Thus, books become an important tool for shaping personality, effecting values and life attitudes. “A good book shapes your thinking and refines the quality of your thoughts”. (Mukamba N., 2020)

Books have the ability not only to reflect a person’s inner world but also to guide their development. Fiction, philosophy and science literature offer readers new perspectives on life. Help understand complex moral and social issues. Through literary images and ideas, people gain the opportunity to see themselves and the world around them from a different perspective. Books are especially important for emotional, analytical and intellectual growth. Reading develops empathy, the ability to understand the feelings and experiences of others. By experiencing the fates of literary heroes, people learn empathy, tolerance and a mindful attitude toward human behavior. At the same time, books foster the of logical, analytical and critical thinking, broaden horizons and deepen a person’s intellectual potential.

Books influence our analytical and critical thinking.

Figure 1.

67 ОТВЕТОВ



A survey was conducted on this topic. A survey among students at the “Silk Road” international university of tourism and cultural heritage found that books influence our analytical and critical thinking. Of the 67 students who participated, 58.2 % strongly agreed and 37.3 % agreed. This is real proof that books have not lost their importance anywhere, neither in education nor in cognitive thinking.

Self- actualization is closely linked to an understanding of one’s own capabilities, interests and life goals. Books play a special role in this process, as they help people better understand themselves and their purpose. Through reading, they encounter various models of life, choice and responsibility, which contributes to the development of a conscious attitude toward their own path. “Whenever you read a good book, somewhere

in the world a door opens to allow in more light." (Michayla B., 2020).

4. Conclusion.

To sum up, despite the changes occurring in modern society, books remain a vital source of spiritual and intellectual progress. Their significance lies not only in the transmission of knowledge, but also in the ability to guide a person, to acknowledge them, promote inner growth and search for the hook of existence. Ultimately, we can talk endlessly about books, but the most important thing is that a book gives you everything—from infinite words to endless thoughts. We must use this self-possession, developing from all sides, in order to find the correct answer to the question asked, to understand the meaning and significance. A book is like air for education, just a person needs to breathe, so the brain and heart need books to live a full life. Amidst darkness and doubt, when it is hard to even breathe, books come to our aid, leading us back to the light. And if we can rid ourselves of the darkness, we must now help others find the right path to the light, where people are capable of creating and achieving unrealistic, impossible dreams and goals.

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