

Laziness is the Cause of Poverty and Ignorance

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Annotation: This article deals with laziness, poverty and lack of money, the reason for their occurrence, the factors that cause laziness, the fight against them, the impact on the development of our society of such negative consequences as laziness, poverty, and their prevention.

Keywords: laziness, poverty, lack of money, spirituality, faith, piety, mental retardation.

The word "laziness" comes from the Latin "lenus", which means "slow", "slow", "inactive". Laziness is: physical and psychological inertia, inactivity; if you cannot start something important and responsible and start doing all kinds of nonsense; if you still can't decide which of all the jobs and you're just being silly or just lazy; if the motivation is low and there is no energy to work. In our nation, there is a saying that "Laziness is the younger brother of death" because the activity does not correspond to human interests and values. We will try to find an answer to the question of what laziness is. Laziness means being able to do a job or activity and doing that job or activity while having the opportunity [1].

It can be said that society has progressed due to laziness: people are inventing and improving various machines and mechanisms to make their work and life easier. However, we must not forget that laziness can be the cause of economic damage, deficiency, and backwardness.

The following can be said as the reasons for laziness:

- Hardening of the heart, need for spiritual training;
- eating a lot of food;
- sleep a lot;
- disruption of working hours and sleeping hours;
- Caregiving;
- Failure;

One of the main causes of laziness is an unhealthy state of mind. First of all, the absence or weakness of faith, lack of piety, besides, busying yourself with idle things, putting too much emphasis on entertainment makes a person lazy. Talking a lot drains a person's energy and makes him feel lonely. The "contribution" [2] of depression is not small in the disease of laziness.

At present, many people are focusing on food, their hearts are darkening, their weight is increasing, and their spiritual world is sinking. The decline of spirituality causes laziness and other ills related to the soul.

Even if you eat food in moderation, you should be careful not to fall asleep quickly after eating. The main energy of a person who has eaten a full meal is spent on digestion, his strength decreases, his body loses energy, and he feels a tendency to sleep.

Eating a lot of food also causes laziness. Eating more than the norm leads to drowsiness. As a person sleeps a lot, his mental and mental activity and working capacity decrease.

According to the results of the conducted research, lazy people spend half of their life in sleep. As a result, numbness in the cerebral cortex limits the possibilities of thinking [3]. So, along with laziness, sleepiness has a negative effect on a person's ability to think. Then, instead of getting up early in the morning, sleeping until sunrise is one of the factors of laziness.

If a person doesn't follow his life in a strict order by determining the time of work and rest, all his work will get mixed up. A person will not achieve any results by taking too much rest during work, watching too much TV during rest, reading books while eating. Nowadays, many people complain about the fast passing of time and try to save time by reading a book while eating or even while traveling in transport. This is wrong. The reason is that if the eyes fail due to this, the information being read cannot be absorbed well due to the distraction. It is necessary to think, observe and process the information read in the brain. It is difficult to imagine that a person who watches TV until midnight and wakes up when the sun rises will be energetic and ambitious.

Allah subhanahu ta'ala says in his words, "When they stand up for prayer, people sit down with laziness and rarely remember Allah." The evil of laziness weakens any nation and leaves it behind in development.

Factors to eliminate laziness:

1. Fear
2. Movement
3. Desire
4. Neediness

If a person does not try to achieve something or a goal, he becomes a lazy and poor person.

Finding this situation in disappointment and failure can lead to the idea that your power, patience, ability, knowledge, skills are not enough to do this work in the way of his goals [4]. With this, he easily gives up his goal and lazily stops moving.

Now let's consider a person who does not act lazily in this situation;

- on the way to his goal, he passes through various obstacles, he does not care about them;
- uses all available opportunities;
- makes a plan for the goal;
- overcomes all obstacles with patience;
- He asks God for help.

"If it were not for this diligence among our scholars, we would not have such great works as "Tafsiri Tabarani", "Tarihul Islam", "Jami'ul musnad wa sunan", which are required with the help of God.

Laziness as a lack of motivation to not understand your purpose. There is a category of people who have no purpose in life, they go with the flow, they live only for today. From a literary point of view, this is a typical Oblomov, the character of Ivan Goncharov from the novel "Oblomov", which is part of the "simple history" trilogy. For those of you who haven't read this period piece, I'll tell you a little bit about the plot. The novel tells about the life of Ilya Ilyich Oblomov. He lives with his servant in St. Petersburg, almost never leaves the house and does not even leave the sofa. He

does not work anywhere, does not engage in any activity, only dreams of a comfortable and peaceful life in Oblomovka's native estate. No problem can move him[5]. A person is greatly influenced by his environment and the society in which he grows up. A person who grew up in a low-income family considers this kind of life to be the norm. Nothing destroys people like a steady salary, they are in their comfort zone and don't want to change anything. What if it were worse? What to advise here? Everything is clear with Oblomov, as they say "in the bag. It is more difficult than the second category, people who grew up on the poverty line, orphaned or in a "bad neighborhood" often have strong motivation.

Imagine that a person is too lazy to do sports. The more weight you put on, the harder it is to walk and the less you want to move. What if you remove the "insurance" like laziness? Weight will be lost, you will be more attractive.

Usually, people do not associate expediency and laziness, but the desire to find the best solution that requires minimal effort is the highest form of manifestation of laziness. Be lazy and enjoy life, but remember that laziness is different. Do not give in to his provocations.

If a person engages in things that he does not like, that are contrary to his character, needs and inclinations; For example, a man dreamed of becoming an artist, and his parents placed him in a prestigious economic university [6]. And there is the economy hi.

At the same time, neither he nor those around him can understand why he works so hard, often showing laziness and inertness. Another cause of laziness is often related to the conflict between external and internal, "want" and "need" - blocking the process of self-realization. When this happens in a person: he does not realize his hidden potential, he does not follow his calling, he does not fulfill his purpose, he does not fulfill the life program that is in him, he does not live his life, he loses his way, adheres to the externally imposed goal. Often the cause of laziness is false illusions. Classic illusion - "everything will be corrected by itself" or - "fate is judgment" or - "if something good happens, then something bad will follow it" [7]. Accordingly, it is concluded: "then it is better to do nothing and not move at all. So at least keep what you have" In this case, laziness reflects beliefs that interfere with life.i. It can be called "death in life syndrome".

Many manifestations of laziness can be caused by a variety of negative emotional states, such as anger, distress, sadness, guilt, and frustration. Kills For example, fear and anxiety can arise due to lack of readiness to do work, ignorance and lack of experience, then a person avoids activities and begins to seek salvation in idle activities and entertainment.

Idleness is the height of laziness. A man who teaches his children to be industrious will provide for them better than he will leave them an inheritance" (Richard Waitley).

In order to ensure the employment of the population in our republic, bank employees helped to get preferential loans for black cattle, poultry farming, sewing, and greenhouses. and since he needs to provide food, he should bring grain to the chickens and build greenhouses, here is a glimpse of laziness and carelessness.

Yes, we are getting used to blaming the leaders who are responsible for everything. It seems that all our problems should be solved by "those at the top". This is also a sign of carelessness, in fact.

We have always learned to eat ready-made food, to squander the wealth that our parents left us as an inheritance.

In conclusion, it can be said that laziness and inactivity are not characteristics of human character, but the result of completely objective reasons. Moreover, in almost all cases, these causes of laziness are related to each other. And in order to get rid of it, find strength and good mood and

start to act, it is appropriate to identify and develop each of them. It should be remembered that everyone is capable of swallowing laziness. Proof of this is the absence of laziness when the body urgently needs something.

At the end of my speech, I will quote from Uzbek folk proverbs

A lazy person's work is endless

Even if summer comes, winter will not end.

A lazy person has a cold hand in cancer

Lazy sleep.

A fool laughs a lot.

Work makes you hungry, and the lazy avoids work.

The zeal of a lazy person is spent when the work is done.

If you order a lazy person to do something, he will teach you wisdom.

The threshold seems high to the lazy.

A lazy person has many benefits, and a toneless person has a lot of success.

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