

## THE TRADITIONS, CUSTOMS, RITUALS AND HOLIDAYS OF THE UZBEK PEOPLE

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**Abstract:** This article discusses the customs, traditions, and rituals of the Uzbek people, which have been passed down from ancient times, and their invaluable virtues. Since Uzbek national traditions are considered valuable for our people, the article highlights all the features of our most ancient traditions. The information provided in this article gives interesting information to young people and teaches them to appreciate and respect our values and traditions.

**Key words:** custom, customs, wedding ceremony, bride, greeting, cradle wedding, bride, groom, guests, naming ceremony, fatiha, wedding, sumalak.

The customs, rituals and holidays of the people of Uzbekistan are closely connected with the rich historical and cultural heritage of the country. Each custom and holiday reflects the historical experience, religious beliefs, social life and unique characteristics of the people. These traditions have been formed over the centuries and have become an integral part of modern Uzbek culture. The customs of the people of Uzbekistan are mainly associated with family and community life, where people live on the basis of mutual respect, kindness, love and cooperation.

It is heartening to see that the values of old weddings from the past still exist in the present, such as the pre-wedding sovchilik, the wedding fatiha, and the sending of gifts. The uniqueness of Uzbek customs and traditions can be seen through the combination of historical traditions with modern weddings. It is heartening to see that the values of old weddings from the past still exist in the present, such as the pre-wedding sovchilik, the wedding fatiha, and the sending of gifts on various holidays and the unique wedding, post-wedding greetings, and various greetings are one of the most visible parts of Uzbek traditions and continue to this day.<sup>1</sup>

One of the old customs, the Crib Wedding, is another family tradition that has become a new one. It is a ceremony held for a newborn baby, in which the entire family and loved ones are present. They gather to welcome the child. The purpose of this ceremony is to wish the child a happy and prosperous life. In this ceremony, the baby is presented with sarpa clothes prepared by the girl's family. If the child is a girl, the

<sup>1</sup>.Ehtiromxon Qudratullayeva. "Oriental Art and culture". Scientific Methodical journal, 2021. P. 414- 416.

father also gives the baby gold. This is a modern tradition of the rich Uzbek people's traditions on various holidays.

The rich history of the Uzbek people is known for its culture and traditions. These traditions have been passed down from generation to generation for centuries, and they have determined the uniqueness of the Uzbek people. It plays an important role in the life of society.

Another one of these is hashar. When building a house, when creating a garden, when beautifying the neighborhood, when organizing a wedding, when going in groups to help, this is hashar. The fact that the saying "hashar is suitable for the people" has existed since ancient times indicates that this is one of the ancient traditions. Another tradition is Navruz, the spring holiday. Navruz is a spring festival celebrated to celebrate the renewal of nature and the rebirth of life.<sup>2</sup>

Preparing sumalak and playing various games are important parts of this holiday. During the Navruz holiday, various festivities are held among the people, including competitions with folk And many more are organized .People always spend their days in a state of joy, happiness, and peace. Especially during Nowruz, the kok samsa, khamir, chutney, and all the dishes made from kok are a testament to the uniqueness of Uzbek traditions.

The national costumes of our ghazal girls, in particular, delight the eyes of people all over the East. The dresses made of our satin adras fabrics worn in spring are a symbol of our traditions and the Uzbek people. It reflects our traditions. It mainly reflects our nationality, our skullcap reveals our historical values. The above-mentioned customs and traditions have been followed since ancient times, as rituals.

These values still play an important role in our lives. In particular, wedding ceremonies have not lost their form. On the contrary, they have become very beautiful. The customs and traditions of the Uzbek people have been considered of great importance in the formation of the Uzbek nation for centuries, and the Uzbek family is alive only with its customs and traditions.

One of the main features of every Uzbek family is hospitality and respect for elders. In fact, when a guest visits our house, we do not let them leave the house until they have a cup of tea. These traditions were taught by our grandparents, parents, and grandparents. Usually, all Uzbek people live in one house. When they live in one house, they are very kind and sincere to each other.

They live in harmony with each other. The children also grow up to be kind and conscientious to each other. This is also considered a strength of the Uzbek people, because in other countries, they do not live with their parents, let alone live as a large

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<sup>2</sup>. G'ayrat Nematjon, O. G. L. (2022). O'rta osiyo allomalarining musiqiy cholg'u sozlari haqida ilmiy va dunyoviy qarashlar. "Oriental Art and Culture". 3(4). P.434-436.

family. Even though this is not within our capabilities, living in large families has remained a privilege and tradition among Uzbeks to this day.

Based on the tasks facing the upbringing and education of the younger generation, one of the urgent scientific problems is to study the upbringing of a culture of behavior based on the traditions of the Uzbek people, to study and popularize the experience of advanced achievements of folk pedagogy, to develop scientific foundations for their use in modern family education. Therefore, the upbringing of the younger generation in Uzbek culture and values is also of great importance.<sup>3</sup>

Another rich Uzbek tradition is the clothing that reflects our nationality. These clothes reflect our ancient traditions and historical culture. Traditional Uzbek clothes are a part of rich cultural traditions and lifestyle of Uzbek people. In urban places it is uncommon to meet people in traditional Uzbek clothes, now it is worn on traditional festivals and holidays. But in rural places it is still a part of everyday and holiday garments

The festive rituals and customs that flow from the fountain of the soul, which has absorbed the magic of the artistic word of our creative and hospitable people, are like a flowing river. Another of these is bakhshi, a tradition that is mainly found during spring holidays in the Surkhandarya and Kashkadarya regions of our country, in which bakhshis recite ancient epics with their dutars. People listen to these with interest, and through this tradition, folk oral art also enters literature.<sup>4</sup>

Priceless values of the Uzbek people formed over the centuries. In order to avoid various harmful influences today, to remain the owners of the national image and unique qualities that have always been inherent in our people under any circumstances, it is of utmost importance to preserve and live by our ancient traditions and values. Every nation on earth is distinguished only by its own unique traditions and values, and naturally, such values and traditions, which are the invaluable wealth of every nation, did not appear in one or two days. The historical experience of mankind, which has been going on for thousands of years, shows that it takes a long time for something to become a tradition, especially a value. Over the years and centuries, certain views, customs, concepts, and experiences pass the test of time and generations, and are refined. If they are accepted by subsequent generations, continued, and become a tradition, then they can now be called national traditions and values. Values associated with ethnic aspects and characteristics that are important for the nation are called

<sup>3</sup> . Kurbonova S. (2022). Makom Art is an Artistic Masterpiece of Uzbek People. International Journal of Inclusive and Sustainable Education. 1(6). P. 20-22.

<sup>4</sup> . Akramova Lola Yunusovna, Rustamova Nodira Rustamovna. Journal of Physical Education and Sport. 21 (6). 2021. P. 15.

national values. National values are manifested in close connection with the history, way of life, spirituality, and culture of the nation.<sup>5</sup>

Such a priceless heritage, which represents the uniqueness of a nation, customs and traditions, passed down from generation to generation, is valuable for every nation. It is the duty and responsibility of us young people to preserve and further enrich these valuable traditions, at least to a small extent. Uzbek customs reflect the rich cultural heritage of the people. Despite the process of integration into modern life, these traditions retain their significance and are passed on to future generations. Studying these customs is important for understanding and appreciating the unique culture of Uzbekistan.<sup>6</sup>

In conclusion, I think it is our duty to preserve the customs and traditions of the Uzbek people as carefully as possible and pass them on to future generations. Especially in today's fast progressive period, we, the youth, must preserve and pass on our traditions to the future generations.

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