

## A STUDY OF NATIONAL CLOTHES AND GAMES AS AN INDIVIDUAL PART OF CULTURAL HERITAGE

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### ABSTRACT

*It is believed that the national clothes and games, which are one of the inalienable, ancient values of the culture of peoples, serve as one of the important factors reflecting the past and future of society. The national games, with their form, meaning, and content, embody the national features of our people, the rich life experience that has stood the test of centuries. From the first days of our independence, the restoration and development of our national culture were considered one of the most pressing issues. The main task today is to study and analyze our national costumes and folk games, which are our cultural heritage, and to promote them in kindergartens and schools through sports, secondary special and higher education systems, and in the community.*

**KEYWORDS:** *National, Clothes, Culture, People, National Games*

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### INTRODUCTION

Only the independence of our country creates ample opportunities for us to enjoy our rich cultural and spiritual heritage, the sources of spirituality created by our great ancestors. Independence is a criterion for the realization of our people's dream of freedom and a just society. From the first days of our independence, the restoration and development of our national culture were considered one of the most pressing issues. In particular, due to the spiritual heritage, which is a complex socio-cultural source that represents the process of the historical development of the nation, it is possible to fully imagine the spirituality of the people and to know the specific national characteristics of that nation.

### LITERATURE RESEARCH

The First President of the Republic of Uzbekistan I.A.Karimov in his book “High spirituality is an invincible force” said: In this regard, of course, the spiritual heritage, cultural riches, ancient historical monuments are one of the most important factors”<sup>1</sup> he said. Our great thinkers Mahmud Kashgari, Abu Rayhan Beruni, AlisherNavoi, Zakhridin Muhammad Babur<sup>2</sup>, and well-known Uzbek writers M.Behbudi, Abdulla Qahhor, Oybek, TogayMurod, spoke about the importance of the national games and costumes of the Uzbek people in the physical and spiritual development of the individual. It is also recognized in the works of Osman Karabaev.

Mahmud Qashqari’s encyclopedic work “Devonulug’ati – turk” is a valuable source of information about the Uzbek folk games and national games. The source mentioned and

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described 150 folk dances and costumes.<sup>3</sup> In his work, the thinker focused on the types of games that are appropriate for the age aspects of adults, children and divided them into types of mental and physical activities.

## RESEARCH AND METHODS

Our national traditions, customs and values, holidays, and national costumes, in short, all the riches that have become the cultural property of our nation, are our priceless cultural heritage. as a product of creative skill, vital views, and high thinking, it has also become an important link that connects the present closely with the past. The most important aspect of this is that the spiritual and cultural heritage accumulated by one generation is passed on to the next.

The role and importance of national games and national costumes, which are one of the main means of spiritual and physical education for the individual, are incomparable. The national games, with their form, meaning, and content, embody the national features of our people, the rich life experience that has stood the test of centuries. Traditional national games have emerged as a result of the creative labor of the masses of the people and have evolved over thousands of years in connection with various lifestyles.

We also have national costumes, which have been adapted to our national games in a unique way, through which we can find out the type of game, nationality, age, and gender<sup>4</sup>. Clothing is one of the criteria that reflect ethnic characteristics within the material and spiritual heritage, i.e., the national identity of peoples. In particular, Uzbek traditional clothes are valuable for their antiquity, originality, beauty, comfort and convenience, natural conditions, lifestyle, and mentality<sup>5</sup>.

At the same time, if we turn to the epics, fairy tales, legends, and myths, which are among the priceless treasures of the spirituality of our people, we will see that the heroes who became national heroes were selected in wrestling and various folk games. The example of this example proves that games are the educators of courage, bravery, courage, courage, tenacity, nobility, and other noble qualities in people.

Assessing the role of cultural heritage in the minds of the younger generation, the role of national games in the formation of national pride, including the educational and spiritual significance of national games and traditional costumes in this process. it is important to pay attention to the extent to which it contributes to the formation of a spirit of devotion. It is primarily aimed at instilling in our youth a sense of pride in national values. In particular, the President of the Republic of Uzbekistan said that “military uniforms should reflect our nationality and remain in history,”<sup>6</sup> emphasizing the need to further develop our clothing culture and create a basis for its transmission to future generations. Based on the above considerations, the development of the cultural sphere through a combination of nationalism and modernity will lead to a change in people's attitudes towards national games and clothing, increasing their aesthetic taste and level.

## CONCLUSION

The main task today is to study and analyze our national costumes and folk games, which are our cultural heritage, and to promote them in kindergartens and schools through sports, secondary special and higher education systems, and in the community. Our Uzbek heritage plays an important role in educating young people spiritually.

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