



The Importance Of National Folk Games In The Education Of A Healthy Generation

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Abstract.

If we look at the history of the emergence of national folk games, we see that the games emerged in close connection with the lifestyle and labor activities of the people. Because in folk games, the social origin and lifestyle of each people played an important role.

In the article, the stages of historical development of folk games and their current state are described in detail. Also, attention is focused on the role of folk games in regulation, improvement, popularization, and education of a mature generation.

Key words: Address, folk games, values, customs, traditions, mature generation, craft games, shepherd games, farming games, action games, word games, agility, ingenuity, national struggle.

Introduction

National folk games have a long history and are one of our spiritual wealth and core values, passed down from ancestors to generations. From the first days of our country's independence, our national values, traditions and customs, including folk games, have been revived and gained new value. Especially in recent years, great work has been done in this regard. Today, the issue of widely involving young people in sports and national folk games in our country is considered an important factor in raising a harmonious generation.

Uzbek folk games are national games that have been formed over the centuries and reflect the lifestyle, culture and traditions of the people. These games unite people of all ages and play an important role in shaping social and spiritual values. Although Uzbek folk games are mainly played among young children and adolescents, they are also valuable and spiritual food in the lives of adults. These games are not only a means of entertainment, but also have their place as part of the spiritual heritage of the people.

In his Address to the Oliy Majlis, the President of the Republic of Uzbekistan, Shavkat Mirziyoyev, said: "The constant improvement of the spiritual and educational level of the population, especially our young men and women, is of paramount importance in our society. Therefore, based on the programmatic idea "From National Revival to National Upliftment", educating young people in the spirit of loyalty to the Motherland, forming initiative, selflessness, and moral virtues in them is a very honorable task." [1]

All peoples on earth have formed as nations, they have their own national customs and national games. In particular, the centuries-old customs, traditions and national games of the Uzbek people are being valued and improved as national values.

"Folk games have long been revered as an integral part of the cultural life of our ancestors. The roots of most games are very ancient, and for centuries they have served to enrich the spirituality of our people, deepen their consciousness, thinking, and feelings. The games reflect the lifestyle, labor, and achievements of the people. Therefore, they have served as a "school of life" in educating the younger generations." [2]

Folk games were considered a means of filling the void in human life, of using up excess strength in the body and accumulating what was lacking, of expressing one's feelings and desires through one's actions. Children, in particular, tried to overcome life's difficulties through games, to win in various struggles, and most importantly, to demonstrate self-confidence. Also, light humor, various word games, quick sayings, and other similar competitions were organized in children's games. In general, qualities that directed towards team unity were more noticeable in children's games.



It should also be recognized that among our national games, there are many seasonal games as well as motor, movement, professional games. Because our ancestors who lived before us paid attention to the unity and continuity of games in the all-round development of a person. Among them, games suitable for all seasons of the year have been invented. [3]

Mahmud Qashgari's "Divoni Lugati-Turk" mentions about 150 folk games. 20 of his games are also described. Also, the "Avesta" contains information about several types of games related to fire. Firdaws's "Shahnoma", Kaykovus' "Qobusnoma", and Amir Temur's "Temur Tuzuklari" also contain some information about national folk games.

It should be noted that folk games perform pedagogical, psychological, educational, spiritual-moral, and physical-health tasks in the upbringing of a well-rounded generation.

Pedagogical importance of folk games - such games increase the feeling, imagination, outlook, observation, intelligence and intelligence of each person. Folk games introduce young people to our values, customs, and increase their love for them.

The psychological significance of folk games - Folk games beautify a person's inner world, improve their spirituality, lift their mood, in a word, increase their interest in life.

The physical and health-improving significance of folk games - active national games have a positive effect on the whole organism, especially on breathing, heart, blood vessels and muscles. Since folk games are mainly played in the open air, the blood is saturated with oxygen, as a result, metabolism improves. This process has a positive effect on the body and activates all cells. In other words, folk games help a person grow up physically healthy and mentally active.

In particular, games satisfy the needs and demands of the young organism and create creative activity. They develop resourcefulness, agility, and courage. In addition, children learn a lot through games. Thus, the cognitive demand for knowledge is also satisfied through games. Games are diverse. Their content, organization, and objects used are diverse. [4]

In particular, children's close acquaintance with literary works and folk oral works is connected with the content of the games they play. Games reveal human life, the events they experience, and their attitude towards these events. These, in turn, make a great contribution to the upbringing of decency, morality, courage, bravery, and patriotism in children, which are among the most important tasks of literary works.

The educational significance of folk games is that they increase the confidence of young people to be strong-willed, patient, overcome various difficulties, and win over opponents, that is, they educate them to be agile, dexterous, courageous, and brave. The spiritual and moral significance of folk games is that they form spiritually high, morally deep, and purely human feelings such as love for the homeland and conscientious service to one's people.

Today, folk games are held only during holidays, turning into seasonal, mass events. This attitude limits the opportunities for regular involvement of broad segments of the population in folk games.

It should be especially noted that the "National Folk Games" festival is held annually in the Zamin district of our republic. The Zamin district council, the Department of Culture, the district department of the Republican Spirituality Promotion Center "Youth Union of Uzbekistan", the district department of public education, as well as students from more than 10 schools and other interested parties actively participate in this event. We believe that the scope of such events related to the promotion of folk games should be further expanded.

It is no exaggeration to say that these charitable works will serve to promote a number of national folk games that are currently being forgotten, and to help young people grow up physically and mentally, while also increasing their intellectual potential.



It is appropriate to develop the following proposals and recommendations to increase the role of folk games in the upbringing of a harmonious generation:

- firstly*, it would be expedient to hold folk games not only on holidays, but also regularly;
- secondly*, adopting special decisions related to instilling folk games in the hearts of young people and increasing their educational value would also yield effective results;
- thirdly*, it is necessary to organize prestigious competitions in certain types of folk games;
- fourthly*, it is necessary to find sponsors for holding folk games and widely involve entrepreneurs in it, exempting them from various taxes for their services;
- fifthly*, it is necessary to involve the tourism sector, especially ethnotourism and ecotourism, in the promotion of folk games;
- sixthly*, it is necessary to develop domestic and international tourism in order to popularize folk games;

Folk games should not only remain an integral part of folk culture and art, but also play an important role in raising a harmonious generation. With this in mind, a number of exemplary works have been carried out in recent years.

In conclusion, folk games, along with instilling national pride in young people, also physically train them. Because folk games require their participants to expend a lot of physical strength and move a lot. There are a huge number of types of folk games, and they were born, formed, and improved over time as a result of various historical conditions. Today, studying, teaching, and enriching them with new content is one of our most important and responsible tasks for the future.

Therefore, we believe that it is important to increase the importance of national folk games, as well as to improve their direction and increase their prestige, especially by involving young people.

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