

# Philosophical Content And Essence Of Uzbekistan National Sports Games

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**Annotation:** This article describes the philosophical essence of the national sports games of the Uzbek people. It also covers issues such as the continuation of ancestral traditions, the prevention of the extinction of national values, and the socio-philosophical essence of national sports.

**Key words:** Uzbek people, national sports games, sports, aesthetics, socio-philosophical.

The rich culture and traditions of Uzbekistan, as well as its achievements in the field of sports, are reflected in national sports games. National sports games reflect not only physical activity, but also the spiritual and philosophical values of the people. This article analyzes the philosophical content of Uzbek national sports games, their historical development and their role in the life of the people. National sports games are of special, important importance as national values that vividly reflect the culture and ethnopsychology of our people. The main goal of specialists in the field is to organize national sports games with young people in neighborhoods, using these national traditions and values as an example, and thereby educate them to be spiritually, physically strong and healthy. Tradition is a product of the organization of interpersonal relations, team creativity, and at the same time, it is a unique form of preserving the playing of games in a team. Since the people have artistic pleasure and aesthetic taste formed over the centuries, the game always lives by following this folk aesthetic principle. This is an objective law for the game.

Each nation has its own national games and sports that have been historically formed based on its geographical location and socio-cultural environment. The most important aspect of our national sports is the priority of truth and justice. We can also see moral qualities such as courage, intolerance of injustice, and the fight against oppression, which are inherent in our people, in our ethno-sports.

It is known from our history that "sports exercises and competitions have spread noble ideas among people and made them more united. Indeed, the role of sports in human life, the basis of their physical health, is of great importance for young people in realizing their abilities and talents."

That is why the people congratulate the honest, brave wrestler in wrestling, the skillful and skillful rider in horsemanship. The people honor the winners of the national games not only for their beautiful movements, but also for the dignity, courage, and dexterity of the participant.

National festivals and holidays did not pass without national games, in which the elderly passed the baton of life to their students. Young people sought to better master the secrets of the competitions and turn them into factors that would help in everyday activities. The fact that competitions were held side by side during festivals and holidays required the participants to act as a team, which required the participants to be strong, agile and agile, resistant to difficulties, diligent and enterprising. National games, wrestling, all-around and mass sports have long been a sign of generosity among the people. Famous wrestlers, wrestlers, and participants in folk games often held competitions, donated the funds collected from the competitions to orphans, large families, and the elderly, and participated in and inspired the construction of bridges, mosques, madrasas, canals, roads, and other folk hashars.

National games prevent the continuation of ancestral traditions and the extinction of national values. It is known from the thousand-year-old epic poem Alpomish that the brave and courageous Alpomish fought with 90 wrestlers to reach his beloved Oybarchin. If wrestling competitions were not held at folk festivals and holidays, our wrestling would have disappeared over the years. Races, the exercises of the girl chase or who throws the long way, and the goat-buck are also extremely ancient and have been preserved thanks to our national traditions.

Performing various exercises with a horse has been characteristic of young men since ancient times. In the epic poem "Intizor" it is described that Avazkhan plays on the Girotnyak. The type of national games is not only wrestling or bucking. There are more than 100 types of national games, such as Kiz Kuvdi, Kuloq

Cho'zma, Aq Terakmi Kok Terak, Chillak, Argumchak, Varrak, Otib Kochar, Doppi, Anakay, Podachi, Durra, Lanka, Qotdi, Lapar, Alifbe, and each of them has its own unique aspects. In fact, these games embody respect for elders, kindness towards young people, the duties of parents towards their dear children in the development and upbringing of children, and in turn, the love and loyalty of children. Therefore, our ancestors, from a very young age, told their children epics and fairy tales, legends and folktales that embodied the qualities of national heroes, their courage in the fight against evil forces, fortitude, friendship, harmony, solidarity, and instilled in them, on the basis of national games, the qualities of honesty, truthfulness, speaking the truth, not being indifferent to injustice, and respect for the opponent.

The importance of ethnosports in raising the physical culture and national pride of our people is of particular importance. Taking this into account, "a system of promoting and popularizing national sports and folk games (ethnosports) in our country, involving children and adolescents in them widely, strengthening international relations, and holding three-stage republican sports competitions in national sports has been introduced from March 1, 2023."

Special exercises may not always lead to physical maturity or records. However, they, as special exercises, form certain special qualities in a person (expand the forearms and chest, make the legs agile, fast running, skillful in hanging on the horizontal bar and turning). So, special exercises are distinguished by the formation of signs of physical maturity in human anthropometry. That is why a person who regularly engages in physical culture and a person who is far from such exercises are sharply distinguished, between them anthropological signs in such qualities as physical maturity, beautiful figure, strong muscles, agility are immediately noticeable. These signs, as experts say, are manifested in the following effects of physical culture on the human body:

- cardiovascular function is activated;
- breathing improves;
- bones are strengthened, muscles become stronger, joint mobility increases;
- good digestion of food is ensured;
- the functioning of the excretory organs improves;
- the nervous system is strengthened.

These are of great importance in maintaining the balance of excitation phenomena in the central nervous system; have a positive effect on human psychology; help in the correct formation of stature, etc.

The collection and scientific analysis of traditional folk games is of decisive importance in restoring the ancient and progressive traditions of the Uzbeks aimed at the harmonious upbringing of the future generation. From this point of view, the collection, restoration and implementation of forgotten folk games is of great importance in raising a harmonious generation.

Ethnosports, as a means of aesthetic education, is of great importance in raising the younger generation. It directly affects the faith and loyalty of people around them, their endurance and one-wordness, and their health and strength. Ethnosport ensures the healthy growth of all members of children, fostering their aesthetic and physical perfection. The goal of these games is, first of all, to raise boys who are physically strong in all aspects, sound in mind, strong in will, and, in addition, have a slender build, and girls who are beautiful and attractive in appearance.

Games are considered a national creative example of the Uzbek people, embodying their spiritual wealth, and demonstrating the historical experience of knowing and mastering the surrounding reality. Uzbek folk games are creative and practical by their nature. The uniqueness of the folk artistic culture, its national characteristics are clearly visible in them. The essence of these ethnosports lies in the cultural wealth and great heritage of the people. If we pay attention to the content of the games, they highlight the traditions, ancient customs, labor activity and cultural life of the people.

Based on the above analysis, we divided the traditional games of the Uzbek people into three groups:

- 1) games played on the basis of a subject;
- 2) games played without a subject;
- 3) games played with some condition in between.

In the festivals and performances held in our country since ancient times, national melodies and songs, recitations of aqins, and poetry recitations provided people with aesthetic nourishment and spiritual support,

while folk games such as chavgon, kurash, uloq, archery, stone lifting, wrist strength competitions, belt wrestling, and "tortishmachok" served to strengthen people and make them strong and agile.

Although the games created in later periods emphasize the agility and themes inherent in traditional folk games, this is no longer expressed on the basis of supernaturalism as in traditional folk games, but rather on the basis of objectivity. While the ideal heroes of traditional folk games act and win with the help of supernatural forces, the heroes of new, modern games are existing historical figures who rely on current reality, act, and achieve their intended goals.

National sports games of Uzbekistan are mainly formed in connection with the culture of agriculture and war. These games reflect the daily life, labor and traditions of the people. For example, games such as wrestling, horse racing, red-eye rules require not only physical strength, but also strategic thinking and skill.

The philosophical content of national sports games consists of many aspects. First, these games strengthen the sense of unity and solidarity of the people. National sports games of the people of Uzbekistan, mainly in competitions and festivals, allow them to unite. This helps to strengthen social ties in society.

Secondly, national sports games are important in developing a person's mental and physical health. They not only increase the spirit of competition, but also form spiritual perfection, patience and competitiveness in the participants.

Thirdly, through Uzbek national sports games, the values and traditions of the people are passed on from generation to generation. Through this process, the younger generation feels its history, culture, and national pride.

Today, national sports games play an important role in preserving and developing the cultural heritage of Uzbekistan. They are also important in promoting Uzbekistan in the international arena. Through national sports games, it is possible to introduce the rich culture and traditions of Uzbekistan to other nations.

Conclusion. National sports games of Uzbekistan serve not only as a physical activity, but also as an important factor reflecting the philosophical values, traditions, and culture of the people. They unite the people, raise morale, and help preserve cultural heritage between generations. Therefore, it is the duty of each of us to develop and pay attention to national sports games.

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