

NATIONAL DANCES AND THEIR CULTURAL HERITAGE: THE SIGNIFICANCE OF UZBEK DANCES IN FOLK CULTURE, TRADITIONAL CUSTOMS AND THEIR EXPRESSION THROUGH DANCES

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Abstract:

The cultural heritage of Uzbek national dances forms an integral part of the people's historical, social, and spiritual values. This article examines the significance of Uzbek dances in folk culture, their connection to traditional traditions, and their role as a cultural heritage. Uzbek dances reflect such traditions as the people's way of life, respect for their spouses, wedding ceremonies, and the Navruz holiday. The article expresses opinions on the significance of dances in preserving national culture and their social role.

Keywords: Uzbek national dances, Cultural heritage, Folk culture, Traditional customs, Wedding dances, Navruz holiday, Dance and culture, social rituals, National identity.

НАЦИОНАЛЬНЫЕ ТАНЦЫ И ИХ КУЛЬТУРНОЕ НАСЛЕДИЕ: ЗНАЧЕНИЕ УЗБЕКСКИХ ТАНЦОВ В НАРОДНОЙ КУЛЬТУРЕ, ТРАДИЦИОННЫЕ ОБЫЧАИ И ИХ ВЫРАЖЕНИЕ В ТАНЦАХ

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Аннотация:

культурное наследие узбекских национальных танцев составляет неотъемлемую часть, выражающую исторические, социальные и духовные ценности народа. В этой статье рассматривается значение узбекских танцев в народной культуре, их связь с традиционными обычаями и роль в качестве культурного наследия. В узбекских танцах отражаются такие традиции народа, как образ жизни, уважение к супругу, свадебные обряды и праздник Навруз. Статья выражает мнения о значении танцев в сохранении национальной культуры и их социальной роли.

Ключевые слова: Узбекские национальные танцы, Культурное наследие, Народная культура, Традиционные обычаи, Свадебные танцы, праздник Навруз, Танец и культура, Социальные обряды, Национальное самосознание.



MILLIY RAQSLAR VA ULARNING MADANIY MEROSI: O'ZBEK RAQSLARINING XALQ MADANIYATIDAGI AHAMIYATI, AN'ANAVIY URF-ODATLAR VA ULARNING RAQSLAR ORQALI IFODALANISHI

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Annotatsiya:

O'zbek milliy raqslarining madaniy merosi, xalqning tarixiy, ijtimoiy va ma'naviy qadriyatlarini ifodalovchi ajralmas qismini tashkil etadi. Ushbu maqolada O'zbek raqslarining xalq madaniyatidagi ahamiyati, an'anaviy urf-odatlar bilan bog'liqligi va madaniy meros sifatidagi o'rni ko'rib chiqiladi. O'zbek raqslarida xalqning hayot tarzi, turmush o'rtog'iga bo'lgan hurmat, to'y marosimlari va navro'z bayrami kabi an'analari aks etadi. Maqola raqslarning milliy madaniyatni saqlashdagi ahamiyatini va ularning ijtimoiy roli haqida fikrlar bildiradi.

Kalit so'zlar: O'zbek milliy raqslar, Madaniy meros, Xalq madaniyati, An'anaviy urf-odatlar, To'y raqlari, Navro'z bayrami, Raqs va madaniyat, Ijtimoiy marosimlar, Milliy o'zlik.

Introduction

Uzbek national dances have a special significance for the people, their culture and history. Dances express the cultural and aesthetic values of each nation. Uzbek dances reflect the customs, religious and moral views, social life, and way of life of the people. This article examines the significance of Uzbek national dances in folk culture, their connection to traditional traditions, and their role as a cultural heritage.

The Significance of Uzbek National Dances in Folk Culture

Uzbek national dances play a significant role in folk culture. Each dance form, music, and movement reflect the historical heritage, cultural values, customs, and way of life of the Uzbek people. Dances are not only a means of expressing aesthetic value, but also play an important role in preserving the ethnic characteristics, mental state, and social structure of the nation. A distinctive feature of Uzbek dances is that they embody every aspect of the people's life, such as weddings, welcoming guests, Navruz holidays, and other social rituals. Dances often depict social changes, relationships between men and women, their place and respect in life. Women's dances express beauty, tenderness, and subtlety, while men's dances reflect strength, courage, and bravery. Through dances, the values and traditions of the Uzbek people, as well as national identity, are preserved. Therefore, the role of Uzbek dances in culture should be considered not only as a form of art, but also as a means of social and spiritual significance.

History and Culture of the People: In Uzbek dances, one can see the historical changes, customs, and way of life of the people. Through each dance form, movement, and music, the nation's centuries-old cultural heritage lives.

Personality and Social Role: Dances show the social roles of man and woman and their place in life. For example, the formation of the social order is expressed through the strong and courageous



actions of men, and the delicate and delicate actions of women

Spiritual and Aesthetic Values: The aesthetic image of Uzbek dances helps people convey beauty, happiness, and hope. With the help of dances, the people express their happy and difficult times, hopes and dreams.

Traditional Traditions and Their Expression Through Dance

Uzbek national dances fully reflect the customs and traditions of the people. Every dance has its own spiritual content and social significance. In wedding ceremonies, for example, the "Lazgi" dance is the most important, and this dance is a symbol that expresses not only the festive mood, but also the entrance of two people into a new life, happiness, and luck. In other wedding dances, actions are performed to show mutual respect between the dancers and guests. Nowruz holiday is a period of special significance for Uzbeks. This holiday expresses the national diversity and content of Uzbek dances, the joy and hopes of the people in welcoming the new year. The dances played during the holidays, their music, are of great importance in preserving and passing on to future generations the ancient traditions and customs of the Uzbek people. Through the dances played on Navruz, people wish each other happiness, peace, health and well-being. The reception of guests, mutual respect, and relationships with loved ones are also expressed through dances. Uzbek people have a great tradition of welcoming guests and respecting them. There are special dances for welcoming guests, through which you can show the value of the guest and the sincere relationship associated with him. Dances such as "Health Dance" express respect for guests and prayers for their health.

The Preservation of Uzbek Dances as Cultural Heritage and Their Dissemination Through Dances
The cultural heritage of Uzbek national dances is important not only in the historical, but also in the contemporary social environment. Dances express the aesthetic world and cultural values of the people, therefore they constitute an integral part of culture. Through national dances, the way of life, customs, and traditions of the people are preserved and passed on to future generations.

Dances, especially at weddings, holidays, and other ceremonies, serve as a bearer of Uzbek national values. Each of their actions, music, and expressions is a necessary means of preserving the historical heritage of the people and passing it on to future generations. The historical, ethnic, and social life of the people is also expressed through national dances. The preservation of Uzbek dances as a cultural heritage signifies not only the aesthetic, but also the spiritual significance of this art form.

Attention to the preservation and development of Uzbek dances as a cultural heritage further strengthens their place in folk culture. These dances serve as an important means of transmitting national values to new generations and popularizing them in world culture. At the same time, the dances are presented not only at local events, but also at international festivals and art events, which creates an opportunity to spread Uzbek culture around the world. The cultural heritage of the people will be preserved and passed on to future generations through the study, teaching, and dissemination of Uzbek dances.

Traditional Traditions and Their Expression Through Dance

The customs and traditions of the Uzbek people can be clearly and vividly demonstrated through dances. These dances spread various social and spiritual values of the nation.



1. Wedding Dances: The Uzbek wedding is one of the most important ceremonies in the social life of the people. Traditions and special reverence can be seen in wedding dances. For example, the "Lazgi" dance is expressed in welcoming guests at the wedding, while the "Yor-yor" dance is expressed in wishing happiness and good luck to the new couple.

2. Guest Expectation: Uzbeks highly value the respect for guests. Dances play an important role as a way to welcome guests and appreciate them. "Health Dance" is a way to show special respect to guests.

3. Navruz Holiday: Navruz is an ancient New Year holiday of the Uzbek people. On this holiday, national dances express the unity and hopes of the people in the celebration of the New Year. Through dances, people wish each other happiness, peace, and prosperity.

4. Traditions and Rituals: Each dance has its own traditional content and represents socially significant rituals. Ceremonies such as weddings, rituals of cutting, circumcision, and Navruz are enriched through dances.

The Peculiarities of Uzbek National Dances and Their Significance in Folk Culture

The unique features of Uzbek national dances reflect the historical, cultural, and aesthetic views of the people. Each type of dance is part of the social life of a people, and each of these dances has a special meaning through its form, movement, and music. Uzbek dances reflect social changes between men and women, their place in life, and their relationships.

The forms and movements of the dances primarily reflect a specific way of life or ritual. For example, the "Lazgi" dance is mainly widespread in southern Uzbekistan, and the delicate and gradual movements of this dance express the elegance and aesthetic beauty of a woman. On the other hand, dances such as "Big Dance" and "Yor-yor" depict the strength and courage of men and the tenderness of women. Therefore, dancing is not only an art form, but also an expression of social values.

Music and rhythm also occupy a special place in Uzbek dance. Dances are often performed in conjunction with Uzbek national music, mainly tarona, doira, and songs. This music is one of the main means of expressing the life, mood, and psyche of the people. The rhythmic elements and various vibrations often observed in Uzbek dance music reflect the national mentality of Uzbeks. Unlike other folk music, each element in Uzbek dance reflects the unique way of life of the people.

The Study and Assimilation of Uzbek Dances as Cultural Heritage

Studying Uzbek dances as a cultural heritage is important for understanding their uniqueness and aesthetic value. Dances are not only a means of uniting the people, promoting their culture, but also ensure the preservation of Uzbek history, customs, and spiritual values. Therefore, learning and teaching dances should become a way to preserve culture.

The study of Uzbek dance as a cultural heritage allows not only to teach the younger generation national traditions, but also to show the richness of Uzbek culture on an international scale. Today, the study of Uzbek dance is conducted not only at national events, but also at international festivals and competitions. At such events, dances not only demonstrate cultural originality, but also convey to the general public the national values, traditions, and historical heritage of the Uzbek



people.

The role and significance of Uzbek dances in national culture has an increasing impact on art and culture on an international scale. Dances are not only a form of musical and rhythmic expression, but also reflect the worldview and way of life of the people. The study, teaching, and dissemination of dances are of great importance in the preservation and development of national culture.

Reflecting the Historical Legacy of the Uzbek People Through Dance

One of the most important features of Uzbek national dances is that they are an important means of illuminating historical heritage. Each form of dance reflects the unique historical changes of the people. For example, the "Lazgi" dance is widespread in southern Uzbekistan, and the development of this dance has preserved the way of life, values, and aesthetic views of the people for many centuries. This dance illuminates the uniqueness of the people, their dynamic history and culture.

The geographical and social differences of the Uzbek people are also expressed through dances. Cultural differences between different regions and regions of Uzbekistan are also evident in the form of dances. For example, there are stylistic differences between the dances played in Samarkand and Bukhara and the dances played in the Ferghana Valley. The unique dance form of each region reflects the unique cultural heritage and history of the people.

Moreover, each detail of rhythm and music in Uzbek dances illuminates the cultural history and psyche of the people. Understanding the significance of the unique music and dance of the Uzbek people helps to gain a deeper understanding of the values that are the foundation of Uzbek culture. Through dances, the nation's centuries-old history and its social, cultural, and spiritual values are preserved.

The Role of Dance in International Culture

The introduction and dissemination of Uzbek dances into international culture creates a need to promote them around the world. Today, the presentation of Uzbek dances at many festivals and events is of great importance in showing the richness of Uzbek culture to the whole world. At such events, people who watch Uzbek dances try to understand their aesthetics and spiritual values. The spread of Uzbek dance in the international arena contributes to the development and preservation of national culture.

Furthermore, the presentation of Uzbek dances at international events not only contributes to the development of cultural exchange, but also promotes the national identity of the Uzbek people to the world. Such cultural exchange helps to promote the rich history and cultural heritage of the Uzbek people on an international scale.

Through dances, the social and spiritual life of the Uzbek people will be known not only nationally, but also internationally. This is an important step in spreading the richness and uniqueness of Uzbek culture around the world.

Conclusion

The cultural heritage of Uzbek national dances is of great importance in preserving the historical and spiritual values of the people. They are not only an aesthetic tool, but also an element that expresses the customs and traditions, social life, and way of life of the people. National dances are a powerful means of reflecting the mentality, hopes and dreams of the people. Preserving the



values of Uzbek dance and transmitting them to future generations is one of the important tasks of national culture.

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