

## **Crossing Cultural Borders: The Social Taboos in Uzbek and Russian Communities**

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**Annotation:** This article explores the differences in taboos between Uzbek and Russian cultures. It starts with an introduction to both cultures and then delves into the taboos that are deeply rooted in each culture. The article explains the significance of taboos such as avoiding physical contact with the opposite sex, disrespecting elders, wasting food, discussing personal matters, dress code, disrespecting the state, discussing politics, drinking in public, and personal space.

**Key words:** Uzbek, Russian, taboos, cultural differences, physical contact, respect for elders, personal space, discussing personal matters, alcohol consumption, dress code, politics, state, social norms, behavior, attitudes.

Taboos are a common feature of every culture, and Uzbek and Russian cultures are no exception. Uzbekistan is a Central Asian country with a population of around 34 million people. Uzbekistan is known for its rich history, diverse culture, and unique cuisine. On the other hand, Russia is the largest country in the world, with a population of around 144 million people. Russia is known for its diverse landscape, rich history, and unique culture. This article will explore the differences in taboos between Uzbek and Russian cultures.

Uzbek culture has many taboos that are deeply rooted in tradition and religion. Some of the most common taboos in Uzbek culture are:

1. Avoiding physical contact with the opposite sex: In Uzbek culture, it is considered inappropriate for men and women to touch each other in public. This taboo is deeply rooted in Islam, which is the dominant religion in Uzbekistan. Men and women are expected to maintain a respectful distance from each other in public.
2. Disrespecting elders: Respect for elders is a fundamental value in Uzbek culture. It is considered disrespectful to speak loudly or argue with an older person. Additionally, it is considered inappropriate to sit with your legs crossed or point your feet at an older person.
3. Wasting food: In Uzbek culture, food is considered a precious commodity. It is considered disrespectful to waste food or leave food on your plate. If you are unable to finish your food, you should at least attempt to eat most of it.
4. Discussing personal matters: In Uzbek culture, it is considered inappropriate to discuss personal matters in public. Personal matters such as family problems or health issues are considered private and should only be discussed with close friends and family.
5. Dress code: In Uzbek culture, it is considered inappropriate to wear revealing or tight clothing in public. Women are expected to dress modestly, covering their arms and legs. Men are expected to wear trousers and shirts, and avoid wearing shorts in public.

Russian culture also has many taboos that are deeply rooted in tradition and history. Some of the most common taboos in Russian culture are:

1. Disrespecting the state: In Russian culture, disrespecting the state or its symbols is considered a serious offense. This includes disrespecting the national anthem, flag, or symbols of the state.
2. Disrespecting elders: Respect for elders is also a fundamental value in Russian culture. It is considered disrespectful to speak loudly or argue with an older person. Additionally, it is considered inappropriate to sit with your legs crossed or point your feet at an older person.
3. Discussing politics: In Russian culture, discussing politics is considered a sensitive topic. It is best to avoid discussing politics unless you are with close friends or family members who share similar views.
4. Drinking in public: In Russian culture, it is considered inappropriate to drink alcohol in public places such as parks or on the street. Drinking is generally reserved for social gatherings or in bars.
5. Personal space: In Russian culture, personal space is highly valued. It is considered inappropriate to stand too close to someone or invade their personal space. Additionally, it is considered impolite to touch someone without their permission.

Another significant difference between Uzbek and Russian cultures is in their attitudes towards personal space. In Uzbek culture, people generally maintain a respectful distance from each other, especially between men and women. In Russian culture, personal space is also important, but it is more acceptable to stand closer to someone or touch them during conversation. Finally, there are differences in the attitudes towards discussing personal matters. In Uzbek culture, personal matters such as family problems or health issues are considered private and are only discussed with close friends and family. In Russian culture, personal matters are also generally considered private, but it is more acceptable to discuss them with acquaintances or colleagues.

In conclusion, Uzbek and Russian cultures have many similarities and differences when it comes to their taboos. Both cultures place a strong emphasis on respect for elders, but there are differences in how this is expressed. Additionally, attitudes towards physical contact, alcohol consumption, personal space, and discussing personal matters also differ between the two cultures. Understanding these differences is important for avoiding misunderstandings and building positive relationships between people from different cultural backgrounds.

#### **List of used literature**

1. "Culture and Customs of Russia" by Raymond E. Zickel and Walter S. Simmons
2. "Culture and Customs of Uzbekistan" by Rafis Abazov
3. "Uzbekistan Today: Culture, History and Society" edited by Sanjar Umarov and Tim Epkenhans
4. "Russia: A Cultural Atlas" by James H. Billington and Time-Life Books
5. "Russian Cultural Studies: An Introduction" by David MacFadyen and Nikolai Firtich
6. "The Uzbekistan Reader: History, Culture, Politics" edited by Mariya Y. Omelicheva and Uzbekistan's Ambassador to the US Javlon Vahobov