

## **The Important Place of Uzbek National Values and Nationality in Our Lives**

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**Abstract.** *This article highlights the importance of our nationality and its role in our lives, Uzbek national values (traditions, foods, national costumes) and the roots of our Uzbekistan.*

**Key words:** *nationality, Uzbek values, costumes, historical roots.*

It is of great importance to preserve, live by, and always remember our ancient traditions and values in order to protect the invaluable values of the Uzbek people, which have been formed over the centuries, from the harmful effects of today, and to remain the owners of the national image and unique qualities that have always been inherent in our people under any circumstances.<sup>1</sup> Every nation on earth has its own unique it is distinguished by its traditions and values, which are naturally the invaluable wealth of any nation. Such values and traditions did not appear in one or two days. The many years of human history show that it takes a very long time for something to become a tradition, especially a value. Over the years, certain views, customs, concepts, experiences pass the test of time and generations, and then they are refined.<sup>2</sup> If they are accepted by subsequent generations, continued, and become a custom, then they can now be called national traditions and values. They are of great importance for the nation. Values that are closely related to the ethnic features and characteristics are called national values. National values are manifested in the close connection between the history, way of life, spirituality and culture of the nation. The national values of the Uzbek people, which have been passed down from century to century, have also been formed in a long historical process. For example, respect for the land where one was born and raised, the inability to imagine one's fate without this land, loyalty to the memory of past ancestors, constant respect for elders, maintaining a sense of honor under any circumstances, and paying special attention to cleanliness in life are many qualities that form the basis of our national values. Our Uzbek people have long since overcome their shortcomings and began to live a sedentary life, and then got used to such a way of life. People have always protected the land they settled in, the water around it they were accustomed to appreciating and preserving their resources. Because the crops obtained with the help of water and land were considered to be an important source of livelihood for people. Such a sedentary lifestyle led to the emergence of trade relations through the interaction of people living in communities, working side by side, and exchanging labor relations. In this way, both agriculture and urban culture flourished.<sup>3</sup> It is no coincidence that the historical monuments built in our country, namely dozens of cities such as Samarkand, Karshi, Bukhara, Khiva, Shahrizabz, Andijan, Margilan, Termez, and Kokand, are

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measured in thousands of years. Of course, our national traditions are different from other nations in their diversity, attractiveness, and our Uzbek national clothes give people pleasure. Among our national traditions that are still valued today:

- 1) We can even say that our precious melody played at weddings is "YOR-YOR", without which no wedding can be imagined as a wedding;
- 2) Our various national Uzbek games; "White poplar, blue poplar", "Shuguna olish" and dozens of other games, without these games, we certainly cannot imagine our youth;
- 3) Now it is our turn to celebrate our national holidays, which have become traditions and values: "Navruz", "May 9th - Day of Memory and Honor", which is also widely celebrated, "Hayit", "Flying Leaves" competitions held in the spring, etc.

Of course, we have a lot of such national traditional values, and it is in our hands to always remember, appreciate, and preserve them and pass them on to future generations. Therefore, every person should have their own knowledge about their traditions and customs.<sup>4</sup>

We mean that our people are a nation that is strongly attached to the land where they were born and raised, and has learned to respect it since childhood. So, the national traditions and values related to the boundless loyalty and respect of our people for their homeland are explained by its rich history. Similarly, our people's traditions and values such as respect for elders, respect for the young, hospitality, compassion for those in need, modesty, humility and kindness, caring for their family, and high appreciation of purity in everyday life are also considered our immortal spiritual heritage that has passed the long tests of life.

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