

## **THE ROLE AND IMPORTANCE OF NATIONAL CUSTOMS AND CEREMONIES**

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***Abstract:** This article tells about the traditions and rituals that exist in the past and now and looking at their work, their influence on the human mind is acknowledged.*

***Key words:** National culture, cradle wedding, flower bouquet, belt removal.*

### **INTRODUCTION**

It is known that our heavenly country Uzbekistan is a country rich in ancient, traditional values, rituals and customs. It is no exaggeration to say that the strength of our spirituality goes back to our national customs and traditions. A person is such a creature that he believes more than what he sees with his eyes and tries to fulfill it. Our traditions have a significant impact on the human mind through their many aspects and manifestations, and encourage them to observe their consciousness. The traditions of the Uzbek people are of great importance in its formation, and their national customs and rituals are still stable and alive.

### **RESEARCH METHODS**

Our national traditions, which were created by our creative and creative people in ancient times and are still being performed, have been developing and improving over the centuries. Traditions and rituals embodying the ideas of Your Excellency always call people to goodness, hearts to purity people to kindness. The customs and rituals of the Uzbek land have been created as a product of development, they encourage people to be loyal to the country, honor the family and its values, and strengthen their faith. Here, the decision aimed at restoring our

national culture in the years of independence, ensuring the execution of decrees is a bright result of the large-scale work carried out in our country.

## **RESULTS AND DISCUSSIONS**

In fact, the people's way of life and its spirituality are made up of customs, age-old customs and rituals. Our religion, language, and national culture were strong enough to preserve our spiritual wealth in the past. For this reason, the Uzbek nation is considered a country with a rich spirituality and culture among other nations. The decree of our First president Islam Abduganievich Karimov "On further improvement and efficiency of the activity of the Public Center for Spirituality and Enlightenment" promotes spiritual and spiritual development and progress through the continuous promotion of national, cultural and universal values put the process on the agenda[1]. Therefore, thanks to the quality efforts being made to realize the national identity and restore the priceless gifts of our ancestors, our traditions and rituals, which are an integral part of our national values, have been preserved. As a proof of our word, it is appropriate to recall the folklore expedition "Golden Threshold" aimed at strengthening our nationality.

The great achievement achieved by our nation due to independence is the opportunity to learn, feel, be proud of our national culture and use it for great goals. All the peoples of the world have traditions and rituals. There is no nation without customs and traditions. The national values of the Uzbek people are among the oldest values in the world. Every industry and direction has its branches, as well as its traditions and rituals [2]. All of them have educational and artistic value. Uzbek national traditions are closely related to family and nature. The Uzbek nation is rich in celebrations and joy, and every action is full of rituals and traditions. Most of the traditions are related to family life, such as cradle wedding, circumcision wedding, "aqeeqah", marriage wedding, belt removal, and "arpa soldi" traditions. At this point, I think it is appropriate to dwell on some traditions.

Including the cradle wedding ceremony, which is the ceremony of cradling a baby with good intentions and goals after it is born. This ceremony is one of the ceremonies that had been preserved in our nation since ancient times from our

ancestors to the present young generation. As they say, "The seed is sweeter than the fruit", when a child sees the face of the world, everything becomes important in the process of raising him. In the cradle wedding ceremony, the main attention is paid to the cradle, and fruit trees such as mulberry, juniper, apricot are mainly used to make the cradle. There is wisdom in everything. The main purpose of choosing cribs made from the wood of these trees is fertility and blessing. Indeed, the cradle is a peaceful place for babies. In addition, it was strongly believed that the fruitfulness of fruit trees will be transferred to the child [3]. A fir tree was used as a symbol of a child's life. In order for the child's life to be as long and strong as a juniper tree, juniper leaves are added to the blanket on which the child sleeps. It is a good thing that these traditions and rituals still exist and are being used. Every day of his people is festive, every ceremony is happy. Uzbek weddings also include a source of traditions. One of the attention-grabbing rituals of weddings is the "belt removal" ceremony. In the consciousness of ceremonies there is a rain of goals and intentions. The ceremony of untying the belt was invented in Khorezm oasis, and is carried out through the imagination of the symbol of the belt. Just as femininity is in a headscarf, masculinity is in a cap and a belt. Belt has been a symbol of manhood and wealth since ancient times. That's why at the wedding, the bridegroom becomes the head of the family, so that his waist is strong and his sustenance is blessed [4]. Young women take off the belt from the groom's waist with good intentions so that he does not face difficulties in his life, entanglements and obstacles.

Those who take off their belts are rewarded by the groomsmen. This gesture shows that the people around are not indifferent to the strength of every beautiful family. The Uzbek people are such a kind and hospitable country. Everyone should be proud to live in such a heavenly country.

Rituals and traditions are not only connected with vital elements, but also become close to nature. The "Boychechak Sayli" and "Boychechak Habari" ceremonies, which have been held since ancient times as one of the Navruz festivities, are proof of our word [5]. This ceremony is one of the ceremonies that

have been held since ancient times. In the olden days, when the bougainvillea flowers bloomed, the people living on the banks of the Zarafshan river rushed to the hills to hold the bougainvillea festival. Through this, this ceremony became a tradition. Yesterday and today, old people and sick people rub the flowers on their faces and give thanks for reaching these days. However, our country is rich in such unique and sincere traditions. As long as our people have traditions that provide spiritual and spiritual nourishment, our country will never be inferior to anyone else.

### **CONCLUSION**

To sum up, today, when the main issue and goal is not to lose national values, to preserve them, the use of rituals and traditions will have a good effect in instilling a sense of patriotism in the young generation. Our national culture, in addition to giving humanity an aesthetic soul and spiritual nourishment, expands its worldview and increases its knowledge potential. After all, watering the big and small worldviews with spiritual food is the foundation for the development of our country.

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