



The Role Of Folk Games In Raising Children's Thinking And Forming A Culture Of Recreation

Marguba Adilovna Akbarova

Teacher At The Department Of Theory Of Civil Society Of Andizhan State University, Republic Of Uzbekistan

Journal Website:

<https://theamericanjournals.com/index.php/tajssei>

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.

ABSTRACT

The article analyzes the role of folk games in the development of children's thinking and the formation of a culture of recreation with the help of data from the scientific literature. In addition, games have been studied to help children understand and influence the world around them, to develop their mental, moral, volitional and physical qualities, and to educate people through play.

KEYWORDS

Folk games, Natural-seasonal games, Regional and local games, Games for different youth, Training, labor-related games, Event Games Event games, Various media games, Puzzle games, Word games, Song games, Dance games, Animal games.

INTRODUCTION

As we know, every nation has rich game resources. The Uzbek people are no exception. In addition to thousands of well-known games, there were also regional games. Sometimes a village game is different from a neighboring village game. In addition, the traditions of the Uzbek people include a system of games for

people of different ages, genders, seasons, cities and villages. In this article, we will try to think in detail about the types of folk games, their specific features, the role of games in raising children's thinking and the formation of a culture of recreation.

METHODS

Games are a “school of preparation for life” for children, affecting their physical, mental and spiritual development. Play develops the child's mind, thinking, memory, attention, will, and serves for physical, mental, and emotional development. The game also serves as an exercise in preparing the child for adulthood, preparing him spiritually for various situations in life in the future. The saying, “If a child plays honestly in the game, he will be honest later in life” or “Depending on the child's behavior in the game, you can tell what kind of person he will be” is not in vain. In short, play develops children's creative activity, initiative, organization and other skills. Through games, children develop the need to understand and influence the world around them, develop mental, moral, volitional and physical qualities, and through play, a person is educated and a person is formed.

Among the Uzbek folk games, puzzles, words, songs, dances, events, and moving games were popular. Wedding games, team games, and fun gambling also had a special place in people's lives. However, it is difficult to find a general classification that is still accepted in the scientific literature. However, the games and some of their traditions are divided into the following groups.

RESULTS AND DISCUSSIONS

I. Natural-seasonal games are based on changes in nature, the seasons. Therefore, in addition to the regular games, there were games of all seasons. For example, in the spring, when the trees wake up and the willows sprout – “Tolbargak”, when the field flowers open – “Flower game”, when nature and the human spirit awaken, a unique song-dance,

fast-moving “Rain” There is a need for games such as “fat”, “Ok terakmi kuk terak”. In the summer, less active games are played in cool places, in the shade of trees, along streams and streams. Games like “Chase in the Water”, “Swim Fast”, and “Underwater Swimming” were especially popular during the swim [1].

The end of summer and the beginning of autumn are the days of ripening, knitting, walnut games, and swing flights. Late autumn - when it starts to rain in winter, when the ground is soft, pile, love and rock games become a habit. “Snowstorm” when it snows; “It's raining when it's raining”; It has become a tradition to play “Storms” when there is a strong wind. When the cold showed its strength, everyone gathered around the sandals and played games such as “Find the riddle”, “Quickly say”, “Who said”, “Pull your foot”.

The well-known “Capricorn” is not always played. It is held from late autumn to mid-spring, as both hot horses and riders are very hot on hot summer days, and it is also the farming season from spring to autumn.

On a cool summer night, the children played “White Bone”. “White Bone” could be played not only at night, but also in the dark of night.

II. Regional and local games. In the territory of Uzbekistan there were popular games, which are known to everyone. One game was unknown in another. These are “Batman-Batman”, “Song's Head”, “Trap”, “Doppi Tashlar”, “Shayton” and others.

There were also some differences between urban and rural games. While most rural games are played in large fields, urban games are

played in smaller areas. For example, among Tashkent girls there are “Chigirik” (playing ball in a circle), “Chortak” (jumping between rectangular lines drawn on the ground), “Rope game” (jumping rope), “Stone game” (small stones). The girls also took turns to play in each other’s yards. This traditional form – “Khalfana’ is a kind of association for girls to spend their free time [2].

Thus, for many centuries, children and adults, urban and rural, seasonal and other games as an integral part of the spiritual life of the people based on natural conditions, environment, social relations, lifestyle, life needs the system emerges and evolves.

National regional games are also played in different venues and environments. For example, at home - sandal games, puzzles and word games; in the yard - rock games, rope, line games, hide-and-seek; in the squares - rotten, quarrelsome; in the garden - walnut, bean games; in the water - a lot of diving, swimming competitions, chase; even in the air - jumping rope; in the sky - leaf games are played.

Each place had its own game, and places like cisterns, caravanserais, teahouses, and hotels also had their own games. There were games on the way as the caravan left. Riders on camels and horses jumped ropes at rest areas to stretch their legs.

Special places for competitions are called stadiums (or parks). Hundreds of games could be played in the stadiums.

III. Games for different ages. It is known that play plays a very important role in the formation of a person and the development of a young child. The need and interest in play is in the nature of a child. A child’s first “activity” begins with a game. The child

first learns, feels, tries to understand life through play, and prepares for adult life through play.

There are games for all ages. Behaviors and qualities of different ages determine the form and content of the game. For example, a baby is given a toy to keep him from crying and is encouraged to play with it. After that, the child becomes fond of manipulative (toy-puppet) games in infancy. Then the children play imitation and story games, such as “Home”, “Mother and child”, “Neighbor”, “Hunting”, “Work” will be interested in games. Among girls of the same age, “Aunt”, “Child-feeding”, “Cooking”, “Hunting”, “Working”, “War” and so on are developed among boys. These games are a life exercise for children. Among teenagers and young people there are active games: “Shelter”, “Ok terakmi kuk terak”, “Chillak”, “Walnut game”, “Stone game”, “Bone game”, “Doppi (telpak)”, “Podachi”.

Play has played an important role in the lives of children and adolescents. Play is a major activity, especially for children under 7 years of age. Then the games are replaced by study and gradually work and labor [3].

Games are important not only for children but also for adults. For adults, the game is necessary to spend their free time meaningfully and interestingly, to relax, to improve their health, to exercise. A certain part of the adult games (with the participation of the most talented players - amateurs and professionals) is organized as a spectacle, an event.

Talented teenagers - young people are gradually becoming professional athletes. Their professional training will be a competition.

- IV. Boy games. In addition to the popular games, there were games for boys and girls, and later games for men and women.

The instinct of boys and girls begins to appear at the age of 2-3 years. For example, young girls tend to play with puppets, while boys tend to play with toys that resemble work and war weapons.

Although there are common games for young children, after the age of 13, boys and girls play separately.

As a result, the boys' "Podachi", "Chavandoz", "Chonka Shuvoq", "Ok Suyuk", "Ok Tayak", "Boron Jinni", "Korpa Yapindi", "Tepa Kurash", "Yelkada Kurash", Games such as "Forty Stones", "Soqqa", "Kuloq Chozma".

The girls read: "Durra", "Chori-chanbar", "Tortishmachoq", "Balkan-Balkan", "Anakay", "Bakki (Chekimtosh, Toppa tosh)", "Qaz-goz".

Older men were more likely to play sports such as goats, wrestling, and chavgon, while women were more likely to play word, dance, and song games.

- V. Training, work-related games. It is known that in the course of history, games related to such trades as harvesting, hunting, animal husbandry, farming, handicrafts, and sewing were formed. For example, picking (climbing a tree, picking fruit, stick and stone throwing competitions); hunting ("hunting game", archery, flying target, "deer hunting"); in animal husbandry ("Podachi", "Shepherd and lame wolf"); in agriculture ("Mashoba", "Hirmon-Hirmon"); there were games in handicrafts ("Barber", "Kovushim", "Kashtachi", "Picker").

Games like "War-War", "Asr", "Occupy the Fortress", which are suitable for military training, are also popular.

- VI. Adventure games. Theatrical (plot) plays depict historical, artistic and creative moments of life. Examples of such games are "King-Minister", "Hunting Game", "War Game", "Captivity", "Goat Shepherd", "Wolf and Sheep" and others.
- VII. Action games. Dexterity, agility, is a multi-party competition. Examples include "Tepa Kurash", "Guardian", "Rotate Hill", "Forty Stones", "Chunka Shuvak", "Chirkash" (or "Chiri Kas").

There are four types of action games:

- 1) One-man games (for example, "Pile Game", "Sacra", etc.). They helped to develop a person's personal, physical qualities;
 - 2) Two-person games (for example, "Wrestling", "Overturning", "Chess"). They developed a sense of individual struggle, of achieving a goal, of striving to win;
 - 3) Group, team games (such as "Roundabout", "Mouse-Cat", "Shepherd's Game"). They serve to cultivate such qualities as solidarity, camaraderie, friendship, cooperation, and solidarity;
 - 4) Side-by-side (team-team) games (such as "Ok terakmi kuk terak", "Batman – batman"). These games nurtured such qualities as honest fight against the opponent and respect for team members, unity of purpose.
- VIII. Different media games. These games can be divided into two types: games played with material means (toys, puppets, toys and sticks, stones, balls, nuts, etc.); games that are performed

using spiritual, artistic and expressive means (thoughts, words, songs, dances, theater, etc.).

Material games use balls, stones, sticks, bones, ropes, and belts. The most commonly used tool is the game name. With the help of the ball “Herd ball”, “Escape ball”, “Ball wall”, “Shtanba”, “Ball game”; with the help of stone “Chakimtash”, “Becky”, “Three stones”, “Five stones”, “Forty stones”, “One hundred stones”, “Lappar”; with the help of a stick “Chillak”, “Dastak”, “Kadama tayog”; with the help of walnuts “Tokmi-zhup”, “Dulki”; “White Bone”, “Love Game” with the help of bones; “Pulling the rope” using a rope; games such as “pull the belt” and “fight on the belt” were played with the help of the belt.

The development of play tools (attributes) is also important for the development of children, it requires hard work and skill. For example, the process of making a ball from a tree branch, such as wool, chilli, or a wooden horse, developed diligence in children. There have also been informal competitions among children to make toy guns.

Intangible means were used in spiritual, artistic and expressive games. For example, if the game requires brainstorming – “Puzzle Game”; if the main tool in the game is a word – “Word games”; theatrical performances, if the play is expressed through life events, happenings, plots, images, and if they are eventful; if song is the main tool in the game, they can be called “Song Games”.

The main tool determines the content, character, form, and often the type and name of the game. For this reason, verbal, song, dance, and theatrical games have a special place among expressive games.

1. Puzzle games. These games require mental capacity to develop children's minds, to think logically and quickly, to be smart and resourceful. For example, games like “Battle on the Throne”, “Line Game”, “Chess”, “Topkir” are impossible to play without a headache.
2. Word games. It consists mainly of oral speech, which includes “Quick say”, “Find a riddle”, “Forty lies”, “Bahri byte”, “Guldir gup”. Because of the importance of mental activity in such games, they are sometimes referred to as “mental games”.
3. Song games. Songs and chants are formed on the basis of narration and are called “Yak-yak”, “Um-ufu”, “Boshama”, “Kichkina”, “Yurmana-yurman”, “Sidircha”, “Yozi-kal”, “Batmon” [4].
4. Dance games. It is performed mainly on the basis of dance or pantomime, and includes “Beshkarsak”, “Shepherd’s game”, “Good-bye”, “Laka-lak” and others. It should be noted that media games are often not pure, they are mixed with other games, that is, they are played at different times of the year among people of different ages and genders.

- IX. Animal games. This type of game is one of the oldest. In ancient times, humans first watched animals fight in nature. The animals were then captured and beaten in a special way. As a result, there were “quail fights”, “cock fights”, “ram fights”, “dog fights”.

There were other games with animals. They used animals as tools and animals. In particular, donkey and horse games such as “Donkey Kupkari”, “Kid”, “Horse Racing”, “Agdarish”, “Chovgon” and others are popular among the Uzbek people.

There are thousands of colorful games in the life of the people, they have been enriched for

thousands of years and have played an important role in the spiritual and physical life of our ancestors. For centuries, folk dances have served as a “school of life” in educating generations. They have helped our ancestors to develop mentally, spiritually and physically.

Folk dances are a great historical and cultural treasure that our ancestors have accumulated over the millennia. However, during the Soviet era, the popular games, which had been neglected, began to recover due to independence. “Holiday of folk games” (1991, 1992, 1993, Forish), I and II Olympiads “National sports and folk games” (1994, 1996 Forish), “Alpomish” I Republican national o Festival of Games ”(1998, Termez), National Festival of Girls“ Tomaris ”(1999, Jizzakh), II Republican Festival of Folk Games “Alpomish”(2000, Ferghana), II National Festival of Girls “Tomaris” Festival (Shahrisabz, 2001), the III Republican Festival of Folk Games “Alpomish” (2002, Gulistan) - an important event in the revival of folk games.

CONCLUSION

Thus, for millennia, folk games have been the main tool for the physical, spiritual, spiritual and mental development of our ancestors. Deep study and revitalization of folk dances, which are part of our cultural heritage and have given our ancestors spirit and health for centuries, means preserving our national image.

REFERENCES

1. Karabaev U. Cultural events. -Tashkent: “Tashkent cartography factory”, 2003.
2. Karabaev U. Holidays of the Uzbek people. -Tashkent: Editor-in-Chief of Sharq Publishing and Printing Joint-Stock Company, 2002.

3. Sayfullayev B. History and theory of performing arts. - Tashkent: Science and Technology, 2014, 152 p.
4. Glossary of terms of culture and art / authors: A.Umarov, M.Bekmurodov; Uzbek State Institute of Arts and Culture, T., Gafur Gulom Publishing House. - 2015. - 352 p.