

## SEASONAL AND FAMILY FOLKLORE OF THE UZBEK PEOPLE

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**Annotation:** *It contains rich and varied topics related to the folklore, ancient traditions and lifestyle of the Uzbek people. Seasonal and family folklore are two important areas of this wealth.*

*Seasonal folklore includes rituals and customs associated with the seasons. Navroz holiday in spring, "Lola Sayli" in summer, rituals related to harvest in autumn and "Chillak" in winter show that the people have adapted to the rhythm of nature and life. These ceremonies reflect the cultural heritage passed down from generation to generation through folk songs, dances, games and proverbs.*

*Family folklore includes family rituals and traditions. Rituals such as birthdays, weddings, moving to a new house, serve to strengthen ties between family members and preserve family values. Through the songs, proverbs and stories used in these ceremonies, the family's cultural heritage is passed down the generations.*

*Seasonal and family folklore of the Uzbek people provides valuable information not only about the cultural heritage, but also about the history, traditions and values of the people. It is important to transmit our national culture to generations by studying and preserving these folklore examples.*

**Keywords:** *folklore, people, family, songs, games, life, uzbek, festivals.*

The seasonal and family folklore of the Uzbek people is rich and diverse, reflecting centuries of cultural heritage. Here are some examples of both seasonal and family folklore:

### Seasonal Folklore

#### 1. Navruz Festival:

- Navruz, the Persian New Year, marks the arrival of spring and is celebrated with various customs, games, songs, and dances. One notable tradition is the preparation of "sumalak", a special dish made from wheat sprouts.

#### 2. Harvest Festivals:

- Held during the autumn harvest, these festivals involve communal celebrations with traditional games, songs, and dances. They also include large feasts to celebrate the bountiful harvest.

#### 3. Chilla:

- Chilla refers to periods of extreme cold in winter. Various rituals, songs, and practices are performed to endure and survive the harsh winter conditions, such as "Qish Chillasi" (Winter's Chilla) and "Yoz Chillasi" (Summer's Chilla).

### Family Folklore

#### 1. Weddings:

- Uzbek weddings are grand and elaborate, featuring numerous customs, games, songs, and dances. Special songs are performed for the bride and groom, and traditional rituals are followed to ensure a prosperous union.

2. Beshik To'y:

- This ceremony celebrates the birth of a child and involves cradling rituals. It includes prayers, blessings, and songs dedicated to the newborn.

3. Sunat To'y:

- A circumcision ceremony for boys, marked by various customs, songs, and dances. It is a significant rite of passage in Uzbek culture.

4. Memorial Ceremonies:

- These ceremonies honor deceased loved ones and include the recitation of epic tales, songs, and stories. They serve as a way to remember and show respect for those who have passed away.

Songs and Epics

Uzbek folklore is rich with songs and epics that cover a wide range of themes, including daily life, historical events, and heroic tales. These songs and stories are an integral part of Uzbek culture, often passed down orally through generations.

The folklore of the Uzbek people reflects their way of life, customs, and cultural identity, serving as a bridge between the past and present.

The seasonal and family folklore of the Uzbek people is diverse and varies across different regions and communities. Here are some different examples of seasonal and family folklore traditions:

Seasonal Folklore

1. Spring (Navruz):

- Navruz is celebrated on March 21, marking the Persian New Year and the arrival of spring. Traditions include cleaning homes, visiting friends and family, and preparing special dishes like sumalak. Traditional games such as horse racing and wrestling are also popular during this time.

2. Summer (Yozgi Sayil):

- Summer festivals often include outdoor gatherings, picnics, and various competitions. Traditional music and dance performances are common, as well as storytelling sessions in the evenings.

- Laylat al-Qadr (Night of Power), a significant night during Ramadan, is observed with prayers, readings from the Quran, and communal iftar (breaking of the fast) meals.

3. Autumn (Hosil Bayrami):

- The harvest festival celebrates the gathering of crops. People express gratitude for the bounty of the land through feasts, music, dance, and communal activities like threshing grain or picking fruits.

4. Winter (Chillalar):

- Chilla rituals are observed to survive the harsh winter. Families stay indoors, sharing stories, singing songs, and engaging in crafts. The first 40 days of winter (Great Chilla) are particularly significant, with specific customs to ensure warmth and safety.

1. Weddings (To'ylar):

- Uzbek weddings are elaborate and involve several pre-wedding and post-wedding ceremonies. The engagement ceremony, known as Fatiha-tuy, involves the

exchange of gifts and blessings. The main wedding day includes a procession, traditional dances, songs, and a grand feast.

2. Beshik To'y:

- This cradle ceremony is held to celebrate the birth of a child. The baby is placed in a beautifully decorated cradle, and prayers and blessings are recited. Traditional songs are sung to ensure the child's well-being and prosperity.

3. Sunat To'y:

- The circumcision ceremony is an important rite of passage for boys. It is celebrated with festivities, including music, dance, and a feast. The boy receives gifts and blessings from family and friends.

4. Memorial Ceremonies (Ma'rakalar):

- These ceremonies honor deceased family members. They often include the recitation of epic tales and poems, prayers, and communal meals. They serve as a means to remember and show respect for the ancestors.

Other Folklore Elements

1. Qush Tili (Bird Language):

- This involves interpreting the sounds and movements of birds as omens or messages. Different bird songs and behaviors are believed to convey specific meanings and are often integrated into seasonal and family rituals.

2. Askiya (Witty Dialogue):

- A traditional form of verbal contest involving humorous and witty exchanges. This is popular during various celebrations and gatherings, showcasing the verbal dexterity and cultural knowledge of the participants.

3. Dastans (Epic Narratives):

Long narrative poems that recount the heroic deeds of legendary figures. These are often performed by bards (bakhshis) and are integral to both seasonal and family gatherings, preserving historical and cultural knowledge.

These traditions reflect the rich cultural heritage of the Uzbek people, embodying their values, beliefs, and ways of life.

## CONCLUSION

Seasonal and family folklore of the Uzbek people is one of the important parts of the national culture, which reflects the history, traditions and values of the nation. Seasonal folklore includes rituals, customs and festivals appropriate for different seasons of the year, showing that it is adapted to the rhythm of nature and life. Events such as Nowruz, Lola sali and harvest are a vivid example of these traditions. Family folklore serves to strengthen family values and pass them down to generations through family rituals such as birthdays, weddings, moving to a new house. The songs, proverbs and stories used in these rituals play an important role in preserving the family's cultural heritage.

Studying and preserving the seasonal and family folklore of the Uzbek people is necessary in order to pass on this rich cultural heritage to future generations. It helps to preserve the identity, history and cultural values of the people.

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