

THE IMPORTANCE OF NATIONAL HOLIDAYS IN THE EDUCATION OF YOUTH

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Abstract: *This article explores the role of holidays in educating young generations. It describes the mechanisms through which celebrations and traditions shape personality development. Additionally, it provides a psychological and pedagogical analysis of holidays and folk art.*

Аннотация: *В данной статье раскрыты вопросы воспитания молодого поколения с помощью праздников. Описаны механизмы влияния праздников и традиций в формирование личности. Также проведен психолого-педагогический анализ праздников и народного творчества.*

Ключевые слова: *Праздник, народное творчество, фольклор, нравственность, воспитание, культура, коллектив, игровые упражнения, мероприятие.*

Keywords: *Holiday, folk art, folklore, morality, upbringing, culture, collective, game exercises, event.*

A folk holiday is a unique cultural phenomenon, an expression of meaningful leisure time filled with deep content. It represents a remarkably comprehensive synthesis of themes and ritual actions.

It is always an engaging spectacle where performers and participants merge into one. Through repeated enactment of musical, dance, and competitive exercises, individuals accumulate practical cultural experience in socially meaningful leisure activities.

The diverse educational functions of folk holidays justify their extensive use as a form of aesthetic and moral influence within youth education. One of the most effective means of moral education is folk art. Today, the role of folk creativity is increasing. Folk perspectives on life, nature, society, and human purpose provide the philosophical foundation of national culture.

Therefore, one of the key developmental goals for preschool children is their assimilation of the spiritual wealth and historical experience of their people, accumulated over centuries. Folk culture fosters generational continuity and transmits moral principles, spiritual values, and artistic heritage to the younger generation, with early childhood being the ideal time for this introduction.

Significant theoretical and methodological foundations of moral education have been highlighted in the works of A.I. Herzen, K.D. Ushinsky, A.S. Makarenko, V.A. Sukhomlinsky, N.A. Dobrolyubov, L.N. Tolstoy, and others.

Folk holidays create the necessary conditions for collective celebrations among children. Collectivity forms the basis of social life and interpersonal relationships. Within

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a festive collective environment, communication becomes a crucial factor in introducing individuals to the spiritual values of their culture.

The functions of folk holidays include educational, informational, cultural-creative, and recreational-health benefits. The educational aspect is particularly evident in the informational function of public holidays. Here, “enlightenment” refers to pedagogical, educational, and self-educational activities aimed at enriching individuals spiritually and providing them with essential knowledge.

Folk holidays offer opportunities for children’s development, fostering the foundations of musical culture by integrating all its key components. This encourages a deep and lasting interest not only in small folklore forms but in folk and musical arts as a whole.

A holiday is a holistic system of artistic images. Each national celebration carries a unique history that reflects the history of the homeland. The significance of holidays, particularly those for children, cannot be overstated, as they represent part of a nation’s cultural heritage—its purest sources of creativity, rituals, and traditions. Festive events serve as a platform for creative collaboration among children and between children and adults in the process of preparing and celebrating holidays. Festive days become the brightest moments of life—social milestones and eagerly anticipated events. The event-driven nature of holidays is what makes them special. Celebrations offer children a unique form of spiritual expression and enrichment.

Every country has its unique culture, traditions, and identity. In Uzbekistan, national customs have been shaped over centuries by diverse cultural influences, creating a distinctive community characterized by cosmopolitanism, tolerance, hospitality, and an appreciation for human connection. People in Uzbekistan celebrate holidays with great joy, embracing both traditional and newly adopted celebrations from distant lands. They exchange Valentine’s cards, decorate gingerbread cookies, bake Easter cakes, dye eggs, cook sumalak, and prepare halim with equal enthusiasm.

The people of Uzbekistan are known for their openness, friendliness, and ability to share joy with others. Folk holidays—featuring songs, dances, rituals, and games—serve as a source of cultural understanding and self-awareness. These celebrations embody joy, relaxation, storytelling, and historical narratives, essentially preserving the nation’s history. Many traditions continue to be celebrated instinctively, passed down through generations.

Organizing and holding festive events expands children’s knowledge of national history, the significance of specific dates, and family traditions. Holidays play a crucial role in helping children develop various cultural competencies—communication, artistic appreciation, play, and moral values—necessary for their integration into adult society.

The educational impact of holidays is also evident in their ability to enhance children’s speech development. The use of folklore elements in celebrations activates their vocabulary and allows them to appreciate the beauty of their native language.

Calendar holidays provide a rich foundation for fostering patriotism and moral development. Through the synthesis of games, songs, and dances, children become familiar with their people’s traditions, customs, and spiritual life, laying the groundwork

for their national identity. Folk culture helps instill pride in one's homeland and a sense of cultural belonging. Observations have shown that the joyful interaction between children and adults during celebrations is a key factor in personality development and the revival of national traditions.

Childhood is the prime time for nurturing a love for beauty, homeland, kindness, friendship, and nobility. Folk traditions serve as a treasure trove for instilling these values, and we will continue to use them as a foundation for moral education in the younger generation.

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