

UZBEK FOLK PROVERBS AND SAYINGS: A SOURCE OF SPIRITUAL DEVELOPMENT AND EDUCATION

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Annotatsiya: *Mazkur maqolada o'zbek xalq maqol va matallarining ma'naviy, axloqiy hamda tarbiyaviy ahamiyati ilmiy-nazariy asosda tahlil qilinadi. Xalq donoligining ifodasi sifatida maqollar va matallar milliy qadriyatlar, urf-odatlar hamda tarbiyaviy an'analarni avloddan-avlodga yetkazuvchi bebaho manba sifatida o'rganiladi. Shuningdek, ularning ta'lim jarayonida qo'llanish imkoniyatlari va metodik tavsiyalari yoritilgan.*

Kalit so'zlar: *maqol, matal, xalq og'zaki ijodi, tarbiya, ma'naviyat, pedagogika, milliy qadriyatlar, metodika, xalq donoligi.*

Abstract: *This article analyzes the spiritual, moral, and educational significance of Uzbek folk proverbs and sayings on a scientific-theoretical basis. Proverbs and sayings, as expressions of folk wisdom, are studied as invaluable sources that transmit national values, customs, and educational traditions from generation to generation. Additionally, their potential applications in the educational process and methodological recommendations are presented.*

Keywords: *proverb, saying, oral folk literature, education, spirituality, pedagogy, national values, methodology, folk wisdom.*

Аннотация: *В статье на научно-теоретической основе анализируется духовно-нравственное и воспитательное значение узбекских народных пословиц и поговорок. Пословицы и поговорки, являясь выражением народной мудрости, изучаются как бесценный источник передачи национальных ценностей, обычаев и воспитательных традиций из поколения в поколение. Также освещаются возможности их применения в образовательном процессе и методические рекомендации.*

Ключевые слова: *пословица, поговорка, народное устное творчество, образование, духовность, педагогика, национальные ценности, методика, народная мудрость.*

Oral folk literature is a measure of a nation's thinking, spirituality, and values. The experience, life observations, and wisdom accumulated by the Uzbek people over centuries have found their embodied expression in proverbs and sayings. Proverbs and sayings shape a person's attitude toward life, labor, knowledge, morality, and patriotism. Therefore, studying them not only as folklore samples but also as an important component of the educational process is of vital importance. Proverbs are deeply

meaningful, wise words that generalize the people's centuries-old life experience. For example, proverbs such as "Labor is the adornment of the worker" and "Do good and cast it into the water" call people to virtue. A saying, on the other hand, is a phrase with more figurative, conditional meaning: "Don't wear the coat left by your father, wear the word left by your name," "Better one day away from your land than ten days away from yourself," and similar expressions. The main difference between a proverb and a saying lies in the degree of generalization of content and the tone of advice and counsel.

Proverbs reflect the most ancient layers of folk thinking. They embody life truths and ideas such as morality, love and compassion, patriotism, and love of labor. For example: "What you have with your people remains with your people." "Those who know the language know the people." "The educated will equal the knowledgeable." Through such wisdom, the people call humanity to love of labor, knowledge, morality, and unity.

Proverbs serve as an important tool in forming moral virtues in students. Through them, children understand the difference between good and evil, truth and falsehood, labor and laziness, love and enmity. For example, proverbs such as "The truthful have many friends in the land," "Those who work are satisfied," and "Knowledge is the key to wealth" enrich students' thinking and reinforce positive behavior. Using proverbs and sayings in the pedagogical process teaches students to think actively and draw independent conclusions. It is advisable to apply them in the classroom in the following forms:

- Analytical method: presenting a proverb relevant to the lesson topic and discussing its meaning;
- Role-playing: organizing a scene or debate corresponding to the content of the proverb;
- Written work: having students write essays based on proverbs;
- Independent assignments: giving students tasks to collect proverbs and provide explanations.

These methods expand students' thinking, increase their linguistic richness, and instill the spirit of national values. In the era of globalization, it is important to preserve our national values and educate youth in the spirit of national identity. Proverbs are a natural tool in this process. Through them, virtues such as loyalty to the Motherland, love of labor, honesty, and self-awareness are formed in the younger generation. Therefore, it is necessary to harmonize proverbs with interactive methods in educational institutions.

Proverbs and sayings are pearls of folk wisdom, each promoting lofty ideas such as morality, ethics, labor, knowledge, and humanism. Through their effective application in the educational process, it is possible to enrich young people's thinking, deeply instill our national values, and educate a spiritually mature generation. Uzbek folk proverbs and sayings are not only the heritage of the past but also a reliable foundation for the education of the future.

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