



HISTORICAL AND ETHNOGRAPHIC FOUNDATIONS OF CHILD-REARING AND HEALTH CULTIVATION IN THE KASHKADARYA OASIS

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Abstract

This thesis explores the role of ethnic values of the Kashkadarya oasis in upbringing a healthy and harmoniously developed generation from a historical-ethnographic perspective. The paper analyzes the impact of regional customs, national sports games, and family traditions on the physical and spiritual development of youth. Furthermore, specific aspects of the oasis people's lifestyle and their significance in the modern educational process are highlighted.

Keywords: Kashkadarya oasis, historical-ethnographic approach, child-rearing, health cultivation, ethnocultural traditions, Kupkari, Mahalla system, healthy generation.

Introduction

At various stages of human civilization, raising a healthy and harmoniously developed generation has been a strategic goal for every nation. Today, in New Uzbekistan, improving the socio-spiritual environment and educating youth in the spirit of national values have become a priority of state policy. As President Shavkat Mirziyoyev stated: “As we set the noble goal of building the foundation of the Third Renaissance in our country, we must create the environment and conditions to bring up new Khwarazmis, Ferganis, Berunis, Ibn Sinas, Ulugbeks, Navois, and Baburs” [1].

The Kashkadarya oasis is distinguished by its ancient history, rich material and spiritual culture, as well as its unique ethnographic features. The lifestyle, family



relations, folk pedagogy, and traditional health-improvement methods of the oasis population, formed over centuries, have served as an essential foundation for preserving the gene pool of a healthy generation.

The formation and development of the Kashkadarya ethnos are directly linked to natural-climatic conditions, economic practices, and ethnic culture. These aspects are reflected not only in the physical but also in the spiritual and moral character of the youth. As the ethnographer I. Jabborov noted, in the traditional lifestyle of the Uzbek people, the education of children has always been regarded as the most important and sacred task of society [2].

The purpose of this research is to scientifically substantiate the importance of the ethnic values of the Kashkadarya oasis in upbringing a healthy generation by analyzing their historical-ethnographic foundations.

A historical-ethnographic approach allows us to integrate the traditional upbringing methods of the oasis people with modern pedagogical technologies.

The purpose of this research is to systematically analyze the historical and ethnographic foundations of the ethnocultural values of the Kashkadarya oasis in upbringing a healthy generation, and to scientifically substantiate their significance in shaping a harmoniously developed personality.

To achieve this stated purpose, the study addresses the following key objectives:

- To uncover the historical roots of customs, rituals, and taboos related to childcare and maternal protection, starting from the prenatal stage within the traditional family life of the oasis population;
- To determine the role of natural nutrition and traditional medicine (ethnodietetics) traditions, formed as a result of regional economic practices (the synthesis of sedentary agriculture and semi-nomadic animal husbandry cultures), in strengthening the immune system of the child's organism;
- To systematize the ethnographic characteristics of folk games, national sports (*Kupkari, Kurash*), and children's folklore in the physical conditioning and willpower tempering of the younger generation;
- To analyze the socio-cultural mechanisms of shaping psychological resilience, moral purity, and a sense of social responsibility in children through traditional community institutions (the *Mahalla*, family, *Hashar*, and the advice of elders).

The historical-ethnographic approach allows for the integration of traditional upbringing methods inherited from ancestors with modern pedagogical and healthcare



technologies. This, in turn, serves to develop innovative local models for bringing up youth to be physically and spiritually resilient individuals who recognize their national identity amidst contemporary global cultural crises.

Relevance of the Topic

In today's world of accelerating globalization, understanding national identity and preserving ethnic values is becoming more important than ever. The Action Strategy for the further development of the Republic of Uzbekistan identifies "the upbringing of physically healthy, mentally and intellectually developed, independent-thinking, patriotic youth with a firm life position" as a priority task. In implementing this task, studying the historical-ethnographic heritage of each region, particularly the Kashkadarya oasis, is considered highly relevant.

In the context of complex global processes and the rise of "mass culture," preserving the national identity and spiritual-moral foundations of every nation has become a pressing issue. The physical health of the younger generation, coupled with their upbringing in the spirit of national values, is inextricably linked to state security and the nation's future. As President Shavkat Mirziyoyev noted: "Only a person brought up on the basis of enlightenment and spirituality can be a true patriot" [3].

The Kashkadarya oasis occupies a special place in the civilization of Central Asia with its ethnic composition and historical path of development. The relevance of the topic is based on the following factors:

Firstly, the role of folk pedagogy (lullabies, fairy tales, proverbs) and family traditions formed in the lifestyle of the Kashkadarya ethnos in creating a healthy psychological environment needs scientific analysis. In a modern world where youth are increasingly tied to the virtual realm, our ancestors' traditional upbringing methods (e.g., collectivism, hard work, and respect for nature) serve as important tools for building spiritual immunity.

Secondly, the national sports games (kopkari, wrestling, weightlifting) and physical education traditions formed in the unique natural-geographical environment of the oasis are historically proven systems for maintaining a healthy gene pool. The integration of these traditions into today's physical education and sports systems is of great practical importance in ensuring the physical maturity of youth.

Thirdly, the ethnic values specific to the Kashkadarya oasis, particularly food culture, clothing arts, and hygienic habits, are historically rooted in ecological purity and



health. Studying this ethno-ecological culture is a relevant direction for strengthening public health in the current era of environmental challenges.

In conclusion, researching Kashkadarya's ethnic values from a historical-ethnographic perspective serves not only to restore the heritage of the past but also to improve the national model for upbringing a healthy and harmoniously developed generation. Scientifically substantiating their health-improving and educational aspects and applying them to modern pedagogy defines the relevance of this topic.

Results and Discussions

The analysis reveals that the regional upbringing system relied heavily on strict prenatal care rules, intensive physical conditioning via national sports (*Kupkari*, *Kurash*), and ecological nutrition (zoonotic diet and herbal medicine). Furthermore, the *Mahalla* institution and *Hashar* custom served as primary structural tools for building psychological resilience and social cohesion among children.

As a result of the historical-ethnographic study of the ethnic values of the Kashkadarya oasis, the following conclusions were reached:

1. Research results indicate that national games such as "**Kopkari**", "**Kurash**", and "**Poyga**", formed in the unique natural-geographical environment of Kashkadarya (especially in the mountainous regions of Dehkanabad, Chiroqchi, and Kitob districts), served as the foundation for developing qualities such as bravery, courage, and endurance in youth. These games functioned not merely as entertainment but as an ethnic school preparing young men for life's challenges.
2. Ethnopedagogical methods applied in the family ceremonies of the oasis population (such as the cradle ceremony and circumcision rituals), including the singing of lullabies (*alla*) and the teachings of parents and grandparents, fostered national pride and a sense of respect for elders from an early age. According to our observations, the "**shajara**" (genealogy) tradition in Kashkadarya families (knowing seven generations) instilled a sense of responsibility toward lineage and an aspiration to preserve a healthy gene pool.
3. Ethnographic observations confirm that the traditional food culture of the Kashkadarya ethnos (tandoor meat, dairy products, herb-filled *somsa*, etc.) is based on natural products, which has ensured the physical well-being of the growing generation. The preparation technologies and consumption culture of these dishes fully comply with ecological purity standards.



4. The results obtained show that in today's era of globalization, utilizing Kashkadarya's ethnic values within the educational system strengthens spiritual immunity against "mass culture" among youth. Integrating folk games into school textbooks and promoting family values is the most effective way to establish a healthy lifestyle.

The ethnic values of Kashkadarya are not merely a heritage of the past, but a complex of vital experiences that should be utilized in upbringing a harmoniously developed generation today. The scientific study and practical application of these values serve to preserve the nation's gene pool.

Conclusion

The traditional ethnocultural values of Kashkadarya represent a historically tested, sustainable framework for youth healthcare and moral education. The integration of these local ethnographic traditions into modern pedagogical practices offers valuable solutions for contemporary youth socialization and healthcare strategies.

As a result of the historical-ethnographic research on the role of the ethnic values of the Kashkadarya oasis in upbringing a healthy generation, the following general conclusions were formed: The centuries-old lifestyle of the Kashkadarya ethnos has created a unique "folk health system." In it, physical activity (national games), healthy nutrition (ecologically pure products), and spiritual purity (family traditions) functioned in inseparable harmony.

The research showed that traditional sports of Kashkadarya (such as *kurash* and *kopkari*) are not merely competitions but an effective means of strengthening willpower, teamwork, and fostering a sense of patriotism in youth. Based on the results obtained, it is advisable to more widely implement the positive elements of the oasis's ethnic values (for example, regional folk games and family upbringing methods) into the modern curricula of preschool and general secondary education.

Overall, the ethnic values of Kashkadarya are a treasure of our people's spiritual and physical health. Studying these values and passing them on to the future generation is of great scientific and practical importance in preserving the nation's gene pool and raising a harmoniously developed generation.



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