

CONTENT AND SIGNIFICANCE OF THE NATIONAL GAMES OF TURKIC PEOPLES

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Abstract: The article analyzes the pedagogical aspects of traditional games of the Turkic peoples. National games have historical and cultural significance and make a significant contribution to the physical, spiritual and intellectual development of the younger generation. The article presents practical proposals on the importance of integrating traditional games into the education system, their preservation, digitization and popularization among young people in the era of globalization. The article also discusses the pedagogical features of national games, their advantages for physical and social education, as well as innovative methods that should be introduced into the education system.

Keywords: Turkic peoples, traditional games, pedagogical education, physical education, national games, culture.

TURKIY XALQLAR MILLIY O'YINLARINING MAZMUN VA MOHIYATI

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Annotatsiya: Ushbu maqola Turkiy xalqlarning an'anaviy o'yinlarining pedagogik jihatlarini tahlil qiladi. Milliy o'yinlar tarixiy va madaniy ahamiyatga ega bo'lib, yosh avlodni jismoniy, ma'naviy va intellektual rivojlanishiga katta hissa qo'shadi. Maqolada an'anaviy o'yinlarni ta'lim tizimiga integratsiya qilishning ahamiyati, ularning globalizatsiya davrida saqlanishi, raqamlashtirilishi va yoshlar orasida ommalashishi bo'yicha amaliy takliflar keltirilgan. Shuningdek, milliy o'yinlarning pedagogik xususiyatlari, jismoniy va ijtimoiy tarbiya uchun foydasi hamda ta'lim tizimiga qo'shilishi kerak bo'lgan innovatsion usullar to'g'risida so'z yuritiladi.

Kalit so'zlar: Turkiy xalqlar, an'anaviy o'yinlar, pedagogik tarbiya, jismoniy tarbiya, milliy o'yinlar, madaniyat.

СОДЕРЖАНИЕ И ЗНАЧЕНИЕ НАЦИОНАЛЬНЫХ ИГР ТУРЕЦКИХ НАРОДОВ

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Аннотация: В статье анализируются педагогические аспекты традиционных игр тюркских народов. Национальные игры имеют историческое и культурное значение и вносят значительный вклад в физическое, духовное и интеллектуальное развитие подрастающего поколения. В статье представлены практические предложения по важности интеграции традиционных игр в систему образования, их сохранения, оцифровки и популяризации среди молодежи в эпоху глобализации. В статье также рассматриваются педагогические особенности национальных игр, их преимущества для физического и социального воспитания, а также инновационные методы, которые следует внедрить в систему образования.

Ключевые слова: тюркские народы, традиционные игры, педагогическое образование, физическое воспитание, национальные игры, культура.

INTRODUCTION

National games embody the historical, cultural and social values inherent in each nation. Traditional games of Turkic peoples are an integral part of their history, culture and philosophy. These games play an important role not only in increasing physical activity, but also in the spiritual, moral and intellectual development of young people.

This article is aimed at studying the pedagogical significance of the traditional games of the Turkic peoples, their integration into the modern educational system, and practical proposals for the preservation and development of these games in the process of globalization. Through an in-depth analysis of the pedagogical characteristics of national games, their role in the physical, but also spiritual education of students is highlighted.

LITERATURE ANALYSIS AND METHODS

Scholarship on traditional games focuses primarily on the historical development, cultural heritage, and pedagogical aspects of games. The importance of games in youth education, especially their social role and educational value in society, has been studied on the basis of many scientific works.

In some studies, National Games have been shown to be used to promote a healthy lifestyle among young people, as an effective tool in solving social problems. Other studies explore the effects of traditional games on increased physical activity and intellectual development. Also highlighted are the educational characteristics of

national games, their role in helping students develop cooperative and teamwork skills.

This article uses the following methods:

Analytical method: analysis of the historical, cultural and pedagogical significance of the traditional games of Turkic peoples.

Empirical method: conducting surveys and interviews to study the impact of traditional games among students.

Descriptive method: develop proposals to describe traditional games pedagogically and integrate them into the educational system.

RESULTS AND DISCUSSION

Pedagogical aspects of National Games

National Games not only increase physical activity, but also develop youth socially, spiritually and morally. Through them, students learn values such as cooperation, adaptation to society, mutual assistance and respect. Games also teach social responsibility, appreciation of hard work, and willingness to change.

In addition, the National Games also contribute to the development of healthy competition among young people. Through these games, students test their strength and capabilities, which strengthens them both physically and mentally. Along with increasing physical activity through games, young people can be trained in stress management, perseverance and solid will.

Integration of national games into the educational system

The integration of national games into the educational system particularly affects the personal development of young people. Teaching students historical and cultural heritage through traditional games helps them adapt to the modern educational process. By incorporating games into curricula, Students explore national values not only in a theoretical but also practical way.

The use of traditional games in the educational system will be an effective means of increasing the physical activity of students, teaching social cooperation and performance. Also, through games, students develop social skills to help them find their place in society.

Preservation and development of National Games

There is a risk that National Games will disappear under the influence of globalization and modern technologies. Therefore, it is necessary to carry out measures aimed at their preservation and development. Digitization of games and popularization on virtual platforms make it possible to distribute traditional games more widely among young people.

In order to save and develop games, it is necessary to develop new methods based on them. The scientific and practical study of games creates opportunities to improve them with the help of new technologies.

Innovative approaches

Innovative approaches are needed to popularize National Games among young people. The introduction of traditional games in new forms using interactive technology provides opportunities to teach students in new ways. This, in turn, helps to develop young people both spiritually and physically.

CONCLUSION

Traditional games of Turkic peoples are very important from the point of view of history, culture and pedagogy. They not only increase physical activity, but also develop young people socially, spiritually and morally. The integration of national games into the educational system, their maintenance and development is one of the most pressing problems in modern times.

Digitization of traditional games, development using innovative technologies and popularization among young people ensure that these games reach future generations. This process requires the active participation of educators, scientific workers and society.

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