

**METHODS OF LEARNING NATIONAL TRADITIONS, VALUES AND CEREMONIES
IN EDUCATIONAL LESSONS AND THEIR ROLE IN PERSONAL DEVELOPMENT**

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Annotation: This article discusses the methods of learning national traditions, values and ceremonies in educational lessons and their role in personal development.

Keywords: educational lessons, national traditions, values, ceremonies, role models, practical exercises, announcements, events, discussions, conversations, use of technologies, spiritual feelings, unity and solidarity, educational impact, preservation of cultural heritage, development of identity and values, personal development.

Introduction. Educational lessons are not just about imparting knowledge; they are a process of sharing the rich culture, traditions, and values of the Uzbek people with the younger generation. Their role in personal development is unparalleled.

1. National Traditions

Traditions reflect the uniqueness, customs, and culture of a nation. Uzbek national traditions are expressed through various ceremonies, festivals, and lifestyles. For instance, wedding ceremonies, the sanctity of hospitality, and traditions of generosity are crucial components of the Uzbek identity.

2. Values

Values are important principles in a person's life. The values of the Uzbek people encompass concepts such as initiative, compassion, justice, and patriotism. Teaching these values in educational lessons plays a significant role in fostering both theoretical and practical understanding for the youth.

3. Ceremonies

Ceremonies are an integral part of social life. By learning about ceremonies in educational lessons, young people understand the unique significance of each tradition. For example, the Navruz holiday is a symbol of spring and renewal, holding crucial importance in the new stage of youth's lives.

Through educational lessons, national customs, values, and ceremonies not only teach knowledge but also impart spiritual health, social responsibility, and love for one's homeland. This process forms a vital foundation for the personal development of future generations. Every student should strive to preserve these treasures in their lives.

Methods of Teaching National Values in Educational Lessons

Teaching national values in educational lessons is not just about providing information but also about developing the students' personalities and nurturing them in the national spirit. Several effective methods can be employed in this process:

1. Providing Examples and Role Models

Informing students about the lives and activities of great figures, scientists, and artists from their era helps them find inspiration. For example, discussing Alisher Navoi's works and his role in Uzbek culture can motivate students.

2. Practical Activities

Practical activities are also crucial in teaching national values. Learning to prepare traditional dishes, songs, or dances together with students helps them grasp these values more deeply. Organizing dance classes, for instance, can allow for a closer study of Uzbek culture.

3. Announcements and Events

Conducting events related to national holidays, ceremonies, and traditions can introduce students to national values. Celebrating the Navruz holiday helps students feel the significance and honor of this festival.

4. Discussions and Debates

Holding discussions and open debates in educational lessons can help develop youth opinions. This method allows students to express their views on national values and traditions and understand their importance.

5. Using Technology

Using modern technology can effectively teach national values. Multimedia presentations, video materials, and online courses can create an interactive environment for students.

The process of teaching national values in educational lessons is conducted through creativity, practice, and live communication. By enabling students to understand, value, and utilize these customs, they play a vital role in their personal development.

The Role of National Traditions, Values, and Ceremonies in Personal Development

Educational lessons are not limited to imparting knowledge; they involve the process of nurturing youth based on national customs, values, and ceremonies. These elements play a significant role in personal development and are crucial in shaping students' personalities, behavior, and their relationship with society.

1. National Traditions

National traditions reflect the historical and cultural heritage of each nation. In Uzbek society, customs such as hospitality, respect for family, and preserving traditions are of great importance. Teaching these traditions in educational lessons helps youth appreciate their culture and aids in developing personal and social values.

2. Values

National values serve as essential guiding principles in every person's life. Values such as justice, mutual respect, and patriotism in Uzbekistan help youth develop as active and responsible citizens in society. By implementing these values in their lives, students achieve personal growth.

3. Ceremonies

Ceremonies form an inseparable part of social life and play a vital role in the educational process. Through national holidays, wedding ceremonies, and other traditional events, students learn about their historical and cultural heritage. These ceremonies positively impact personal, spiritual, and physical development.

In educational lessons, national traditions, values, and ceremonies establish the foundation for personal development. When youth apply this knowledge to their lives, they contribute not only to their own growth but also to the development of society. All of this aids in ensuring future generations possess high values and ethical standards.

The Impact of Ceremonies and Traditions

Ceremonies and traditions are inseparable parts connected to the culture, history, and spiritual essence of every nation. Their impact plays a significant role in shaping emotions not only in personal life but also in social life.

1. Spiritual Emotions

Ceremonies are often held at specific times and places, enhancing their importance. By expressing our traditions and customs during these significant events, they strengthen personal and collective feelings. For example, wedding ceremonies ensure strong bonds and support among family and friends.

2. Unity and Solidarity

Ceremonies and traditions play a crucial role in fostering unity. Celebrating festive occasions and events together enhances community ties and strengthens national spirit. This sense of unity helps promote mutual respect and compassion.

3. Educational Impact

Ceremonies and traditions are also significant in educating youth. They provide teaching processes based on the nation's values, traditions, and life experiences. Students understand the importance of traditions and shape themselves as responsible individuals by applying them in their lives.

4. Preserving Cultural Heritage

Ceremonies and traditions are an integral part of national culture, passed down to future generations. Continuing these practices helps to preserve the historical and cultural heritage of the nation. Each ceremony plays a significant role in the processes of renewal and formation.

5. Identification and Value Development



Traditions and ceremonies are essential in realizing one's identity. Studying one's national history and culture helps individuals recognize their uniqueness and develop their values. This, in turn, plays a crucial role in enhancing self-identity and self-esteem.

Ceremonies and traditions play a significant role in a person's life, society, and culture. They not only strengthen social bonds but also influence the inner world and personal development of individuals. Appreciating these elements contributes to collective progress.

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