



## Customs and Ceremonies Related to Dressing Culture of Uzbek People in Folklore Performing Art

**Kasimjonova Nodirabegim Farhodjon kizi**

*3rd stage student of FarDU history department*

**Abstract:** There are peoples and nations in the world that have their own history, traditions and, of course, their own culture. The culture of dressing is a part of this and its history goes back to the distant past. A person's taste and wisdom is reflected in his clothes, life actions and self-control. Paying attention to external appearance is an expression of inner spiritual beauty. Clothes should serve for comfortable living. In addition, clothes are a reflection of a person's spiritual maturity, sense of beauty, noble goals. By studying ancient traditions, we can witness how clever our wise people were in terms of dressing culture. A cap worn on the head, a white dura worn by women to protect a person from the sun's rays, shows that deep knowledge and experience lie behind customs and traditions. That's why we need to adapt our clothes to the times while preserving the national essence. Because we do not go far in search of something in terms of spirituality. We have all the foundations.

**Keywords:** Dressing culture, decoration, jewelry, fashion, mourning clothes, appearance, holiday dresses, "popular culture", spiritual beauty.

### INTRODUCTION

Clothing is closely related to the region, conditions, lifestyle, customs, traditions, and nature of every nation, which it has been living in since ancient times, and determines its spiritual perfection and national culture. Dressing well is a unique art. In order to master this art, a person must not only follow the requirements of dressing, but also continuously educate his aesthetic taste. In order to educate the taste, it is necessary to get acquainted with the norms of laws and all art based on mutually compatible concepts. Human education is reflected in clothes. A person's sense of taste can be seen in clothing, life actions, and self-control. A wise person always keeps this image. Paying attention to external appearance is an expression of inner spiritual beauty.

The role of the ancient clothes, ornaments and jewelry of the Uzbek people in making the execution more perfect in the staging of ceremonies and rituals, research for public events is incomparable. In fact, a person's taste can be seen in his clothes, life actions, and self-control. A sincere white-hearted, self-demanding, well-educated - spiritual person tries to dress in a way that does not allow artificiality in his appearance, and behave accordingly. Clothes should serve for comfortable living. Clothes are a reflection of a person's spiritual maturity, sense of beauty, and noble goals. After all, people don't live only to get expensive and luxurious clothes, but they wear clothes because it is a cultural way of life and a necessity of life. Some people who deny modern fashions think that "we don't dress based on fashion". You can dress in the latest fashion, or you can dress in old, outdated fashions. First of all, clothes should not make a person's body look ridiculous in the eyes of others. Since man appeared, his clothing culture has always been important. From ancient times to the present day, various customs have been formed. This is one of the symbols of the identity of each nation. Moreover, it is one of the most relevant topics of today. This is because clothes are beneficial to a person only if they fulfill their purpose. The concepts of "popular culture" are spreading all over the world, and the way of dressing is also at



its basis. That is why it is not without benefits to follow the dress habits that have been tested for thousands of centuries and are characteristic of the mentality. Adabiyotlar tahlili va metodologiya

Dressing culture also occupies an important place in Uzbek culture. Our parents always taught young people to dress cleanly, neatly, handsomely and beautifully. Husayn Vaiz Koshifi expresses his opinion about the manners of dressing and says the following: "Clothes have different colors. Each color represents its own meaning. If a white dress represents the color of the day, then such a dress is suitable for people who do not hold grudges in their hearts. Because the person who wears white clothes shines on people like the morning. Blue represents the color of water, and people dressed in this color are distinguished by being smart and sensitive to life. Whoever likes this color, it will be as clean and pure as water, close to every heart. Black is the color of the night and the eyeball. That's why the hearts of those who wear clothes are full of secrets. Green is the color of the sky and mature people. Such clothes will make a person pure and generous like the sky, and have the qualities to help those in need as much as possible. In general, the most beautiful appearance of the Uzbek people is their manners, modesty and chastity. Through chastity, they become perfect people who are liked by the people, and become young people who are loyal to the future generation and the motherland. Nowadays, apart from the beauty, manners, morals, behavior of our youth, their appearance and dress should be noticed among the people. There is a saying in our people that "if you get in hand, look at your knee". Our ancestors, our grandfathers and grandmothers, were intelligent and wise people. They instilled a deep meaning in every word, symbols and gestures. The essence of this wisdom means that if you have entered the country, try to be a part of it, try to dress and live in a manner worthy of its history, character, and honor.

## RESULTS AND DISCUSSION

After Uzbekistan gained national independence, the ancient and age-old values of the people were gradually restored and many of them found their rightful place in the way of life of our people. On the other hand, some rituals introduced under the communist ideology during the Soviet era have disappeared from the people's life, and a number of new modern rituals have also entered. Dressing with taste also means that a person can look at himself critically. A person should be aware of his natural defects and dress them in such a way that they are not noticeable to others. Age should not be forgotten when choosing clothes. Young people dress in sports clothes. Light-colored, floral clothes suit them better. The taste of women in their thirties is considered the basis of fashion. At this age, a woman should be well aware of her appearance and be able to choose clothes that compliment her. Among Uzbeks, like other peoples, mourning is a mournful ceremony held in connection with the death of a person. Therefore, the folklore genres performed in this ceremony, the participants of the ceremony and their costumes are all Mung. Mourning rites are made up of a lot of pictures, customs and small ceremonies. Among them, "greeting" the deceased, (drinking black soup), mourning ceremony, ceremony of symbolic atonement for the sins of the deceased, rituals and customs related to burial and commemoration of the deceased. Commemoration ceremonies of the deceased were also held on the days of Ramadan and Eid al-Adha. After the Eid prayers, the deceased among the Haitians went to their homes to celebrate Eid and pray for blessings. Commemoration of the deceased and the ghosts of ancestors occurs on the days associated with the change of seasons in nature, including "it snowed" when the first snow falls, Navroz, when the stork arrives, when the melon ripens, when the flowers open, when the trees bloom. conducted. Rituals associated with mourning rites indicate a certain degree of connection between the universe and mankind, between nature and human life, with philosophical concepts of time and space.

## DISCUSSION

We need to adapt our new clothes to the times while preserving the national essence. Because we do not go far in search of something in terms of spirituality. We have all the foundations. Every



point of our clothes has meaning about something. For example, if the tip of a women's turban is thrown to the right side, it means that I am a head owner, if it is thrown to the left side, it means that my head is uncovered, my livelihood is broken, and if it is placed in the middle, it means that I am a widow. When it comes to clothes, I remember folk tales. Our symbols, which embody the most beautiful chastity of our nation, are horsemen and sniper girls, dressed as lightning and flying like deer. In our people, mourning clothes are paid attention to. Piru was wealthy, and the women mourning the deceased wore dresses made of white cloth with small flowers. Mourners wore blue for those who died prematurely. Today we are indifferent to these traditions. In fact, each of our traditions has a world of content and meaning. It is known that the natural appearance of the clothes, color, and types of clothes formed by the Uzbek people over the centuries in connection with the climate and mentality has come down to our days. For example, caps, shepherds, kovush-maxi, and belts are not just a legacy to us from our ancestors and mothers. In each of these clothes, truths related to our natural and spiritual needs are embodied. For example, doctors say that walking barefoot in the hot sun causes various headaches and hair loss. Men's hats and women's white turban prevent such pains. It is also a phenomenon directly related to sexual aspects. In this regard, if you pay attention to the scientific and practical research of Uzbek psychologists, they show that the reason for the increase in family divorces every year is the fact that women wear clothes that are very modern, that is, most of the body is exposed. Because the more women walk openly, the less attractive their secret is. The times keep editing the book of life with news. He also passes his judgment on clothes. Dressing with taste also shows that a person can look at himself critically. A person should be aware of his natural defects and dress them in such a way that they are not noticeable to others. Age should not be forgotten when choosing clothes.

### Conclusion

Clothes should serve for comfortable living. Clothes are a reflection of a person's spiritual maturity, sense of beauty, and noble goals. After all, people don't live only to get expensive and luxurious clothes, but they wear clothes because it is a cultural way of life and a necessity of life. It is also necessary to know what clothes to wear when, where and how to wear them. Good taste is manifested first of all in prudence. The clothes that are worn with care are its proportionality to specific conditions, its compatibility with the person's occupation, event, environment, etc. The opposite of mediocrity in dressing is a condition that manifests itself as a sign of bad taste. We need to take into account our own attention, not the attention of others. The fact that our outerwear is always clean and attractive has a positive effect on our mood and work. In ancient times, hats and shoes were not given to strangers. It is not for nothing that the saying "After all, the soul of its owner resides in clothes." As the social life changes, the clothes also change. The people of our Republic, which is entering the world stage, should also wear the most modern, beautiful and comfortable clothes, passing from century to century.

### References:

1. Ismailov H. Traditional Uzbek Clothes. Tashkent, 2007
2. Saifullayev.B. Intangible Cultural Heritage And Traditions Of Performing Arts. Tashkent. "Navroz". 2017
3. Murodova.M. Folklore And Ethnography. - Tashkent, 2008
4. Haydarov.Z. Intangible Cultural Heritage. Namangan. 2014.
5. Makhmudovna, A. Sh.( 2022/12/1). Übungstypologie Im Deutschunterricht. International Scientific And Practical Conference" The Time Of Scientific Progress", 114-119



6. Makhmudovna, A. Sh.( 2023/4/10). The Meaning Of Independent Decisions In Lessons German As Foreign Language. Ijtimoiy Fanlarda Innovasiya Onlayn Ilmiy Jurnali, 36-38
7. Makhmudovna, A. Sh.( 2023/4/10). Some Opinions About Independent Decisions In German As Foreign Language Lessons. Ijtimoiy Fanlarda Innovasiya Onlayn Ilmiy Jurnali, 31-35
8. Makhmudovna, A. Sh.(2022). To'y Marosimi Va Nikoh Bilan Bog'liq Tushunchalarning Leksik-Semantik Tasnifi. Fardu.Ilmiy Xabarlar,999
9. Madayev.O. Uzbek Folklore. Tashkent. "Classic Word". 2010
10. Ashirov A. National Ceremonies Are Our Spiritual Wealth. Tashkent. 2015
11. Yoldoshyeva.S. Living Traditions. 1990.