



The Philosophy of Karakalpak Folk National Games

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Abstract: The role of Karakalpak folk national games in the intellectual development, physical health, and worldview of our ancestors has been discussed.

Key Words: National games, Folk games, running ball, kids' game, worldview

Each nation has its own unique national folk games, customs, and traditions inherited from its ancestors. The Karakalpak people have a long history of national games. These include *uloq o'yin*, *arqon tortishmoq*, *qocharman to'p*, *yashirinmoq*, *quvishmoq*, *bek tosh*, *avelaman-duvelaman*, *oshiq*, and so on. What is the significance of folk games that have survived to us for centuries? Why does every child, when they start playing, forget everything and become so absorbed in it? Questions arise about how games attract people.

National games, including the ball game, play an important role not only in the formation of correct and independent movements of the younger generation, but also in increasing their consciousness, thinking ability, and strengthening their health. National games play a significant role in improving our people's work capacity.



Every child or adult is very interested in playing, and while playing, they seem to forget about their worries in the world. Play fosters feelings of tranquility, joy, and the pursuit of victory in people.

Whatever the game, whether it's an active game or a word game, it gives a person freedom. A game is not a duty, a duty, or a law, because one cannot play it by coercion or by giving orders. You join the game with your own aspiration, will, and desire. Play helps us to invigorate our spirits and brings us spiritual joy, even if just a little, forgetting our other responsibilities. A person should also know how to rejoice in something from a young age.

The game teaches us to follow the rules. The game teaches discipline, and they act without breaking the rules. If the rules are violated, punishment will be applied, or if the conditions are violated, a measure will be taken. And where there are rules, there is order, discipline, and culture. It increases a person's ability. In any situation, they strive for victory with their true diligence, maintaining order.

Play unites people, because it's not interesting for one person to play with themselves. Using our national folk games as an example, playing as a team, showing respect to one another, and knowing how to respect the opposing team are educational in nature. Play exercises the mind and encourages quick decision-making. It calls people to unite as a community and teaches them to fight selflessly for the community.

In the game, it doesn't matter who wins, but the victory is valuable because it's achieved by adhering to the rules of the game. Establishing friendly relationships with each other and nurturing intelligence, initiative, and aptitude.

It enhances children's acting skills, allowing them to perform various roles in the play. The game teaches you to joke, to rejoice, to enjoy victory. Sometimes, when you fail



to meet the rules of the game and are defeated, it seems to remind you of restraint, hope for the next game, striving forward in preparation for it, and the unevenness of life's paths..

And in the current age of advanced science, technology, computers, and information technologies, we must not be indifferent to what games young children are engaged in. Children spend most of their time in front of the computer (from computer games) familiarizing themselves with internet information, and questions arise about how their outlook on real life is being formed. In the era of developed civilization, we have reached a point where we cannot imagine every day without internet data and computer technologies. Because in the current era of global globalization, it is impossible not to be aware of the news. Therefore, we cannot deny this. However, we must not forget the importance of our national games and their influence on the comprehensive development of our youth, who are our future.

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