

The Role of the "Alpomish" Episode in Forming the Students to Be Physically Perfect

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ABSTRACT

This article describes the role of the Uzbek folk epic "Alpomish" in the formation of the physical fitness of students and the pedagogical conditions of their use in the educational system.

In today's rapidly developing age, the role of folk art in educating students to be physically fit is incomparable, and in forming students to be physically fit, the study of Uzbek folk epics requires a deep scientific and methodological approach.

Our state and society will use all the strength and capabilities of our country and society so that our young people can think independently, have high intellectual and spiritual potential, and become physically fit people who are not inferior to their peers in any field in the world and become happy. is mobilizing. As the President noted, it is necessary to pay great attention to the education and training of children. [1]

Doston, poem-lyro-epic genre; a work of art in this genre. It is widely used in Uzbek folklore, oral creativity, and Uzbek classical literature. In the epic, a certain event is told using the means of lyrical-epic images. It covers life and reality on a wide scale, one or two main characters participate, and there are many characters. The plot is lively and colorful.

Epics in folklore are in verse and prose, and epics in written literature are in verse, in which prose acts as a link between events. Lyricism is stronger in epics in written literature, especially in modern epics the lyrical basis is more weighty.

Epics in the world of classic literature are distinguished by their scope and size, raised social, political, and moral problems, the sharpness of the plot and drama, and a large number of

characters. At the center of such works is the fate of the society and the people, the society, the people, and the hero are depicted as a whole, there is no conflict between them, but the struggle between this nation, this hero, and external enemies, the conflict between good and evil is depicted. They promote the ideas of patriotism, heroism, humanity, love, friendship and loyalty, and hard work.

The first epics appeared in Greece. They sing about the bravery of legendary heroes and the blessings of the gods. Homer's "Iliad" and "Odyssey", Dante's "Divine Comedy", and Firdausi's "Shahnama" are ancient examples of the epic genre.

The epics, by their essence, are heroic ("Alpomish", "Farhad and Shirin"), adventure-detective ("Sabbai Sayor"), romantic-romantic ("Tahir and Zuhra", "Layli and Majnun"), war novel ("Yusuf and Ahmad", "Saddi Iskandariy"), historical-memoir ("Shaibaniynoma", "Jizzakh uprising"), philosophical ("Hayrat ul-abror"), fantastic-allegorical ("Lison ut-tayr"), didactic ("Qutadgu knowledge") is divided into types. [2, 363 b]

One of the Uzbek folk epics is the "Alpomish" epic. Although this work took the form of a complete epic based on the ancient epic traditions of the Turkish peoples a thousand years ago, the oldest layers of the "Alpomish" epic date back to BC and reflected the artistic interpretation of the processes that took place in our country over the centuries.

Variants of "Alpomish" have been recorded since 1922. So far, there are more than thirty such as Fazil Yoldosh's son, Mahammadqul Jonmurad's son Polkan, Berdi Bakhshi, Saidmurad Panoh's son, Bori Bakhshi, Bekmurod Joraboy's son, Mardonaqul Avliyoqul son, Abdulla Nurali son, Umir Bakhshi, Haidar Boycha son, Rahmatulla Yusuf son, Hadir Rahim son. from the stoners About forty variants have been recorded. [3, 238-239 b]

Since time immemorial, our nation has strived to be worthy of the divine power existing in its body, its veins, and raised its sons to be true wrestlers who would not spare their lives for the country in the spirit of bravery, honesty, and bravery. In this sense, "Alpomish", a unique masterpiece of folk art, is a heroic song that expresses the identity of our nation and is passed down from generation to generation.

If the ancient and glorious history of our nation is an endless epic, it would be correct to say that "Alpomish" is the royal stanza of this epic.

In this classic work, the virtues of our nation, which has survived the storms of history and the tests of life and death, and has always preserved its identity, are expressed, such as tolerance, fortitude, nobility, loyalty, and loyalty.

Therefore, the epic "Alpomish" teaches us the virtues of patriotism. It teaches us to be fair and honest, to protect our country, our family fortress, to protect our friends and neighbors, our oremus, and the sacred graves of our ancestors from any aggression.

At one time, more precisely, in the 50s of the last century, like many examples of our national heritage, the epic "Alpomish" was condemned as a work of nationalism and was persecuted.

We remember with great gratitude that our dedicated intellectuals showed courage and managed to save it in those difficult years.

This immortal work was created by our people for centuries, preserved by our faith, many generations of our ancestors were educated based on the "Alpomish" saga, realized their identity, and gained spiritual wealth.

So, as long as our people exist, the image of "Alpomish" is alive.

Because the epic "Alpomish" is a bright example of our creative thinking, our spiritual

wealth, how deep our historical roots are, how our nation was formed and developed in the natural and social environment, and how our ancestors were a community and supported each other even in distant times. , vividly describes how they overcame the difficulties they encountered and lived together.

Here, let's refer to a small example from the work. According to the ancient imagination of our ancestors, the bow and arrow were considered a symbol of power. "Alpomish" gets the title "Alp" by shooting arrows from a bronze bow made of fourteen batmen from the age of seven. If we take into account that "Alp" means the owner of power, we are sure that this epic is an artistic expression of our centuries-old national statehood.

In a word, the invincible hero of our people - in the form of "Alpomish", we are the sons of the nation, who can protect our Motherland from evil eyes and misfortunes, and if necessary, are ready to sacrifice their lives in this way. we see the spiritual image of today's "Alpomish".

I believe that each generation will preserve this heroic saga and pass it on to future generations.

No force can conquer the nation that sings this heroic epic and takes it to heart. [4, 21-22 b]

On December 15, 2022, the 150th anniversary of the birth of the son of the famous Bakhsh poet Fazil Yoldosh was solemnly celebrated in Bulungur district, Samarkand region. In this regard, a cultural and educational event was organized in the Bulung'ur district, where Bakhshi was born and raised.

The event, which was organized to liberalize the work of a bright representative of Uzbek folk poetry, began with placing flowers at the foot of the statue of the son of Fazil Yoldosh in the alley in the center of the district.

Deputy governor of the region R. Qabilov, member of the Oliy Majlis Senate F. Toshev, folklorist scientist B. Matyogubov, People's Bakhshi of Uzbekistan Sh. Khojamberdiev, grandson of Bakhshi N. Fozilov spoke at the event. They talked about the life and work of their son.

As part of the event, a competition was organized among young talented, and amateur singers at the children's music and art school named after Fazil Yoldosh's son, more than 30 singers participated in the competition. The competition was evaluated by a jury consisting of people from Uzbekistan.

According to the end of the competition, Suyunboev Zakhridin won first place among young people, Togaymurodov Sunnatillo won second place, Mamaev Islam took third place, Abduolim Bakhshi Bekmurodov won first place in the competition among adults. 2nd place Shavkat poet Bobomurodov, 3rd place Sherkozi Bakshi Norbekovlar.

In addition, Sanogulov Olimjon won the "Oldest Bakhshi" nomination, and Yakubov Begzodlar won the "Youngest Bakhshi" nomination.

The opening ceremony of the newly completed house museum named after the son of Fazil Yoldosh was held at the initiative of the Samaraqand regional administration. It was attended by scientists, experts, and representatives of the general public.

The winners of the contest, organized in connection with the 150th anniversary of the birth of Fazil Yoldosh, were solemnly awarded in the "Samarkand" Palace of Ceremonies.

At the same time, a group of industry representatives and Bakshi who worked actively in the development of the art of baksheesh and its promotion were awarded honorary certificates and souvenirs by the regional administration.[4]

It is necessary to instill in the young generation our cultural and educational wealth, which

is passed down from ancestors to generations through folklore, to form a sense of humanity and pride in the ancestors and to awaken in their hearts a feeling of love for them. The ancient Greek philosopher Plato emphasized that all the necessary activities in the process of raising a child should be carried out together with education.

Conclusions and suggestions

- Folk art plays an important role in the education of students and young people, forming human and physical qualities such as physical fitness, behavior, culture of behavior, respect for adults, and growing into mature physically fit individuals.

- Each episode of the epic, the fate of the heroes of the epic, invites the reader to think, to make a contribution to the story, to teach the future generations to love the country and honor the "Motherland".

- It is necessary to pay attention to the following to form physical well-being in students and young people through the epic.

- To study the improvement and formation of physical fitness in students through the epic "Alpomish" as a separate object of research:

- If through the "Alpomish" epic, the classifications related to the formation of a physically fit person are developed among students and young people:

- In extracurricular activities, if physical fitness is formed through sports in "Alpomish" games if spiritual, moral, and pedagogical conditions are analyzed:

- Through the "Alpomish" saga, the possibilities of extracurricular educational activities in the formation of physical fitness and human qualities in students are substantiated.

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