

CULTURE - A HEARTBEAT OF A HUMANITY

Safarova Odinakhon

Tashkent State Pedagogical University named after Nizami BA student

email: odinakhonsafarova@icloud.com

Annotation: This article aims to inform readers what is culture and it explores the word culture as a central element of human life, examining its definition, components and impact on humans and their identity. It examines how culture is expressed through language, food, clothing and beliefs.

Key words: Culture, Cultural identity, Cultural values, Cultural diversity, Cultural awareness, Cultural heritage, Social norms, Traditions.

Introduction:

Culture has a different and complex meaning, which defines who we are, how we think, and how we interact with the outer world. It is not just customs, traditions, rituals - it is the lens through which we view life. Not only the food we eat and language we speak, but also beliefs and values to how we express ourselves, culture is visible in every aspect of our life.

Culture Defining: More than just traditions

Culture is broadly defined as a shared set of behaviours, beliefs, values, customs, languages and artifacts that we got from our ancestors within a particular group or a society. It has 2:

1. Tangible elements: clothing, food, tools, buildings, artworks, and literature.
2. **Intangible elements**, including morals, traditions, religious beliefs, norms, language, social roles, and ways of thinking.

Anthropologists often refer to culture as “a way of life”. It is not something we inherit biologically: instead of this it should be learned through socialization and communication.

Culture and Identity

Culture is key factor in terms of shaping individual and collective identity. It would include these questions:

- Who am I?
- Where do I come from?

- What do I believe in?
- How should I behave in society?

For example, in Asian countries, collective values such as respect for elders, harmony and family unity are emphasized while Western cultures pay more attention to individual freedom, self-expression and independence.

The role of Culture with Language

Language is also one of the most powerful cultural tools. It can be seen through the language we speak, express emotions, and tell stories. Every language owns unique expressions, idioms and structures which belong to that only culture that reflect the values and worldview of its speaker.

For example, the Inuit people of the Arctic have multiple words for different types of snow, reflecting the importance of snow in their daily lives. Similarly, the Uzbek language reflects hospitality and community values through words like “mehmon” (guest), which carries deep cultural meaning.

Cultural Expression in Daily Life

There are lots of ways in which culture influences our life.

- Food - Every culture has its own cuisine, climate and history. For example, it is common in India to use spices and it includes not only the way they cook, but also its roots to the historical healing process.
- Clothing - Traditional clothing sometimes has symbolic meanings. In Uzbekistan “atlas” and ‘margilan adras’ fabrics are more beautiful than even materials - they reflect the pride of Uzbek nation and identity.
- Celebrations and rituals - Cultural festivals such as Navruz in Central Asia, Diwali in India or Thanksgiving in the United States can be highlighted as important historical and spiritual values.
- Art and Music - Cultural values and stories are passed down through songs, dances, paintings, and literature.

Cultural Diversity - the beauty of differences.

The world is full of diverse cultures, this diversity enriches humanity by offering different perspectives, solutions to problems, and creative expressions. Cultural diversity also promotes:

- **Tolerance and understanding:** Learning about other cultures helps reduce stereotypes and prejudice.

- **Innovation:** Diverse cultural influences lead to creative thinking and collaboration.
- **Global cooperation:** In a connected world, understanding cultural differences is key to successful communication and cooperation across borders.

In conclusion, I can say, culture is the heartbeat of humanity. It tells us how we behave, where we are from and connects us with other nations too. It is not important, it is through language traditions or values that culture helps us make sense of the world and our place in it. By understanding culture, we understand ourselves—and each other.

The list of used literature:

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