
THE ROLE AND IMPORTANCE OF KAZAKH NATIONAL GAMES IN MORAL, PATRIOTIC AND PHYSICAL EDUCATION OF THE RISING GENERATION

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Abstract:

In this article the author examines the problem of teaching Kazakh national games and physical education in secondary schools to improve the moral and patriotic education of youth. Raising the issue, the author tried to "shake up" the minds of youth, citing examples from the heroic past of the Kazakh people that led to the astonishment of the enemies of our ancestors.

INTRODUCTION

Considering the various means of physical education, experts focus especially on those varieties that could satisfy the interests of young people. In recent years, among these, a lot of attention has been given to the use of national games and physical exercise in school physical education [1, 2, 3, 4, 5].

Among them are the "SpArt" games. At the heart of these games lies the "SpArt" model of competition organization, which differs, in all respects, (program, winner determination system, participants, etc.) from the above-characterized model of sports competition organization. The program of "SpArt" model based events presents, in game form, a variety of activities related to sports, tourism, artistic, scientific and technical creativity. [6]

At the present stage in the Republic of Kazakhstan, the legislative framework of the physical education system are the educational standards present in the model program, the Presidential tests of physical fitness of the population [7] and the Unified Sports Classification [8], operating in continuity.

In the Republic of Kazakhstan, scientific and methodological support of physical education in schools is carried out by the Republican Scientific-Practical Center of Physical Culture. Prepared by experts of the center are scientific and methodological works, the "Kazakhstan Sport" encyclopedia [9], methodological guides for teachers of 5th, 8th grades [10].

According to K.A. Kulanova [11], the process of development dynamics of physical education in Kazakh secondary schools has been complex and contradictory. On the one hand, amenities and sports facilities in schools were improved, the necessary sports equipment and implements were acquired, the quality of academic work on physical education improved; on the other – provisions declared in rulings and decrees often remained solely on paper, the

mass character of school sports was sacrificed in the pursuit of training masters of sports and athletes of high rank. There were instances of deliberately exaggerated indicators, formalization of the sports mass movement, which have caused significant damage to the physical education system as well as to strengthening the health of youth.

AIM OF THE STUDY

Kazakh national games can have a positive impact on social and economic situation. It is not just because of the fact that the most games have nomadic nature and can be organized in any place without much expenditure, but the games also reflect the psychological features of the people. While playing, a child pays more attention to the final aim rather than on how it is made. Showing agility and flexibility, he/she adapts to the game's conditions and improves the motional skills acting specifically and purposefully. Children temper their health and develop their natural talents. Thus the people attached importance to such kinds of games which were aimed at developing all human motor skills essential to defend the homeland. The games were not just a show to raise the mood when everybody is tired. It was considered that such games contribute to forging the national character, the character of a future leader who polished his qualities competing among the equal. Naturally, a gifted young man was taught by masters who were older and had more experience. Consequently, national outdoor games were transmitted from father to son, from elder to younger and reflected the ways of life, images of art, culture complexes, and household traditions [12].

Due to the constant danger of enemy tribes' raids in the ancient times, nomadic people who occupied the territory of modern Kazakhstan were good at physical training. The batyrs (heroes) of the tribe and their squads were always ready to defend the native land from the attacks of foreign invaders. The need to be in a good physical fit to ward off the raids stipulated the development of such abilities as strength (skills to fight while riding a horse), quickness (skills of using the sword and spear, archery), endurance (riding a horse for a long time while traveling long distances), flexibility and agility (skills to send the spear or an arrow to a moving target and pick up the weapon while riding a horse, etc). Especially on returning from long military campaigns the warriors turned the tiresome and difficult power exercises into fun games such as *kokhpar* (tearing the goat into pieces), *kuz kuu* (catch the girl), *kumis alu* (pick up a coin). In *kokhpar*, the carcass of a goat or a sheep was used as a ball, the purpose is to throw it in the opponent "gate". The aim of *kumis alu* is to pick up coins riding a horse at full gallop, the fastest player wins. And *kuz kuu* is a pair game – a young man should catch up with a young girl, both on horseback. Before the start the girl is a little bit ahead of the boy. The aim for the boy is to catch up with the girl at full gallop and kiss her as a sign of victory. If he could not reach her before the destination, the girl could whip him on the way back as a punishment. These games were an essential part of military exercises which were very necessary to protect the motherland.

Up to the 1930s the Kazakhs were nomadic people and their culture possessed peculiar national values. A part of these values are national games which are rich in traditions and aim at developing and training human's all groups of muscles. Unfortunately, today's youth is more committed to computer games and other information technology achievements. On the one hand, such an interest to the modern science is an encouraging fact. But it can lead to negative consequences such as losing our traditions and roots. A lot of young people don't know the types of national games as a result they are unaware of how to conduct and play national games. Therefore, all people in charge (teachers, researchers, public and sport figures) should do their best to help young people to master skills of national games. Today's

youth and the generation to come should be able to analyze, identify and be aware of their background roots, psychology, mentality and learn their ancestors' way of thinking.

EXPERIMENTAL VALIDATION

National games as a type of art are interrelated to different kinds of folklore and culture and complement each other. It should be kept in mind that although Kazakh people had their written language since the ancient times (different petroglyphic drawings, signs and letters in Tamgaly mountain area attest it), still, mostly used folk tales and epics. In their epics, folk tales and legends the games were perceived as the means of education which helped to open new qualities of thinking and logic in young people's minds. The games not just form and develop the motor skills (strength, quickness, endurance, flexibility and agility) but contribute to the intellectual development (*togyzkumalak* is a game similar to chess – the rules are different but its effect on thinking development is the same). These national outdoor games provide the young generation with ethical food and physical health, inculcate humanism.

While playing, a child learns to take into account the ethical aspects of winning and losing the game, and also to regulate the degree of exercise stress. After a game has been totally formed within his/her mind, he/she will learn to regulate exercise and rest automatically. It helps the child to develop watchfulness and resourcefulness, to learn to find the only right decision in a rapidly changing situation, save face in a deadlock condition, quickly implement the decisions showing courage and flexibility – in other words, to work out the only reliable way to reach the aim. The game is a pulse of life, a guarantee of health, a guide to intellectual development. It is something great which inspires human imagination, refines thinking to a wider extend and brings joy to everybody. The national outdoor games are very important in healthcare and education, but their implementation requires wide creative views and pedagogical skills [13].

Kazakh national games take their origin from the folk pedagogic. As already mentioned, Kazakh national games promote bravery and courage, agility and flexibility, fast decision-making in emergency situations, quickness and resourcefulness, etc. and at the same time develop athleticism and physical endurance. Besides, the games are based on the principles of justice and humanism.

The national games of Kazakhs are closely connected with the country's activity, its household, economic and social life. Their educational significance is difficult to overestimate. The games are related to every sphere of human life, we can even assume that there is no household sphere totally deprived of elements of Kazakh national games [14].

Many types of Kazakh national games have now been forgotten because of the fact that they were not recorded. For example, a prominent Kazakh writer Sabit Mukanov in his memoirs, "School of Life" several times described kids to play national game "Orda" by use of *asyk* (a bone from the knee joint of a lamb) and gave a description of the game. In the writings of the famous Kazakh scientist B. Totenayev "Kazakh national games" it is said that many of the games have remained only on paper. Among them is the game "Six Alashes of Abai", which was given a description of, but nobody plays it nowadays. But this game was important for children of that generation. There are also games which because of the absolute use of oral literature in those days did not enter books or any other teaching aids, and now they are forgotten by the current generation. Unfortunately, there are a lot of such national games. Among them are the following ones: "Sary Ulan", "Saryala kaz", "Ak ayu", "Agyzbak", "Bakay pisti", "Zhylman", "Topai", and others. However, the Kazakh people invented not only various games for the development of kinetic characteristics, but, applying

them in practice, people could learn from them for spiritual and moral development of the younger generation [15].

History knows many examples when armed forces of a state being weaker, eventually became a subservient state for the stronger. So many countries in the world due to shallowness of military, political, social and economic potential ceased to exist as a sovereign country. Few people pay attention to the true picture - weakness of the armed forces, poor health of recruits who had to stand at the origins of the independence of their country [16].

PRACTICAL RECOMMENDATIONS

Strength and will do not come by themselves. To achieve goals we must educate them through continuous physical and psychological training. Value of training in all sports is enormous. But only combination of physical and psychological training with moral will and tactical and technical training can achieve the desired results. The entire complex training is ultimately the long-awaited positive result. We should also mention another important aspect - the education of morality, love for one's motherland and patriotism in sportsmen. Almost whenever reporters and sports commentators interviewed athletes who won major international competitions, their answers were: "Besides physical qualities, strong will, courage and honor for my country helped me to achieve the victory". If the lessons of each physical training teacher will aim at educating not only physical characteristics, but also moral and patriotic qualities, in the future such country will never disappear from the world map as an independent state.

To achieve these goals, you need to constantly put into priority healthy lifestyle of the whole nation and its physical potential. To do this, we have to provide conditions for physical education. The importance of educating youth in the national spirit is the primary task for physical training teachers. At physical training lessons they should develop in students learning skills, goals and objectives and rules of the game, so that young people would know them as well as, and even better than the classic kinds of sport. A physical training teacher must take a mandatory training course on national sports. One of the reasons for lack of popularity of national games is the lack of space to play in or special literature and there is no proper propaganda as well. Inability or unwillingness of physical education teachers to depart from the standards of old thinking, when the curriculum was dominated by classic sports have resulted in that for a certain period the younger generation of the past 40-50 years have lost skills for playing national games. Another reason is that creation of state standards of learning, in which the prevalence of classic sports was obvious at that time, left much to be desired. Because of these inconsistencies, even today's youth in the countryside, let alone in the city, has practically forgotten national games. It is observed that knowledge of national games refers mainly to popular equestrian sports such as "Kokpar", "Kiz kuu", "Baiga". And even then this knowledge is superficial. Many people confuse rules of the game and either do not know or do not give value to the moral side of these equestrian games. Moreover, for physical education teachers it is simpler to teach popular games such as football, volleyball, basketball, especially within urban environment. Therefore, in the future it is necessary to revise the state educational standards in the direction of increasing the number of academic hours for teaching national games. Only then we can achieve the desired results, and promotion of national games is best to be started from the school age, when mental capacity of children can still receive new material. We must constantly encourage professionals who actively promote national games and introduce new kinds into the curriculum. There is also a necessity for pub-

lishing educational literature, regular training seminars, advanced ideas and innovations, promotion of the national games among colleagues, society, parents and youth.

CONCLUSION

Kazakh people suffered many hardships and difficulties in conquering sovereignty. We achieved independence in a very difficult way. And now our main task is to protect the independence and sovereignty, be equal to all peoples of the world, maintain mutual respect, living in neighborly relations. National feature of the Kazakh people is hospitality, tolerance, benevolence, kindness, respect for tradition and the elderly. Instilling in young people these kinds of national games accompanies these goals. Everything is being done to implement these goals and objectives. Responsible authorities (educational and scientific institutions, public committees, etc.) fully undertook massive development and promotion of national games in various events, festivals.

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