

LEARN TRUE UPBRINGING FROM UZBEKS: HOW ONE LOAF OF BREAD WAS DIVIDED INTO 101 PIECES AND SHARED AFTER THREE DAYS OF HUNGER

Mallaxanova Maxsuda Mardonovna

School No. 5, Beruniy District, Republic of Karakalpakstan

<https://doi.org/10.5281/zenodo.22925803>

Abstract: This article analyzes the national values, humanistic qualities, and traditions of upbringing of the Uzbek people as they are revealed in difficult life circumstances. Particular attention is paid to compassion, generosity, patience, solidarity, hospitality, and respect for bread as important elements of Uzbek moral and cultural values. The story of one loaf of bread being divided into 101 pieces and shared among people after three days of hunger is considered as a symbolic example of humanity, unity, and true upbringing. Bread is interpreted not only as a source of food but also as a symbol of labor, blessing, gratitude, and solidarity. The article also examines the importance of these values, which were shaped through historical hardships, for the moral education of the younger generation in contemporary society.

Keywords: Uzbek people, national values, upbringing, humanity, compassion, generosity, solidarity, bread, national traditions, spirituality.

УЧИТЕСЬ ИСТИННОМУ ВОСПИТАНИЮ У УЗБЕКОВ: КАК ПОСЛЕ ТРЁХ ДНЕЙ ГОЛОДА ОДИН ХЛЕБ БЫЛ РАЗДЕЛЁН НА 101 ЧАСТЬ И РАЗДАН ЛЮДЯМ

Аннотация: В данной статье анализируются национальные ценности узбекского народа, гуманистические качества и традиции воспитания, проявляющиеся в условиях жизненных испытаний. Особое внимание уделяется таким нравственным качествам, как милосердие, щедрость, терпение, взаимопомощь, гостеприимство и уважение к хлебу. История о том, как после трёх дней голода один хлеб был разделён на 101 часть и распределён между людьми, рассматривается в статье как символический пример человечности, единства и истинного воспитания. Хлеб интерпретируется не только как продукт питания, но и как символ труда, достатка, благодарности и единства. Также рассматривается значение этих ценностей, сформировавшихся в условиях исторических трудностей, для воспитания молодого поколения в современном обществе.

Ключевые слова: узбекский народ, национальные ценности, воспитание, гуманизм, милосердие, щедрость, взаимопомощь, хлеб, национальные традиции, духовность.

UCH KUNLIK OCHLIKDAN SO'NG BIR DONA NONNI 101 BO'LAKKA BO'LIB YEGAN O'ZBEKLAR EDI. O'ZBEKLARDAN HAQIQIY TARBIYANI O'RGANING.

Annotatsiya: Ushbu maqolada o'zbek xalqining milliy qadriyatlari, insonparvarlik fazilatlarini va tarbiya an'analari og'ir hayotiy sharoitlarda qanday namoyon bo'lishi tahlil qilinadi. Xususan, mehr-oqibat, saxovat, sabr-toqat, hamjihatlik, mehmondo'stlik va nonni qadrlash kabi fazilatlarining o'zbek xalqining ma'naviy hayotidagi o'rni yoritiladi. Uch kunlik ochlikdan so'ng bir dona nonni ko'pchilik bilan bo'lib yeyish haqidagi 101 bo'lakka ajratish voqeasi maqolada insoniylik va haqiqiy tarbiyaning ramziy namunasi sifatida ko'rib chiqiladi. Tadqiqotda non nafaqat oziq-ovqat mahsuloti, balki mehnat, baraka, minnatdorlik va birlik

timsoli sifatida talqin qilinadi. Maqolada tarixiy qiyinchiliklar sharoitida shakllangan ushbu qadriyatlarning bugungi yoshlar tarbiyasidagi ahamiyati ham tahlil qilinadi.

***Kalit soʻzlar:** oʻzbek xalqi, milliy qadriyatlar, tarbiya, insonparvarlik, mehr-oqibat, saxovat, hamjihatlik, non, milliy anʼanalar, maʼnaviyat.*

Introduction

Upbringing is one of the most important factors that shapes a person's character, worldview, moral principles, and attitude toward other people. Education provides a person with knowledge and professional skills, while upbringing determines how that knowledge is used in everyday life and in relationships with society. A truly well-brought-up person is not defined only by polite speech, academic achievements, or social status. True upbringing is reflected in kindness, respect, honesty, patience, responsibility, generosity, and the ability to help others, especially when circumstances are difficult. For this reason, the moral values of different nations can be better understood by examining how people behave during periods of hardship and uncertainty. The Uzbek people have a rich cultural and spiritual heritage that has developed over many centuries. Uzbek society has traditionally placed great importance on family relationships, respect for elders, care for younger generations, hospitality, mutual assistance, solidarity, and community responsibility. These values have been transmitted from generation to generation through family education, neighborhood traditions, customs, oral narratives, ceremonies, and everyday social practices. They have played an important role in maintaining social cohesion and strengthening relationships between individuals and communities. Throughout history, the people of Central Asia, including the Uzbek population, have experienced various difficult periods. Wars, economic hardship, food shortages, natural disasters, political changes, and other challenges affected the lives of ordinary people. During such periods, material resources were often limited, and families had to find ways to survive through cooperation and mutual support. Difficult conditions revealed the importance of social solidarity because one person's survival could depend on the assistance of relatives, neighbors, and members of the wider community. As a result, generosity and mutual assistance became not only desirable moral qualities but also important elements of social life. One of the most meaningful symbols of Uzbek culture is bread. Bread has traditionally been treated with particular respect in Uzbek families and communities. It is associated with food, livelihood, honest labor, prosperity, blessing, and gratitude. The process of producing bread involves the work of farmers, millers, bakers, sellers, and many other people. Therefore, respect for bread also reflects respect for human labor. From an early age, children are taught not to waste bread, to pick it up respectfully if it falls, and to understand that food should be appreciated rather than treated carelessly. The cultural significance of bread becomes even stronger when people face hunger or scarcity. Under normal circumstances, sharing a loaf of bread may appear to be a simple act. However, when food is extremely limited, sharing becomes a significant moral decision. A person who gives a part of his or her own food to another person demonstrates compassion and solidarity.

Relevance

In today's rapidly developing society, passing values such as compassion, generosity, patience, solidarity, and mutual support on to younger generations is becoming increasingly

important. Especially in a modern world where material wealth and personal interests can sometimes take priority, it is essential to demonstrate the true meaning of good upbringing through historical examples. The history of the Uzbek people includes difficult periods marked by hardship, famine, and deprivation. Even under such challenging circumstances, people valued bread, shared whatever they had with others, and regarded helping one another as a moral responsibility. The fact that people who had gone without food for several days could still divide their only loaf of bread among many others demonstrates the deep traditions of compassion, generosity, and moral upbringing within Uzbek society. The story of a single loaf of bread being divided among dozens of people, even as many as 101, is not merely an ordinary story. It can be seen as a symbolic example reflecting the spiritual and moral values of the Uzbek people. It reminds us that a person's true character is not determined by wealth or social status, but by how they treat others in times of difficulty.

Aim

The main aim of this article is to highlight the outstanding human qualities demonstrated by the Uzbek people during difficult historical periods, including compassion, generosity, patience, solidarity, and respect for bread. The article also aims to demonstrate that true upbringing is reflected in a person's actions and attitude toward others, especially in times of hardship, and to emphasize how these traditional Uzbek values can serve as an example and moral lesson for younger generations today.

Main Part

The history, culture, and spiritual heritage of the Uzbek people have been shaped by many generations who experienced both prosperity and difficult periods. Throughout history, Uzbek communities have faced wars, economic difficulties, natural disasters, food shortages, and other social challenges. Such periods tested not only people's material resources but also their moral qualities. In difficult circumstances, people had to rely on one another, share what they had, and support those who were in need. These historical experiences contributed to the development of strong traditions of mutual assistance, hospitality, patience, generosity, and respect for other people. One of the most important elements of Uzbek culture is the special attitude toward bread. Bread has traditionally occupied a respected place in the daily life of Uzbek families. It is commonly associated with nourishment, prosperity, honest labor, blessing, and gratitude. From childhood, Uzbek children are taught not to waste bread, to treat it with respect, and to understand the effort required to produce it. These attitudes are not simply rules of behavior; they represent a deeper moral understanding of life and human labor. Respect for bread therefore becomes one of the visible expressions of upbringing and cultural identity. The importance of bread becomes particularly clear during difficult times. When food is scarce, even a small piece of bread can become extremely valuable. However, Uzbek traditions emphasize that the value of bread is not determined only by its size. Its greatest value can be seen when people are willing to share it with others. A person who has little but still shares what he or she possesses demonstrates compassion and generosity. In this sense, sharing bread becomes an expression of genuine human solidarity.

A well-known story about people who, after three days of hunger, divided one loaf of bread into 101 pieces illustrates this moral principle. The story is remembered as an example of how people can preserve humanity even when they themselves are experiencing severe hardship. The importance of the story is not only in the physical division of the bread but also in the attitude behind the action. People who are hungry naturally want to protect their own food, yet sharing it with others demonstrates the ability to overcome selfishness and place collective well-being above individual needs. The story therefore serves as a powerful symbolic example of true upbringing. True upbringing is not demonstrated only through polite words, good manners, or formal knowledge. It is revealed through a person's behavior when circumstances become difficult. It is easy to speak about kindness when life is comfortable, but real moral qualities become visible when a person has very little to give. A person who shares food, offers help, supports a neighbor, or gives encouragement during difficult circumstances demonstrates that moral education has become part of his or her character. Therefore, difficult situations can be understood as a test of human values.

The Uzbek concept of upbringing has traditionally been connected with family, community, and social responsibility. Children learn moral values not only through direct instruction but also through observing parents, grandparents, neighbors, teachers, and other members of society. Respect for elders, care for younger people, hospitality toward guests, assistance to neighbors, and participation in collective activities are examples of everyday practices through which children learn social responsibility. These practices teach that an individual is not completely separated from the community and that the well-being of one person is connected with the well-being of others. The mahalla has historically played an important role in maintaining social relationships and traditions. In many communities, neighbors have supported one another during weddings, funerals, celebrations, construction, household difficulties, and other important events. Collective work and mutual assistance have strengthened relationships between families. Such traditions demonstrate that solidarity is not an abstract concept but a practical form of social behavior. Helping another person in a difficult situation creates trust and strengthens the sense of belonging within a community. Another important characteristic of Uzbek culture is hospitality. Hospitality is traditionally regarded as a moral responsibility rather than merely a social formality. A guest is welcomed with food, tea, bread, and respectful conversation. Even families with limited resources have traditionally attempted to offer something to their guests. This attitude reflects the belief that sharing one's resources increases the meaning of hospitality. The value of hospitality is therefore closely connected with generosity, respect, and human dignity. Generosity in Uzbek culture is also closely related to the concept of blessing. Food is not viewed simply as something that satisfies physical hunger. It is associated with the labor of farmers, workers, cooks, parents, and all those who contribute to bringing food to the table.

When a person respects food, he or she also respects human labor. This is particularly evident in the traditional attitude toward bread. Wasting bread is often considered inappropriate because bread represents the effort and blessing that should be appreciated. Patience is another important quality that has been strengthened by historical experience. People who live through

difficult circumstances often learn that problems cannot always be solved immediately. Patience allows individuals to endure hardship without losing hope or compassion. However, patience in this context does not mean passive acceptance of every problem. It can also mean maintaining dignity, supporting others, and continuing to work toward a better future despite difficult conditions. Solidarity is especially important when communities experience shortages or crises. When resources are limited, cooperation becomes essential. People can exchange food, help families in need, care for children and elderly people, and provide emotional support. Such actions demonstrate that community strength depends not only on economic resources but also on relationships between people. A society in which individuals are willing to support one another can respond to difficulties more effectively. The values represented by sharing bread also have significance for modern society. Contemporary life has brought technological development, urbanization, globalization, and significant changes in social relationships. Young people have access to information from different cultures and increasingly communicate through digital technologies. These developments provide many opportunities, but they also make the preservation of traditional moral values important. Compassion, respect, generosity, responsibility, and solidarity remain relevant regardless of technological progress. The story of sharing one loaf among many people can therefore be used as an educational example for younger generations. It can help teachers and parents explain that the real measure of a person's character is not the amount of wealth he or she possesses but the willingness to share, help, and care for others. A person who has much but refuses to help others may have material wealth without demonstrating strong social responsibility. In contrast, a person who has little but shares it with someone in need demonstrates a powerful form of humanity.

This idea is particularly important in the education of children. Moral education becomes more effective when children see positive examples in everyday life. Parents can teach children to respect food, avoid waste, help family members, respect elderly people, and share with others. Teachers can also use stories, historical examples, group activities, and community projects to develop empathy and social responsibility. In this way, traditional values can be transformed from abstract concepts into practical habits. The cultural meaning of bread also demonstrates the connection between material objects and moral values. A simple loaf of bread can represent labor, family, hospitality, survival, gratitude, and unity. This symbolic meaning explains why bread occupies such an important place in Uzbek cultural consciousness. When people share bread, they are not simply dividing food; they are also expressing trust, respect, friendship, and solidarity. The example of dividing one loaf of bread into many pieces also demonstrates an important principle of human behavior: limited resources do not necessarily eliminate generosity. On the contrary, difficult conditions can sometimes reveal the strongest forms of mutual assistance. When people understand that everyone is facing the same problem, they may become more willing to cooperate. In this sense, hardship can strengthen social bonds when people respond to it with compassion rather than selfishness. At the same time, the preservation of these values requires conscious effort. Traditions cannot remain meaningful if they are remembered only as historical stories. They should be practiced in everyday life. Respect for parents and elders, helping neighbors,

sharing food, avoiding waste, welcoming guests, and supporting people in need are simple actions through which cultural values remain alive. Each generation has a responsibility to pass these principles to the next generation while adapting them to contemporary social conditions. Therefore, the concept of true upbringing in Uzbek culture should be understood as a combination of knowledge, manners, responsibility, compassion, and practical behavior. Education provides knowledge, but upbringing determines how a person uses that knowledge in relation to other people. A well-educated person is not defined only by academic achievements. Human dignity is also reflected in honesty, respect, generosity, patience, and the ability to remain humane during difficult circumstances.

Results

The results of the study demonstrate that the Uzbek people have preserved their fundamental human values even during the most difficult historical circumstances. In particular, respect for bread, sharing what they had with others, and supporting one another during periods of hunger and hardship have played an important role in the moral and cultural traditions of the Uzbek people. The analysis of historical stories and traditional values shows that a person's true character and upbringing are revealed more clearly through their behavior in difficult circumstances than in times of comfort and prosperity. The willingness of a person who has experienced several days of hunger to share their only loaf of bread with others serves as a powerful example of this principle. The study also demonstrates that bread in Uzbek culture represents much more than a basic food. It carries symbolic meanings associated with **sustenance, blessing, hard work, gratitude, and solidarity**. These values can continue to serve as an important moral foundation for educating younger generations and preserving traditions of compassion and mutual support in modern society.

Discussion

This article discusses the human values demonstrated by the Uzbek people during difficult historical circumstances, particularly compassion, generosity, patience, solidarity, and respect for bread. The analysis shows that these values are not simply everyday customs, but important components of the moral upbringing and cultural worldview of the Uzbek people. The story of sharing one loaf of bread among many people represents one of the most meaningful expressions of humanity. When a person is willing to share their limited food with others despite experiencing hunger themselves, it demonstrates a willingness to place collective well-being above personal needs. In this sense, the story reflects the Uzbek tradition of solidarity, mutual assistance, and concern for others. Another important aspect of these values is that they are not limited to a particular historical period. In modern society, respect, compassion, generosity, and willingness to help others remain important social and moral values.

Therefore, incorporating historical experiences and traditional values into the upbringing of younger generations can contribute to the development of their moral awareness and sense of social responsibility. The special position of bread in Uzbek culture also makes this topic particularly significant. The understanding of bread as a symbol of sustenance and blessing encourages people to appreciate what they have, avoid waste, and share their resources with

others. In this way, respect for bread represents not only a cultural tradition but also a broader sense of moral responsibility. Overall, the examples discussed demonstrate that true upbringing is revealed not merely through words, but through a person's actions. Helping others, sharing what one has, and maintaining humanity during times of hardship are important expressions of strong moral character and deeply rooted human values.

Conclusion

This article has highlighted the outstanding human qualities demonstrated by the Uzbek people during difficult historical circumstances, including compassion, generosity, patience, solidarity, and respect for bread. The examples discussed demonstrate that genuine upbringing is expressed not only through knowledge or advice, but also through actions, mutual respect, and the willingness to support others in times of hardship. In particular, the story of sharing a single loaf of bread among many people illustrates the ability to consider the needs of others, share one's limited resources, and preserve humanity even under extremely difficult circumstances. The special role of bread in Uzbek culture is closely connected with the concepts of sustenance, blessing, hard work, and gratitude. Preserving and passing these values on to younger generations is important for developing compassionate, generous, patient, and socially responsible individuals. Thus, the historical experience of the Uzbek people demonstrates that the essence of true upbringing is not measured by material wealth, but by a person's ability to share with others and preserve human values even in the most difficult circumstances.

REFERENCES

1. Patterson, I., & Turaev, R. (2020). Gastronomy Tourism as an Emerging Niche Market in Uzbekistan. *Journal of Gastronomy, Hospitality and Travel*, 3(1), 141–149.
2. Saibnazarova, M. A. (2020). An Expression of National Customs in the Works of Jane Austen and Abdullah Qadiri. *Current Research Journal of Pedagogics*, 1(1), 16-20.
3. Usmanova, S. (2020). Manchu of Qingzhou, Eight Banners Garrison City, Ethnic Identity. *Journal of Multiculture and Education*, 5(1), 71–86.
4. Rahimov, I. A., Ergashev, U. O., et al. (2020). Mahalla Institute – The Foundation of Civil Society of Uzbekistan. *European Journal of Research Development and Sustainability*, 2020, pp. 249–252.
5. Abdusatorov, Sh. (2025). Customs Related to the Serving and Consumption of Food During Traditional Holidays and Wedding Ceremonies. *Acta NUUz*.
6. Teshaboyeva, N. Z., & Davletova, Ch. M. (2024). Traditions and Customs of Uzbekistan. *Cultural Events* .
7. Usmanova, S. (2022). The Specialties of Uzbek Collectivism Culture. *Current Research Journal of Philological Sciences*, 3(6), 14–22.