

# Traditional Forms of Organizing Recreation and Leisure Spaces in the Cities of Uzbekistan

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## ABSTRACT

Despite the traditional craving for relaxation in their personal space, at the present time, most of the residents of large and especially the largest cities in Asia cannot have such an opportunity. Therefore, to recuperate, people will use public spaces. The task of the state is to provide such conditions for the mass of people who do not have the possibility of individual space for recreation.

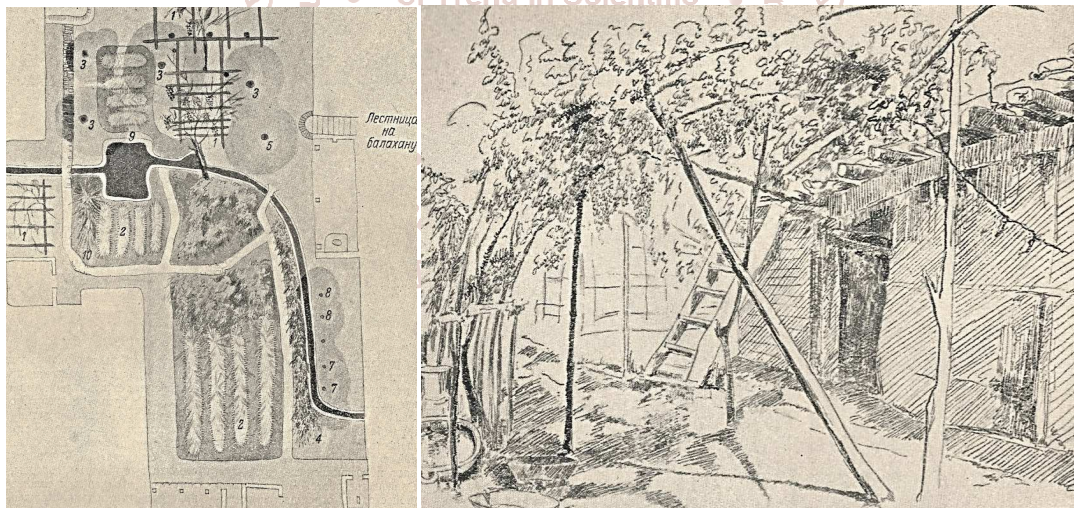
**KEYWORDS:** gardening, recreation, leisure, public spaces

## Introduction

The problems of leisure organization are relevant at all times. However, one of the priority areas of the leisure sector is the integration of recreation, leisure and health improvement, and modern megacities occupy a special place here. The growth of cities, the high density of buildings and the increased level of motorization have affected the quality of life and actualized the need to form recreational leisure spaces in order to provide the required level of comfort and improvement. Squares, squares, embankments, beaches, parks, city streets are popular among citizens as the most

important leisure facilities. Currently, the formation of new types of recreational leisure spaces is observed, due to changing life priorities, high mobility of the population, and lifestyle.

**Main part.** The hot climate of Asia predetermined the way of life, when most of life was spent outdoors, in the adjoining spaces. In compactly built-up cities, it was not possible to have large plots of land. But most households had at least a small piece of land. The presence of land has always been the salvation and joy of the family. The tradition of living in the open air lasted for centuries and millennia "the old Central Asian city with its narrow winding streets was rich in greenery, but it was located exclusively on estates - in courtyards, behind residential buildings, along ditches. The role of public parks was played by tiny gardens at teahouses, less often at quarter mosques" [1]. For most of the year, the courtyard served as a place where all life processes were carried out. Life, rest, leisure, receiving guests, holidays and rituals - proceeded in open space. Although a small, but obligatory courtyard, it was the goal of life for any family. The courtyard was the center of life (Fig. 1).



**Fig.1. Courtyard of a residential building in the old town; b) Vineyard in the yard residential building (Tashkent)**

With the growth of the population and the addition of family members, the residential extension surrounded and narrowed the parameters of the yards. The upper (second) floor of the house - "balakhana" in Central Asia, as a rule, was located above the gateway. Getting into the balakhana was carried out along the outer stairs [1].

The tightness forced families with material wealth to acquire suburban land holdings - "dala", where families moved in the hot summer. Families forced to stay in the city for the summer adapted in their own way. Very often roofs of houses were used for sleeping in the open air.

The public life that took place in the residential area determined a kind of public center - the center of mahalla or guzar. The definitions mahalla and guzar are synonyms, determined by the predominance of the ethnic structure of the population of residential buildings. In the Turkic-speaking ethnos, the department - mahalla prevails, in the Persian-speaking - guzar. Teahouses, grocery and butcher shops were located here. In the society of close and distant neighbors, acquaintances or business partners, communication and business meetings were held, recreation and leisure of the male half of society were arranged.

The presence of open spaces enclosed by the surrounding buildings predetermined the principle of the planning structure of Asian cities, where - "the garden was in the city", and "not the city in the garden." This is the fundamental difference of an Asian city.

In European cities, due to the temperate or cold climate, the opposite situation has formed. Most of their lives were spent indoors. Residential buildings, literally clung to each other. With the growth of the family, the household was stretched vertically, narrowing the open spaces even more, including the streets and streets in the residential area. Rare European houses had open spaces, thus predetermining the importance of keeping warm in closed spaces and sheltering from cold and wind. Because of this, in the European city, the buildings formed a denser fabric in comparison with the Asian city. The lack of internal open space for people in the cities of Europe contributed to the development of forms of recreation in public spaces.

In Asia, these proportions are different. The main part of the inhabitants historically rested in their individual spaces. There were also public spaces, but within the boundaries of the public centers of the mahalla or the place of execution in the city.

Here we are not considering a layer of wealthy people who had the opportunity to have more extensive open spaces outside the city. The majority of even poor people in Central Asia traditionally lived most of the time in the open. The yard and its presence in a hot climate is still perceived as a great boon (Fig. 2).



**Fig.2. Yard spaces in the old city that have retained their appearance (Tashkent).**

Every little bit capable of earning everything superfluous, and even not very superfluous, tried to invest in order to acquire this piece of land. This is the difference between the attitude to rest. Although in the tradition of the inhabitants of the east, going to the countryside, called "dala hovli", although not everyone had this opportunity. And people were content with the fact that they had the opportunity to relax in their yard. This hindered the need for recreation in public spaces. In the west, in overcrowded cities, the lack of opportunities to relax in personal space has led to an increase in public needs for the development of public spaces.

Now the situation is changing. The growth of the population and the shortage of land in the city led to the fact that not all residents live in a house with a plot. In proportion to the past, the ratio of people who have yards and those who do not change with the growth of the population of cities. Whether we like it or not, this ratio will grow. People living in high-rise buildings will always feel the need for public recreation spaces. We can say that for this there are adjoining spaces in microdistricts and residential complexes - let them rest there. But everything is not so simple. In common yards there is no possibility of secluded recreation (Fig. 3). But in the public, more extensive than the common courtyard, there are also no such opportunities, it would seem - everything is in plain sight.



**Fig.3. In common yards there is no possibility of secluded recreation**

But this is also relative, since the larger the space, the more likely it is to find a corner for secluded relaxation in it. Here it is only necessary to solve the problem of safety and the problem of aesthetics.

Thus, despite the traditional craving for relaxation in their personal space, at the present time, most of the residents of large and especially the largest cities in Asia cannot have such an opportunity. Therefore, whether they like it or not, to recuperate, people will use public spaces, both within semi-public and public spaces. The task of the state is to

provide such conditions for the mass of people who do not have the possibility of individual space for recreation in the open.

On the other hand, even residents who have an individual space need larger public spaces that allow for those forms of recreation that are not possible in an individual space. Man is a social being and he, from time to time, needs other emotions and another spatial-informational environment. Such spaces can be provided both in the fabric of the city, in its gardens, squares, parks, squares, and in suburban spaces. And how to do it?

Traditionally, back in Soviet times, provision standards were developed in square meters per person. But no matter how hard the practice struggled, it was always unattainable. And in urban and suburban recreational spaces, even 50% of the level of regulatory requirements has never been achieved. But the norms continued to loom as an ideal - which was not possible to achieve. We tried to comprehend why the planned level was not achieved. The fact is that an ideal is a beacon, but there has never been evidence that this ideal is optimal. It is possible that the figure was taken in comparison with other regions of the union and had nothing to do with the resource potential of the territory. On the other hand, the way of life and mentality of the local population was not taken into account. The need is ripening from within, and no matter how we impose the standard, it is impossible to forcibly realize the needs. Society must mature to the desire to fulfill needs, otherwise everything remains on paper. And how could such desires be created when people did not see the possibilities - there were too few proposals.

Conclusion. Although the state tried to create both urban and suburban spaces for recreation and people used them, the level of supply did not correspond to real demand. Demand and need are different. Demand is born from the ability to advertise the product, to develop the appetite of the consumer. When we use a service once, twice, three or more times, only then can we become attached to the product and

wish to have it again, so the demand is reborn into a conscious need. But until a person or population realizes that without the realization of this need, life becomes worse, the need will not be realized. People will find thousands of reasons to put off their vacation. The formation of a need is a cultural and evolutionarily inert process. If an Uzbek has a yard, he thinks that he can have a great rest in his yard, why drive somewhere ... Only more informed, more widely educated people in this matter realize the importance of various forms of recreation. The common man is hardly aware of the big difference between relaxing at home and relaxing in nature. Especially if he never actually saw this very nature and he never managed to feel this difference by his own example.

So rest rest - strife).

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