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CULTURAL HERITAGE AND HUMAN WELL-BEING IN MODERN SOCIETY

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Annotatsiya: Mazkur maqolada madaniy merosning zamonaviy jamiyatda inson farovonligini ta’minlashdagi o‘rni va ahamiyati tahlil qilinadi. Tarixiy va madaniy yodgorliklar nafaqat milliy identitetni mustahkamlovchi omil, balki jamiyatning ma’naviy barqarorligi, ijtimoiy birdamligi va psixologik farovonligiga ham ijobiy ta’sir ko‘rsatishi asoslab beriladi. Tadqiqotda madaniy merosni saqlash va undan samarali foydalanish orqali jamiyatda ijtimoiy barqarorlik va ma’naviy rivojlanishni ta’minlash imkoniyatlari yoritiladi. Shuningdek, globallashuv sharoitida madaniy merosning inson hayot sifatini oshirishdagi funksional roli ko‘rib chiqiladi.

Kalit so‘zlar: madaniy meros, inson farovonligi, jamiyat, ma’naviyat, tarixiy yodgorliklar, identitet, globallashuv, ijtimoiy barqarorlik, madaniy rivojlanish.

Аннотация: В данной статье анализируется роль культурного наследия в обеспечении благополучия человека в современном обществе. Обосновывается, что исторические и культурные памятники являются не только фактором укрепления национальной идентичности, но и важным элементом духовной стабильности, социальной сплочённости и психологического благополучия общества. Рассматриваются возможности сохранения и эффективного использования культурного наследия для обеспечения социального и духовного развития общества. Также исследуется функциональная роль культурного наследия в повышении качества жизни человека в условиях глобализации.

Ключевые слова: культурное наследие, благополучие человека, общество, духовность, исторические памятники, идентичность, глобализация, социальная стабильность, культурное развитие.

Abstract: This article examines the role of cultural heritage in ensuring human well-being in modern society. It argues that historical and cultural monuments are not only a factor in strengthening national identity but also contribute significantly to spiritual stability, social cohesion, and psychological well-being. The study highlights the importance of preserving and effectively utilizing cultural heritage to promote social and spiritual development. It also explores the functional role of cultural heritage in improving the quality of human life under conditions of globalization.

Keywords: cultural heritage, human well-being, society, spirituality, historical monuments, identity, globalization, social stability, cultural development.

Thanks to the historical development of trade caravans connecting China, India, the Middle East, and Europe, the Great Silk Road passed through the territory of present-day Uzbekistan. The legacy of this historical period is preserved in numerous architectural and cultural monuments located in major cities such as Tashkent, Samarkand, Bukhara, Khiva, and Urgench. These cities represent a living “reservoir” of the cultural heritage of the East.

The Republic of Uzbekistan, as a young independent state, has undergone significant political, economic, and social transformations since gaining independence. In a relatively short period, the foundations of statehood and large-scale reforms have been established, leading to qualitative changes in various spheres, particularly in education, construction, architecture, and cultural policy. A key factor in this development has been the revival and appreciation of the scientific and cultural

heritage of great scholars such as Ulugh Beg, Avicenna, Al-Biruni, Al-Khwarizmi, Al-Bukhari, and many other outstanding figures.

As a result, monuments, mausoleums, madrasahs, and historical complexes dedicated to these scholars have been restored and reconstructed. Ancient cities of Uzbekistan have regained their status as international centers of culture and learning, hosting scientific conferences and global symposia with participation from scholars around the world. These efforts to "revive cultural heritage" represent an important contribution of Uzbekistan to global civilization.

Uzbekistan is home to more than 4,000 historical and cultural monuments. These monuments are distributed not only in major cities but also in small towns and rural areas. Cities such as Tashkent, Samarkand, Bukhara, Khiva, and Kokand preserve outstanding examples of architectural art, reflecting the high level of urban planning and craftsmanship of past civilizations. The scientific study and preservation of these monuments remain highly relevant in the modern era.

It is widely recognized that the sustainable preservation of cultural heritage is possible only when monuments remain actively integrated into social life. A monument that loses its functional role gradually deteriorates both physically and culturally. Therefore, architecture should not only be seen as a static historical object but also as an active component of social and cultural life.

In this context, modern approaches such as "adaptive reuse," "light reconstruction," and "light architecture" play an important role. Light architecture enhances the visual and aesthetic value of historical monuments during evening and night hours, creating a new artistic perception while preserving their historical identity. These methods ensure a balance between preservation and modern functionality.

Research in the field of light architecture is actively developing in Uzbekistan, integrating modern digital technologies such as 3D modeling and computer-based design. These approaches allow for systematic analysis and optimization of lighting systems for historical sites in cities like Tashkent, Bukhara, Khiva, and Samarkand. They also contribute to the development of sustainable urban environments that harmoniously combine historical heritage with modern infrastructure.

At the global level, light architecture has become an emerging field in urban design, where leading countries such as France, Japan, the USA, and the UK are actively developing innovative lighting solutions for historical and modern cities. In this context, architectural lighting is increasingly viewed as a form of art that combines technology, aesthetics, and cultural identity.

From a human well-being perspective, cultural heritage plays a crucial role in shaping identity, psychological comfort, social cohesion, and aesthetic experience. Well-preserved historical environments contribute to a sense of belonging and emotional stability, thereby improving the overall quality of life in modern society.

The protection of historical and architectural values remains a key priority in modern architectural science and cultural policy. In Uzbekistan, these issues have consistently been under state attention and continue to be highly relevant in the 21st century. A significant legal step in this direction was the adoption of the Law "On Protection and Use of Cultural Heritage Objects" (October 17, 2009), which provides a comprehensive framework for safeguarding cultural assets.

According to this law, cultural heritage objects are classified into tangible and intangible categories. Tangible cultural heritage includes monuments, architectural ensembles, archaeological sites, and urban historical landscapes. Intangible cultural heritage encompasses traditions, oral creativity, performing arts such as music, dance, folklore, as well as craftsmanship, tools, and cultural spaces that reflect the identity of society.

In this context, the introduction of modern light architecture and light reconstruction techniques into historical and architectural monuments of Uzbekistan represents an innovative

approach to heritage preservation. These methods enhance the visual and artistic value of historical sites while maintaining their authenticity and cultural significance. Importantly, such interventions do not contradict national legislation but rather complement the principles of cultural heritage protection.

The use of artificial lighting technologies, combined with architectural design, engineering, and digital modeling, enables the development of advanced artistic-compositional projects. These projects highlight the uniqueness, grandeur, and historical importance of Uzbekistan's architectural heritage from a new aesthetic perspective.

Practical implementation of light architecture in historical cities offers several socio-economic and cultural benefits. It improves the visual attractiveness of cities, promotes tourism development, and increases international interest in cultural destinations, thereby contributing to economic growth. Additionally, it stimulates cultural events, creates new employment opportunities, and encourages investment in urban development projects focused on historical districts.

Moreover, it supports the dissemination and popularization of cultural heritage, strengthening national identity and global cultural integration. Many historical monuments of Uzbekistan are already included in the UNESCO World Heritage List, which further emphasizes their universal value and the importance of their preservation.

However, the field of light architecture in relation to historical monuments in Uzbekistan is still in its early stages of development and remains insufficiently researched. This creates new opportunities for scientific exploration and innovation, positioning it as a developing direction in the study of both tangible and intangible cultural heritage.

From the perspective of human well-being, such initiatives contribute not only to the preservation of cultural identity but also to improving the aesthetic environment, enhancing social comfort, and strengthening emotional and psychological well-being in modern urban life.

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