TABOO IN SOCIETY

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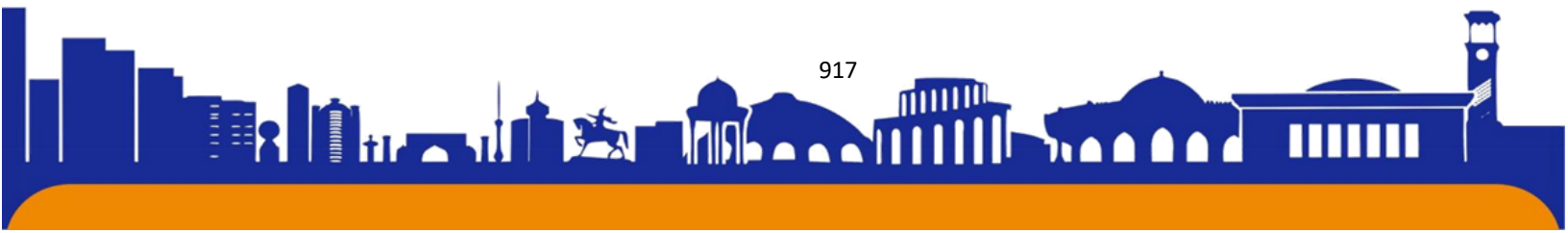Teacher of Sam SIFL Foreign Language and Literature Faculty
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Abstract: This article explores the taboo, and usage of it in society. In society, taboos are social or cultural limitations on actions, words, or customs that are viewed as inappropriate or prohibited in a certain group of people. The idea of taboos is examined in this abstract, along with its genesis, expressions, and effects on people and society. It draws attention to how taboos control social conduct, uphold cultural standards, and influence public opinion. People may promote tolerance and understanding among varied populations, question out-of-date views, and manage social interactions by being aware of taboos.

Key words: Taboo, historical origins, history, society, custom, prehistoric societies, religious beliefs, breaking taboo, stereotypes, psychological aspects, sociological aspects.

ТАБУ В ОБЩЕСТВЕ

Аннотация: В этой статье исследуются табу и его использование в обществе. В обществе табу — это социальные или культурные ограничения на действия, слова или обычаи, которые считаются неуместными или запрещенными определенной группой людей. В этом абстракте рассматривается идея табу, а также ее происхождение, проявления и влияние на людей и общество. Он привлекает внимание к тому, как табу контролируют социальное поведение, поддерживают культурные стандарты и влияют на общественное мнение. Люди могут способствовать толерантности и пониманию среди различных групп населения, подвергать сомнению устаревшие взгляды и управлять социальными взаимодействиями, осознавая табу.
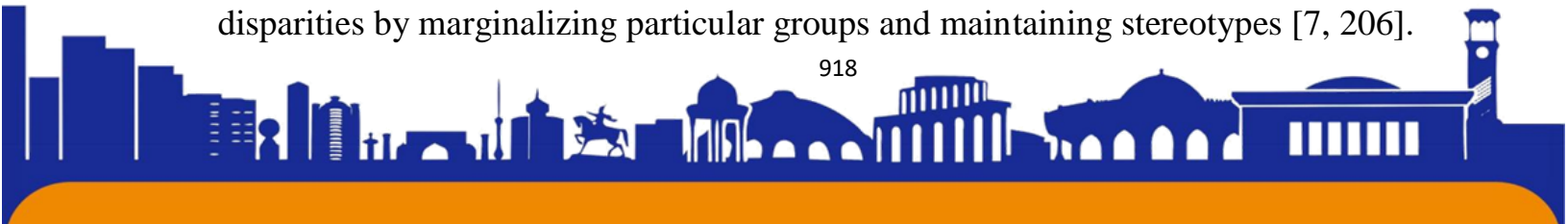
Ключевые слова: Табу, историческое происхождение, история, общество, обычаи, доисторические общества, религиозные верования, нарушение табу, стереотипы, психологические аспекты, социологические аспекты.

First and foremost, we have to understand what the word "taboo" actually means. Throughout human history, taboos - those imperceptible but powerful barriers that define what is and is not acceptable in a society - have endured. These cultural norms, which have their roots in custom, religion, or morality, have a big impact on how people behave both as individuals and as a society. Investigating taboos' causes, effects, and complicated history is necessary to comprehend them. Taboos have historical origins, originating from the cultural norms, religious theories, and moral standards of past civilizations. Anthropologist Bronisław Malinowski, for example, noticed that Trobriand Islanders observed taboos relating to food consumption, which were a reflection of social hierarchy and religious beliefs. [5, 122].

Over time, taboos evolved in response to shifting societal norms and values, adapting to reflect prevailing attitudes towards taboo subjects like death, or deviant behavior.

The roots of taboos can be found in prehistoric societies when certain actions or customs were frowned upon because of cultural or religious beliefs. For instance, because it goes against basic moral standards and social norms are frowned upon in many societies. The taboos that ruled communities changed together with them, taking into account shifting cultural, religious, and moral contexts. Taboos have a significant impact on people's conduct as they frequently define what is considered proper or improper. Breaking taboos can have serious effects, such as legal troubles or social exclusion. For example, in conservative communities, it may be taboo to publicly address mental health issues. As a result, people may repress their emotions and ideas for fear of being judged or punished.

Taboos have a powerful influence on people, influencing their interactions, beliefs, and behaviors. Breaking taboos can have dire repercussions, from legal penalties to social disgrace. For example, open discussion of menstruation is still frowned upon in many cultures, which causes shame and silence over a normal physiological function. Furthermore, taboos reinforce societal injustices and power disparities by marginalizing particular groups and maintaining stereotypes [7, 206].

Furthermore, taboos support the persistence of prejudice and stereotypes in society. It is possible to utilize taboo subjects like race or religion to excuse discrimination and marginalization of particular groups. Taboos can strengthen power relations and inequality by imposing rigid social rules, which can further ingrain differences within communities.
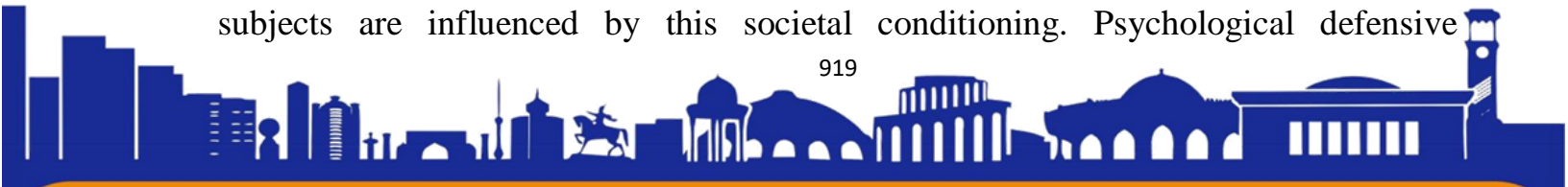
Globalization and technology developments have changed the terrain of taboos in the modern world, posing novel and challenging issues. A growing number of people are speaking out against subjects like privacy in the digital age or moral conundrums with artificial intelligence as society struggles to deal with the effects of fast technological advancement. New taboos arise in the globalized world of today in tandem with cultural changes and technical breakthroughs. Subjects like artificial intelligence, mental health, and internet privacy are becoming more controversial and cause ethical conundrums as well as social anxiety [10, 201]. It takes careful conversations that strike a balance between innovation and ethical considerations to navigate these modern taboos.

Taboos must be addressed with a multidimensional strategy that puts inclusion, empathy, and understanding first. By fostering open dialogue and promoting cultural sensitivity, societies can begin to dismantle harmful taboos and create a more equitable and inclusive future.

Of course, we should talk about how taboos are formed. A complex interaction between psychological and sociological elements, ingrained in society institutions, cultural norms, and human behavior, gives rise to taboos. Knowing these details helps explain why some actions or subjects are forbidden in a particular community.

Psychological Aspects:

Taboos are frequently the result of deep-rooted, innate human concerns and phobias. For instance, because they are connected to fragility and mortality, death, illness, and body functions are generally frowned upon subjects in all cultures. Taboos are often associated with cognitive dissonance, which is the unease that arises from having opposing values or beliefs. To preserve psychological comfort and internal consistency, people may steer clear of forbidden topics. People are socialized, via modeling, punishment, and reinforcement, to accept specific norms and values, including taboos, from an early age. People's perceptions of and reactions to taboo subjects are influenced by this societal conditioning. Psychological defensive
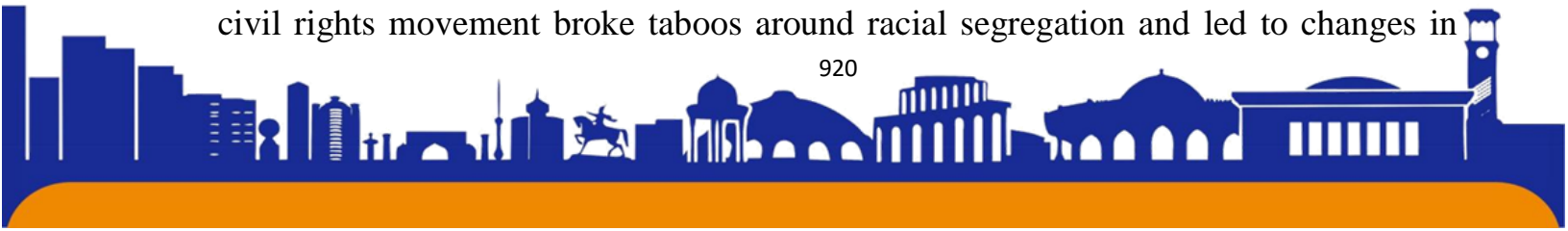
mechanisms known as taboos can shield people and communities from perceived dangers or challenges to their morals, identity, or worldview. By designating certain topics as taboo, individuals can maintain a sense of order and control over their environment.

Sociological Aspects:

Taboos are firmly ingrained in cultural norms and values, and they represent the shared views of a community on acceptable and undesirable behavior. These standards are essential in determining an individual's conduct since they are reinforced through socialization processes. Taboos are frequently employed in cultures as instruments of social control, policing conduct and upholding social order. People in positions of power and influence within society have the ability to impose taboos, which shapes the limits of appropriate behavior. Taboos help define boundaries between insiders and outsiders, which can enhance community cohesiveness and identity. Breaking taboos can lead to rejection or marginalization, yet adhering to shared taboos strengthens social ties and fosters a feeling of community. Over time, taboos vary in reaction to social, cultural, and historical developments. What may have been taboo in one era or society may no longer hold the same significance in another, highlighting the dynamic nature of taboo formation [4, 142].

We may better understand the intricate processes that create and uphold social norms and limits by looking at the psychological forces and sociological dynamics that underlie the establishment of taboos. knowledge the maintenance and evolution of taboos across many cultures and circumstances requires a knowledge of the interplay between individual psychology and social forces. Furthermore, breaking taboos frequently results in a range of cultural responses and repercussions, from social reform to condemnation. When someone breaks a taboo, they could experience discrimination, social exclusion, or even legal consequences. Furthermore, when opposing viewpoints battle over the perceived danger to established norms and values, breaching taboos can incite heated discussions and confrontations within communities.

Breaking taboos, however, may also serve as a catalyst for social change by igniting discussions and bringing previously stigmatized or disregarded concerns to light. Through tackling taboo topics, people and organizations may promote empathy, provoke critical thought, and end discriminatory practices. For instance, the American civil rights movement broke taboos around racial segregation and led to changes in

legislation and public opinion. In the end, how society responds to and deals with taboos that are broken depends on a number of variables, such as the cultural setting, the type of taboo, and the tactics used by those who are violating it. Breaking taboos can lead to opposition and hardship, but it can also serve as a potent catalyst for advancement and societal change.

By promoting diversity, equality, and social justice, challenging traditional conventions can result in beneficial change. It promotes creativity, critical thinking, and the transformation of antiquated ideas. However, when established power structures are questioned, it may also spark opposition, retaliation, and societal instability. Furthermore, questioning norms can lead to unease and uncertainty, which can undermine social cohesiveness and stability. Yet, breaking conventions has the ability to foster a more accepting, egalitarian, and forward-thinking society if it is done so with empathy and inclusion [9, 254].

Building a more fair society requires acknowledging and eliminating taboos for a number of reasons. First of all, taboos frequently work to oppress and marginalize particular groups in society, maintaining disparities based on attributes like gender, color, or mental health. By confronting and dismantling these taboos, we can challenge discriminatory practices and promote inclusivity and equal rights for all individuals.

Second, breaking down taboos promotes understanding and open communication, which in turn helps people feel empathy and compassion for individuals who might have been excluded or silenced by society standards. Through encouraging people to face their preconceptions and biases, this conversation promotes an environment that values and accepts a range of viewpoints and life experiences.

Furthermore, by taking down obstacles to development and innovation, taboo issues can result in significant advances in society. We provide room for fresh concepts, viewpoints, and solutions to arise by questioning ingrained conventions and beliefs, which promotes societal progress and growth. Breaking down taboos is essential to building a more just society in which every person is respected, appreciated, and given equal opportunity to develop and reach their full potential. It requires courage, empathy, and a commitment to challenging the status quo in pursuit of a more just and inclusive future.

In Uzbek society, it may be forbidden to publicly criticize or discuss authority people, particularly elders or government officials. Respect for hierarchy and authority

is highly valued, and confronting or opposing individuals in positions of power might be seen as disrespectful or rebellious. For instance, it would be considered taboo in Uzbekistan for a young person to openly criticize a choice made by their parents or an order from their supervisor at work. This might have negative social effects since it defies societal norms of respect to authoritative persons, such as relationship tension or exclusion.

English-Speaking Culture:

In English-speaking societies, asking someone about their pay or talking about their money is often frowned upon. Money concerns are culturally associated with a norm of privacy; discussing income or financial position in public is considered rude or invasive. As an illustration: It's customary to avoid inquiring about someone's income or financial status in English-speaking nations like the United States and the United Kingdom. This taboo can make individuals feel uncomfortable or embarrassed when talking about money in social settings, which makes them avoid the issue entirely. Taboos are an essential component of society standards that influence both individual conduct and group identity. It is crucial to comprehend the causes, effects, and complexity of taboos in order to encourage conversation, develop empathy, and challenge repressive cultural norms. As societies continue to evolve, so too must our understanding of taboos and their role in shaping the world we inhabit.

Taboos serve as quiet sentinels in the complex web of human civilization, monitoring the bounds of acceptable behavior and regulating its borders. They are the unseen threads that run across societies, influencing social institutions and individual behavior by establishing what is acceptable and unacceptable. Our investigation into the world of taboos has revealed an intriguing terrain full of societal dynamics and psychological complexities [5, 149-154].

Fundamentally, taboos are creations of human psychology, originating from innate apprehensions, cognitive dissonance, and socialization. Taboos are created and reinforced by a variety of factors, including discomfort with contradicting beliefs, fear of the unknown, and concern about mortality. These psychological defense systems protect people and society from imagined dangers to their morals, identity, or worldview. Thus, taboos emerge not merely as arbitrary rules, but as manifestations of deeply ingrained human instincts and anxieties.

Furthermore, taboos represent a society's collective consciousness and are intricately entwined with social norms and values. They act as social control instruments, policing conduct and upholding social order. But they also maintain power relations and inequality, frequently marginalizing particular groups or viewpoints. Taboos promote identity and community cohesiveness by drawing boundaries between insiders and outsiders, but they may also result in exclusion and discrimination. However, breaking taboos is more than just a show of defiance - it's a driving force for advancement in society. People and organizations have ventured to question the status quo throughout history, opposing ingrained conventions and fighting for justice and equality. Globalization has changed the geography of taboos in the modern world, which is continually changing as well as, technological advancements, and shifting cultural paradigms.

New taboos emerge alongside emerging issues such as mental health, privacy in the digital age, and ethical dilemmas surrounding artificial intelligence. Narrow conversations that strike a balance between creativity and morality are necessary to navigate these taboo subjects and promote understanding.

In conclusion, it is impossible to overestimate the importance of recognizing and breaking social taboos. We can learn more about the social forces that govern our lives and the human condition by delving into the complexity of forbidden subjects. By valuing compassion, diversity, and critical thinking, we may question oppressive practices, promote conversation, and open the door to a society that is more just and equal. Let us work toward a future where all voices are heard, all viewpoints are valued, and every person may thrive without being constrained by outmoded cultural taboos as we continue to traverse the maze of taboos.

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