

PROS OF USING NON-VERBAL COMMUNICATION DURING THE LESSON

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Abstract:

This article describes nonverbal communication which helps us understand how others behave around us, it is crucial to convey meaning and information to others. When studying nonverbal behavior, it is important to remember that group actions matter. You can learn a lot about a person's true intentions from their behavior, as well as from their facial expressions and tone of voice.

Key words: Nonverbal, percentage, handshake, scientific, movement, connotation, judges, vocal communication, pitch loudness, facial expressions, leg crossings, offensive, deliberate gestures, scientifically impacted.

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Information can be conveyed nonverbally by using body language or facial expressions. This could entail expressing a point with particular hand or facial gestures as well as through the use—or lack thereof—of physical closeness eye contact and other nonverbal clues. Our nonverbal communication makes up a significant amount of our interactions. As a matter of fact some researchers contend that the percentage of nonverbal communication is actually four times higher than that of verbal communication with actions and gestures accounting for 80% of human communication and words for just 20%. We react to thousands of nonverbal clues and behaviors such as posture tone of voice gestures eye contact and facial expressions on a daily basis. Our nonverbal communication communicates who we are and influences how we interact with others in a variety of ways from handshakes to hairstyles.

Charles Darwin published *The Expression of the Emotions in Man and Animals* in 1872 which marked the beginning of scientific study on nonverbal behavior and communication. Since that time a plethora of studies had been conducted on the many forms consequences and manifestations of nonverbal behavior and communication. Nine forms of nonverbal communication have been identified by research despite the fact that these signals can be so subtle that we are not aware of them consciously. These kinds of nonverbal communication are: facial expressions, gestures, postures, body movement, paralinguistic oculosics, proxemics and etc. Artifacts include both pictures and objects, a significant amount of nonverbal communication is produced by facial expressions. Think about the amount of information a smile or a frown can convey. Before hearing anything, they will say we frequently judge a person by the expression on their face.³

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³Andersen P (2004). *The Complete Idiot's Guide to Body Language*. Alpha Publishing.

The facial expressions for happiness, sadness, anger, and fear are universal despite the fact that nonverbal communication behavior can differ greatly between cultures. In order to convey meaning without using words deliberate gestures and movements are essential. Wave's points and thumbs up signs are examples of common gestures. Other gestures have cultural connotations and are arbitrary. For instance, in the USA making a V with your index and middle fingers while pointing your palm out is frequently interpreted as a symbol of harmony or success. Nonetheless, this gesture might be interpreted as offensive in Britain Australia and other countries. Certain judges restrict which gestures are permitted in the courtroom because they have the ability to drastically affect juror decisions through nonverbal communication. To indicate that the other lawyers' case is boring for example a lawyer may quickly check their watch. Alternatively they could roll their eyes to try and discredit a witness during their testimony. Vocal communication that exists independently of language is referred to as paralinguistic. Pitch tone loudness inflection and inflection are examples of nonverbal communication in this context. Think about how a sentences meaning can be significantly impacted by a speaker's tone of voice for instance.

Speaking loudly can give the impression that you are enthusiastic and in agreement with what you are saying. A hesitant speaker can express disapproval and lack of interest with the same words. Additionally movement and posture can reveal a lot of information. The field of body language research has experienced substantial growth since the 1970s when Julius Fast's book *Body Language* was released. However popular media has tended to over interpret defensive postures like arm and leg crossings. Body language is frequently subtle and less definitive than previously thought even though these nonverbal cues can convey attitudes and feelings. Individuals talk about how important personal space is to them. This is another significant form of nonverbal communication and is referred to as proxemics.

A multitude of factors influence both the necessary distance and the amount of space we consider to be our own. Social conventions cultural expectations contextual elements personality traits and degree of familiarity are a few of them. When engaging in casual conversation one should give the other anywhere from eighteen inches to four feet of personal space. When addressing a group of people it is usually necessary to maintain a personal distance of 10 to 12 feet. Nonverbal communication involves the eyes and key indicators include gazing blinking and looking. For instance your pupils dilate and your blink rate increases when you are around people or things you like. Eyes can convey a wide range of emotions such as attraction interest and hostility. Another common method used by people to assess someone honesty is through eye gaze cues. Maintaining consistent eye contact is commonly interpreted as an indication that the other person is trustworthy and telling the truth. On the other hand shy eyes and a lack of ability to maintain eye contact are often interpreted as signs of dishonesty or deception.¹

There is some evidence though that lying behavior cannot always be predicted by eye gaze. Touch communication is another crucial nonverbal communication behavior. Sensitivity familiarity empathy and other feelings can all be expressed through touch. Julia Wood the author of *Interpersonal Communication: Everyday*

¹Pease B, Pease A (2004). *The Definitive Book of Body Language*. New York, NY: Bantam Books.

Encounters notes that touch is frequently used to convey authority and status. Nine people with higher statuses are more likely than those with lower statuses to bother others in their personal space both frequently and intensely. The ways in which people use touch to convey meaning are also influenced by sex differences. Touch is a common way for women to express nurturing care and concern. Contrarily men are more likely to use touch as a means of control or power over other people. Numerous studies have been conducted regarding the value of touch during infancy and early childhood. For instance, Harry Harlow's seminal study on monkeys showed how the absence of touch causes developmental delays. In the trials young monkeys reared by wire moms developed lifelong deficiencies in social interaction and behavior. We also view our choice of attire hairstyle and other physical attributes as forms of nonverbal communication. Numerous hues can elicit distinct moods according to color psychology research.¹

Physiological responses perceptions and interpretations can all be influenced by appearance. Consider all the subtle assumptions you have about people just by looking at them. Because of the significance of first impressions experts advise job seekers to present themselves appropriately in interviews with possible employers. It has been discovered by researchers that a person's appearance can influence their income. Beautiful people typically make more money and have better jobs along with other perks. Culture has a significant impact on how people evaluate appearances. While many Western cultures place a high value on thinness some African cultures associate fuller figures with greater wealth social standing and overall health. Other tools for nonverbal communication include objects and images. You might choose an avatar on an online forum for instance to symbolize your identity and share details about your interests and identity. Individuals frequently invest a lot of time in creating a specific image of themselves and surrounding themselves with items that convey information about the things that are meaningful to them. An enormous amount of personal information can be transmitted for instance through uniforms.

A doctor will wear a white lab coat, a police officer will wear a specific uniform and a soldier will wear fatigues. These clothes reveal to others what a person does for a living at a glance. They represent a potent nonverbal communication tools when speaking with a family member think about all the ways that your tone of voice could alter the meaning of a sentence. One instance of this is when you inquire about your partner's well-being and they say "I'm fine". The way they say these things says a great deal about their true feelings. They sound like they're doing pretty well if you speak in a cheery bright voice. They may be communicating that they are not well but don't want to talk about it if they speak in a detached manner. They try to hide their true feeling and state, even they feel themselves bad they speak in a dejected melancholy tone. Here are some more instances of nonverbal communication that occur at home: Responding quickly (rather than slowly or not at all) when your partner calls for you. Smiling to welcome your child into the room and express your happiness at their presence. To demonstrate that you are paying attention and finding their words interesting lean in when your loved one speaks.²

Nonverbal communication occurs in the workplace as well as this consider: Engaging fully in conversations with coworkers requires that you look them in the

¹Gudykunst WB, Ting-Toomey S (1988). *Culture and Interpersonal Communication*. California: Sage Publications Inc.

²Hanna JL (1987). *To Dance Is Human: A Theory of Nonverbal Communication*. Chicago: University of Chicago Press.

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eyes. These are some other instances of nonverbal cues that convey a lot without requiring any words from you, giving a hug a handshake or a fist bump to an old friend at a restaurant. Putting your hand on someone's arm during a conversation to show the concern or friendliness at a party, rolling eyes at a customer who is starting a long conversation with a store clerk while a line is forming, glaring at the person who cut you off in traffic or flipping them the bird. There are some advantages: it helps to build strong bonds and intimacy closeness in interpersonal relationships. This can be useful in therapy settings where a mental health professional can use nonverbal cues to infer more about a client's possible emotional state or in settings where a person might not be heard like a noisy workplace. Meaning reinforcement: It can be helpful to provide clarification and reaffirm key points when nonverbal cues are matched with spoken words. Nonverbal cues can also be used to mark the beginning and conclusion of a message or topic. Because it can convey important information support the meaning of spoken words build trust and make your message clearer nonverbal communication is crucial.¹

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