



Some Considerations on Nonverbal Communication

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SOME CONSIDERATIONS ON NONVERBAL COMMUNICATION

ABSTRACT. Relations that arise within the framework of communication are different and have a certain informational content. Non-verbal communication is a type of non-verbal communication between the speaker and the listener, which is used to supplement the verbal means, it is voluntary and involuntary. Nonverbal means are auxiliary means to verbal means that increase the effectiveness of speech. In many cases, in the exchange of people's thoughts, various nonverbal means are used together with linguistic units, that is, body movements, facial expressions, eye gaze, hand movements and tone of voice is used. Each of these tools is subordinated to a pragmatic goal in a speech situation. The meanings of the non-verbal means of conveying a message to the person to whom the speech is directed participate only in that speech situation with one meaning. Its functional pragmatic function can change depending on the speech process. Non-verbal communication is used to convey information about a person's racial and social characteristics, their mental, physical and emotional state, their attitude to a specific situation or a specific person or object, as well as the psychological climate in the community. The contextual situation is important in the use of gestures in accordance with verbal means. All the participants of the speech should be aware of the contextual situation for the correct understanding of the proposition expressed through the sentence and the accompanying gestures. In particular, if the speaker uses non-verbal means in the process of communication in

accordance with verbal means, the speech of the speaker will be effective and meaningful with the help of non-verbal means.

Key words: non-verbal means, body movements, gestures, language units, message, visual channel, communication, linguistic, paralinguistic influence.

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There are two main components that make up communication: verbal and non-verbal. According to the nature of the tools used, various methods of information transfer can be divided into two groups: verbal (verbal) and non-verbal (nonverbal). In the first case, the message is transmitted through language units through auditory or visual channels. In the second case, information is transmitted using paralinguistic means - non-linguistic units "included in the voice message and conveying semantic information"[Хлыстова, 2005, с. 151]. Verbal means are very important in the transmission of cognitive information. In linguistics, various terms such as "non-verbal means", "extralinguistic means", "paralinguistic means" are used for the participation of gestures, hands, eyes, eyebrows, and body movements without the participation of words in human communication. In linguistics, extralinguistics refers to the addition of pauses to speech, as well as various mental states of a person, such as crying, coughing, laughing, sighing[15]. Paralinguistic influence is the surrounding factors that disturb the speech, strengthen it or weaken it. These include high or low pitch, articulation, sounds, pauses, stuttering, coughing, tongue movements, and exclamations[14].

It is known that language performs three important tasks in the process of communication - communication, message, influence (V. Vinogradov). It is natural that language strives for brevity in the process of communication. Based on this nature of the language, there is a need to use additional tools, i.e. non-verbal tools, in the process of communication. For example, to indicate the size, volume, length and other external signs of an object, a person often uses gestures in verbal communication. As a rule, in this case, the gesture is combined with verbal

means and acts as a visual accompaniment, confirming or clarifying the relevant content of the speech segment [Хлыстова, 2005, с. 151]:

– “*Shaftoli olib keling, shaftolidan shuncha olib keling, – Robiya nozik barmoqchalarini yozib ko‘rsatdi”.*

– *Xo‘p, shuncha olib kelaman, – deb ikki qo‘limning barmoqlarini tengdan yozib ko‘rsatgan edim, Robiya xuddi to‘yib shaftoli yegandek o‘zida yo‘q sevinib ketdi, ko‘zlarini g‘alati suzib opasiga maqtanib ham qo‘ydi (X.To‘xtaboyev, “Besh bolali yigitcha”).*

*“Bring peaches, bring as many peaches as you can,” said Rabiya, **indicating with her delicate fingers.***

*“Okay, I’ll bring this much,” I said, **showing the fingers of my two hands**, Rabiya was overjoyed as if she had eaten enough peaches, **her eyes were strangely floating** and she even boasted to her sister (Kh. Tokhtaboyev, “Young man with five children”).*

As can be seen in the above example, the participants of the dialogue can determine the amount of what they are expressing using linguistic means (bring as many peaches as possible) and visual hand gestures (*he showed his thin fingers, I showed the fingers of both hands equally*) will give. Also, the addressee is sending information (also boasting) to the addressee (illocutive) through his eyes (swimming his eyes strangely) without using verbal means. This shows that it is convenient to use non-verbal means in the speech process.

According to Dixon and Hargy, we use non-verbal means in the following situations [Dickson, 2003, p.50]: 1) to replace verbal communication in situations where it is inconvenient or impossible to speak; 2) to complete verbal communication and transfer information; 3) to change the spoken word; 4) voluntarily or involuntarily oppose the expressed opinion; 5) when expressing feelings and interpersonal relationships; 6) regulating the conversation by correcting mistakes in speech; 7) in relationships such as dominance, control and liking; 8) when determining personal and social status through clothing and

appearance; 9) in contextualizing the interaction by creating a certain social environment.

The importance of non-verbal means in the communication process is important, among other things, according to B. Akhmedov, paralinguistic means (non-verbal means) smooth out linguistic units that are not necessary for verbal communication, which seem methodologically stupid, that is, speech expression with the help of necessary gestures will be labeled. In this case, the verbal speech unit (act) involved in a specific speech communication - a word, a phrase, a sentence, sometimes a sentence - is identified with gestures that can be replaced in this situation [Akhmedov, 2019, p.79]. In addition to being an auxiliary tool for speech in expressing thoughts, gestures are a clear evidence of the unique mentality of the Uzbek people. In this respect, the consistent study of Uzbek paralinguistic tools is gaining relevance.

M. Saidkhanov said that in the course of communication, a person, who is a whole biological organism, uses various ways and methods to convey his thoughts to the person to whom he is speaking. As a result, along with verbal means, mimic non-verbal means are also used in communication [Saidkhanov, 2020, p.238].

Scientists have long been interested in the role of non-verbal means in human speech communication. 20 centuries ago, Cicero studied the role of gestures in the communication process and taught speakers to use gestures correctly. Also, the first dictionary of gestures, especially hand movements, was compiled by the Roman orator Quintilian [Arslanov, 2019, p. 50].

A. Nurmonov was one of the first in Uzbek linguistics to conduct research in the field of paralinguistics [Nurmonov, 1980]. Scientist Uzbek paralinguistic tools, paralinguistic signs and language structure, the relationship between linguistic and paralinguistic signs, the origin of gestures, gestures and gesture verbs, paralinguistic tools of the Uzbek language that express negation, the need to use gestures in speech was a study of

issues. M. Saidkhanov revealed the essence of non-verbal means on the basis of Uzbek language texts and worked in the somatic aspect [Saidxanov, 1993].

B. Akhmedov reveals the gender aspect of paralinguistic tools in his research [Axmedov, 2021]. In her monograph "Olfactory Linguistics", M. Burkhonova reveals the role of non-verbal semiotic tools in the communication process, the linguopoetics of non-verbal tools in the creolizing text, the representation and linguistic expression of concepts related to the olfactory system, deictic and linguopoetic features [Burxonova, 2022].

Also, in addition to separate monographic works on non-verbal means in Uzbek linguistics, it has also been partially discussed in the scientific researches of linguists. In particular, the linguist Kh. Ismailov, in the second chapter and third part of his doctoral dissertation entitled "Sociolinguistic and Psycholinguistic Aspects of Forensic Linguistics", showed the importance of non-verbal means in the court process, and showed the importance of facial expressions of defendants during their participation in the court session, in particular, when they spoke. observes that observation is essential in determining the truth [Ismoilov, 2021, b. 17-18]. Also, Z.Karimova in her scientific work "Sociopragmatic features of utterances in Uzbek and English languages" describes the use of non-verbal means in speech along with words and the effect of these means on the speaker's age, gender, social status, even, showed that it can be differentiated according to the region in the Uzbek and English languages [Karimova, 2021, b. 23-24].

I. Aslanov, in the third chapter of the methodical manual entitled "Psychology of social activity and behavior", showed the types of non-verbal means and their importance in interpersonal relations [Aslanov, 2019, b. 50].

It should also be noted that people believe that non-verbal units are not deceiving, moreover, they trust non-verbal units more than verbal ones. Non-verbal means communicate the real state of mind of a person. It has been tested in practice, for

example, when a person who is angry, disliked or upset speaks with a frown, it is more effective:

- *Qalay, bolalar bilan tanishib oldilaringmi? – Sekingina so‘radi O‘ris xola.*
- *Hammasi odam yovvoyiga o‘xshaydi-ku, – nordon narsa chaynab olgandek **aftini jiyirib** dedi Qoravoy.*
- *Hechqisi yo‘q, keyin oralarindan qil o‘tmaydigan o‘rtoq ham bo‘lib ketasizlar (X. To‘xtaboyev, “Besh bolali yigitcha”).*

Have you met the children? - Aunt Russian asked slowly.

*"Everything looks like a wild man," said Karavoy, **snorting** as if he had chewed something sour.*

- It's okay, then you will become inseparable friends (Kh. Tokhtaboyev, "A boy with five children").

In every communication, the speaker aims to influence the person to whom the speech is directed. Non-verbal means further enhance this effect. Most people are more likely to deceive others with their words than with their actions. Verbal units are easy to control, but body movements, facial expressions, and tone of voice are difficult to control. If such non-verbal means are given importance, it is possible to avoid deception or understand the sincerity of the speaker. If the speaker contrasts the non-verbal units while speaking, the listener will focus on the non-verbal units. *For example,*

- *Baqqol, guruchni qayerdan oldingiz? – deb so‘radi.*
- *Keliningizga tug‘dirib kelyapman, – **rangi allanechuk oqarib, bit ko‘zlari pirpirab ketdi** baqqolning.*

Baqqolning g‘alati bo‘lib ketganini sezgan Parpi buvam chap qo‘lini marzaga tirab sekin o‘rnidan turdi :

- *Bu zormanda objuozniki-ku!*
- *Yo‘g‘-e, mozori sharif ursin.*
- *Bu zormanda kolxozning guruchi-ku!*
- *Amaki, tepamda xudo bor, og‘zingizga qarab gapiring (X.To‘xtaboyev, “Besh bolali yigitcha”).*
- *Grocer, where did you get the rice? he asked.*

*"I'm giving birth to your daughter-in-law," said the grocer, **his face turned pale and his eyes twinkled.***

Sensing that the grocer had become strange, Grandmother Parpi stood up slowly, putting her left hand on the floor:

"It's the objuvoz's!"

- No, let Sharif dig the grave.

- This is the rice of the collective farm!

-Uncle, there is a god above me, speak with your mouth open (H. Tokhtabayev, "A boy with five children").

In this dialogue, the speaker (the grocer) revealed the truth to the listener (Grandma Parpi) with a change in his face. Although he tried to convince the audience with words, he expressed his inner secret with his facial expressions. If the listener correctly understands the speaker's non-verbal information, he will learn his inner attitude and purpose and respond appropriately.

Also, F. Delsarte observed the organic connection between body movement and character ("Harmonic Gymnastic and Pantomimic Expression", 1895) and noted as follows: "There is nothing better than a gesture without meaning and reason the thing is not sad. Gesture is more than verbal communication, it is a way of conveying information without words. Verbal speech is weaker than gestures, since gestures are an agent of the heart, a persuasive tool. In fact, non-verbal means have a stronger effect than verbal means in a speech situation. We can know the inner feelings of the speaker and the listener through gestures and tone of voice. We usually plan our words, but in non-verbal communication we convey information unconsciously. We do not deliberately raise an eyebrow or blush, but these situations happen involuntarily, naturally:

...– Choyxonadagilarga borib aytsam, buning janozasiga chiqish shart emas, deyishyapti.

*– Nega shart bo'lmaz ekan? – Bu gap Akbar domlaga **yoqmay, qoshlarini chimirdi.** – Kim aytdi, kallasi joyidami?*

– *Hasan chillak aytdi, Komil bangi aytdi. Mahallaga aralashmagan odamning janozasiga ham, to'yiga ham chiqilmaydi, deyishyapti (T.Malik, "Halovat"). ...- When I go to the people in the teahouse, they say that it is not necessary to go to the funeral.*

*"Why not?" - Teacher Akbar did not like this and **frowned.** - Who said, is the head okay?*

- Hasan said chillak, Kamil said bangi. They say that people who are not involved in the neighborhood cannot go to funerals or weddings (T. Malik, "Halovat").

In this dialogue, we can see that the listener (Akbar Domla) involuntarily shows his inner displeasure with the message the speaker is conveying with an eyebrow movement.

It can be noted that people use non-verbal communication for the following reasons:

1. Non-verbal communication is in some cases more effective than verbal means, in particular, words can sometimes have limitations (when explaining the form, directions, the speaker expresses his thoughts with more non-verbal means).

2. Non-verbal means have a strong influence: non-verbal means, first of all, express the inner feelings of a person (verbal messages are mainly related to the outside world).

3. Nonverbal means are more difficult to control than verbal means, and they convey more real information to the listener.

4. Non-verbal means can be used for situations where the use of verbal means is inappropriate (when verbal speech is limited): sometimes, when speaking is limited due to social etiquette, non-verbal means can convey a message.

5. Non-verbal means are necessary to help send complex messages: the subject of the speech can convey an illocutionary expression to the addressee of the speech by using simple non-verbal means simultaneously with a very complex verbal message.

Linguist N. Mahmudov writes about the connection of non-verbal means with the speech situation, the relationship

between the speaker and the listener in speech communication: "Usually, there are three main elements of the communicative situation, that is, the speaker, the listener and the topic or information . In order to convey certain information to the listener, the speaker chooses a medium - an appropriate channel. Naturally, the main channel is the language itself. However, other channels will be launched in accordance with the general situation and purpose for full information delivery. Paralinguistic and extralinguistic tools are meant here. Indeed, various factors, such as various gestures, facial expressions, head nods, body movements, proximity of space, nature of voice, clothes, social or other status of the speaker and the listener have a special value in the communication process. The communication channel is selected in accordance with the content, purpose and nature of the information to be transmitted" [Maxmudov, 2007, b. 40].

In conclusion, the purpose of communication is to influence the person to whom the speech is directed. In this process, the influence of non-verbal means may be stronger than verbal means, and non-verbal communication may be more effective than verbal communication (non-verbal means are involved as additional means when speakers express the shape or directions of something). Non-verbal means can be conditionally divided into two groups: companions of linguistic means and groups such as specific manifestations of linguistic means. It is known that non-verbal means can convey the message without verbal means through direct visual-signal representations of linguistic means, but since it is not possible to directly see non-verbal action in written texts, it is possible to get information about non-verbal with the help of verbal means.

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