

THE MAIN TYPES OF NONVERBAL COMMUNICATION ENGLISH AND UZBEK LANGUAGES

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Annotation: This article provided English and Uzbek nonverbal communication methods along with some examples. The improvement of understanding regarding communication without language is the goal of this article. In addition, several benefits and drawbacks were listed for the readers' better comprehension.

Annotatsiya: Ushbu maqolada ingliz va o'zbek tillarida og'zaki bo'lmagan muloqot usullari hamda ba'zi misollar keltirilgan. Tilsiz muloqotni tushunishni yaxshilash ushbu maqolaning maqsadidir. Bundan tashqari, o'quvchilarning yaxshiroq tushunishlari uchun bir qator afzalliklar va kamchiliklar sanab o'tilgan.

Key words: Body language, eye contact, gestures, tone of voice, postures, facial expressions, Paralinguistics, Posture, Proxemics, Haptics, Artifacts

INGLIZ VA O'ZBEK TILLARIDA NOVERBAL MULOQOTNING ASOSIY TURLARI

Kalit so'zlar: Tana tili, ko'z bilan aloqa, imo-ishoralar, ovoz ohangi, duruqlar, yuz ifodalari, Paralingvistika, Posture, Proksemika, Haptika, Artefaktlar

Usually, when we want to express our feelings or thoughts to someone, we use words to do so. We are aware that it is impossible to conceive the world without language. Because everything can be communicated in words, but we also frequently display our emotions by nonverbal cues. We can clearly distinguish between verbal and nonverbal communication. People engage with one another through both verbal and nonverbal communication. In daily life, people use about 35% verbal communication and 65% nonverbal communication. Actually, we never speak to each other verbally because a comfortable connection depends on nonverbal communication.

The nonverbal conveyance of information through the visual, aural, tactile, and kinesthetic channels is known as nonverbal communication. In general, the technique of creating meaning through wordless signals is known as nonverbal communication. Nonverbal communication can give a message a completely new meaning. In order to convey a message in a way that is more understandable, nonverbal communication is often necessary. Charles Darwin's book "Expression of the Emotions in Man and

Woman," which was published in 1872, served as the catalyst for the beginning of formal scientific study of nonverbal communication.

Role-playing, sign language, and PowerPoint presentations can all be utilized to communicate nonverbally. Along with this, effective nonverbal communication also includes the use of hand gestures, facial expressions, physical expressions, posture, and eye movement. Both formal and informal representations of someone can be made through nonverbal communication. The person employing nonverbal communication may adopt an unfavorable stance, use few hand gestures, and make specific facial expressions in order to show professionally. as in smiling and staring someone in the eye.

There are some types of nonverbal communication followed by
Visual communication; Body language or Kinesics; Gestures; Posture;
Physical Appearance; Facial Expression; Calling Bell; Ringing Bell;
Proteomics or Distance; Chromatics or Time Language; Communication through
Action; Symbols;

Audio communication; Paralanguage;

Audio-Visual communication; Silent communication.

Nonverbal communication comes in a wide variety, and we can use it for ourselves as well. Examples of this nature are frequently used.

Nodding your head indicates agreement or approval;

A warning is given by shaking the index finger;

Clapping is a sign of appreciation for someone's performance;

Putting on the back signifies admiration;

sneering signifies disapproval of the meal or an opposing viewpoint;

When a gun is fired, it signals the beginning of any type of racing as well
Using the thumb indicates that wishing you success
Flying kisses are used to express love for someone special. Nonverbal communication has both advantages and cons.

We are aware that nonverbal communication has some benefits for interactions with people as well as for instructing students. gives the teacher more flexibility; saves the teacher's breath, time, and stress. Promote "flow," a calmer state of mind; boost output; make kids feel secure; Increased teacher-student relationship; Students know what to expect; Greater student-teacher trust. However, there are various hurdles and issues with nonverbal communication, which we can notice; it is not always to explain ideas during speech. For instance, while pointing is acceptable in some regions of the world, it is highly insulting in others. And observing individuals, it may be considered polite in some nations. It is considered quite rude and disrespectful in other parts of the world. We should therefore use caution when using nonverbal cues.

It is important to note that informal communication has regional and national variations. For instance, the Uzbek people have a rich communication process, and the

directness of their relationships is related to the greater usage of such technologies. Depending on their age characteristics, children may or may not convey their emotions and desires to their mothers. If you look at the cultures of other countries, you might be able to observe that various communication tools are employed for various things in various countries. The Bulgarians shake their heads and turn away when you ask them to affirm something. It is well known that Russians, Uzbeks, and several other nations act in the opposite manner. The geographical position of the interlocutors is crucial in nonverbal communication. Women, for instance, tend to chat to each other as they talk because they are more emotionally invested than men, who are almost never in close proximity.²³⁹

Verbal and non-verbal aspects of communication as well as empathy are known to have an important impact on the medical encounter. The aim of the study was to analyze how well final year undergraduate medical students use skills of verbal and non-verbal communication during history-taking and whether these aspects of communication correlate with empathy and gender. During a three steps performance assessment simulating the first day of a resident 30 medical final year students took histories of five simulated patients resulting in 150 videos of physician-patient encounters. These videos were analyzed by external rating with a newly developed observation scale for the verbal and non-verbal communication and with the validated CARE-questionnaire for empathy. One-way ANOVA, t-tests and bivariate correlations were used for statistical analyses. There are two primary forms of communication: verbal and nonverbal. With verbal communication, people express their thoughts, ideas, and feelings through spoken or written language. Nonverbal communication uses other methods, such as body language including facial expressions, gestures, and other body movements. The verbal component refers to the content of our message, the choice and arrangement of our words. The nonverbal component refers to the message we send through our body language. The paraverbal component refers to how we say what we say - the tone, pacing and volume of our voices. Nonverbal communication is far more important than verbal communication in a conversation or setting. Nonverbal communication makes up 80-90 percent of all communication. Nonverbal communication provides the contextual cues that are essential to understanding the intention of the communicator. Communication is the process by which an individual conveys information to another person through behaviors, words, or sounds. One person, the sender, sends a message containing information, while another person, the receiver, receives the message. One sender can channel the message to multiple receivers by using mass media or social media. The channel is the method the sender uses to transmit the message to the receivers. This can be done through visual or audio channels. Two people who receive the same message may interpret the information differently due to each person's background, experience, and culture, as well as

elements in the communication process such as noise or interference which may or may not affect the transmission of the message.

Communication is important because it serves as the basis for a society. This transfer and exchange of information allow people to function smoothly within a society and understand one another. Transmitting meaningful concepts from person to person sets humans apart from the rest of the animal kingdom where **effective communication** is essential to humanity. While communication is essential and natural in practice, effective communication can be a complex skill to develop.

Characteristics of Verbal Communication

1. Involves spoken or written words.
2. Provides precise and detailed information.
3. Allows for immediate and direct feedback.
4. Influenced by language and dialect.
5. Dominant in formal communication settings.
6. Can be hindered by language barriers.
7. Suitable for conveying complex ideas.
8. Emotions are expressed through words.
9. Communication speed can be faster for conveying information.

Non-Verbal Communication

Non-verbal communication includes all types of communication without using words. It includes hand gestures, facial expressions, eye contact, body language and voice tone. Non-verbal communication can convey emotions stronger than words way.

Characteristics of Non-verbal Communication

1. Involves gestures, body language, facial expressions, and visual cues.
2. Provides emotional depth and context to messages.
3. Feedback is often subtle, indirect, or delayed.
4. Can have cultural universality in some expressions.
5. Crucial in conveying emotions and attitudes, especially in emotional situations.
6. Overcomes language barriers.
7. Supplements, reinforces, or contradicts verbal messages.
8. Emotions are often displayed non-verbally.
9. Non-verbal cues can be interpreted quickly.

Tabular Difference Between Verbal and Non-verbal communication

Aspect	Verbal Communication	Non-Verbal Communication
Medium	Spoken or written words	Body language, facial expressions, gestures, etc.
Channel	Auditory and visual	Primarily visual
Language Barriers	Language proficiency can affect understanding	More universal, transcending language barriers.
Speed of Delivery	Faster in conveying information	Slower, allowing for more subtle nuances
Conscious Control	Often requires conscious effort and articulation	Often unconscious and spontaneous.
Ambiguity	Can be more precise and explicit	Can be ambiguous and open to interpretation.
Emotional Expression	Tone of voice conveys emotions	Facial expressions and body language convey emotions.
Memory Retention	Easier to remember and recall	Non-verbal cues can be challenging to recall accurately.
Cultural Differences	Language may have cultural nuances	Non-verbal cues can vary significantly across cultures.
Scope	Covers a broad range of topics	More effective for expressing feelings and attitudes.

Similarities

Purpose: Both verbal and non-verbal communication are aimed to convey emotions, information and intentions among different individuals.

Contextual: Both forms of communication are influenced by cultural norms, social ways and relationship between the communicators.

Subjectivity: They can be interpreted and meaning may vary based on the receiver's perception and understanding.

Feedback: Verbal and non-verbal communication will possess responses and feedback from the receiver, allowing to interact.

Expressiveness: Both verbal and non-verbal communication had strong forms of expressing emotions, feelings and attitudes helps in improving the message totally

Conclusion

In summary, verbal and non-verbal communication are two important forms for the human interaction which are playing key roles in expressing the messages, emotions and thoughts. Verbal communication is the spoken or written words to express the information. Non-verbal communication is body language, facial expressions, gestures and visual to communicate without using words. Both are fundamental way of communication among human individuals for interaction used to express ideas.

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