

A HISTORICAL OVERVIEW OF NONVERBAL COMMUNICATION

Khaydarova Dilnavoz Rakhimovna

Master's Degree student of National University of Uzbekistan

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INTRODUCTION

The study of nonverbal communication started in 1872 with the publication of *The Expression of the Emotions in Man and Animals* by Charles Darwin. Darwin began to study nonverbal communication as he noticed the interactions between animals such as lions, tigers, dogs etc. and realized they also communicated by gestures and expressions. For the first time, nonverbal communication was studied and its relevance questioned¹. Today, scholars argue that nonverbal communication can convey more meaning than verbal communication. Some scholars state that most people trust forms of nonverbal communication over verbal communication. Ray Birdwhistell concludes that nonverbal communication accounts for 60–70 percent of human communication, although according to other researchers the communication type is not quantifiable or does not reflect modern human communication, especially when people rely so much on written means.

Just as speech contains nonverbal elements known as paralanguage, including voice quality, rate, pitch, loudness, and speaking style, as well as prosodic features such as rhythm, intonation, and stress, so written texts have nonverbal elements such as handwriting style, spatial arrangement of words, or the physical layout of a page. However, much of the study of nonverbal communication has focused on interaction between individuals, where it can be classified into three principal areas: environmental conditions where communication takes place, physical characteristics of the communicators, and behaviors of communicators during interaction. Nonverbal communication involves the conscious and unconscious processes of encoding and decoding.

Materials and Methods

Encoding is defined as our ability to express emotions in a way that can be accurately interpreted by the receivers. Decoding is called "nonverbal sensitivity", defined as the ability to take this encoded emotion and interpret its meanings accurately to what the sender intended. Encoding is the act of generating information such as facial expressions, gestures, and postures. Encoding information utilizes signals which

¹ Barsade, S. G., & Gibson, D. E. Group affect: Its influence on individual and group outcomes. *Current Directions in Psychological Science*, 2012. 119-123.

we may think to be universal². Decoding is the interpretation of information from received sensations given by the encoder. Decoding information utilizes knowledge one may have of certain received sensations. For example, in the picture above, the encoder holds up two fingers, and the decoder may know from previous experience that this means two. There are some "decoding rules", which state that in some cases a person may be able to properly assess some nonverbal cues and understand their meaning, whereas others might not be able to do so as effectively. Both of these skills can vary from person to person, with some people being better than others at one or both. These individuals would be more socially conscious and have better interpersonal relationships. An example of this would be with gender: women are found to be better decoders than men since they are more observant of nonverbal cues, as well as more likely to use them.

Despite the introduction of nonverbal communication in the 1800s, the emergence of behaviorism in the 1920s paused further research on nonverbal communication. Behaviorism is defined as the theory of learning that describes people's behavior as acquired through conditioning. Behaviorists such as B.F. Skinner trained pigeons to engage in various behaviors to demonstrate how animals engage in behaviors with rewards. Research on nonverbal communication rocketed during the mid-1960s by a number of psychologists and researchers. Michael Argyle and Janet Dean Fodor, for example, studied the relationship between eye contact and conversational distance. Ralph V. Exline examined patterns of looking while speaking and looking while listening. Eckhard Hess produced several studies pertaining to pupil dilation that were published in *Scientific American*. Robert Sommer studied the relationship between personal space and the environment. Robert Rosenthal discovered that expectations made by teachers and researchers can influence their outcomes, and that subtle, nonverbal cues may play an important role in this process. Albert Mehrabian studied the nonverbal cues of liking and immediacy. By the 1970s, a number of scholarly volumes in psychology summarized the growing body of research, such as Shirley Weitz's *Nonverbal Communication* and Marianne LaFrance and Clara Mayo's *Moving Bodies*. Popular books included "Body Language", which focused on how to use nonverbal communication to attract other people, and "How to Read a Person Like a Book" which examined nonverbal behavior in negotiation situations.

In 1970, Argyle hypothesized that although spoken language is used for communicating the meaning about events external to the person communicating, the nonverbal codes are used to create and strengthen interpersonal relationships. When someone wishes to avoid conflicting or embarrassing events during communication, it is considered proper and correct by the hypothesis to communicate attitudes towards

² Antonakis, J., Fenley, M., & Liechti, S. Can charisma be taught? Tests of two interventions. *Academy of Management Learning & Education*, 2011. 374-396.

others nonverbally instead of verbally. Along with this philosophy, Michael Argyle also found and concluded in 1988 that there are five main functions of nonverbal body behavior and gestures in human communications: self-presentation of one's whole personality, rituals and cultural greetings, expressing interpersonal attitudes, expressing emotions, and to accompany speech in managing the cues set in the interactions between the speaker and the listener.

"In the study of nonverbal communications, the limbic brain is where the action is...because it is the part of the brain that reacts to the world around us reflexively and instantaneously, in real time, and without thought." There is evidence that the nonverbal cues made from person-to-person do not entirely have something to do with environment. Along with gestures, phenotypic traits can also convey certain messages in nonverbal communication, for instance, eye color, hair color and height. Research into height has generally found that taller people are perceived as being more impressive. Melamed and Bozionelos (1992) studied a sample of managers in the United Kingdom and found that height was a key factor in who was promoted. Height can have benefits and depressors too. "While tall people often command more respect than short people, height can also be detrimental to some aspects of one-to-one communication, for instance, where you need to 'talk on the same level' or have an 'eye-to-eye' discussion with another person and do not want to be perceived as too big for your boots"³.

Results and Discussions

In Uzbek linguistics, Adulkhamid Nurmonov, Mamurjon Saidkhanov, Siddiqjon Muminov, Sharifa Iskandarova, Aziza Aripova and other scholars made great and important contribution to paralinguistics and nonverbal communication. Adulkhamid Nurmonov analysed the basic types of nonverbal communication tools and its importance in communication. He dwells on the paralinguistic tools that are close to the language in the expression of thoughts, functionally compensate or monitor it, and the qualitative and quantitative characteristics of the voice, which are important in communication, as well as gestures, are the object of study of linguistics. The scientist expresses the following points regarding the participation of non-verbal means in speech communication: 1) such elements are directly related to the functioning of the communication channel, and the greater the resistance, the greater the participation of paralinguistic means. This resistance itself is two different: it can be related to internal and external factors, for example, if the communication takes place in the open and the distance between the interlocutors is far, or if the distance is close and strong noise interferes with the conversation, additional non-verbal means – gestures and the need for facial expressions increases. The internal reasons are related to the subjective states

³ Bosson, J. K., Haymovitz, E. L., & Pinel, E. C. When saying and doing diverge: The effects of stereotype threat on self-reported versus non-verbal anxiety. *Journal of Experimental Social Psychology*, 2008. 247-255.

of the speaker and the listener. In particular, the addressee may not hear well; 2) the use of gestures is also related to speech styles. Following ensures effective speech. Appropriate and consistent connection of verbal and non-verbal tools in the speech process is a sign of high skill of the speaker; 3) it is necessary to use kinetic means in order not to make the addressee feel his thoughts with the addressee to his partners.

Mamurjon Saidkhanov researched paralinguistic tools in his candidacy thesis entitled "Nonverbal tools and their expression in the Uzbek language" and classified nonverbal tools: 1) according to the communicative and somatic characteristics of nonverbal tools; 2) divides into groups according to the use of non-verbal means. Emphasizing that in some cases, thoughts without non-verbal means remain bare, logically incomprehensible, psychologically wrong, he notes that they are important mainly in the following situations: 1) the communication of the parties involved in the communication-intervention if their languages are incomprehensible to each other; 2) when there is an obstacle to the emergence of the communication-intervention process; 3) so that the direct participants of the communication-intervention do not make others feel the opinion during the exchange of opinions; 4) lack of opportunity for one of the parties participating in the communication-intervention to express his opinion verbally (due to illness, lack of opportunity to speak, disdain for the interlocutor and other circumstances); 5) mentions that it can be used to ensure that the speech is convincing, impressive, colorful.

Siddiq Muminov discusses the gender characteristics of paralinguistic tools in his doctoral work entitled "Socio-linguistic features of Uzbek communication behavior" and gives brief information about the paralinguistic tools used by Uzbek men and women. Sharifa Iskanderova, in her PhD thesis entitled "Communication Forms of Uzbek Speech Habits", researches the occurrence of situations of speech habits and explains the high importance of paralinguistic tools in the process of speech communication, through which the goal and thought of the addressee can be easily understood.

Aziza Aripova in her candidacy work entitled "Linguistic-methodical means of public speaking" emphasized that all linguistic and non-linguistic units should be used in moderation in order for the speaker to achieve the intended result through his speech¹¹. In the researcher's article "An important tool that forms the essence of speech", while listing the main tasks of high-level public speaking, he states that special importance should be paid to the formal aspect of speech: "For the speech to be effective, clear and clear pronunciation, correct ri stops.. .also, it is required to pay special attention to speech speed, voice power, ability to communicate consistently with listeners, hand movements and similar non-verbal means".

Q. Rasulov in his candidacy thesis entitled "Functional Characterization of Uzbek Communication Behavior" paid attention to how and how non-verbal tools are used in

the communication of various professions, as well as the specific semantics that can be understood from them.

Z. Akbarova spoke about the extralinguistic and psycholinguistic means of expression of address in her candidacy thesis entitled “Forms of address in the Uzbek language and its linguistic research”, touching on the issues related to the role of gesture and movement and phonational means in this process. In particular, the extralinguistic means of expressing the form of address can be divided into three: 1) gestural means; 2) sound-phonation means; 3) color divides into means. In Z. Akbarova’s research, extralinguistic means of forms of address perform a poetic function, show the psychological state of the subject, complement the content of the address, and sometimes become a pure form of address.

Q. Kakharov in his Doctor of Philosophy (PhD) thesis entitled “Comparative study of Uzbek and German speech etiquettes” focused on the national and international features of non-verbal means, general and specific non-verbal means expressing Uzbek and German speech etiquettes. Explained its aspects in detail. It is emphasized that non-verbal means serve to clearly express hidden goals, needs, points of view or feelings in verbal communication, and to strengthen the priority of oral speech. In his work, Q. Kakharov shows some of the non-verbal means specific to the Uzbek national character, in particular, he enumerates the gender differences and describes the national foundations of the relations between men and women in the Uzbek and German nations.

U.M. Yusupova’s article entitled “National Forms of Nonverbal Meaning Expression” also gives a detailed opinion about the paralinguistic tools specific to the Uzbek national character and reveals their importance in the process of oral communication: It is organized. The correct use of gestures is very important because they make the speech vivid and meaningful. Even if we are talking on the phone, our voice can tell that we use gestures. Gives them an emotional and affective color, helps to focus on the main idea being expressed”.

G. Saparbayeva commented on the role of gestures in the speech process in her candidate’s thesis on the topic “Act of oral communication and its lexical-grammatical features” and emphasizes that they are a secondary tool that helps speech. At this point, it is worth saying that it is wrong to interpret non-verbal means as a tool that complements speech. Because in the process of live communication, there are situations where, for example, the interlocutors are in a noisy environment or when dealing with a hearing-impaired listener, gestures and facial expressions serve as the main means of expressing ideas. In addition, the thesis states that verbal means and gestures are considered an integral part of the act of verbal communication and that both of them perform the same function in the sense that they form a certain system of symbols in the mind.

Another important research in the field of paralinguistics is B.R. Akhmedov's candidate thesis. In her Doctor of Philosophy (PhD) dissertation on philological sciences entitled "Genderological and Pragmatic Study of Paralinguistic Tools", she paid attention to the analysis of non-verbal tools from a gender point of view, the gestures characteristic of Uzbek women and the behavior used by Uzbek men. Described the actions in detail.

M. Mirdedayeva also expressed a number of opinions on the gender characteristics of non-verbal means in her master's thesis entitled "Sociopragmatic study of Uzbek colloquial discourse". In particular, he classified the behaviors used by Uzbek men and women in detail.

On the linguopragmatic analysis of nonverbal means reflecting gender characteristics, T.D. Annazarova also expressed her opinion in her article. According to her, it is appropriate to analyze the gender characteristics of paralinguistic tools in the ratio of "author-addressee-addressee", thereby clarifying several issues in the field of gender linguistics and pragmalinguistics.

In M.A. Kurbanov's candidacy thesis entitled "Research of means of expressing non-verbal communication in Uzbek, Ottoman Turkish, English and Russian languages", the use of language-related means together with language means, linguopragmatic, stylistic and grammatical aspects of gestures in different languages have been revealed. An important aspect of the research is that modern non-verbal means related to the development of profession, science, technology and production were studied.

The third chapter of D.O. Hasanova's doctoral dissertation entitled "Factors, means and methods of expressing social characteristics of a person in the Uzbek language" is called "Non-linguistic factors of expressing social characteristics of a person" and the scientist said that non-verbal means of communication are no less important than verbal units in the process of communication. Misunderstanding of non-verbal means of communication causes a number of problems, according to the study.

Conclusion

Non-verbal communication is also used effectively to communicate one's emotions. Non-spoken communication which tells us something about the relationship between two or more people is known as Meta Communication. Language is affected through social status, personal status, economic status, political status both in verbal and non verbal. Way of presentation of urban people differs from rural people. In both form of communication body parts are used according to need. In this paper emphasis has been given on verbal, nonverbal communication, body parts used in the communication, how status of people affects language and communication from childhood to end of life.

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