

UNDERSTANDING THE BASIC BODY LANGUAGE

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Abstract: *Body language refers to the nonverbal signals that we use to communicate. This article considers how to understand basic forms of human body language. These nonverbal signals make up a huge part of daily communication. Body language can help us understand others and ourselves. In order to understand nonverbal signals, firstly we should learn simple actions of people that can talk about their inner world. Secondly, to detect what bodies are saying, you need to train your eyes to observe and your mind to interpret. These factors can help how to use your body effectively and analyze what others are going to say by their movements of bodies.*

Keywords: *ability, attitude, scanning, critical evolution, shoulder shrug, emotions and fortune-teller.*

In a world filled with words, it is easy to forget that some of our most powerful messages are never spoken. Body language - the silent communicator - plays a crucial role in how we express our emotions, build relationships, and understand one another. From the slight arch of an eyebrow to the way we cross our arms, every movement can reveal what words often hide. Understanding body language is not just a social skill; it is a key to emotional communication, and personal growth.

According to studies, only about 7% of communication is verbal. The rest





is non-verbal: 38% comes from tone of voice and 55% from body language. This means that what you say matters less than how you say it. Everyone knows someone who can walk into a room full of people and, within minutes, give an accurate description about the relationships between those people and what they are feeling. The ability to read a person's attitudes and thoughts by their behaviour was the original communication system used by humans before spoken language evolved.

How body language reveals emotions and thoughts

Body language is an outward reflection of a person's emotional condition. Each gesture or movement can be a valuable key to an emotion a person may be feeling at the time. Movements like facial expressions, posture, gestures, and eye contact can show emotions such as happiness, anger, fear, or confidence. For example, someone who smiles and stands tall may feel confident and relaxed, while someone who crosses their arms or avoids eye contact might feel nervous or uncomfortable. Even when people don't speak, their body language can silently communicate their true feelings or thoughts to others.

Understanding basics

Most of the basic communication signals are the same all over the world. When people are happy they smile; when they are sad or angry they frown or scowl. Nodding the head is almost universally used to indicate 'yes' or affirmation. It appears to be a form of head lowering and is probably an inborn gesture because it's also used by people born blind. Shaking the head from side to side to indicate 'no' or negation is also universal and appears to be a gesture learned in infancy. When a baby has had enough milk, it turns its head from side to side to reject its mother's breast. When the young child has had enough to eat, he shakes his head from side to side to stop any attempt to spoon-feed him and, in this way, he quickly learns to use the head shaking gesture to show disagreement or a negative attitude. The shoulder shrug is also a good example of a universal



gesture that is used to show that a person does not know or does not understand what you are saying. It is a multiple gesture that has three main parts: exposed palms to show nothing is being concealed in the hands, hunched shoulders to protect the throat from attack and raised brow which is a universal, submissive greeting. Older people are harder to read than younger ones because they have less muscle tone in the face. The speed of some gestures and how obvious they look to others is also related to the age of the individual. For example, if a five-year-old child tells a lie, he is likely to immediately cover his mouth with one or both hands. The act of covering the mouth can alert a parent to the lie and this mouth-covering gesture will likely continue throughout the person's lifetime, usually only varying in the speed at which it is done. When a teenager tells a lie, the hand is brought to the mouth in a similar way to the five-year-old, but instead of the obvious hand-slapping gesture over the mouth, the fingers rub lightly around it.

How to become a great reader

Set aside at least fifteen minutes a day to study the body language of other people, as well as acquiring a conscious awareness of your own gestures. A good reading ground is anywhere that people meet and interact. An airport is a particularly good place for observing the entire spectrum of human gestures as people openly express eagerness, anger, sorrow, happiness, impatience and many other emotions through body language. Social functions, business meetings and parties are also excellent. When you become proficient at the art of reading body language, you can go to a party, sit in a corner all evening and have an exciting time just watching other people's body language rituals.

"Modern humans are worse at reading body signals than their ancestors because we are now distracted by words."

When people want to be open or honest, they will often hold one or both palms out to the other person and say something like, "I did not do it!" or "I am telling you the truth". When someone begins to open up or be truthful, they will



likely expose all or part of their palms to the other person. Like most body language signals, this is a completely unconscious gesture, one that gives you an "intuitive" feeling or hunch that the other person is telling the truth.

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Overall, what we should do to understand body language is that, consider the context, read clusters-not individual gestures, look for baseline behaviour, pay attention to congruence and observe timing and response. Understand the person's normal behaviour first. Sudden changes might indicate a shift in feelings or thoughts, check if their words match their body language. If not, body language is more truthful.

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