



## The Relationship between Verbal and Nonverbal Means of Communication and their Expression in different Cultures

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### Abstract

The article is devoted to the analysis of nonverbal means of communication and their relationship with verbal means and examines the different points of view of researchers on the issue of the dominance of the type of communication in human communication. Comparing the elements of Uzbek, Russian, and English kinesic communication, the author collects, systemizes, and describes the kinesic elements. In particular, kinetic means (gestures, facial expressions, other types of body movements) are considered, which are an integral, organic part of the language system. This article draws attention to the specific features of Uzbek, Russian, and English communicative behavior.

**Keywords:** Verbal and Nonverbal Means of Communication, Linguistics, Paralinguistics, Kinesics, Gestures, Nonverbal Behavior, Communication.

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### Introduction

Social behavior, which is formed in the context of the situational diversity of specific historical conditions and is determined by the peculiarities of a person's place in society, is primarily due to the ability of people to communicate with each other. The main means of communication is the language, which is a material and spiritual education. Language reflects the richness of a person's cognitive abilities in the individual and social spheres. It also allows us to fix in a material form the features of the individual and social consciousness of a person.



However, in speech communication, in addition to the usual articulatory-acoustic or verbal signs for natural languages, certain additional systems of signs of a non-acoustic and non-verbal nature are used. It is these signs that have become the objects of study of such non-linguistic disciplines as proxemics, takesics and kinesics, the first of which got its name from the English “proximity” i.e. “proximity” (the term was proposed by the American scientist E. A. Tolstoy). Hall [4 p.22] denotes the effects of the spatial organization of communication, as well as the influence of territories, orientation, and distance between people on the nature of interpersonal communication.

Kinesics was an integral part of the “most linguistic” disciplines dealing with nonverbal means of communication - paralinguistics. In general, paralinguistics studies the functional use of nonverbal means in the formation of specific speech utterances, namely: prosodic phenomena, such as speech tempo, voice timbre, pausation, intonation, melody, etc., and kinetic phenomena in the form of body movements as a set of purposeful movements and postures, proxemics as the location of people communicating relative to each other, gestures, facial expressions, behavior, etc.

A well - known linguist Yu. S. Stepanov, “by exchanging activities and products of activity, by demonstrating fragments of routine role behavior, intentional violations of the rules of speech and non-speech behavior, gestures, sitting manners, furniture placement, emotional intonation, unconscious word selection, etc.”. [10. p.82].

A detailed description of the cause of non-verbal gestures, sign language we find in the article by A. V. Filippov, “Audio language”, “language” gestures” in which the author explains: “sign language” applies if:

- a) between the interlocutors far distance;
- b) there is a big noise;
- c) the interlocutors do not know the language of each other but rely on clarity and visual notification metaphorical gestures;
- d) one of the interlocutor’s deficient voice or hearing non-verbal means;
- e) the solemnity of the situation does not allow you to say out loud,
- f) you need to observe complete silence;
- g) the person does not want to interrupt someone’s verbal speech;
- h) the person wants to hide the thought from a part of those present and tell something only to one or several of them; and the person cannot speak for some reason.

Sometimes a person prefers to show a gesture rather than say a word for the sake of brevity and simplicity, to emphasize their disinclination to talk, or believing that a gesture is more expressive than a word. Gestures are used when giving information to animals (tapping on the knee-a sign to the dog “come here”, a gesture “to swing threateningly”, “whip” - a sign to go faster, etc.), as well as if they combine reflexivity and intentional giving of information outside to the interlocutor (to



jump up with joy). A special series is traditionally ritual gestures that have a certain denotative-but-connotative meaning (standing at attention, shaking hands, kissing the banner)” [2, p.141].

As for verbal speech, the oral presentation of ideas is used in a normal speech situation, i.e., subject: spatial proximity of the interlocutors, the relative silence of their knowledge of words of the language, ability to speak and hear if it is not contrary to any rules, does not lead to unpleasant consequences, if there is no need to hide your thoughts from nearby.

Sign language is used in the absence of at least one of the above conditions or the presence of at least one of the opposite of the above conditions; it has the qualities that at other times comes to the aid of an ineffective or impossible manifestation of oral speech — sign language does not sound, gestures are visible further than words are heard, often more pictographic, visual than words. Therefore, the study of the processes of verbal information transmission should always be based on both verbal and non-verbal factors (or, as Charles Bally wrote, articulate and non-articulate signs) [1, p.3].

Many linguists, such as G. V. Kolshansky, believed that the involvement of non-verbal means in communication is not dictated by the inferiority of the language system, any gap in its structure, but only by external circumstances related to the nature of communication: compliance with a certain pace of conversation, emphasizing the meaning of the statement, introducing a personal attitude to the message, etc. [6, p.7]. But each language, having unique advantages, has a whole scale of small and large disadvantages, which consist in the poor adaptability of a given language to express a particular type of content. In addition, each language has its own favorable and unfavorable external conditions of communication, which determine the external determinant. This position has always been noted in his works by the founder of system linguistics G. P. Melnikov and his students.

The purpose of non-verbal means is determined by their indirect inclusion in the act of utterance and their performance of the following functions:

- 1) the functions of the auxiliary element to achieve unambiguity of communication in connection with the generalized and polysemantic nature of the actual language means;
- 2) the functions of compensation for certain linguistic means eliminated for one reason or another in the real communication process [7;8].

A similar view of the role of the non-verbal means in communication is expressed by I. N. Gorelov, who argues that the presence of paralinguistic components that can complement and even replace the linguistic sign does not agree with the original position of G. V. Kolshansky regarding the universality and complete independence of the language system in all its manifestations [3. p.106].

Thus, verbal and nonverbal behavior in a particular communication situation act in unity, making up the main components of the communicative act. Confirmation of this position is found in L. M. Shelgunova, who writes: “Speech and non-speech behavior, verbal (speech itself, its features) and non-verbal forms of speech behavior (gestures, facial expressions, intonation, posture, body movement, etc.) express emotional or mental states motivated by the conditions and circumstances



of speech, act in unity, being components of a single activity act that has certain motives and goals” [11, p. 7].

The human use of nonverbal means in the process of verbal communication is as natural as the interaction of neurophysiological processes involved in the production of speech is natural and biologically natural. The study of the interaction of verbal and nonverbal means in the process of communication helps to raise deeper questions about the nature of language, its structure and functioning in living speech. The participation of certain non-verbal means in the utterance is predetermined by the language system itself, the social nature of its origin, and the biological nature of the speaking subject.

The study of the nonverbal means that accompany language communication is also necessary, as is the study of the languages themselves, since nonverbal means are an integral part of human communication. Nonverbal communication is a type of human communication that is closely related to and interacts with speech communication.

Communication functions are distributed in a certain way between verbal and nonverbal means in languages of various types, thus ensuring the semiotic completeness of the description of specific languages. Not all non-verbal means that are related to the field of paralinguistics are non-linguistic, not included in the language system. All nonverbal behavior can be described by a word. Language is a system of names that codify all the phenomena of the world known to man, and thanks to this, all nonverbal behavior can be described by a word. Today, nonverbal means is studied by various sciences, such as physiology, anthropology, psychiatry, criminology, psychology (psychology of communication and ethnopsychology), ethnography, art history, sociology, and semiotics. The science that studies the functional use of nonverbal means for the formation of speech utterances is paralinguistics. The term “paralinguistics” was proposed by A. Hill, it is focused on the connection of the observed non-linguistic phenomena with language [5, p. 408-409]. Paralinguistic phenomena are understood as phenomena accompanying the language (Greek “para” - about).

Paralinguistic means are divided into kinesics (gestures, facial expressions, body movements) and phonation (various sound and intonation means). Paralinguistic means are widely used in speech, oral and written text. In the structure of the utterance, paralinguistic means act as verbal phonation means and nonverbal (gestures, facial expressions) characteristics. The unity of the form and content of the utterance is achieved, in addition to purely linguistic means, also by paralinguistic means, which are superimposed on words and expressions denoting various psychophysiological and emotional states of a person. Such means are especially common in dramatic works, in which, in addition to dialogue and monologue, the movement of the hero, his action and his emotions are also transmitted. Thus, paralinguistic means refer to the functional side of speech utterances.

A vivid illustration of the paralinguistic use of gestures, facial expressions, is the reading of the actor. And also, a visual illustration of the interaction of sound speech and paralinguistic means is the speech of actors in silent films. Even though silent cinema has its special features, it cannot be argued that the absence of a verbal statement in the form of sound (it must be taken into account that the articulation of silent film actors is very clear, expressive and the viewer can perceive certain words by guess) transforms speech into an unnatural plan for using paralinguistic



phenomena. On the one hand, here the whole role of gestures and facial expressions in the language is exposed, on the other hand, the lack of sound is made up for by the actor's performance to reveal the meaning and purpose of the characters' actions.

Paralinguistic means can be associated with the psychophysiological state of a person. For example, the communication of a patient with a doctor in the book "The first five minutes. A sample of microscopic interview analysis" by R. Pittenger, Ch. Hockett, I. Danehy: [12, p.288]

This communication contains phonation signs, i.e. sighs and exhalations with and without pharyngeal compression, intensification of vowels and consonants, extension and strength of their sound, whispering and shouting in the act of communication, narrowing and expanding the range of the voice when transmitting information, pauses and their duration and meaning, raising and lowering the main tone of the voice, etc. Here is this dialog:

- Will you sit there? What brings you here?
- Everything's wrong. I get so irritable, tense, depressed just everything and -everybody gets on my nerves.
- Yeah.
- I don't feel like talking, right now.
- You don't? Do you sometimes?
- It's the trouble. I get too wound up.
- I get started. I am all right.
- Yeah? Well, perhaps you will.
- May I smoke?
- Sure.

This is a common complaint of irritability. This passage does not carry any other information to the reader. However, if we listen to the conversation in the recording (listening), it will give us the most information. What can we do to increase the information we receive? Of course, the paralinguistic phenomena that accompany generalizations. This information content will tell us a lot in addition to what the language code has conveyed.

All other means that accompany communication, but are not functionally paralinguistic, are the subject of study in other sciences that have an important applied nature. These include, for example, psycholinguistics with its section "mass communication". We know that different peoples have their own "vocabulary" of gestures, they are conditional and different in each country.

If we pay attention to the gestures of greeting of the Uzbeks, we will see that they coincide with some gestures of greeting of other peoples, are perceived as interethnic. The first type of greeting is



to stretch out your hand and put your other hand to your chest. The second is a nod of the head. The third - the raising of the hand - is a modern international gesture of greeting. The next gesture is based on the movement of the entire arm extended up relative to the body or hand to the right or left. The palm is open. This gesture is borrowed, international.

When comparing the elements of Uzbek, Russian, and English kinesic communication, it is possible to collect, systematize and describe the kinesic elements. For example, in English communication, you can find a gesture that carries information that a person is fed up with - when the throat is covered with the thumb and index finger of the right hand, the gesture can accompany the statement: "Up to here. A movement of the edge of the palm of the right hand under the chin from left to right with the statement: "Бўлди, тўйдим!"- in Uzbek, and Russian - "Надоело!"

The gesture shortens the verbal text, replacing words and including certain additional meanings in the dialogue. Knowledge of the national-specific system of gestures is necessary for every cultured person not only to expand the cultural horizon, but also for its competent use in the complex of non-verbal means of communication.

Nonverbal means of communication give out reliability, which can be determined by facial expressions or body movements, while for verbal means it is impossible to say with certainty about the veracity of the interlocutor. A person can nod with an expression of approval, but with unwillingness, at the same time nod quite affirmatively.

Another gesture that expresses a negative attitude of a person is a gesture when the head is tilted down, or sitting with the head down and the arms folded on the chest. This gesture is also universal and is found in the English, Russians and Uzbeks. According to A. Nurmonov, the horizontal movement of the head among the Uzbeks expresses the negation of "йўқ"- "No", and the vertical movement of the head means the statement – "Bor" – "Yes". The movement of the head forward and down means the approval of the other party and the approval of his statements. The head thrown back means refusal, denial or disapproval of the interlocutor's opinion in Uzbek communication. Interestingly, the form of Uzbek communication coincides with the form of Bulgarian negation, in which "... the head thrown back-away from the interlocutor, represents a departure, disagreement, warm-up, rejected offer, refusal of a positive answer to a given question...». [9, p.22]

Each language has its specific paralinguistic means, therefore, the speech and non-speech habits of speakers of different languages do not coincide. The communicative aspect of language includes the process of verbal and nonverbal behavior.

Paralinguistic means are determined by the social and national specifics of speech behavior, their comparison becomes multi-faceted and complex, taking into account elements of culture, psychology and ethics.

## **Recourses**

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