



The main types of nonverbal communication English and Uzbek languages

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Annotation

This page 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.

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

Introduction

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.

Methods and analysis

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 Expresssion;
- 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 as the payment.

- 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.

Advantages	Disadvantages
Clear explanation;	Problem in feedback;
Knowledge transfer to deaf and dumb person; Lack of flexibility;	Exchange of feeling; Incomplete communication;



Time saving; problem;	Encoding and decoding
Aid to verbal communication; record;	Absence of permanent
For illiterate people. Difference in nonverbal cues across culture.	

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.

Conclusion

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 knowledge that Russians, Uzbeks, and several other nations act in the opposite manner. The geographical position of the interlocutors is crucial in nonverbal communication [6]. 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.

Scientists have discovered that in-person instruction for kids is preferred because it fosters a greater sense of responsibility in the learners. Due to the emotional exchange and the children's improved relationships with the issue and each other, the group's emotional state was also favorable.



As a result, communication functions as an internal psychological mechanism for social interaction. The requirement for group decision-making rather than individual decision-making is also one of the most crucial elements of work productivity and efficiency given the rising modern democratic connection.

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