

TILNING LEKSIK-SEMANTIK TIZIMI,  
QIYOSIY TIPOLOGIK IZLANISHLAR  
VA ADABIYOTSHUNOSLIK  
MUAMMOLARI

**MATERIALLAR  
TO'PLAMI  
XIV**



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INNOVATSIYALAR VAZIRLIGI**

**BUXORO DAVLAT UNIVERSITETI**

**TILNING LEKSIK-SEMANTIK TIZIMI, QIYOSIY  
TIPOLOGIK IZLANISHLAR VA  
ADABIYOTSHUNOSLIK MUAMMOLARI**

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## **THE IMPORTANCE OF BODY LANGUAGE IN COMMUNICATION**

A part of nonverbal language in which physical behaviors are used to express or convey information is called body language.

Body language is of paramount importance in communicating with people. Body language comprises of gestures and movements that we make of different parts of our body while communicating with people. Body language is considered as a message about the other person that we can interpret at an initiative level.

From psychological point of view, non-verbal communication reveals more than we speak. The ability to understand the body language

helps people in connections between others and enables them to make the communication more effective.

It is believed by many linguists that body language can instantly help to evaluate the interest of people as well as it can make communication the way more interesting and non-monotonous. Body language has essential functions in understanding and explaining thoughts and emotions. It has utmost importance in the correct expression and interpretation of messages in the communication process. Furthermore, oral communication is supported by body language which creates integrity in communication.

In fact, body language mainly includes facial expressions, posture, gesture, eye contact and intonation and they are used in different types of communication process. For instance, facial expressions convey countless emotions without saying a word.

It is considered that there are six universal expressions in which people use facial features to indicate basic emotions, these can be best exemplified by *surprise, happiness, anger, fear, sadness, and disgust*. Facial expressions have an important role in conversations so that individuals can perceive facial expressions, helping them to read the situation.

Moreover, individuals perceptions of people are affected by how they sit, walk or stand and the way they move can interpret a wealth of information to others. This type of nonverbal communication is called body movement or posture. To be precise, body movements can be utilized to emphasize or reinforce what an individual is saying.

A form of nonverbal communication in which arms, hand or other body part's movement that indicate or emphasize something while speaking is called gesture. Gestures are the most powerful type of nonverbal communication that speaker can employ.

It is widely held idea that gestures can express one's feelings and attitudes more clearly rather than words. According to the linguistic studies that there are four main categories of gestures: *descriptive, emphatic, suggestive, and prompting*. To illustrate, suggestive gestures are known as symbols of ideas and emotions and a key to express mood and thought. What's more, prompting gestures are used to trigger the interest of listeners to the communication. Emphatic gestures are mainly used to indicate earnestness and conviction. For instance, "a clenched fist" shows strong feeling, such as anger or determination. Gestures which are used to enhance or clarify a verbal message is known as descriptive gestures. By using descriptive gestures, individuals can understand a clear description of something.

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One of the most essential type of body language during conversation and communication is *eye contact*.

*Eye contact* mostly reveals confidence, respect, bonding and understanding. Maintaining eye contact can be an evidence of control or power over a situation and creates dominance.

A matter of variation in the pitch of the voice is known as *intonation*. *Intonation* is used to show speaker's emotions and attitudes as well as highlight an expression. Individuals rise or fall their voice pitch in order to express feeling.

Taking everything into consideration, body language is used to create a conversation in an expressive way as well as reinforce and strengthen the intent in communication.

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**ШАХС ВА ЖОЙ НОМЛАРИНИНГ ГУЛ НОМЛАРИ  
ОРҚАЛИ ИФОДАЛАНИШИ**

Фитонимлар – бионимларнинг бир тури бўлиб, улар ўсимликларнинг нав ва хилларини ифодаловчи атоқли номлардир.

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