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## Nonverbal Communications in Modern Linguistic Research

*Ganiyeva Moxidil Mo'ydinjon qizi*

*Master student 2104 - groups of Ferghana State University*

*Kuldashev Nizomiddin*

*Assistant of the Department of Linguistics, Fergana State University*

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### ABSTRACT

The information explosion drew attention to the problem of information, as a result of which interest in sign, semiological systems also increased. Current research has focused on the study of the mechanisms of recognition, identification of non-verbal behavior, as well as elucidation of the differential psychological characteristics of subjects and objects of knowledge that influence the definition of the role and meaning of non-verbal behavior.

**KEYWORDS:** communication, non-verbal communication, behavior.

**Introduction.** According to the anthropocentric paradigm, linguistics highlights phenomena that are directly related to a person and his environment. This problem has always been in the focus of attention of researchers and still has not lost its relevance.

An equally relevant circumstance that determines the relevance of the chosen direction of research is the problem of interpreting non-verbal behavior in interpersonal communication. In connection with the complex of issues related to the study of the socio-psychological qualities of a personality, the question arises of adequate understanding of the speaker, in particular, understanding based on the non-verbal behavior of his personality. It is believed that one of the first researchers who drew attention to the problem of the relationship between non-verbal communication and human emotional states was Charles Darwin. Expressive behavior is discrete and corresponds to certain emotional states - the main conclusion of the representatives of the Darwinian direction. Along with this, there is a fundamental conclusion of the psychology of expressive behavior: each phenomenon in the field of expressive movements is unambiguous, if we consider it as an expression of some general aspect; on the contrary, it turns out to be ambiguous if taken as an expression of feelings or states. Thus, the work of Charles Darwin met with both support and criticism from other researchers.

**Main part.** Until the mid 30's and 40's. XX century . In works on the psychology of cognition, the following issues were covered: the characteristics of the stimulus, the characteristics of the perceiving person, the definition of the process of forming an impression about a person based on his non-verbal behavior [1, 2].

Today, psychology has a sufficiently high level of understanding of non-verbal behavior to distinguish between scientific psychological facts and pre-scientific concepts and ideas. Research of the new generation focuses on revealing the mechanisms of recognition, identification of non-verbal behavior, elucidation of the differential psychological characteristics of subjects and objects of cognition that affect the definition of the role and significance of non-verbal behavior. Labunskaya V.A. understands non-verbal behavior as an external form of existence and manifestation of the mental world of the individual. Non-verbal behavior of a person is a socially and biologically conditioned way of organizing non-verbal means of communication learned by an individual, transformed into an individual concrete-sensual form of actions and deeds. She adds that by analyzing the content of individual non-verbal behavior, one can diagnose the level of development of the individual as a subject of communication. In the process of mutual communication, the cognition of the personality takes place, in which the relationships that have arisen are considered as a kind of form of addressing each other [2, 3]. Andrianov M.S. considers non-verbal communication as a special cultural-historical and psychophenomenological layer of an interpersonal nature, associated with the development and formation of a personality, its properties and states [1, 5].

From the point of view of Kuznetsova E.V., non-verbal behavior is determined through the type of information that is transmitted using non-verbal means. The indicative - regulative function plays the role of an indicator of the mental characteristics of the participants in communication, their preferences, attitudes towards themselves, towards each other, towards the process of interaction. The regulative purpose of non-verbal behavior serves the purposes of beginning, continuing and ending the interaction, signals the intentions of the participants and determines the dynamics and nature of communication [4, 10].

According to Pershina N.A. non-verbal behavior is an individual form of communication associated with a change in the mental states of a person, with his attitude towards partners, with a situation of interaction and communication [8, 12]. Morozov V.P. defines non-verbal communication as a system of non-linguistic forms and means of information transmission [7, 13].

I would like to note that in the process of socialization, the individual appropriates the norms and rules of communication, using non-verbal means. The process of appropriation occurs as a result of social interaction with other people, i.e. forms of non-verbal behavior typical for a given culture, society in which the individual exists are assigned.

Thus, individual ways of using non-verbal means are superimposed. Not the entire arsenal of non-verbal means is appropriated by the individual, but only the non-verbal behavior characteristic of him personally.

A large number of researchers tend to believe that the verbal communication channel is used in the exchange of vital information. Non-verbal - as a translator of emotions.

The functions of communication are multifaceted and correspond to a whole range of practical tasks, such as business negotiations, conversation, etc. Thus, three functions are distinguished.

The communicative function acts as the transfer and reception of knowledge. Regulatory - controls the process of communication, while clarifying the goals, motives of human activity and maintaining feedback on the statements of the interlocutors. The emotional-psychic function is realized through the formation of emotional states of each of the participants in the communicative process. A specific emotion inclines a person to a specific activity. This suggests that emotion directly affects the subconscious and organizes thinking and activity [6, 7].

The implementation of these functions in unity will contribute to the activation of the intellectual, emotional and other capabilities of the communicants.

Non-verbal communication, from the point of view of Kreidlin G.E., plays a very diverse role:

1. Repetition, duplication of relevant speech information (for example, pointing with a finger, eyes).
2. Contradiction between gestures and kinetic behavior (for example, a smile does not always accompany a friendly statement, it is allowed as a manifestation of mockery).
3. Substitution of a speech statement (for example, a nod, put a finger to your lips).
4. Strengthening or emphasizing the components of speech. Thus, an expressive function is implemented (for example, show a fig ).
5. Supplementation of speech in a semantic sense (for example, show a fist in the meaning of threaten).
6. Regulator of verbal communication, a means of maintaining communication (for example, a repeated nod of approval) [7, 14].

Facial expressions, gestures, posture are interpreted as a sign of a certain emotional and intellectual-volitional state. It also carries information about relationships, personality traits, forms of addressing a partner [5, 48].

Communication with the help of signs consists in the fact that the sender transmits or demonstrates to the addressee material objects that he can see, hear, touch, i.e. perceive [3, 12]. Thus, the sign consists of two parts: material and informational. The first part is usually called the form of the sign, and the second - the content. When directly exchanging the forms of signs, people actually exchange their content.

The content side of the sign can reflect ideas, feelings, concepts, objects. At the same time, the form must meet one single requirement: ease of transmission by the sender and perception by the addressee.

Kreidlin G.E. identifies three main semiotic classes:

1. kinemas that have an independent lexical meaning and are capable of conveying meaning regardless of the verbal context;
2. kinemas, highlighting some speech or other fragment of communication;
3. kinemas that control the course of the communicative process, that is, establish, maintain and complete communication [3, 11].

There are certain similarities between sign and natural languages. The parallel existence and interaction of body language and the language of words in a communicative act is possible due to the fact that the underlying processes underlying the non-verbal and verbal human activities are similar, which is confirmed by the scientific observations of Kreidlin G.E. [3, 8].

Speech and non-verbal means of communication are regulated by common social norms, since their development takes place in constant interaction.

Studying the classifications of non-verbal means of communication, one can notice that they are based on the attributes of being, matter, universal forms and modes of existence, for example, movement, time, space. This suggests that all non-verbal means are reduced to spatial, kinesic and temporal characteristics of interaction. Nonverbal extralinguistic communication contains a number of features that distinguish it from verbal

linguistic communication. This is what makes it possible to single it out as a special information channel of the general communication system.

Morozov V.P. names the following features of non-verbal communication [7, 13]:

1. polysensory nature, i.e. its realization simultaneously through different sense organs;
2. evolutionary-historical antiquity compared to verbal speech;
3. independence from the semantics of speech;
4. significant involuntary and subconscious;
5. independence from language barriers;
6. features of acoustic means of coding;
7. features of psychophysical mechanisms of perception.

Labunskaya V.A. introduces such a term as "expressive repertoire", meaning by this a set of postures, gestures, mimic masks, intonations that are used in a certain combination in various situations of communication.

Movement is considered to be the main property of a person's expressive repertoire and is inherent in all of its components. The variety of components of non-verbal behavior, the frequency of changing expressive masks, harmony, the ability to convey the nuances of the internal state indicate the presence of expressive giftedness in a person [5, 21].

Leontiev A.A. proposes to classify non-verbal components into several types depending on their role in the communication process:

- a) "search" components taken into account by partners in the orientation preceding the communication process;
- b) signals used to correct established communication;
- c) regulators, divided into signals coming from the listener and confirming the understanding and signals of the speaker;
- d) communication modulations, i.e. the reactions of interlocutors to changes in his conditions [6, 268].

As mentioned earlier, most scientists in this field agree that the verbal channel is used to exchange the necessary information, and the non-linguistic communication system expresses or occurs instead of speech messages.

Considering the features of non-verbal language, it is also important to note that, since it is subordinate to the human subconscious, this makes it possible to rely more on body language than on the verbal channel when interpreting the transmitted information.

With the help of non-verbal signs, the communicant shows his attitude to the interlocutor, to the situation, to the environment. The fundamental condition is the correct recognition and interpretation of non-verbal messages. By controlling his non-verbal behavior, a person is able to master an effective means of making contact with others communicator and influence him in the process of communication.

In her work Labunskaya V.A. explores a number of mechanisms for "reading" the non-verbal behavior of a person, on which depends the success and depth of penetration into the inner world of a person based on his external behavior.

1. Motor playback. This is an imitation of someone else's expressive repertoire. It is based on the involuntary desire of a person to reproduce some components of the partner's expressive behavior: the adoption of the same posture, facial expressions. This is a fairly ancient mechanism; it was used by man to gain new experience about the world around him. Reproducing the behavior of another person, the subject causes a similar state in himself, and then draws a conclusion about the state of the interlocutor.
2. Empathy, or feeling, is defined as the ability to empathize with another person, to recognize his emotional states. On the basis of an unconscious analysis of gestures, facial expressions and postures, the partner penetrates the state of the other. Motor imitation in everyday communication precedes empathy.
3. The projection mechanism is based on attributing psychological characteristics peculiar to the observer to another. The communicant puts himself in the place of a partner, analyzes the impacts, feelings caused by the same circumstances, and eventually ascribes his experiences to the interlocutor [5, 12-15].

**Conclusion.** Thus, having considered the key components of non-verbal behavior, we can draw the following conclusion: non-verbal means can not only supplement verbal statements, but also completely replace them. Moreover, this type of communication can reveal the true intentions of the participants in communication convey their true emotions, make the communication process more efficient and productive. For optimal communication, it is important to be able to correctly read expressive body movements, and in order to successfully recognize non-verbal elements of communication, it is necessary to take into account individual, social, cultural characteristics.

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