

## Language and Body Language

Vijendra Pratap Singh

Department of Hindi, Govt. P. G. College, Jalesar, Etah (U.P.)

### ABSTRACT

*As a social being human can't live in isolation and for exchanging of our ideas and views we get involved in intrapersonal communication. It is known to all that most important element of intra-personal communication is language without which a meaningful and clear exchange of views is impossible. Exchange of meaningful vocal tones for particular purpose through a language is commonly known as spoken language. We use written language also to express our views or ideas. While discussing over body language and language most of the people pay attention to verbal and written form of language but most of the people take help of another form of language i.e. body language. Non-verbal communication is also used effectively to communicate one's emotions. Non-spoken communication which tells us something about the relationship between two or more people is known as Meta Communication. Language is affected through social status, personal status, economic status, political status both in verbal and non verbal. Way of presentation of urban people differs from rural people. In both form of communication body parts are used according to need. In this paper emphasis has been given on verbal, non verbal communication, body parts used in the communication, how status of people affects language and communication from childhood to end of life.*

### INTRODUCTION

The main function of the language is communication through different ways i.e. verbal, written, symbolic, non verbal etc. Verbal form of communication plays vital role in effective communication which is categorized as spoken language, written language and body language. Written language helps to preserve views or ideas of people for more longer period in form of letters, books, articles etc but ideas or views mostly expressed through spoken or verbal language ends very soon as talk ends. Mostly until oral communication is not of one's interest ends in boredom. The body language helps immensely to make our communication interesting which is popularly known as non-verbal communication. It exposes one's inner feelings. It is normally known as the body language. All parts of the body such as eyes, head, arms, legs etc. involve in communication. It helps to develop a better rapport. Body language also plays vital role in the field of self improvement. Self improvement is a gradual, unending, ever-widening process. The degree of quest we have for self improvement is what makes us successful or unsuccessful. In this paper relation between language and body language is being presented which will definitely help people for self improvement and making them a good communicator. Approximately 3000-6000 languages that are spoken by humans today are the most salient examples, but natural languages can also be based on visual rather than auditory stimuli, for example in sign languages and written language. Codes and other kinds of artificially constructed communication systems such as those used for computer programming can also be called languages. A language in this sense is a system of signs for encoding and decoding information. (wikipedia:encyclopedia) Generally, the sounds and the words used for communicating one's feelings and ideas are known as language. It is used to express our thoughts by modulating the sounds. People use verbal, written language to communicate them with other and it is of much importance John Borg attests that "human communication consists of 93 percent body language and paralinguistic cues, while only 7% of communication consists of words themselves. Including tone of voice, eye movement, posture, hand gesture, facial expression and more. Research has suggested that between 60 and 70 percent of all meaning is derived from nonverbal behavior." The pressure of the body language can be felt in emotional situations. Language is categorized as spoken language and written language. Spoken language is mostly different from the written language. We should follow certain rules and formalities in written language. But mostly people bother for rules in spoken form of language. It is only for the purpose of communication. "A good communicator knows what to speak, how to speak, when to speak,

where to speak and why to speak." Writing is words carved on rocks, speaking is words written in the air". We can communicate our feelings, ideas or pieces of message through sounds.

## **DEFINITIONS OF LANGUAGE AND BODY LANGUAGE**

### **Language:-**

The word Language has been derived from Latin lingua, "language, tongue", via Old French. This metaphoric relation between language and the tongue exists in many languages and testifies to the historical prominence of spoken languages. (www.wikipedia.com). When used as a general concept, "language" refers to the cognitive faculty that enables humans to learn and use systems of complex communication. Language is specifically a quality of human capacity for acquiring and using complex systems of communication or to a specific instance of such a system of complex communication. As a system of symbolic communication, language is traditionally seen as consisting of three parts: signs, meanings and a code connecting signs with their meanings. Signs can be composed of sounds, gestures, letters or symbols, depending on whether the language is spoken, signed or written and they can be combined into complex signs such as words and phrases. When used in communication a sign is encoded and transmitted by a sender through a channel to a receiver who decodes it a signal. "In making a speech one must study three points: first, the means of producing persuasion; second, the language; third the proper arrangement of the various parts of the speech."(Aristotle). One definition sees language primarily as the mental faculty that allows humans to undertake linguistic behavior to learn languages and produce and understand utterances. This definition stresses the universality of language to all humans and the biological basis of the human capacity for language as a unique development of the human brain.(www.wikipedia.org/wiki/language#cite\_note-4). Many philosophers have tried to define language according to their views but whatever the definition, prime motto of language is to establish communication among two or more person for a particular purpose. Body language is considered to be an outward reflection of person posses' emotional condition.

### **Body Language:-**

Apart from verbal communication, non-verbal communication is also used effectively to communicate one's ideas and intentions i.e. body language. Body language is a form of non-verbal communication, which consists of body posture, gestures, facial expressions and eye movements. Humans send and interpret such signals almost entirely subconsciously. Body language may provide clues as to the attitude or state of mind of a person. For example, it may indicate aggression, attentiveness, boredom, relaxed state, pleasure, amusement, and intoxication, among many other cues. According to Aric Watson " Body Language is a such science which put effect on each and every part of our life. Factually Body Language is a such system through which a person, not only can have knowledge of other people by seeing movements of one's body but also can develop himself accordingly and can make himself a successful person. Body Language is a such art through which a person can achieve new goal of popularity." (Body Language: 2010).

## **UNDERSTANDING BODY LANGUAGE**

Physical expressions are integral part of non verbal communication. Physical expressions like waving, pointing, touching and slouching are all forms of nonverbal communication. Humans move their bodies when communicating because, as research has shown, it helps "ease the mental effort when communication is difficult." (www.wikipedia:body language). Physical expressions reveal many things about the person using them. For example, gestures can emphasize a point or relay a message, posture can reveal boredom or great interest and touch can convey encouragement or caution. The technique of "reading" people is used frequently to understand a people as a whole. For example, the idea of mirroring body language to put people at ease is commonly used in interviews. Mirroring the body language of someone else indicates that they are understood. It is important to note that while some indicators of emotion (e.g. smiling/laughing when happy, frowning/crying when sad) are largely universal. In the 1990s Ekman expanded his list of basic emotions, including a range of positive and negative emotions not all of which are encoded in facial muscles. The newly included emotions are:

1. Amusement
2. Contempt

3. Contentment
4. Embarrassment
5. Excitement
6. Guilt
7. Pride in achievement
8. Relief
9. Satisfaction
10. Sensory pleasure
11. Shame

### **BODY LANGUAGE AFFECTS PERSONAL INTERACTIONS**

Body language has a huge effect on all of your personal interactions. No matter where or with whom they occur. There is simply no way to fully separate non-verbal communication from influencing an interaction. (Julie-Ann Amos-Body Language Interactions:2010:12). It takes a very skilled liar to match his or her body language to words that are not true. The majority of people show some sort of conflict between verbal communication and non-verbal communication when they are attempting to deceive someone else because body language is such an innate part of communication that you have to make a concerted effort to use it in a way that goes against one's natural tendencies. As receivers, we all take in verbal communication and body language, comparing them to help to determine if the message sender is being truthful or deceitful. Parents do this a great deal when interacting with their children because children typically are not very good at hiding conflicts between their words and their body language. It is generally quite easy to spot when a child is not being truthful, and it's almost always due to the child's non-verbal communication.

Different situations of day to day life style always effects language and body language. People use aggressive language in anger and accordingly their body language gets changed. Similarly when a person is in good mood automatically smile comes over lips while talking and movement of body becomes friendly. Hence, language and body language are correlated in such a way one affect another.

### **BODY LANGUAGE INFLUENCES THE LENGTH AND TYPE OF PERSONAL INTERACTION**

Body language has a huge influence on the length and type of personal interactions between two people. It can tell the world around you 'stay away, I want to be left alone', or it can tell the world 'say hello to me, I'd love to talk with you' – all with non-verbal cues that can be as simple as averting your eyes or holding your body in a certain position. Normally we see that some people who talk irrelevant irritate us and we want to take away us from them as soon as possible to avoid further conversation. For instance, let's say it's early Sunday morning and you're making a quick dash to the market to pick up the house hold goods and an espresso. You throw on a pair of sweats and a t-shirt, hoping you won't run into anyone you know along the way. However, you do far more than just hope; your body language, consciously or unconsciously, sends out cues that you don't want to be noticed and don't want to have any personal interactions. It happens in many ways, such as:

- Averting your eyes as you're walking
- Hunching your shoulders and looking at the ground
- Keeping your facial expression neutral or even a bit on the grumpy side
- Wearing a hat pulled down as far as possible on your head
- Walking quickly to and from your destination
- Pretending not to see other people, just in case you might know one of them.

### **Body Language Communicates When Words Can't:-**

It has been seen in most of the people that many time they are not able to communicate the exact message what actually they want through their words in a personal interaction. This type of situation occurs when a person is highly emotional, may be with affection or love or anger. Mare a smile can show your feeling of joy and anger in eyes can show pains in mind. A person's sense of pride in his or her performance swells almost to bursting, so they turn to each other and make eye contact. One of them might smile, squeeze each other's hands, or they can lean together. These are

all ways of non-verbal communication something important in a way that's far more effective and meaningful than using plain old words.

### **Body Language of Babies:-**

The childhood is the initial stage of life. Body language plays important role from that very stage of life. According to Janine Driver (a popular media guest, sales trainer, retired Federal Law Enforcement Officer, and president of the Body Language Institute) Here are several other key ways in which baby communicates his needs and wants are listed. Some may seem obvious - but remember, babies speak an ancient language - and adults have adapted and rely more heavily on verbal indicators, paying less attention to the non-verbal ways in which we communicate.

### **Turning of the head**

Baby turns his head away from an area of boredom, disinterest or over stimulation. When you see this - you'll know its time to switch gears.

### **Rubbing eyes**

Often accompanied by a big yawn (or two), rubbing the eyes indicates fatigue. Studies have shown that the act of rubbing one's eyes has a calming effect on the heart rate, slowing us down literally and figuratively as we prepare for a visit to Sleepy town.

### **Ear Tugs**

As in adults, when one part of our body touches another (rubbing chin, twirling hair, tugging on ears)- it is an indicator that the individual needs comforting. In an effort to comfort themselves, whether preparing for sleep or disengaging from a particular situation - babies will rub those ears as a way to calm their emotions. It's easy to recognize these movements and gestures - often more so than interpreting their meaning. Of course, all babies (and people!) are different, so as you and your child get to know one another, you will begin to understand their normal set of behaviors - effectively establishing their baseline. Using the basics of base lining in conjunction with learning to identify and establish specific non-verbal cues in communication will improve your connectivity abilities in life-a precious skill to pass to the next generation.

### **Gender effect Body Language:-**

It is known to all that there is lot of difference between behavior of a man and woman. At every state of behavior difference can be noticed. In accordance with widespread beliefs, females exhibit higher sensitivity to non-verbal cues. They better discriminate friendliness from sexual interest (Farris et al:2008) and are more proficient in recognition of facial emotions (Montagne et al: 2005). Females without and with Asperser syndrome are better at recognizing emotions from dynamic faces than males (Golan et al:2006). Moreover, females tend to better recognize emotions from faces than from voices whereas males exhibit the opposite tendency. As a rule, however, facial expressions and static body postures can only signal emotional states and affect, but do not provide information about how to deal with it. Dynamic body expressions, gestures, and actions of others are a richer and more ecologically valid source of information for social interaction (De Gelder: 2006,2009, Pavlova:2009). The other important advantage of bodily expressions is that whereas face expressions (similarly to a verbal information flow) are believed to be easily kept under control, body movements reveal our true feelings.

### **DIFFERENT ORGANS AND ACTION OF BODY LANGUAGE**

Body language signals may have a goal other than communication. Both people would keep this in mind. Observers limit the weight they place on non-verbal cues. Signalers clarify their signals to indicate the biological origin of their actions. It is used especially to express feelings. For instance if we do not like someone. it is often difficult to say that directly to the personal. However, we can make it clear either intentionally or unintentionally through body language. Same we can also show our affection to our beloved or person whom we like through our body language. That's why it is said that "Action speaks louder than words" and we can include yawning (sleepiness), showing lack of interest (sexual interest/survival interest), attempts to change the topic (fight or flight drivers) with these examples also. Gestures are known as non-verbal communication. Sign is also known as gestures. Iconic, beats and deictic are the types of gestures. We can understand other's emotions explicitly from their expressions. Non-verbal communication is known as 'Body Language'. All organs of the body involve in it.

Head:-

It is the first and foremost part in our body to play with all. It plays a vital role in the body language. The way in which we look at others can clearly be expressed by slight movements of the head. Nodding sideways from left to right horizontally shows disapproval and shows our negative mode. Nodding up and down slightly in vertical position shows friendliness and interesting receptive mode. Keeping head level both vertically and horizontally when we want to feel confident or assured. Keeping head in straight position shows sign of authority. Brain imaging indicates that emotions expressed by dynamic bodies as compared to faces elicit greater activation in a number of brain areas including the superior temporal sulcus (STS), a cornerstone of the social brain (Kret et al: 2010).

#### **Eyes:-**

In human morphology eyes communicate more than any part. Eyes are the most important part to deal with others. Eckhard Hess rightly says "Eyes may well give the revealing and accurate of all human communication signals because they are a focal point on the body."(The Tell-Tale Eye: 1964:21). Maintaining a good eye contact shows respect and interesting conversation and simply it means that when a person is communicating or negotiating with other, attention is being paid. Old Cliché says " Look a person in the eye when you talk to him." (Eye Signals: chapter 8) Every look, every gesture, every twitch of an eyebrow, communicates an inaudible message. This form of communication is just as important in the understanding of how humans interpret other's emotions and intentions as the study of verbal language. It provides self confidence. So peoples should be careful with eye contact at that moment. More eye contact leads to more attentive. Less eye contact leads to lacking interest. During conversation fixing of eye either into the eyes of the listener or at the tip of their nose or at their forehead helps very much to understood others people. Maintained eye contact can show if a person is trustworthy, sincere or caring. Shifty eyes, too much blinking can suggest deception. People with eye movements that are relaxed and comfortable yet attentive to the person they are conversing with are seen as more sincere and honest. It has been said rightly "Avoid shifting eyes and head quickly during conversation when someone asks you a question. Do not look down or to the side. Look directly at the person with a sense of confidence but not overbearing or threatening in nature."(www.positive-way.com/bodylanguage:1). Liars never make eye contacts and always try to prove that he is right try to emphasis on the topic in a dramatic way.

#### **Eyebrow:-**

Eyebrow muscle draws the eyebrows down and toward the center of the face if someone is annoyed. If someone is empathetic and caring during dialogue the eyebrows will not show the annoyed facial grimace. Staring or gazing at others can create pressure and tension in the room. Gangs have fought over the way someone looked at them. Researcher suggests that individuals who can routinely out gaze another develop a sense of control and power over others not so inclined. Experimental evidence obtained primarily in patients with lesions and cortical blindness favors the assumption that emotional body language can be processed automatically, without visual awareness and attention (Tamietto and de Gelder, 2010).

#### **Posture**

This is the third important thing to master in body language. It makes us feel good almost instantly. Our standing position focuses about our character and our sitting position focuses about our inner feelings such as nervous or uncomfortable etc. Bodily cues are the most reliable of all nonverbal signals of deception to help you read body language. This is because a person generally has less conscious control over these than other signals. (Springer:1996; Ekman & Friesen:1974). Hand-to-face gestures and shrugs are strong markers of deception. Playing with or touching things nearby during conversations has been found to be associated with deception (Cody & O'Hair, 1983). Deceivers also are likely to have increased illustrator activity--quick and animated use of hands/arms during speech.

#### **Hands**

Hand signals can communicate without the use of any speech. Touching communicates. Touching can be friendly or it can be aggressive. The way a person stands reflects their level of confidence and comfort level. If a person stands tall so to speak they are seen as more confident. If someone is standing with their hands on their hips that can indicate aggression or alertness.(www.positiveway.com/boadylanguage). Hand gestures are so numerous. It gives away

the clues as to how we are open and receptive to others. Signs and gestures involve the use of the hands. They are rather different gestures mostly used while speaking also. Hands movements accompany speech but not typically used as a way of speaking. Shaking hands upright and vertical conveys equality. When we want to show our disapproval keep our arms crossing. When we want to show friendship feel by shaking hands straightly and firmly, it always puts good effect on other person and impressive remains positive.

### **Legs**

Legs are the hardest bits of our body to control consciously. Best to keep them as still as possible in most situations, especially at interviews or in front of our higher authorities. Tend move around a lot, shows nervous, stressed and deceptive. Normally keeping one leg ahead and another in loose position indicates leisure environment. Crossed legs and arms show cold reaction. A person sitting in a position by keeping a leg over another shall be called ready for any reaction. it is a sign of authoritativeness. Keeping leg over one another with back touched on chair is a sign of comfort and relaxation.

### **Face**

Facial expression conveys more than other parts of the body." Face is the index of the mind". When we meet others, smile on our face shows interest to meet them. When we want to avoid some one, just turn our face to opposite side, shows negative feelings. Just a smile solves many problems. A broad smile expresses our comfortable position during communication. There are 50 or so different types of human smiles. By analyzing the movements of over 80 facial muscles involved in smiling, researchers can tell when a smile is true. Look for the crinkle in the skin at the middle, outside corner of the eyes and if it is not there, the smile is probably fake. Authentic smiles are smiles that "crest" or change rapidly from a small facial movement to a broad open expression. When emotions expressed by faces and bodies are incongruent, recognition of facial expressions is affected by emotions revealed by body (Meeren et al: 2005). Liar always try to put artificial pressurized smile over lips.

### **LANGUAGE AND BODY LANGUAGE IS AFFECTED BY PROFESSION**

Any form of profession a person involved in affects language and body language both. For example, A person engaged in technical line i.e. cycle, Motor Cycle, Car repairing Garage, his verbal communication will comprise lot of words as name of tools which he use in repairing work. When a person talks with him with lot of politeness than mostly his comments will be as 'kya baat hai bhai bahut Greece laga raha hai. or to express his feeling about madness of people he will say 'Dimage ke pech dheele ho gaye hai kya tere.'

Likewise, highly educated people, Doctors, Engineers, Politicians, Economist, Writers, Govt. officials, private sector personnel's, workers etc use many words of their profession in day to day communication. Body language also differs profession wise. Definitely difference can be noticed very clearly hence it is needless to discuss over it.

### **LANGUAGE AND BODY LANGUAGE IS AFFECTED BY SOCIAL, ECONOMIC ETC STATUS**

Social Status and living standard affects both verbal and non verbal communication. Way of using language and body language by a rural person differs from a person of urban area. Way of rising hands, walking and movement of body all are affected by this factor. It has been observed by the writer that important reason behind such behavior may be inferior complex in rural person and superiority complex in an urban person.

Economic status particularly in India is taken as very important factor regarding use of language and body language. Language and body language of economically sound people remains authoritative and orderative while language and body language of economically unsound person give indication of request.

### **SOME TIPS FOR PERSONALITY RELATIONSHIP DEVELOPMENT**

- (i) Have good command over language.
- (ii) Quote idioms and phrase and sayings of people during deliberation of lecture.
- (iii) Use grammatically right form of language with good sounding words.

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- (iv) Keep smiling face with pleasing look.
- (v) Normally don't appear to anybody with crossed arms and legs.
- (vi) Be always good listener because until unless a person will not listen others it will not be possible to understand what exactly person wants to communicate. Only good listeners are good responders by their vocal or body language.
- (vii) Try to avoid immediate reaction, as our system of body sometimes takes good time to take things exactly due to various moods situationally or biologically.
- (viii) Keep adequate distance during interaction as people dislike entry of other person in their personal space. Importance of personal spaces plays a very immense role in family relation (husband-wife relationship) also. Every person needs personal space to think and to be comfortable. It has been observed during any problem male partner wants silence or loneliness to think over solution of particular problem while female partner gives instant reaction by nodding over the matter and wants mostly discussion over that. It gives feeling of interference, into personal space to male partner, which irritates him and this becomes starting point of quarrel among them. Finally it leads to breaking of relationship. Hence keep adequate distance while communicating.
- (ix) May social, economic, political statuses vary but one must not forget that knowledge is much more than these differences. So, one must try to acquire good and proper knowledge for good personality as well as communication. A wealthy person may impress initially due to his money but in long term he will be less successful socially than a knowledgeable and learned person.

### CONCLUSION

This is how we conclude that if Language is a means of our interaction in society then, no doubt Body language is a mirror of personality development. It can read mentality of other people and a person can easily make himself according to others mentality and take decision for good planning in a successful and effecting manner. Body language speaks about the mental attitude and the physical fitness as well as physical ability of the person. It gives better understanding of people and their intention. It develops a better rapport than a long conversation or debate. Body language reading is of immense importance for adaptive social behavior and non-verbal communication. This ability constitutes a central component of social competence. Healthy perceivers are able to infer emotions and dispositions of others represented by point-light body movements that minimize availability of other cues. Perceivers can reliably judge emotional content of people represented by a few movements. Visual sensitivity to camouflaged point-light human locomotion is modulated by the emotional content of gait with the highest sensitivity to angry walking. Observers can discriminate between deceptive and true intentions conveyed by body motion, and true information is precisely detected despite misleading endeavors. Hence, it is true one should have good knowledge of language for communication and good sense of body language for better understanding among people as well as in society.

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