



## **THE ROLE OF THE BODY LANGUAGE IN HUMAN LIFE AND ITS IMPORTANCE IN ORAL TRANSLATION**

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<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> 27 <sup>th</sup> December 2023 <b>Accepted:</b> 22 <sup>th</sup> February 2024	This article provides a brief overview of the role of body language in human life and its importance in oral translation.

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**INTRODUCTION.** Your nonverbal communication cues—the way you listen, look, move, and react—tell the person you are communicating with whether or not you care, if you are being truthful, and how well you're listening. When your nonverbal signals match up with the words you are saying, they increase trust, clarity, and rapport. When they do not, they can generate tension, mistrust, and confusion.

**BODY LANGUAGE.** Body language is a type of communication in which physical behaviors, as opposed to words, are used to express or convey information. Such behavior includes facial expressions, body posture, gestures, eye movement, touch and the use of space. The term body language is usually applied in regard to people but may also be applied to animals.[1] The study of body language is also known as kinesics.[2] Although body language is an important part of communication, most of it happens without conscious awareness. Body language differs from sign language, which are languages with complex grammar systems and exhibiting the fundamental properties considered to exist in all true languages. Body language, on the other hand, does not have a grammar system and must be interpreted broadly, instead of having an absolute meaning corresponding with a certain movement. It is, technically, not a language.[5] Body language more so refers to the often unconscious reactions we tend to have in relation to observed stimuli. Within a society, consensus exists regarding the accepted understandings and interpretations of specific behaviors. There also is controversy on whether body language is universal. Body language, a subset of nonverbal communication, complements verbal communication in social interaction. In fact, some researchers conclude that nonverbal communication accounts for the majority of information transmitted during interpersonal interactions.[6] It helps to establish the relationship between two people and

regulates interaction, yet it can be ambiguous. The interpretation of body language tends to vary in. The angle of facing and positioning of a person's head can be indicative of their mood—this should be considered in conjunction with patterns of muscular tension that occur concurrently with it, such as that of the face and neck.[note 1] When the head is tilted up this may demonstrate what some academics refer to as 'superiority emotions' such as self-assurance, pride, or contempt.[16] When it is tilted down, this may indicate 'inferiority emotions' such as shame, shyness, or respect.[17] When other factors are incorporated, such as the intensity of the feeling or gender, for example, the most accurate interpretation can change. Joy, for instance, is a superior emotion that is typically found in conjunction with a head tilted up. The importance of nonverbal communication.

Your nonverbal communication cues—the way you listen, look, move, and react—tell the person you are communicating with whether or not you care, if you're being truthful, and how well you're listening[14]. When your nonverbal signals match up with the words you are saying, they increase trust, clarity, and rapport. When they do not, they can generate tension, mistrust, and confusion.

If you want to become a better communicator, it is important to become more sensitive not only to the body language and nonverbal cues of others, but also to your own[15].

Nonverbal communication can play five roles:

- Repetition: It repeats and often strengthens the message you are making verbally.
- Contradiction: It can contradict the message you are trying to convey, thus indicating to your listener that you may not be telling the truth.
- Substitution: It can substitute for a verbal message. For example, your facial expression often conveys a far more vivid message than words ever can.



- **Complementing:** It may add to or complement your verbal message. As a boss, if you pat an employee on the back in addition to giving praise, it can increase the impact of your message.

- **Accenting:** It may accent or underline a verbal message. Pounding the table, for example, can underline the importance of your message.

Source: The Importance of Effective Communication, Edward G. Wertheim, Ph.D.

Types of nonverbal communication

The many different types of nonverbal communication or body language include:

**Facial expressions.** The human face is extremely expressive, able to convey countless emotions without saying a word. And unlike some forms of nonverbal communication, facial expressions are universal. The facial expressions for happiness, sadness, anger, surprise, fear, and disgust are the same across cultures.

**Body movement and posture.** Consider how your perceptions of people are affected by the way they sit, walk, stand, or hold their head. The way you move and carry yourself communicates a wealth of information to the world. This type of nonverbal communication includes your posture, bearing, stance, and the subtle movements you make[24].

**Gestures.** Gestures are woven into the fabric of our daily lives. You may wave, point, beckon, or use your hands when arguing or speaking animatedly, often expressing yourself with gestures without thinking. However, the meaning of some gestures can be very different across cultures. While the "OK" sign made with the hand, for example, usually conveys a positive message in English-speaking countries, it's considered offensive in countries such as Germany, Russia, and Brazil. So, it's important to be careful of how you use gestures to avoid misinterpretation[16].

**Eye contact.** Since the visual sense is dominant for most people, eye contact is an especially important type of nonverbal communication[23]. The way you look at someone can communicate many things, including interest, affection, hostility, or attraction. Eye contact is also important in maintaining the flow of conversation and for gauging the other person's interest and response. **Touch.** We communicate a great deal through touch[22]. Think about the very different messages given by a weak handshake, a warm bear hug, a patronizing pat on the head, or a controlling grip on the arm, for example. **Space.** Have you ever felt uncomfortable during a conversation because the other person was standing too close and invading your space? We all have a need for physical space, although that need differs depending on the culture, the situation, and the closeness of the relationship. You can use physical

space to communicate many different nonverbal messages, including signals of intimacy and affection, aggression or dominance[17]. There are many books and websites that offer advice on how to use body language to your advantage. For example, they may instruct you on how to sit a certain way, steeple your fingers or shake hands in order to appear confident or assert dominance. But the truth is that such tricks aren't likely to work (unless you truly feel confident and in charge). That is because you cannot control all of the signals you are constantly sending about what you are really thinking and feeling. In addition, the harder you try, the more unnatural your signals are likely to come across[18]. However, that does not mean that you have no control over your nonverbal cues. For example, if you disagree with or dislike what someone is saying, you may use negative body language to rebuff the person's message, such as crossing your arms, avoiding eye contact, or tapping your feet. You don't have to agree, or even like what's being said, but to communicate effectively and not put the other person on the defensive, you can make a conscious effort to avoid sending negative signals—by maintaining an open stance and truly attempting to understand what they're saying, and why. Body language is the unspoken part of communication that we use to reveal our true feelings and to give our message more impact[19].

**CONCLUSION.** Communication is made up of so much more than words. Nonverbal cues such as tone of voice, gestures and posture all play their part. A simple example of body language is a relaxed facial expression that breaks out into a genuine smile – with mouth upturned and eyes wrinkled. Equally, it can be a tilt of the head that shows you are thinking, an upright stance to convey interest, or hand and arm movements to demonstrate directions[20]. It can also be taking care to avoid a defensive, arms-crossed posture, or restlessly tapping your feet. When you can "read" signs like these, you can understand the complete message in what someone is telling you. You will be more aware of people's reactions to what you say and do, too[21]. And you'll be able to adjust your body language to appear more positive, engaging and approachable. In this article and video, we explore body language some more, and look at how you can interpret it to understand and communicate with people more things.

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