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Body Language

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Have you ever been in a situation where you really do not believe what someone is saying? Did you have a feeling or intuition that everything was wrong? Perhaps they said yes, but their heads shook no. What does it mean when someone crosses his arms or shakes his head from side to side? The way we talk, walk, sit and stand, everyone is talking about us, and what is happening inside may affect our outside

We've found out that there are nearly one million non-verbal signs and signals. They are face, eyes, personal space, posture, gestures, voice, movement, touch and appearance.

The face can smile, frown, remain neutral, show anger, show disgust, indicate you want to speak, and show interest.

Eyes can be used to make visual contact, avoid visual contact, express feelings based on intensity and length of eye contact, and the like.

Personal space may be divided into four categories: intimate, personal, social and public.

Posture tells us whether you are feeling confident, overconfident and the degree of attention. Examples include tilting your head, slumping your shoulders, turning your hips sideways, and the like.

Gestures. Examples of gestures are shaking hands, ear pulling, head nodding biting nails and the like.

Your voice is used to verbalize language, but is an integral part of your non-verbal communication. For instance, your tone of voice, volume, pitch, pace, and the like, all influence the messages you send.

Movement tells a lot about a person. For instance, moving toward another person may send a message of dominance or assertiveness, while moving away from another person may send a message of avoidance, submission, or simply bringing the interaction to a close.

Touch is capable of communicating many different messages, and can also be interpreted in many different ways. Touch is divided into four main categories: friendship, professional, social, and intimacy.

Appearance includes clothing, neatness, body shape, and anything else that provides visual messages and cues to other people.

All in all, we've studied 35 gestures and signals. Here are some of them which can help you understand what other people are conveying.

Touching or rubbing the nose signifies disbelief, rejection, or lying about something.

Locking of ankles. Whether you are sitting or standing, when your ankles are locked, you are communicating apprehension or nervousness.

Ear pulling. Pulling an ear lobe can mean one is trying to make a decision, but remains indecisive about something.

Walking, hands in pocket, hunched shoulders – can mean dejection.

Eye rubbing – can mean doubt or disbelief.

Clenched fists with thumbs tucked-in indicate discomfort. This person is anxious and trying to harden himself.

Finger pointing at a person while speaking is an authoritative gesture. It's a way of talking down, usually interpreted as aggressive and angry.

Open body language means no crossing, covering or hiding. Open body language is easy to master: look them in the eyes, don't cross your arms or legs, don't cover your body, and don't hide your palms and eyes. Let me break it down into pieces for you:

- look them in the eyes;
- keep your palms open;
- keep your legs uncrossed;
- turn your body towards them;
- remove barriers between you and them;
- smile easily.

Closed body language means crossing, covering or hiding. Sometimes you don't want to attract certain people; this is what you need to do in such cases:

- don't look them in the eyes;
- fold your arms or hide your hands in the pockets;
- turn your body away from them;
- cross your legs and point your feet away from them;
- put barriers between you and them;
- frown, or smile all the time a strained smile.

This will make them feel uncomfortable and they will try to avoid you.

We've studied the body language of 15 political leaders and VIPs and found out some interesting information. First of all, politicians are taught to do gestures to appear strong, powerful, wise, and clever. Secondly, they are taught to hide "bad or aggressive" body language and do "good" gestures to manipulate an audience. There are a lot of examples when political leaders and VIPs use body language effectively and non-effectively.

Here we can't but mention Donald Trump's legendary handshakes with world leaders. Trump's legendary handshake with President Macron of France is considered to be one of the longest and the most awkward Trump's handshakes.

Trump attended the ASEAN summit with other regional leaders. Everyone on stage was instructed to do the "ASEAN-way" handshake, and Trump, Vietnam's Prime Minister Nguyen Xuan Phuc, and Philippine President Rodrigo Duterte had a bit of trouble with it because at first he didn't know what to do and just crossed his hands. We can suppose he did it deliberately to put the other leaders in an awkward situation.

Can you imagine Elizabeth II without her famous handbags? From Sunday church visits and official engagements to private audiences and official portraits, it is rare that she is not accompanied by her handbag. The handbag on the arm helps her to form a barrier. There is also to be a secret ritual of small movements involving the bag that the Queen uses as silent signals to Royal officials when in public.

If the Queen shifts the bag from one hand to another, it means she wants to end the conversation immediately. Someone would come along and say, 'Sir, the Archbishop of Canterbury would very much like to meet you'.

If the Queen places her handbag on the table at dinner, it signals that she wants the event to end in the next five minutes.

If she puts her bag on the floor, it shows she's not enjoying the conversation and wants to be rescued by her lady-in-waiting. And one more secret signal is a discreet twist of her wedding ring, which the Queen uses to emphasize that she'd like to be moved on, from a conversation quickly.

All in all, we can say that body language plays very important role both in our and politicians' lives. It's easy to master, but you have to use it carefully.