



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 765-767

© 2018 Yoga

www.theyogicjournal.com

Received: 15-11-2017

Accepted: 20-12-2017

Subhash Chander

Research Scholar, Department of
Physical Education Chaudhary
Devi Lal University, Sirsa,
Haryana, India

Analysis of body language to understand human behavior

Subhash Chander

Abstract

The purpose of this study is to find out some gestures, and postures to understand the human behavior without verbal communication. Body language is universal. Everyone has body language; one is born with it. It is expressed differently from culture to culture, but the innate use of it is common to all humans on the planet. This form of nonverbal communication is of paramount importance because it is the most pure of all human expressions. Body language is expressing a certain meaning in a kind of silent language by its elements such as eye contact, gestures, posture, smile, movements, and expressions which are important media through which people communicate with each other. Body language is the unspoken element of communication that we use to reveal our true feelings and emotions. Our gestures, facial expressions and posture, for instance. Tone and pitch of voice are part of verbal signals, these are part of body language too. About breathing and perspiration depends on your definition of body language. Kinesics - the technical term for the study of body language (and more loosely of body language itself) - depends on the interpretation of 'non-verbal communication' kinesics - the technical term for the study of body language (and more loosely of body language itself) - depends on the interpretation of 'non-verbal communication'. Physiognomy is an obscure and related concept to body language. Physiognomy refers to facial features and expressions which were/are said indicate the person's character or nature. More studies are being conducted every year, but this research paper is a compilation of the same of the past research and experience done with chess, and a research studies of the findings. This study was based on observational and experience methods. Research has shown that people more readily pay attention to their impressions of how a person acts through body language than what is being said through words. Three easily detected actions that reveal a person's feelings are head nodding, leg shaking, and eye contact. In her research, Dr. Isa Engleberg (Professor of Speech at Prince George College) has suggested that between 60 and 70 percent of all meaning—understanding—is derived from our body language.

Keywords: kinesis, gestures, posture, body language, physiognomy, facial expression

Introduction

Sigmund Freud and others in the field of psychoanalysis - in the late 1800s and early 1900s - would have had good awareness of many aspects of body language, including personal space, but they did not focus on non-verbal communications concepts or develop body language theories in their own right. Freud and similar psychoanalysts and psychologists of that time were focused on behaviour and therapeutic analysis rather than the study of non-verbal communications. Body language, sometimes called "non-verbal communication," is an important tool. The way you communicate through body language can determine your success in everything from relationships to your career. Up to 93 percent of communication can be non-verbal. Paying closer attention to the messages you send through body language can help you succeed. The study and theory of body language has become popular in recent years because psychologists have been able to understand what we 'say' through our bodily gestures and facial expressions, so as to translate our body language, revealing its underlying feelings and attitudes. Body language is especially crucial when we meet someone for the first time while you are interpreting (consciously or unconsciously) the body language of other people, so other people are constantly interpreting yours. The human body and our instinctive reactions have evolved to an amazingly clever degree, which many of us ignore or take for granted, and which we can all learn how to recognize more clearly if we try. We understand

Correspondence

Subhash Chander

Research Scholar, Department of
Physical Education Chaudhary
Devi Lal University, Sirsa,
Haryana, India

more about other people's feelings and meanings, and we also understand more about these things in ourselves.

When we understand body language we become better able to refine and improve what our body says about us, which generates a positive improvement in the way we feel, the way we perform, and what we achieve.

Methodology

This paper is based on secondary data collected from reputed books, journals, magazines and newspapers. Facts and data collected from these sources have been supported by the

observational facts by the researcher.

Objectives

- To understand the human behavior
- To improve communication skills
- To improve presentation skills
- To make effectiveness in teaching

Analysis of Body Language

Facial Expressions



1. Fake smile creates wrinkles only at the corner of the mouth, a true smile creates wrinkles also at the corner of the eye.
2. Eyes, nose and throat are connected. When someone expresses an intense state eyes are wet, it gets a moisty nose and swallow saliva. If one of the three elements is missing then the person simulates emotion.
3. Enlarged pupils show strong emotion, interest, excitement, feeling good; not too dark if it's true in which case the pupils get larger to allow the eyes to see.
4. Arrhythmic winking hides a lie.
5. Mouth slightly open (typically for women) show interest in the person she's talking to.
6. Interruption of visual contact only with eyes means concentration to remember, while total return of the head means he's hiding something.
7. Watching over glasses does not mean espionage or a critical gesture, it's a gesture of convenience.

6. Thumb in your pocket or outside the pocket denote domination, safety, strength, sexual aggression (your genital highlighted)

Understanding of Foot Expressions

Feet position is as important as hands position.

1. When you support your body on one foot, the other one is directed to the person you unconsciously considered the most important at that time.
2. Feet and hands crossed while sitting down means that the person in question is retreated from discussion, legs and arms crossed while standing could mean that the subjects don't know each other.
3. If you talk to a person but your legs are oriented in a different direction means that you want to end the discussion and move in the direction shown by your feet.
4. When you get one leg over the other, it means that the person in the direction shown by the above knee is more important / interesting for you.

Hand's expressions

Hands can be in different positions but I'll explain just the most important and commonly positions:

1. Hands folded shows negativity, skepticism, blocking the message he receives, the other person is perceived as a stranger, defensive position (person defends his heart).
2. If you put your hands on your hip they widen body, you seem bigger, more threatening and convincing or influential.
3. Hands behind your back or in front, one holding the other by the forearm denote insecurity, mistrust, fear.
4. hands behind your back, one holding the other by the wrist usually comes with chin up and chest facing forward symbolizing an authoritative person, courageous (your chest is out in front without a safeguard, you feel safe and secure like a chief, dominant)..
5. Hand placed on the other person's shoulder followed by the words "I understand" is how you manage to draw him on your side.

For the third person to be fully accepted in a discussion the first two speaking (facing each other) will have to "open" their legs so that the three of them will form a triangle between their legs. If there's a group of 4 persons they must form a square and so on.

Personal space

Intimate distance for embracing, touching or whispering

Close phase – less than 0-8 inches

Far phase – 8 to 18 inches

Personal distance for interactions among good friends or family members

Close phase – 1.5 to 3 feet

Far phase – 2.5 to 5 feet

Social distance for interactions among people

Close phase – 4 to 8 feet

Far phase – 8 to 16 feet

Public Distance used for public speaking

Close phase – 12 to 30 feet

Far phase – 22 or more.

Conclusion

Everyone has body language. Body language is universal. One is born with it. It is expressed differently from culture to culture, but the innate use of it is common to all humans on the planet. This form of nonverbal communication is of paramount importance because it is the most pure of all human expressions. One must have awareness. Communication between cultures can be difficult and confusing because of complexities in language; however, with the use of body language, messages become clearer and easily translated because most body language is universal a lack of crinkles around the eyes suggests a potentially fake smile. When one stands, sits or even walks with folded arms, this is normally not a welcoming gesture. It could mean that they have a closed mind and are most likely unwilling to listen to the speaker's viewpoint.

References

1. Understanding the Importance of Non-Verbal Communication, Body Language Dictionary, New York, 19 May, 2014. Retrieved on 26 October, 2014.
2. Ramadas, Nidhin. "Handshake". Beckman Institute. Retrieved 13 September, 2016.
3. "The significance of Body Language" (PDF). Archived from the original (PDF) on 1 April 2010. Retrieved 14 October, 2014.
4. Gregersen, Tammy S. (July 2007). "Language learning beyond words: Incorporating body language into classroom activities" www.referenceforbusiness.com › Encyclopedia of Management › A-Bud