

## **BODY LANGUAGE AND VOICE DEVELOPING**

**Maxanov Javoxir Toxir o`g`li**

**The student of group 755 of JSPU**

**Supervisor: Botirova Hakima**

Annotation: This article gives information about body language, which is a type of Communication. They are physical behaviors, as opposed to words, are used to express or communicate the information. Body Language is a significant aspect of modern communications and relationships. Therefore, it is very relevant to management or leadership and to all aspects of work and business where communications can be seen and physically observed among people. Such behavior includes facial expressions, body posture, gestures, eye movement, touch and the use of space. 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, so it is not a language, and is simply termed as a "language" due to popular culture. Body language exists in both animals and humans, but this article focuses on interpretations of human body language. When it comes to voice, voice (or vocalization) is the sound produced by humans and other vertebrates using the lungs and the vocal folds in the larynx, or voice box. In terms of observable body language, non-verbal (non-spoken) signals are being exchanged whether these signals are accompanied by spoken words or not.

Keywords: communication, body language, physical behavior, voice box, movement

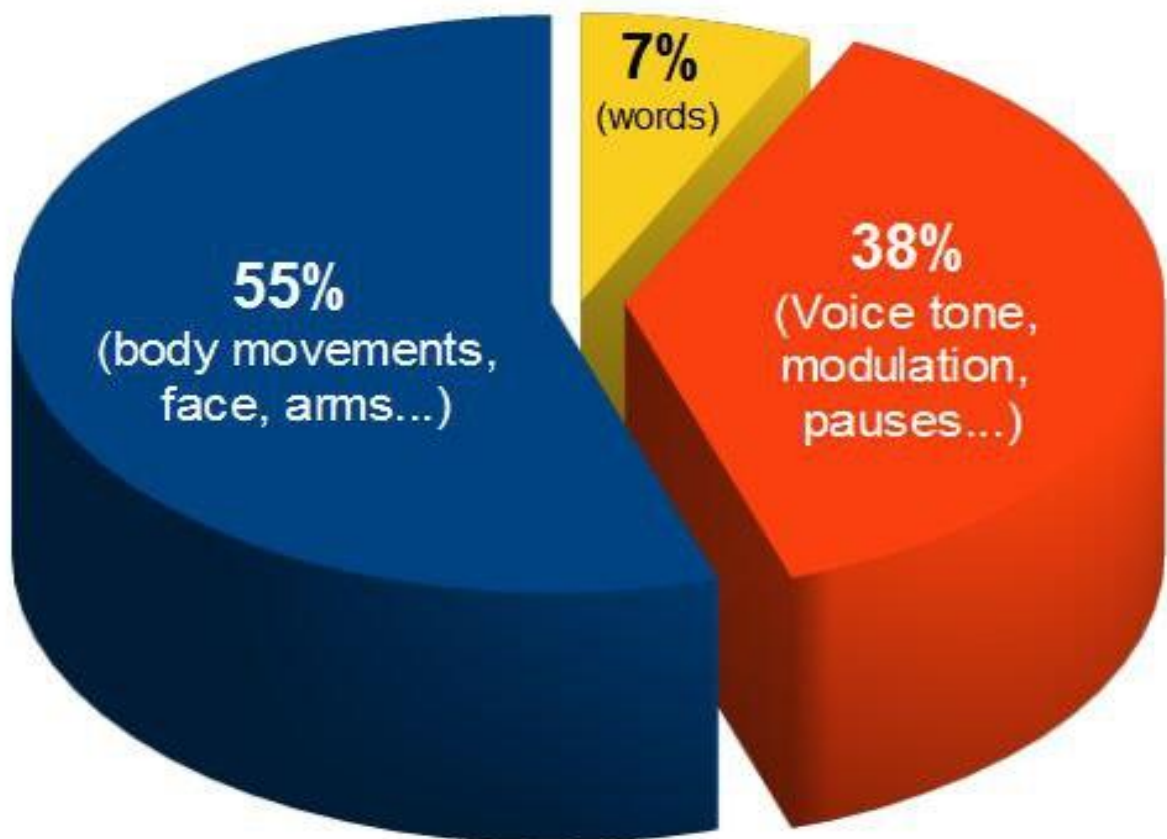
Annotatsiya: Ushbu maqolada tana tili haqida ma'lumot berilgan. Ular jismoniy xatti-harakatlar, so'zlardan farqli o'laroq, quyidagilar uchun ishlatiladi ma'lumotni ifoda etish yoki etkazishda. Tana Tili zamonaviy aloqa va munosabatlarning muhim jihati hisoblanadi. Shu sababli, bu menejment yoki etakchilik va odamlar o'rtasida aloqalarni ko'rish va jismoniy kuzatish mumkin bo'lgan ish va biznesning barcha jihatlariga juda mos keladi Bunday xatti-harakatlarga yuz ifodalari, tana holati, imo-ishoralar, ko'z harakati, teginish va bo'sh joydan foydalanish kiradi. Tana tili esa grammatik tizimga ega emas va ma'lum bir harakatga mos keladigan mutlaq ma'noga ega bo'lish o'rniga, keng talqin qilinishi kerak, shuning uchun u til emas va shunchaki "til" deb nomlanadi. ommaviy madaniyat Tana tili hayvonlarda ham, odamlarda ham mavjud, ammo ushbu maqola inson tanasi tilini talqin qilishga qaratilgan. Ovoz haqida gap ketganda, ovoz (yoki ovoz chiqarish) - bu odamlar va boshqa umurtqali hayvonlar tomonidan o'pka va halqumdagi vokal burmalar yoki ovoz qutisi yordamida hosil bo'ladigan tovush. Kuzatiladigan tana tili nuqtai nazaridan, bu signallar og'zaki so'zlar bilan birga bo'ladimi yoki yo'qmi, og'zaki bo'lmagan (og'zaki bo'lmagan) signallar almashilmoqda.

Kalit so'zlar: Tana tili, Aloqa, yuz ifodalari, hatti harakatlar

## Introduction

Body language is a powerful concept that is well understood by successful people. The study and theory of it have 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 and reveal our underlying feelings and attitudes.

Body language certainly also encompasses where the body is in relation to other bodies (often referred to as 'personal space'). It certainly also includes very small bodily movements such as facial expressions and eye movements. Body language also arguably covers all that we communicate through our bodies apart from the spoken words. All of your nonverbal behaviors—the gestures you make, your posture, your tone of voice, how much eye contact you make—send strong messages. They can put people at ease, build trust, and draw others towards you, or they can offend, confuse, and undermine what you're trying to convey. Diagram of using body language in communication. (Diagram1)



**The Importance of Body Language** It is safe to say that body language represents a very significant proportion of meaning that is conveyed and interpreted between people. Many body language experts and sources seem to agree that between 50-80% of all human communications are non-verbal. So while the statistics vary according to the situation, it is generally accepted that non-verbal communications are very important in how we understand each other (or fail to),

especially in face-to-face and one-to-one communications, and most definitely when the communications involve an emotional or attitudinal element. The Importance of Body Language. It is safe to say that body language represents a very significant proportion of meaning that is conveyed and interpreted between people. Many body language experts and sources seem to agree that between 50-80% of all human communications are non-verbal. So while the statistics vary according to the situation, it is generally accepted that non-verbal communications are very important in how we understand each other (or fail to), especially in face-to-face and one-to-one communications, and most definitely when the communications involve an emotional or attitudinal element.

Many teachers tend to spend most of their class time same place in the middle class, for instance, or to the side, or at the front of the class. However others spend a great deal of the time walking from side to side, or striding up and down the aisles between the chairs. Majority of successful teachers move around in the classroom, then will depend on his or her personal style. Where he or she feels most comfortable for the management of the class, how he or she feels it easiest to manage the classroom effectively. On the other hand teachers should be audible. They must be sure that the students at the back of the class can hear them as well as those at the front. Teacher do not have to shout to be audible. Experienced teachers try to get balance between audibility and volume just right. They might be use very loud voices, and that is when teachers want their students to be quiet or stop doing something. But is it worth or not? Speaking quietly is often just as effective a way of getting the students attention. When they realise that you are talking, they will want to stop and listen in case you are saying something important or interesting. However teachers should take great care of their voices. It is important that they breathe correctly from the diaphragm so that they do not strain their voice. Conserving the voice is one thing teachers will want to take into account when planning a day`s or week`s work.

### Conclusion

Body language is an important part of communication. It not only support verbal language to be understand more clearly, but have itself voice to show emotion and message as well. In order to success, people should interpret and make used of using body language. In addition, with the differences of meaning depending on culture, it is necessary to be careful to each of your signal to your students or pupils.

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