

PARALLEL USAGE OF VERBAL AND NON-VERBAL MEANS

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Annotation: This article deals with the contrastive analysis of parallel usage of verbal and non-verbal means in Uzbek, English, Turkish and Russian languages. It is obvious that linguistic and paralinguistic means tend to substitute each other in communication. However, using them depends on the person's practice, knowledge and behavior. So, potential usage of verbal and paralinguistic means is discussed in the article.

Key words: verbal and nonverbal means, substitution, body language, semiotics, gestures, nonverbal signal, nonverbal communication, component.

A human being is considered the most intelligent and conscious creature in the world. The structure of their body is perfect, and their body parts are the most graceful and mobile. According to Z.Mirakhmedova, the human body integrates over 10,000 components¹. Supporting organs such as the head, eyes, eyebrows, tongue, teeth, ears, nose, shoulders, arms, and legs coordinate and manage all movements. The emergence of speech, which is unique to humans and not granted to other living beings, also involves the involuntary participation of these organs. When a person engages in communication, it is not only their speech apparatus—comprising the lungs, throat cavity, oral cavity, tongue, teeth, and lips—that is activated but also their eyes, eyebrows, face, nose, hands, legs, and other body parts. Linguistic and paralinguistic means, in fact, are complementary practical tools. The extent to which these means are utilized depends entirely on a person's life experience, knowledge and skills, and moral character.

For example: — Энахонни биласиз-а? Ёйилма сойдаги ўртоғим бор-ку? Зеби бошини кўтариб, ўртоғига қаради, шу қараш унинг нечикдир Энахонни эслолмай турганини кўрсатарди. Сўнгра Салти таъриф қилди: — Ўтган куз бизникига меҳмон бўлиб келишди-ку — келинбисси билан бирга? Ўшанда неча марта киши юбориб чақиртирдим, бормадингиз, отангиз жавоб бермади... Зеби бош тебратди: — Ҳа, ҳа... билдим, билдим. Ўзини кўрганим йўқ-ку, эшитиб биламан. (Абдулҳамид Чўлпон. Кеча ва кундуз).

Zebi's "raising her head to look" in response to Salti's first question is an example of a nonverbal reaction, while her "nodding her head" during her response to the second question is an example of using verbal and nonverbal means in parallel.

Today, the study of the role, interrelation, and objectives of verbal and nonverbal communication in interaction has drawn the attention of scholars from various fields, such as psychology, philosophy, economics, medicine, sociology, and others. This interest has contributed to the emergence of modern disciplines such as psycholinguistics, neurolinguistics, ethnolinguistics, sociolinguistics, linguistic economics, pragmatic linguistics, and biolinguistics. Consequently, this diversity has led to various approaches to understanding nonverbal (paralinguistic) communication. Nonverbal communication methods (body language) have been a focal point in

¹ Мирахмедова З. Ҳозирги ўзбек тилининг анатомик терминологияси: Филол. фан. номз. дис.... . –Тошкент, 1994. –Б. 21.

certain areas for refining presentation skills, enhancing social abilities, and even serving as tools to detect deceptive information².

In speech situations, verbal and nonverbal means are often used together, in parallel, to make communication more understandable, engaging, and appealing. Nonverbal elements are used in mixed ways to convey meanings such as explanation, clarification, or emphasis. For example, R.Potapova identified six types of relationships between verbal and nonverbal means in communication:

- a) **repetition** – where verbal and nonverbal means reinforce each other's content;
- b) **contradiction** – where the meanings of verbal and nonverbal elements contradict each other.
- c) **substitution** – where nonverbal means replace verbal ones;
- d) **complementation** – where nonverbal means add additional information to the verbal content.
- e) **emphasis** – where nonverbal means highlight important aspects of verbal elements;
- f) **regulation** – where nonverbal means organize and regulate the flow of information between speakers³.

In nearly all situations, when verbal and nonverbal means are used together in parallel, they serve as conditional signals. According to V.Konetskaya, the balanced use of verbal and nonverbal means in speech clarifies, enhances expressiveness, and makes the conveyed information more impactful, leaving a strong impression on the listener. In communication, these tools fulfill informational, pragmatic, and expressive functions, complementing each other's content and, in some cases, substituting for one another⁴.

According to A.Nurmonov, gestures that convey a specific meaning in a particular speech situation are described using certain linguistic units during the process of recounting that speech situation. Thus, every language contains a set of verbs that express gestures. These verbs, from a semantic perspective, are referred to as deictic (gesture-related) verbs⁵.

Examples:

In Uzbek– Мажлис тугашили кутишга вақтим йўқ. – Ҳамдам “ҳозир боқлайман”, дегандай Зоҳидга кўз қисиб қўйди. (Тоҳир Малик. Шайтанат).

In Turkish– Kalfa hanımlardan biri, bir gün manalı manalı göz kırptı: – O vakitlerde rahmetli hanımefendi hastaydı. (Güntekin R. Çalikuşu).

In English– Nob trotted off with a grin and a wink. (Tolkien J. The Fellowship of the Ring).

In Russian– И он как-то вдруг опять подмигнул ему левым глазом и рассмеялся неслышно, – точь-в-точь как давеча. (Достоевский Ф. Преступление и наказание).

In the examples provided above, the deictic (gesture-related) verbs such as “кўз қисиб қўйди” (winked), “manalı manalı göz kırptı” (winked meaningfully), “trotted off with a grin and a wink,” and “подмигнул” (winked) represent nonverbal means that are verbalized within the text.

Therefore, language serves as the most crucial means of communication between people, providing information about specific events or phenomena in the objective world. However, other methods of transmitting information also exist. For instance, traffic signals, devices indicating whether it is safe to cross the road, and similar systems are known as signs. These systems, including linguistic signs, share certain commonalities with other sign systems (such as Morse

² Eryılmaz D., Darn S. A Nonverbal Communication Lesson. –Izmir. CELTA, 2005. URL: <https://www.researchgate.net/publication/267255400> (мурожаат санаси: 23.02.2020).

³ Потапова Р., Потапова В. Язык, речь, личность. –М.: Языки славянской культуры, 2006. –С. 93.

⁴ Конецкая В. Социология коммуникации: учебник. –М.: 1997. –С.110-124.

⁵ Нурмонов А. Ўзбек паралингвистик воситалари // Танланган асарлар. 1-жилд. –Т.: Академнашр, 2012. –Б. 221.

code, musical notation, gestures, light, and sound signals)⁶. The study of such signs is referred to as semiotics, a field that remains relatively unexplored in the Uzbek language context.

In Ottoman Turkish linguistics, verbal communication is understood as the conveyance of thoughts using words. However, they do not deny the existence of factors that ensure the clarity and effectiveness of verbal means. Specifically, I. Yildirim emphasizes six key aspects of effective communication:

- a) identifying the message or information to be conveyed;
- b) determining the desired outcome;
- c) communicating the idea in a language that listeners understand;
- d) observing the listeners' reactions;
- e) actively listening to the interlocutor, and;
- f) paying attention to nonverbal elements.

Additionally, Yildirim notes the interrelation between verbal and nonverbal means, highlighting that paralinguistic tools enrich and clarify verbal communication⁷. Since verbal means alone may not fully express a person's internal emotions, nonverbal means are used to ensure precise delivery of information.

According to Australian scholar A. Pease, each gesture or motion can convey a single word or even an entire sentence. At times, nonverbal means in communication can act as words, sentences, or punctuation marks, and their full meaning becomes clear only when paired with supplementary verbal or nonverbal cues.

It is worth noting that the same nonverbal cues can signify affirmation or negation in dialogue, i.e., positive or negative meanings. However, only when nonverbal (paralinguistic) tools are used appropriately in communication can the speaker effectively express their intended purpose. Avoiding excessive or unnecessary nonverbal cues is essential to prevent possible misunderstandings among listeners. This is because, like verbal means, nonverbal means can be monosemantic (having a single meaning) or polysemantic (having multiple meanings). For example, smiling to show happiness or frowning to express sadness are monosemantic, while actions such as scratching one's head, shaking hands, maintaining silence, and others are polysemantic in nature.

Examples:

In Uzbek– Зикр кела солиб қўлимни қисди. – Раҳмат, генерал бизга уй қуриб беряпти. Раҳмат сизга. (Ахтамов А. Бухородан Берлинга).

In Turkish– Biraz evvel birbirimizle kavga etmemize bıçak sırtı kaldığı halde şimdi ihtiyar komşu ile gülüşüyor, ayrılırken birbirimize el sallıyorduk. (Güntekin R. Çalikuşu).

In English– If Shagrat himself was to offer me a glass of water, I'd shake his hand,' said Sam. (Tolkien J. The Return of the King).

In Russian– Знаю, что вместе войдем, но мне х очется здесь пожать тебе руку и здесь с тобой проститься. Ну, давай руку, прощай! (Достоевский Ф. Преступление и наказание).

In the examples given, gestures associated with hand movements, such as “қўл қисмоқ” (to shake hands), “shake his hand” (gratitude, thanks), “birbirimize el sallıyorduk” (making peace, reconciliation), and “пожать руку” (farewell), illustrate the polysemous nature of gestures related to handshakes.

⁶ Нурмонов А. Ўзбек паралингвистик воситалари // Танланган асарлар. 1-жилд. –Т.: Академнашр, 2012. –Б. 200.

⁷ Yildirim İ. İletişim. Üçüncü kısım. Hacettepe Üniversitesi, 2017. –S. 14-16.

These gestures can signify different meanings depending on the context, a characteristic common to all languages. Accordingly, the use of unfamiliar nonverbal means by representatives of different cultures during communication may mislead the interlocutor, causing misunderstandings or even conveying contradictory or offensive meanings. For instance, the gesture of forming a circle with the thumb and index finger, representing “OK” (everything is fine) in English-speaking countries and many other nations, signifies “zero” in French and Uzbek cultures, while in Turkish culture, it is perceived as an insult. Similarly, tapping the forehead with the index finger means “foolish” in American culture, whereas in Turkish culture, it implies the opposite—“intelligent”⁸.

This situation underscores the importance of studying the nonverbal (paralinguistic) means specific to a culture when learning foreign languages. Without developing intercultural communication competence, it is inadvisable to engage freely in communication in a foreign language. Some gestures are conditional and culturally specific, as they are symbols accepted within a community to express a certain meaning. In another community, the same gesture may either serve no communicative function or convey an entirely different meaning⁹.

According to sociolinguist N.Mechkovskaya, physical or physiological actions performed naturally by humans, such as coughing, standing, or sitting, do not carry semiotic functions¹⁰. These actions are carried out not to convey specific information but to fulfill physical and physiological needs. Mechkovskaya categorizes human actions into three groups:

- 1) **psychologically irrelevant actions;**
- 2) **symptomatic signs;**
- 3) **kinesic signs.**

Similar views have been expressed by A.Nurmonov, who differentiates between natural and conditional gestures, stating that natural gestures do not provide any information to the listener.

However, we partially disagree with these scholars, emphasizing that in some cases, a particular human action can simultaneously serve as a psychologically irrelevant movement and a component of nonverbal communication. Even though such actions may appear unrelated to communication and unintentional in conveying information, they can provide preliminary information about the individual performing them. For example, as Mechkovskaya explains, “coughing” is a physical and physiological action considered psychologically irrelevant. Yet, it can indicate biological changes or illness in the individual, thereby carrying unique information. Natural “coughing” can also serve as a nonverbal signal in speech.

For instance:

In Uzbek— “Машина қўшниларникига келгандир” – Зайнаб шу фикрда изига қайтмоқчи эди, кўча томонда Элчин енгил йўталди. Зайнаб сергак тортиб, яна қулоғини динг қилди. (Тоҳир Малик . Шайтанат).

In Turkish— Bir gün, küçük kâtip, boğazına bir bez bağlamıştı. Boğula boğula öksürüyor, konuşurken sesi kısılıyordu. – Hasta mısınız? Niçin bu halde daireye geliyorsunuz? dedim. (Güntekin R. Çalikuşu).

⁸ Gündüz N. Sociopragmatic Elements and Possible in EFL Teaching. Dil dergisi. Sayı: 167/1, Ocak-Haziran, 2016. – S. 49-65.

⁹ Нурмонов А. Ўзбек паралингвистик воситалари // Танланган асарлар. 1-жилд. –Т.: Академнашр, 2012. –Б. 220.

¹⁰ Нурмонов А. Ўзбек паралингвистик воситалари // Танланган асарлар. 1-жилд. –Т.: Академнашр, 2012. –Б. 221.

In English– And then he hesitated and coughed. Everyone in the room was now looking at him. (Tolkien J. The Fellowship of the Ring).

In Russian– На улицу всюю гурьбой пойдут, она будет кашлять и просить и об стену где-нибудь головой стучать, как сегодня, а дети плакать. (Достоевский Ф. Преступление и наказание).

The examples above, such as “енгил йўталди” (lightly coughed), “boğula boğula öksürüyor” (coughing uncontrollably), “coughed,” and “будет кашлять” (will cough), demonstrate that biological phenomena like coughing can serve as deictic (gesture-related) verbs, conveying specific meanings as nonverbal cues to the listener.

Below, we observe cases where the deictic verb “йўталмок” (to cough) functions entirely as a nonverbal means:

For instance:

- 1) **in a public setting**, a speaker might lightly cough to draw attention to themselves before beginning their speech;
- 2) **during a conversation**, a person might cough intentionally to signal discomfort or disagreement without interrupting verbally;
- 3) **in a classroom**, a teacher might cough to remind students to pay attention or maintain discipline.

These examples highlight how the act of coughing transcends its biological function and serves as an effective nonverbal communication tool, depending on the context.

Examples:

In Uzbek– Эшикни кия очган котиба унга ажабланиб қараб турди-да, енгил йўталгандай бўлди. Шариф бошини кўтариб унга қаради. (Тоҳир Малик. Шайтанат).

In Turkish– Ahırın yanındaki açık kapıdan içeri girip, ayaklarımı ahşap merdivenlere pat pat vurarak ve öksürerek yukarıçıktım. Öksürüklerime bir cevap gelmedi. (Pamuk O. Benim adım Kırmızı).

In English– How we gonna get out of this? Patrick whispered. I think maybe I have a two-day sore throat. He gave a fake cough. That should do it. (Gilson J. My Teacher Is An Idiom).

In Russian– Доктор принужденно откашлялся, после чего повисла тишина. (Дашкова П. Херувим).

In all the examples, “йўталмок” (to cough) is not a natural-biological phenomenon but rather a deliberate component of nonverbal communication. This gesture-based action exists across all languages.

At this point, we consider T.Nikolaeva’s assertions about how gestures in Native American languages and the languages of the Benedictine order can express any meaning to be theoretically valid¹¹. Therefore, we believe that nonverbal tools not only complement the incomplete aspects of verbal communication as a communicative subsystem but also serve as primary signals to understand a person’s imagination and personality¹².

¹¹ Николаева Т. Невербальные средства человеческой коммуникации и их место в преподавании языка // Роль и место страноведения в практике преподавания русского языка как иностранного. –М.: 1969. –С. 57.

¹² Колшанский Г. Паралингвистика. –М.: Наука, 1974. –С. 6.

Professor Sh.Safarov states that in the communicative process, a speaker must consider the listener's attitude toward the manner and content of the ongoing interaction; otherwise, the communication becomes artificial, leading to communicative indifference¹³.

Additionally, M.Saidakhnov asserts that nonverbal tools arising from biological and natural origins gain symbolic meaning when used in interaction. He emphasizes that any gesture, as a lexical unit, possesses semantic structure and stylistic characteristics¹⁴.

Psychologists¹⁵ have achieved significant scientific results by observing human actions and even their inaction (e.g., silence). According to these studies, researchers have determined that human actions (or inaction) can reveal not only the interlocutor's general state during communication but also their imagination and character traits. For example, A.Pease's research on determining the attitudes between communicants through nonverbal means has proven valuable for psycholinguists, literary scholars, diplomats, journalists, sociologists, and other professionals. As a result, actions previously labeled as psychologically irrelevant natural phenomena, as per N.Mechkovskaya's terminology, have now been adopted as components of nonverbal communication across various fields. For instance, the physiological state of a listener reclining fully in their chair with arms crossed might be interpreted as a lack of interest in the information provided by the speaker¹⁶.

Considering the above, we recommend categorizing the parallel use of verbal and nonverbal tools in communication based on their order, timing, and relevance into the following four groups:

a) **Pre-nonverbal (новербал воситаларнинг олдинда келиши)** – This refers to situations where nonverbal tools precede verbal ones. In such cases, the speaker uses a nonverbal gesture first, followed by verbal communication. For example, winking at the listener before speaking to signal that the upcoming words should be taken humorously or lightly. This sequence helps set the tone or context of the verbal message, ensuring that the listener interprets it as intended.

Example: У чап кўзини қисиб хурсанд кулди: – Ўша жонон каминанинг қўли остида кутубхонада ишляптилар. (Ёқубов О. Аямажуз).

b) **In-nonverbal (новербал воситаларнинг ўртада келиши)** – This refers to the use of nonverbal tools in the middle of verbal communication. In such cases, nonverbal gestures are employed amidst spoken words to express a reaction or provide additional context. For example, during a conversation, smiling or becoming serious might indicate agreement, interest, or discomfort with the information received, thereby signaling whether the dialogue should continue or halt. These gestures enrich the communication by adding emotional depth or clarifying the speaker's or listener's stance.

¹³ Сафаров Ш. Прагмалингвистика. –Т.: Давлат илмий нашриёти, 2008. –Б. 58.

¹⁴ Саидхонов М. Алоқа-аралашув ва имо-ишоралар. –Т.: Фан, 2008. –Б. 13-21.

¹⁵ Mehrabian A. Silent Messages: Implicit Communication of Emotions and Attitudes (англ.). 2-nd. Belmont, CA: Wadsworth, 1980; Пиз А. Язык телодвижений. –М.: Эксмо, 2003; Бэрн Э. Введение в психиатрию и психоанализ для непосвященных, Эксмо, 1968; Yildirim İ. İletişim. Üçüncü kısım. Hacettepe Üniversitesi, 2017; Власова Т. Повышение коммуникативной эффективности судебного дискурса с помощью невербальных средств воздействия, 2010; Куницына В., Казаринова Н., Погорьша В. Межличностное общение: учебник для вузов. – СПб.: Питер, 2001.

¹⁶ Пиз А. Язык телодвижений. –М.: Эксмо, 2003. –С. 62.

Example: – Бо, менга зарил кептими! – Лобар лабини бурди. – Нозикхон ичмасалар ичмайман. (Ғулом Ҳ. Тошкентликлар).

c) Post-nonverbal (новербал воситаларнинг орқада келиши) – This refers to the use of nonverbal tools after verbal communication. In this scenario, nonverbal gestures follow spoken words to provide a concluding remark or indicate a response to the information shared. For example, nodding briefly after speaking to affirm or emphasize the message, or using a gesture like a wave or a handshake to signal the end of the interaction. Such nonverbal cues help reinforce the verbal message and clearly convey that the communication has concluded.

Example: – Мирзакаримбой жиянининг ишга тайёрлигидан рози каби кулди-да, индамасдан ичкари кириб кетди. (Ойбек. Қутлуғ қон).

d) Inter-nonverbal – This refers to the use of nonverbal tools both before and after verbal communication, integrated into the interaction. In this case, the speaker expresses their attitude through nonverbal means before delivering the verbal message and uses nonverbal gestures again at the end to indicate whether the conversation should continue or conclude. For example, raising eyebrows or shrugging before speaking to signal uncertainty or curiosity, followed by a verbal statement, and concluding with a gesture like a smile, nod, or dismissive wave. This mixed use of nonverbal tools helps create a cohesive flow of communication, especially in situations where independent use of nonverbal gestures is limited or constrained.

Example: Оқсоқ Темир чап кўзини қисиб, менга бир қараб қўйди, сўнгра: – Кирсак мумкинми, гўзал қиз! – деди маънодир йўталиб. (Ёкубов О. Аямажуз).

Overall, the connection of verbal means in communication with national traditions, values, specific individuals, groups, and regions remains insufficiently studied. In particular, the parallel use of verbal and nonverbal means has not been deeply explored. Such an approach to the issue would naturally aid in defining a person's psychological profile, studying their behavior and interests comprehensively, and clarifying how a person's physiological structure is closely intertwined with their speech activity.

Indeed, the primary task of linguistics is to study all the intricacies of human language. Even the smallest element, which might seem insignificant at first glance, could ultimately turn out to be a crucial component governing the entire system.

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