



IMPORTANCE OF BODY LANGUAGE IN DAY TODAY LIFE

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Abstract

Importance of Body Language in Day Today Life speaks about the unspoken language of human being in multiple situations which reflects a loud voice of unconscious mind. The relationship between body language and our unconscious mind is cordially high. Actors used to fake up emotions in order to do justice to their profession, according to researchers.

Body Language

Body Language is the way we reveal our thoughts and feelings to another person without using any particular verbal language. It is unspoken language which we human use in our regular life.

Body language speaks aloud than verbal languages in most of the time. We are unconsciously giving cues in every situation that could be easily understood by the opposite person.

Human normally showing relaxed facial cue breaks out into a gentle smile with upturned mouth and wrinkled eyes. Meanwhile, we tilt of the head that shows we are thinking, to convey interest upright stance, or to demonstrate directions we move are hands and arm. It can also include shaking legs regularly, arms crossed posture, restlessly tapping the feet, or keep moving the eyes for an example.

By observing people keenly we can understand once mistake, comfort, and other positive and negative feelings.

Science behind Body Language

Only 7% of a message is conveyed through words and other 93% messages are conveyed by non-verbal cues. Not understanding the cues may even leads to misunderstanding of the particular context.

Mehrabian's Communication Model says body language is more important than tone of voice and choices of words to communicate once exact feelings to the other person. Above mentioned book is particularly giving importance to emotions and attitudes related communications and it is not applicable in every cases.

Moreover, it is being difficult to grab the exact sentiment when we are not seeing people on social media. It includes rising emotions in us of Emoji even in business communication.

Examples of Body Language

If a person is not comfortable they'll express one or more of the following behaviors, that will clearly show their unhappiness. (Figure 1)

- Folded arms in front of the body
- Sad facial Expression
- Uncomfortable body
- Down eyes and being introvert



Figure 1

Figure 2

Awareness of once own behavior can help to increase the consciousness of particular situation. It'll help to identify the people comfortableness with other person and open to persuasion. (Figure 2)

The Body Language of a Bored Audience

It's always important to keep people fully engaged while talking in group.

Some common terms of indication which indicates may be bored by what we say in the group. (Figures 3-6)

- Sitting slumped, with heads downcast.
- Staring at something else, or into space.

- Picking at clothes, or fiddling with pens and phones.
- Writing or doodling.

Positive Body Language Analysis

Expression that supports your points helps you makes you're very clear and avoids mixed content. Some basic postures to express oneself in a positive way.

Body Language for a Good First Impression

Below mentioned tip may adjust one's body language that may improve the first impression of others on a particular person:

- **Keep open posture.** Be relaxed, but don't slouch! Sit or stand upright and place your hands by your sides (see Figure 7). Avoid standing with your hands on your hips, as this can communicate aggression or a desire to dominate (see Figure 8).
- **Give a firm handshake.** But don't get carried away! You don't want it to become awkward, aggressive, or painful for the other person.
- **Maintain formal eye contact.** Try to hold the other person's gaze for a few seconds at a time. This will show them that you're sincere and engaged. But avoid turning it into a staring contest! (See Figure 9).
- **Avoid touching your face area.** If you do while answering questions, it can be seen as a sign of dishonesty (see Figure 10). While this isn't always the case, you should still avoid fiddling with your hair or scratching your nose, so that you convey trustworthiness.

Figure 7.



Figure 8.





Body Language Examples for Effective Public Speaking

Having a positive body language will help to keep the group engaged in a positive way, masks and nerves of the presentation and it'll obviously show the level of confidence of the person. Below mentioned points may help to build our positive body language in public gathering.

- **Positive posture.** Sit or stand upright, with your shoulders back and your arms unfolded by your sides or in front of you (see Figure 11). Don't be tempted to put your hands in your pockets, or to slouch, as this will make you look disinterested.
- **Keeping your head up.** Your head should be upright and level (see Figure 12). Leaning too far forward or backward can make you look aggressive or arrogant.
- **Practicing posture consciously.** Stand in a relaxed manner, with your weight evenly distributed. Keep one foot slightly in front of the other to help hold your posture (see Figure 13).
- **Use of open hand gestures.** Spread your hands apart, in front of you, with your palms facing slightly toward your audience. This indicates a willingness to communicate and share ideas (see Figure 14). Keep your upper arms close to your body. Take care to avoid over expression, or people may focus more on your hands than your ideas.

Figure 11.



Figure 12.



Figure 13.



Figure 14.

**Tip:**

If you notice your audience's concentration dip, **lean slightly forward** while you speak. This suggests that you're taking them into your confidence and will help to regain their attention.

Body Language for Placement and Package negotiation

Body language can also help you stay calm in situations where emotions run high, such as a negotiation, performance preview or interview. Follow these suggestions to defuse tension and show openness:

- **Use mirroring.** If you can, subtly mirror the body language of the person you're talking to. This will make them feel more at ease, and can build rapport. But don't copy their every gesture or you'll make them uncomfortable.

- **Keep your body relaxed.** Maintain the appearance of calm by keeping your hands still and breathing slowly.
- **Show your Interest.** If you're asked a complex question, it's OK to briefly touch your cheek or stroke your chin. It shows you're reflecting on your answer (Figure 15).



Figure 15

Virtual Body Language

You can apply much of the body language guidance above to video conferences, too. You'll just have a little less space and body to work with. Given keys may show your enthusiasm and to help make call attendees feel comfortable and receptive to the proposed ideas:

- **Set your camera in a right.** This means you're close enough to show interest but not too close to invade people's virtual space. And leave room to gesture without hitting the screen.
- **Tidy your workspace for your video call.** That way, you'll minimize distractions that could take your eyes off attendees.
- **Maintain eye contact.** Look into the camera as if you're looking into someone's eyes. If it's a group call, looking around the participants will let you gaze without staring.
- **Use facial expressions.** Your face is front and center on a video call, so maintain a slight smile throughout. Raise your eyebrows to show engagement, and avoid frowning.

How Do You Use Your Body Language?

The tips given in this article are a good general guide for interpreting body language, but they won't apply to everyone.

For example, India is a multicultural country where every 100 kilometers has a change in their culture. Sometimes these cultural differences may have chaos. Positive body language in one place can be negative in others.

So, reflect on how you use your body language and avoid making assumptions! If you're getting mixed signs from someone, ask them what they're thinking. After all, interpreting body language should be a complement to talking and listening attentively, not a replacement for it.