

# Gestures and body language in relation to human communication

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Human body is regulated by the able intervention of the construct referred to as subconscious. All sorts of autonomous actions and sub-actions are performed by the invisible part of human brain which indeed stands for more than three quarters of our total brain capability. However, the subconscious works in order to regulate respiration, blood circulation and heart beat and all of these functions along with others are critical to one's survival to say the least (Matthews, 1990). Human verbal and oral communication is also backed up by strong bodily clues that other can evaluate to determine the quality of information being provide by the first party. Humans exhibit certain notable signs while communicating and these signs are known to come out of subconscious straightforwardly.

The emblems are set of gestures that are universally understood and comprehended throughout the globe and meanings associated with these actions vary culture to culture as well. The most important of these are called illustrators and they are unconsciously used in order to backup one's words. The negative expressions are strongly related with nods, parallel moment of Index figures. The positive thoughts are attached with subtle physical clues while, the information of danger is communicated with the help of showing one's palms to others and the voice ingredient intensifies itself when we talk with energy and enthusiasm and similar developments can occur with redness of face when somebody is angry or sorrowful.

Adaptors are set of gestures that indicate that a person is comfortable with

the current conversation. People are famous for leaning back and relaxing themselves when they are communicating with close friends and family. They unknowingly invade personal spaces of each other as well. Additionally, human body moves towards the individuals for whom we have certain feelings of closeness and affection. However, generally we move away from those who appear undesirable for us and these gestures are referred to as Regulators. Final version of expressions is duly motivated with the presence of emotions. The Affect Displays give the clues about the emotional state of the person. The chins are likely to drop when oneself is going through emotional pain whereas, anger can make humans breath heavily and increasing intensity of voice is almost bound to accompany the feeling of rage. The collective of abovementioned symptoms can be used in order to decipher one's emotional state. The practitioners of Emotional Intelligence have the ability to relate physical clues with intentions, emotions and feelings of a person. Same information can become handy for law enforcers during conduction of a criminal investigation.

Conclusively, it can be established that humans cast physical clues while communicating and that is a reality whether one can come to acknowledge its presence or not. Furthermore, body language can be used to determine the quality of information being provided. There are certain distinctive patterns that are associated with presence of deceit, anger, sorrow and love. It takes a trained eye to judge them.

#### References

Mattews, A. (1990). Being Happy ! A Handbook for Greater Confidence and Security. New York: Stern Sloan.

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