

## **EXTRALINGUISTIC ISSUES IN CROSS-CULTURAL COMMUNICATION: BODY LANGUAGE, TABOOS.**

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**Abstract:** In this article, as we know, body language and taboos an inseparable part of nonverbal communication, plays an important role in foreign language learning and teaching. This article provides information on the use of body language and taboos and their meanings.

**Key words:** nonverbal-communication, gestures, postures, taboos, cultural norms taboos and body language taboos.

**Nonverbal communication** means conveying information without using words. This might involve using certain facial expressions or hand gestures to make a specific point, or it could involve the use (or non-use) of eye contact, physical proximity, and other nonverbal cues to get a message across. A substantial portion of our communication is nonverbal. In fact, some researchers suggest that the percentage of nonverbal communication is four times that of verbal communication, with 80% of what we communicate involving our actions and gestures versus only 20% being conveyed with the use of words. Every day, we respond to thousands of nonverbal cues and behaviors, including postures, facial expressions, eye gaze, gestures, and tone of voice. From our handshakes to our hairstyles, our nonverbal communication reveals who we

are and impacts how we relate to other people. While nonverbal communication and behavior can vary dramatically between cultures, the facial expressions for happiness, sadness, anger, and fear are similar throughout the world. Deliberate movements and signals are an important way to communicate meaning without words. Common gestures include waving, pointing, and giving a "thumbs up" sign. Other gestures are arbitrary and related to culture.

**Gesture** is a form of non-verbal communication or non-vocal communication in which visible bodily actions communicate particular messages, either in place of, or in conjunction with, speech. In fact, Gestures include movement of the hands, face, or other parts of the body. Admittedly, Gestures differ from physical non-verbal communication that does not communicate specific messages, such as purely expressive displays, proxemics, or displays of joint attention. Gestures allow individuals to communicate a variety of feelings and thoughts, from contempt and hostility to approval and affection, often together with body language in addition to words when they speak.

**Posture** is the way you position your body or arrange your limbs. So stand up straight, put your shoulders back, and lift that chin up. Ballerinas have an elegant, graceful posture, and soldiers tend to display a rigid, strong posture.

Statistic posture- the body and its segments are aligned and maintained in certain positions. Examples include standing, sitting, lying, and kneeling.

Dynamic posture-the body or its segments are moving— walking, running, jumping, throwing, and lifting.

**Taboo**, also spelled tabu, is a social group's ban, prohibition, or avoidance of something (usually an utterance or behavior) based on the group's sense that it is excessively repulsive, offensive, sacred, or allowed only for certain people. Such prohibitions are present in virtually all societies. Taboos may be prohibited explicitly, for example within a legal system or religion, or implicitly, for example by social norms or conventions followed by a particular culture or organization.

Taboos are often meant to protect the individual, but there are other reasons for their development. An ecological or medical background is apparent in many, including some that are seen as religious or spiritual in origin. Taboos can help use a resource more efficiently, but when applied to only a subsection of the community they can also serve to suppress said subsection of the community. A taboo acknowledged by a particular group or tribe as part of their ways aids in the cohesion of the group, helps that particular group to stand out and maintain its identity in the face of others and therefore creates a feeling of "belonging". Below are some interesting facts and information about cultural taboos that are not known to us. For instance, many cultures require persons who have been in physical contact with the dead to engage in a ritual cleansing. Many cultures also circumscribe physical contact with a woman who is menstruating—or, less often, a woman who is pregnant—because she is the locus of extremely powerful reproductive forces.

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