## Abstract

On a daily basis, nonverbal communication makes for a large portion of human communication, including face expressions, voice tone, gestures, eye gazing, postures, as well as hundreds of nonverbal behaviors and clues, according to researchers. Nonverbal cues indicate how we interact among ourselves and reflect how we really feel, think, or believe, from greetings to haircuts, reaching our dress choices, and the places we like to visit, etc. Even without listening to what is being said, the facial expressions of the speaker, or the receiver are, in general, the first thing to observe. While nonverbal behavior and communication may vary widely between different nations and places, the expression appearing on one’s face, whether joy, sorrow, resentment, or fright are always the same. The importance of understanding this depends on the way we interact with people around us and how we transmit a correct impression of our thoughts. Using fingers, pointing, or waving to point out certain things are all common gestures. Different gestures are deliberate and culturally based.

Key words: non-verbal communication, gestures, face expressions, situations

### Non-Verbal Communication

Nonverbal communication makes for a large portion of human communication. People practice non-verbal communication on a daily basis, including face expressions, voice tone, gestures, eye gazing, postures, as well as hundreds of nonverbal behaviors and clues, according to researchers. Nonverbal cues indicate how we interact among ourselves and reflect how we really feel, think, or believe, from greetings to haircuts, reaching our dress choices, and the places we like to visit, etc. Artifacts, appearance, haptics (touch), eye gazing, being close or making distance, body language, the voice tone or volume, gestures, facial expressions, are all examples of nonverbal communication. While we are sometimes unaware of these messages because they are so subtle, research has discovered nine main forms of nonverbal communication (Ref-AB1CD2).

A common method used by lawyers is using various nonverbal cues in trial situations to try to affect jury views. An attorney could roll his/her eyes during a witness's evidence in an effort to discredit him or her, or he/she might even look at their watch to indicate that the case of the other lawyer is tiresome. Because nonverbal communication is considered very impactful and strong, a significant number of judges have enforced restrictions on the kind of nonverbal actions that may be used in the courtroom (Ref-A1B2C3).

The most interesting nonverbal communication is perceived via facial expressions. By considering how much information a grin or a frown may communicate, a clear idea about the importance of noticing the facial expression of the speaker (or receiver) appears. Even without listening to what is being said, the facial expressions of the speaker, or the receiver are, in general, the first thing to observe. The speaker can be saying something, but his/her facial expressions indicate the opposite. The receiver might nod but their face can reveal that they are skeptical. While nonverbal behavior and communication may vary widely between different nations and places, the expression appearing on one’s face, whether joy, sorrow, resentment, or fright are always the same. Without using words, deliberate actions and signals are vital methods to transmit meaning. Using fingers, pointing, or waving to point out certain things are all common gestures. Different gestures are deliberate and culturally based.

According to Rutsohns’ film “Nonverbal Communication in a Global Marketplace,” non-verbal communication happens instantly and spontaneously on various situations. For example, a person could physically have seen one word while their brain interpreted another, while reflecting on which word was more powerful, it is crucial to measure which word left the greatest impression, the answer to most people will be that the non-verbal word or notion was more meaningful that the verbal one.

Another interesting impact is the impact of focusing on the current moment. The filmmakers suggested that a person only focuses on the present approximately half of the time and someplace else the other half, and that they have heard everything but only listened to half of it. Listening is a cognitive activity, while hearing is a physical function. The technique of communicating meaning without the use of words is known as nonverbal communication. A BMW, for example, is a fine vehicle, but we do not purchase it because we need a ride, instead, we buy it because it conveys the idea of our riches and elegance, which is considered the essence of nonverbal communication (Ref-AB1CD2).

When I studied the chapter on Nonverbal Communication, I learned a lot about human communication. Nonverbal communication is the technique of conveying meaning via nonverbal signals. It occurs on a daily basis, I discovered. I also discovered that depending on who you are speaking to or with, it is really easy to read or comprehend. Both the verbal and nonverbal signals are used in tandem. We employ the words we say in six distinct ways: to repeat, to stress, to complement, to contradict, to replace, and to control. I had no idea we did these things almost every time we spoke until I read this chapter. Until recently, I had taken these things for granted. Nonverbal codes, I discovered, are made up of nonword symbols.

Bodily motions, facial expressions, physical appearance, personal space, time, touching, voice signals, clothes, and artifacts are examples of these symbols. This lesson has shown me that while we do our daily routines; we practice nonverbal communication. When communicating, everyone employs one or more of these. People can observe my resentment to something without declaring it out loud, as I have learned through personal experience. I am aware that I need to be more conscious of how I transmit nonverbal signals. If you are not cautious, people may stereotype you. It is more often that people consider non-verbal cues than the verbal ones in order to understand the meaning of the person’s intentions.

I now have a greater understanding of how to decipher nonverbal signals than I had before. I am also conscious of how I should communicate with others using my nonverbal codes so that they can comprehend me. This chapter piqued my curiosity since all of the things we can do without speaking to anybody are incredible. I had never given it any thought before. I now have a greater understanding of nonverbal communication and how to use it in my daily life than I did before completing this program.