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NOVERBAL VOSITALARNING GENDER XUSUSIYATLARI

ГЕНДЕРНЫЕ ХАРАКТЕРИСТИКИ НЕВЕРБАЛЬНЫХ СРЕДСТВ

GENDER CHARACTERISTICS OF NONVERBAL MEANS

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Annotatsiya

Ushbu tadqiqot erkaklar va ayollar o'rtasida imo-ishoralar, yuz ifodalari, fazoviy joylashish, ko'z bilan aloqa qilish va boshqa og'zaki bo'lmagan belgilarning turli xil ishlatilishini tahlil qilish orqali og'zaki bo'lmagan muloqotdagi gender farqlarini o'rganadi. Aralash usullardan foydalangan holda, ushbu nonverbal tendentsiyalarni baholash uchun turli ishtirokchilar guruhidan kuzatuv va so'rov ma'lumotlari to'plangan. Topilmalar shuni ko'rsatadiki, ayollar odatda ko'proq ifodalilikni namoyon qiladilar, uzoqroq ko'z bilan aloqa qilishadi va yaqinroq jismoniy yaqinlikni afzal ko'rishadi, erkaklar esa ko'proq ehtiyotkor tana tilini namoyish etishadi va shaxsiy makonni kengroq afzal ko'rishadi. Ushbu tushunchalar gender aloqa uslublarini va ularning ijtimoiy, kasbiy va madaniy o'zaro ta'sirini yanada chuqurroq tushunishga yordam beradi.

Аннотация:

В этом исследовании изучаются гендерные различия в невербальной коммуникации путем анализа различного использования жестов, мимики, пространственного позиционирования, зрительного контакта и других невербальных сигналов среди мужчин и женщин. Используя подход смешанных методов, были собраны данные наблюдений и опросов от разнообразной группы участников для оценки этих невербальных тенденций. Результаты показывают, что женщины, как правило, проявляют большую экспрессивность, поддерживают более длительный зрительный контакт и демонстрируют предпочтение более близкой физической близости, в то время как мужчины склонны демонстрировать более сдержанный язык тела и предпочитают более широкое личное пространство. Эти идеи способствуют более тонкому пониманию гендерных стилей общения и их потенциального влияния на социальные, профессиональные и культурные взаимодействия.

Abstract

This study explores gender differences in nonverbal communication by analyzing the varying use of gestures, facial expressions, spatial positioning, eye contact, and other nonverbal cues among men and women. Using a mixed-methods approach, observational and survey data were collected from a diverse group of participants to evaluate these nonverbal tendencies. Findings reveal that women typically exhibit greater expressiveness, engage in longer eye contact, and demonstrate a preference for closer physical proximity, while men tend to display more reserved body language and favor wider personal space. These insights contribute to a more nuanced understanding of gendered communication styles and their potential impact on social, professional, and cultural interactions.

Kalit so'zlar: nonverbal muloqot, gender farqlari, tana tili, yuz ifodalari, ko'z bilan aloqa, fazoviy joylashish, imo-ishoralar.

Ключевые слова: невербальное общение, гендерные различия, язык тела, мимика, зрительный контакт, пространственное позиционирование, жесты.

Key words: nonverbal communication, gender differences, body language, facial expressions, eye contact, spatial positioning, gestures.

INTRODUCTION

Nonverbal communication is a powerful medium for conveying messages without words, and it includes a range of cues like facial expressions, gestures, posture, and spatial positioning. Research has shown that these nonverbal behaviors can vary significantly based on cultural, social, and individual factors, with gender being a prominent influence. Gender differences in nonverbal communication can shape our interactions, impacting how people are perceived and understood in various social and professional contexts. For example, nonverbal cues can affect how warmth, competence, or authority are perceived in workplace interactions or during social engagements.

Previous research suggests that women generally display greater expressiveness in facial expressions, more open body language, and closer proximity during conversations, which may signal empathy and openness. In contrast, men may exhibit fewer facial expressions, less direct eye contact, and a preference for maintaining physical distance, possibly reflecting social norms around masculinity and authority. These trends reflect longstanding gender norms and socialization patterns that reinforce distinct nonverbal communication styles for men and women.

The goal of this study is to examine these gendered characteristics in greater depth, exploring how nonverbal behaviors like facial expressiveness, eye contact, gestures, and proxemics differ across genders. By identifying these characteristics, this study seeks to contribute to the understanding of gender's role in communication dynamics, which has practical applications in improving social, educational, and professional interactions.

METHODS

Participants: The study sample included 200 participants (100 men and 100 women), aged 18-50, recruited from university campuses, workplaces, and public spaces in an urban area. Participants were selected with an emphasis on achieving diversity in age, occupation, ethnicity, and cultural backgrounds to ensure the findings' generalizability across demographic groups.

Procedure: This study employed a mixed-methods design, combining observational analysis with self-reported surveys. [2, 9]

Observational Component: During structured observation sessions, participants interacted with others in a series of short, guided conversations in controlled settings (e.g., a waiting room or meeting space). Observers, trained to identify specific nonverbal cues, recorded each participant's facial expressions, hand gestures, body posture, eye contact, and spatial positioning. The observational sessions were recorded for accuracy, and nonverbal behaviors were coded for frequency and intensity based on a standardized rating scale.

Survey Component: After the observational sessions, participants completed a questionnaire that asked about their comfort with physical touch, personal space preferences, eye contact habits, and their perceptions of their own and others' nonverbal communication. Additionally, open-ended questions invited participants to share insights on how they believed their gender influenced their nonverbal behaviors. [4, 8]

Data Analysis: Observational data were analyzed using SPSS software, with gender differences in nonverbal behavior tested for statistical significance using a t-test. Survey data, including qualitative responses, were coded into themes to identify trends in participants' perceptions and preferences related to nonverbal communication across genders.

RESULTS

The results of the study reveal distinct gender-based patterns in nonverbal communication. Key findings include:

Facial Expressiveness: Women demonstrated a broader range of facial expressions, particularly in positive and empathetic contexts. Smiling, nodding, and attentive facial expressions were more frequent among female participants. In contrast, men tended to display more neutral or reserved facial expressions, consistent with the hypothesis that men's facial expressiveness is often less pronounced in public settings.

Gestures and Body Language: Women were observed using more expressive hand movements, often emphasizing points with open-handed gestures or using their hands to express agreement. Women also leaned forward more frequently during conversations, signaling engagement and attentiveness. Men, in contrast, tended to display more closed-off body language, such as crossing their arms or keeping their hands in their pockets, which may suggest a more guarded or authoritative stance. [2, 99]

Eye Contact: Women consistently engaged in prolonged eye contact, particularly during listening phases, suggesting attentiveness and empathy. Men displayed brief but consistent eye contact that aligned with social norms of maintaining interest while balancing personal boundaries. [2, 98]

Spatial Positioning (Proxemics): Male participants generally maintained a larger personal space during interactions compared to female participants. Men's preference for wider spatial positioning was particularly pronounced in interactions with other men, potentially reflecting norms

around personal space in male-to-male interactions. Women, however, were generally more comfortable with close proximity, reflecting an openness to physical closeness and a possible inclination toward sociability. [2, 98]

Use of Physical Touch: While physical touch was not universally employed, women were slightly more likely to use gentle touches on the arm or shoulder during conversations with friends or colleagues, signaling warmth and affiliation. Men, however, used physical touch less frequently and tended to limit it to brief, task-oriented interactions, such as a handshake.

These results support previous studies and highlight how nonverbal behaviors are influenced by gender, reinforcing social norms associated with openness, approachability, and authority.

DISCUSSION

The findings suggest that gender significantly influences nonverbal communication behaviors, which can be attributed to social norms, cultural expectations, and early socialization. Women's greater expressiveness, closer proximity, and prolonged eye contact may stem from social norms that encourage women to be warm, nurturing, and approachable. In contrast, men's reserved gestures and wider spatial boundaries align with traditional expectations of masculinity, which often encourage restraint, authority, and independence. [3, 102]

These results have implications in multiple domains, particularly in the workplace. For example, women's nonverbal cues may lead colleagues to perceive them as more collaborative or approachable, while men's reserved body language may convey authority or independence. Understanding these nonverbal cues can improve interpersonal interactions by helping individuals adjust their communication style to better suit diverse audiences and professional contexts. For example, awareness of these cues can help leaders avoid misinterpreting assertiveness or authority based on nonverbal traits alone.

Additionally, this study contributes to the broader discourse on gender and communication, illustrating how deeply ingrained gender roles manifest in nonverbal behaviors. The findings support the argument that nonverbal communication is not only a reflection of individual personality but is also shaped by cultural norms and expectations, which can impact personal, educational, and professional relationships. [1, 36]

The study has certain limitations, such as the reliance on self-reported data, which may introduce bias, and the limited generalizability of findings due to the urban sample population. Future research could explore how these gendered nonverbal behaviors vary across different cultures, given that nonverbal norms are often culturally specific. Additionally, longitudinal studies could provide insight into how evolving gender norms influence changes in nonverbal communication behaviors over time.

CONCLUSION

This study reveals distinct gender differences in nonverbal communication behaviors, highlighting that women generally display more expressiveness, engage in closer spatial proximity, and sustain longer eye contact, whereas men demonstrate more reserved gestures, maintain greater physical distance, and use more limited facial expressions. These findings underscore how nonverbal cues are influenced by deeply rooted socialization patterns and cultural expectations tied to gender.

Understanding these gender-based nonverbal differences has far-reaching implications. In professional settings, for instance, increased awareness of these tendencies can help reduce potential misinterpretations of assertiveness or authority based solely on body language, allowing for more equitable evaluations of communication styles across genders. Organizations and leaders who recognize and accommodate diverse nonverbal communication styles may foster more inclusive and collaborative work environments. For example, training programs that address nonverbal communication dynamics can enhance workplace relationships, especially in diverse or international teams where gendered communication norms might vary widely.

In educational and social contexts, these insights can aid individuals in better understanding and adapting to others' communication preferences. Educators, counselors, and social workers can use this knowledge to connect more effectively with people of different genders, fostering empathy and mutual understanding in their interactions. Furthermore, individuals can develop greater self-

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awareness regarding their own nonverbal cues, helping them navigate social situations with a more intentional and adaptable approach.

The study's findings also contribute to ongoing discussions about the role of gender in shaping our behaviors, suggesting that these nonverbal patterns are not fixed but may evolve alongside changing gender norms and societal expectations. Future research could expand on this by investigating how these nonverbal gender differences manifest across various cultural contexts and how younger generations, influenced by more fluid gender roles, may display different patterns than those observed in traditional settings.

Ultimately, recognizing and understanding gender characteristics in nonverbal communication can help bridge communication gaps, improve interpersonal relationships, and foster a deeper appreciation for diversity in expression. By acknowledging these differences, society can move toward more inclusive communication practices that honor and adapt to individual expression, allowing for more meaningful and effective interactions across genders.

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