Chapter One

Introduction

1.0: Background

All human beings use body language and built ability to recognize it.

Understanding our body language is not difficult as some people believe.

The body language is unspoken communication that goes on in every face to face conversation with another person.

The body language tells you the true feeling of the speaker and how your words are being received.

Some researchers found out between 50% - 70% of our communication transmit through our body language. This is why it is important to control speaking.

The tune of voices have 40- and 10-only are our words. So the body language reveals a lot of what a person is really thinking as far as human beings are only creatures on this planet that truly have ability to this credible skill gave human the advantage that put on – top and the measured in evolutionary time scale we are not saying that animals and other creatures do not communicate they defiantly do. However the way to communicate is such closer to body language it is to verbal communication.

The body language non-verbal such as: gestures facial expressions and eye contact are therefore common tools.
1.1: The Statement of Problems:

This study aims to investigate the nature of body language, non-verbal signals and the role in communication.

1.2 The research objectives:

The research attempts to achieve the following objectives:

To show the best ways of using body language to express our feeling and emotion in communication.

To demystify the body language it is not enough to knowbody language real and that it is work.

1.3 The research of questions:

The research is attempted to answer the following questions:-

1-What is the role of body language in our communication?
2- Do we use body language so as to make strong message?
3-is the body language related to the culture and environment instinctive or learned?
4- Do we use the body language in right context?
5-How "emphatic” strong are body language?

1.4 The Significance of the research:

The significance of the research of the body language substantial portion of our non verbal communication.

Every day we respond to thousands on non verbal cues and behavior.
The experts of body language say that body language make a huge part of daily communication.

Referring to various researches of the body language though to count between 50% to 70% of all communication.

It's important to understand body language, but it's essential to pay attention to other cues such as context.

The body language can send a lot of strong signals than words or written text.

The body language is extremely important to help the speaker in conveying the right message.

1.5 The statement of problem:

This study aims to investigate the nature of body language non-verbal signals and the role in communication

The body language controlled by the conscious of the mind of every individual so it can actually thinking .

1.6 The research hypotheses:

The body language play different role in communication process of sending and receiving message.

The body language cues have being recognized and used in the right context. The body language plays an important role in relating to culture and environment

1.7 The limitation of the research:

Body language signals and non verbal communication.
1.8 The research methodology:

The research is a descriptive research.

1.9 The method of data collection:

Questionnaire is used for data collection.

1.10 The method of data analysis:

Analysis and discussion.

Results and findings conclusion and recommendations.
Chapter Two
Literature Review and Previous Studies

2.0 Introduction:

Body language is a kind of non verbal communication, where thoughts, intention or feelings are expressed by physical behaviors, such as facial expressions, body postures, gestures, eye movement, touch and the use of space (proxemics). Body language exists in both animals and humans but this research focuses on interpretation of human body language, it is known as kinesis.

According to (Klima, etal 1979) body language must not be confused with sign language.

A sign language is full language like spoken.

According to (Sandler, etal 2006) body language on the other hand, does not have a grammar and must be interpreted broadly.

Instead of having absolute meaning corresponding with a certain movement, so it is not language like sign language and it is simply termed as a language due to popular culture.

We can learn to use body language to deliver strong messages and appear more confident and honest when conveying.

It is matter of practice and self awareness to our body language.

Eventually we can create these habits. It also depend on our personality type and culture we come from (some cultures use less gestures than others).

So it is a unique individual.

2.1 Gestures:

As we know already gestures are common of non verbal communication, it is building block, of the body language because we communicate mainly through the gestures and other expressions with our face, without it we would like robot
standing and perhaps blinking at each other while we. According to: a) (Kurien, Daisy N (March 1st, 2010)) Gestures are movements made with body parts (e.g. hands, arms, fingers, head, legs) to emphasize an idea or emotion, for example while speaking, also when something said or done as formality or as indication of intention like political gesture or posture of a person’s manner.

When we say the right verbal words and enhance them with the right gestures or use them at the right time, we are in force our message and consequence appear more honest, confident, friendly, authoritative, seductive, or whatever we try to convey.

Convince shows support negation converse, command even seduce with our body language with body, if we know where, when to use the right gesture.

According to (David Cristal P:220) gesture can be a great substitute for word. Deaf people use sign language with great sufficiency and non-deaf also utilize gesture instead of word when they need arise.

In fact we have gesture that expresses things we can hardly describe with word.

In this case we distinguish between sign language and gesture, signs are systematic language and one sign understood all over the world. On the other hand gestures are far less systematic comprehensive and relate to the culture.

Gestures are divided between those we are born knowing such as smiling and those we learn through culture and habit, like making such as ‘’thumbs up ‘’.

Human have long experience with non-verbal communication, before we have words we need to rely on groaning gesture just like our distant relatives.

These old habits stuck and we still rely much on them to support our words or to signal others non verbally.
In fact it is hard wired in our brain that we even gesticulate while speaking on the phone when obviously the person cannot see us.

Nobody decided what is right and what is wrong in this communication, it is something we are either born knowing or learn through experience.

Of course since we have grow in different cultures and different experiences we might have a different notions [idea] about what a certain action means. Also different gestures can mean different things in different places.

In addition some gestures are unique to certain individuals who make only at certain time.

Since the limbic brain is in change of our automatic reaction, if we understand how it thinks and reacts, we understand the meaning behind the gestures we make.

We want to think about what we see and try to explain it, rather than know by heart every action. This way even if we see something unfamiliar, we will have the tools to understand it better.

British families and the Royal members are noted for their habit of walking the back. Not only does British Royalty use this gesture, it is among many countries. Also the headmaster of local school, when he is walking through school yard, senior military personnel and other in position of authority.

Hand gestures often signify the state of well-being of the person making them. Relaxed hands indicate confidence and self-assurance, while clenched hands may be interpreted as signs of stress or anger. If a person is wringing his/her hands, this demonstrates nervousness and anxiety.

According to: b) (Kurien, etal2010)) Handshakes are regular greeting rituals and are commonly done on meeting, greeting, offering congratulations or after the
completion of an agreement. They usually indicate the level of confidence and emotion level in people.

Studies of (Black, Roxie M. (2011) P: 104-111) have also categorized hands too strongly), the limp fish (shaking hands too weakly), etc.

Finger gestures are also commonly used to exemplify one’s speech as well as denote the state of well-being of the person making them. In certain cultures, pointing using one’s index finger is deemed acceptable. However, pointing at a person may be viewed as aggressive in other cultures - for example, people who share Hindu beliefs consider finger pointing offensive. Instead, they point with their thumbs. According to (Black, etal 2011 P:104-111) likewise, the thumbs up gesture could show “OK” or “good”.

The arms and legs can also be useful in conveying non verbal information crossing can indicate defensiveness.

A crossing legs a way from another person may indicate dislike or un comfort with individual . Other subtle signals such as expanding arms widely may be an attempt to some larger or more , while keeping the arms close to the body may be an effort to minimize one self.

2.2 Body postures:

Emotions can also be detected through body postures. Research has shown that body postures are more accurately recognised when an emotion is compared with a different or neutral emotion According to a) (Mondloch, etal Sept 2013) for example, a person feeling angry would portray dominance over the other, and his/her posture displays approach tendencies. Comparing this to a person feeling fearful: he/she would feel weak, submissive and his/her posture would display avoidance tendencies, b) the opposite of an angry person.
According to (Kuran, Daisy N 2010) a) sitting or standing postures also indicate one’s emotions. A person sitting till the back of his/her chair, leans forward with his/her head nodding along with the discussion implies that he/she is open, relaxed and generally ready to listen. On the other hand, a person who has his/her legs and arms crossed with the foot kicking slightly implies that he/she is feeling impatient and emotionally detached from the discussion.

b) in a standing discussion, a person stands with arms akimbo with feet pointed towards the speaker could suggest that he/she is attentive and is interested in the conversation. However, a small difference in this posture could mean a lot. For example, if the same person has his/her leg crossed over the other, and places his/her entire balance on one leg, this suggests a more casual attitude.

According to (Carney, et al. 2010) open and expansive nonverbal posturing can also have downstream effects on testosterone and cortical levels, which have clear implications for the study of human behavior.

2.3 Facial Expressions:

Facial expressions can tell us about characters situation sub text . It is important that we learn about emotions and mood and how to create and describe them.

The function of facial expressions, conveying an emotion that tell about character and the way they react to this situation e.g if the character is very shocked when something happens.

Facial expressions can also convey the character true feelings.

According to (Kurien, et al. 2010) facial expression is integral when expressing emotions through the body. Combinations of eyes, eyebrow, lips and cheek movements help form different moods of an individual (e.g. happy, sad, depressed, angry, etc.).
A few studies by (Gu, and et al, 2013), show that facial expressions and bodily expressions (i.e., body language) are congruent when interpreting emotions. And also According to (Kret, ME; Pichon; S; Grezes; Jde Gelder, B (Jan 15, 2011)) behavioral experiments have also shown that recognition of facial expression is influenced by perceived bodily expression. This means that the brain processes the other's facial and bodily expressions simultaneously. Subjects in these studies showed accuracy in judging emotions based on facial expression. This is because the face and the body are normally seen together in their natural proportions and the emotional signals from the face and body are well integrated.

We use facial expression to project our emotion for others and add the [flavor] to the words, we say imagine if we had to describe how we feel every conversation this not the best indicator truth, faking emotion, however can be a very different task.

We can often get a glimpse of the inner conflict with some thing called micro expressions.

In our natural world face is usually encountered not as an isolated object but as integrated part of a whole body. The face and the body both normally contribute in conveying the emotion state of the individual.

Here we show that the observers judging a facial expressions are strongly influenced by emotion body language. Photographs of fearful, anger faces bodies were used to create face body compound images with either matched or miss match emotion expressions. When face and body language expressions hampered and becomes based to word the emotion expression by the body.

According to (Beatric Gelder, 2006) people face show fear in many different circumstances, however when people are terrified as well as showing
emotion, they run for cover. When we see a bodily expression of emotion, we immediately know what a specific action is associated with particular emotion.

Emotion body language is emerging as the new field in cognitive and effective neuroscience.

In this research we show how the body language signals are automatically perceived and understood of the role in emotion communication. Here we distinguish between emotion and mood, emotions are feelings and mood is the state of someone in behavior.

Here are some examples show facial expressions.

Frown; when someone frowns there are something happening to his/her forehead eye brows, skin between them and the mouth.

Smile; when someone smile his/her eye sparked, crinkling around edges, mouth up turned revealing dimples in the check.

2.4 Eye movement:

Eye movement or eye contact is one of non verbal communications, it is a subcategory of body language, is the study of eye movement, eye behavior, gaze, and eye-related nonverbal communication. As a social or behavioral science, oculesics is a form of nonverbal communication focusing on deriving meaning from eye behavior. According to (Sullivsn, Larry E. P: 577).

Nobody had to tell us what eye brow angled down meant angry and angled up was sad or arched was surprised we knew instinctively what eyes have a lot of to say about what a person is thinking and feeling.
There is a lot of to know about what the eyes have to say that what simple face images can tell.

The direction of a person’s gaze alone reveals to a whole world of what is going on behind forehead.

The gaze of a person’s eyes can also tell us whether they are in visual, auditory or kinesthetic mode of thinking. The visual mode means that the person is supporting their thought with image, the eyes will be looking either upward or forward and unfocused.

In auditory mode thought are described as sound, at this time, the eyes will be looking to the side, in the direction of their ears.

Kinesthetic thinking means that the persons describing feeling to us.

The eyes will generally gaze down-word coupling this knowledge with what we have to rely on several addition cues to decide whether this guilt or deep introspection.

There are many classifies of eye movement in body language:

When some one looks straight a head to you this is a good sign, most of us will try to catch some one’s eyes by looking at him/her to show our interest. If some one looks right at you and does not look away at all, the message of what you are saying may not be understand.

People who are lying often aware that eye movement may give them away. But continue looking at us without sign of looking excepted the gaze of two people deep in love.

Looking up is an eye body language sign of thinking. If we are looking to the left as well, we are processing information, and relating to a past
experience or an emotion feeling. Also if someone looking up, he/she is carefully thinking over.

Looking down especially with someone not looking to the other person in the eyes, is usually associated as submissive [not dominate] eye body language. So that person may not be very comfortable in your presence or feeling guilty of something.

Looking to the left is also eye body language usually associate with trying to remember a sound.

This is easy to remember as if he/she is looking to their left ears.

Looking to the right is language trying to remember a recent experience or we are trying to assess if it is logical that the other person is saying.

2.5 Looking lying:

Looking lying: we have a very deep connotation between telling the truth and looking into the eyes, and people will interpret as being dishonest. But is there really a truth in the call [look at me in the eyes and tell me the truth]. It is unwise to tell somebody a lie based only on the fact that he would not meet our gaze.

Flirting looking and interpersonal relationship is one of eye body language when a person looking in the eye we would likely believe that are more dominate than submissive.

As dominate people fiddle with object less than submissive people.

Another down ward eye movement is the momentary contact and down ward gaze that woman unconsciously use while flirting.
It is also crucial to note that eye movement is culturally dependent. For example, in traditional Anglo-Saxon culture, avoiding eye contact usually portrays a lack of confidence, certainty, or truthfulness. According to (Cruz, William P: 44-51-53-2014) (Differences in Nonverbal communication).

2.6 Haptics:

Haptics is a Greek word that means touch, it studies of touching and how it used in communication.

It is sub category of non verbal communication, such as hand shakes, holding hand, kissing, back slapping, high fives brushing up against some one or pats it is all have meaning. According to (Hertenstein, etal.2006 P: 528-533) touching is most developed sense at birth and formulate our initial view of the world. Touching can be used to sooth for amusement during play, to flirt expressing power and maintaining bond between people such as with baby and mother.

Touching can carry distant emotions and also show the intensity of those emotions. Touch absent of other cues can signal of angry, fear, disgust, love, gratitude and sympathy depending on the length and type of touching that is performed.

Many factors also contribute to the meaning of touching such as the length of the touch and location on the body in which the touching takes place.

Research has also shown that people can accurately decode distinct emotions by merely watching others communicate via touch.

According to (Heslin, R P:44(1974) outlines five haptics categories:

2.6.1 Functional/professional:

Which expresses task orientation: stated in his book that touching is ultimate expression of closeness or confidence between two people, but not seen often in
business or formal relationship. “if a word of praise is accompanied by a touch on the shoulder, that’s the gold star on the ribbon” wrote by ( Walton,Donald 1989)

2.6.2 Social/polite: which expresses ritual interaction:

A study by Jones (Stanley E, etal 1985)”A naturalistic study of the meaning of touch”

Friendship/warmth: which expresses idiosyncratic relationship.

Love/intimacy: which expresses emotional attachment.

[Burgoon, etal 1996] said that public touch can serve as a ‘tie sign’ that shows others that your partner is “taken” According to (Morris,Desmond 1977P:320) when a couple is holding hands, putting their arms around each other, this is a ‘tie sign’ showing others that they are together. The use of ‘tie signs’ are used more often by couples in the dating and courtship stages than between their married counterparts according to Burgoon, etal1996.

2.7 Proxemics:

Another sub category of non verbal of body language is proxemics.

Proxemics is the study of the measurable distance between the people as they interact with one another.

The signals that we receive or send to another through body language are reactions to other invasions of our personal territories which links proxemics.

Diagram (Edward T. Hall's1966) personal reaction bubbles, showing radius in feet:
Another notable area in the nonverbal world of body language is that of spatial relationships, which is also known as Proxemics. Introduced by Edward T. Hall in 1966, proxemics is the study of measurable distances between people as they interact with one another. In his book, *Body Language*, Julius Fast mentioned that the signals that we send to or receive from others through body language are reactions to others’ invasions of our personal territories, which links Proxemics as an important part of Body Language. Proxemics is an important part of the body language, and has four distances between receiver and sender:

1. **Intimate distance**: for embracing, touching or whispering
   - **Close phase**: less than 6 inches (15 cm)
   - **Far phase**: 6 to 18 inches (15 to 46 cm)

2. **Personal distance**: for interaction among friends or family members.
   - **Close phase**: 1.5 to 2.5 feet (46 to 76 cm)
   - **Far phase**: 2.5 to 4 feet (76 to 122 cm)
2.7.3 **Social distance**: for interactions among acquaintances.

Close phase – 4 to 7 feet (1.2 to 2.1 m)
Far phase – 7 to 12 feet (2.1 to 3.7 m)

2.7.4 **Public distance**: used for public speaker.

Close phase – 12 to 25 feet (3.7 to 7.6 m)
Far phase – 25 feet (7.6 m) or more.

It is important to note that as with other types of Body Language, proximity range varies with culture. Hall suggested that "physical contact between two people ... can be perfectly correct in one culture, and absolutely taboo in another". In **Latin America**, people who may be complete strangers may engage in very close contact. They often greet one another by kissing on the cheeks. **North Americans**, on the other hand, prefer to shake hands. While they have made some physical contact with the shaking of the hand, they still maintain a certain amount of physical space between the other person.

2.8 **Para linguistic/Tone voice:**

According to the experiment the tone of voice we use is responsible for about 35 - 40 percent of the message we are sending.

Tone of voice is combination of speaker language and body language. The manner in which some one said can affect how it should be interpreted, shouting, smiling, irony and so on, may add a lair of meaning which is neither pure body language nor speech.

Tone voice involves the volume we use, the level and the type emotion that we communicate and emphasize that we place on the words that we choose.
2.9 Previous studies:

First: Research on the Neurobiology of emotional body language.

By: Baetrice de Gelder

Date: March 2006

The study of Beatrice de Gelder acted about “Neurobiology of emotional body language” this research reviews how whole body signals are automatically perceived and understood, their role in emotional communication and decision making.

The purpose of the research project is to convince people that body language plays more important role than simple words, the researcher thinks that of view that body language is playing an important role in our daily life, but the researcher disagree about the opinion of the body language is more accurate than words.

Second: The psychology of body language.

By: Jeo Navarro

Date: November 29.2009

From birth to death, our bodies form an important communication link with the brain. Not only for dealing with the immediate needs to maintain life, but also to communicate without side world. While we have developed the unique ability to communicate extraordinarily precisely verbally as a result of our abundantly large brain, we still after millions of years communicate primarily nonverbally.

Hardly anything transpires in our nonverbal communication.

From emotions, to bodily needs, to dislikes, to illness, to status displays, to intentions, our bodies are exquisitely equipped to communicate on multiple
levels. By careful studying nonverbal behavior we gain great insight into that hidden dimension of our mind 'psychology. The researcher agrees with his opinion that body language has relation in mind /brain and culture.

**Third research: MA.**

Don’t read my lips Body language trumps the face for conveying intense.

*By: Morgan Kelly*

*Date: January 15, 2013*

Be it triumph or crushing defeat, exhilaration or agony, body language more accurately conveys intense emotion, according to recent researches that predominance of facial expressions indicator of how a person feels.

Independentl. The research asked study participants to determine form photographs if people were experiencing feelings such as lose, victory or pain from facial

Expression associated with one emotion was paired with body experiencing the opposite emotion.

The researcher thinks his uses of photographs is clearer to survey of facial expression than if he uses questionnaire.

**Fourth research: By Edward G. Wentheim PHD**

It is well known that good communication is the foundation of any successful relationship, be it personal or professional. It is important to recognize though, that it is our nonverbal communication – our facial expressions- gestures- eye contact-posture and tone of voice that speak loudest.
The ability to understand and use nonverbal communication or body language is a powerful tool that can help you connect with others express that your feeling mean, and building better relationships.

The researcher agree with point of view when we have ability to understand and uses nonverbal communication help us to connect with others to express our feeling and build better relations.
Chapter Three
The Methodology

3.0 Introduction:

This chapter states the methodology of the research. It gives full description of the research tool which was used to collect the data, validity and reliability beside the population (sampling) and the procedure that was followed.

A questionnaire used as a tool for data collection.

3.1 The population of the study:

The term "population " refers to the subject, that researcher plans to generalize his result on them according to Wood,[etal][1993;57]. The target population of this study consisted fourth year students of English at collage of language at Sudan University of Science and Technology

Method \ instrument to English language students at university level.

3.2 Validity and Reliability:

According to Colorado States University [1993-2002] validity refers to the degree to which a study accurately reflects or assesses the specific concept that the researcher is attempting to measure .While reliability is consider with accuracy of the actual measuring.

In this research for the questionnaire to be valid and reliable the researcher must distribute the questionnaire to the four year students at university.

3.3 Data Analysis technique:

After the data collection had been analyzed by using the statistical package for social [SPSS] program. The descriptive analytical method will used in study because of the fact that are most useful and suitable and helpful in the data collection process.
As well known questionnaire is mean of data collection, held with specialists in investigating the role of body language in sending and receiving messages of communication.
Chapter Four
Data Analysis and Discussion of Results

4.0 Introduction:

In this chapter the researcher analyzes the data collection, the researcher set out collect data through questionnaire for students at Sudan University of Science and Technology who represent the marker community of the study.

Data records of though lacking analysis and abstraction, so after receiving all of them they were immediately processed by using the statistical package for social [SPSS] program.

4.1 General information:

The questionnaire consisted of statement to32 sample of ten items to students in university level.

4.2 Analysis of research Data:

The questionnaire that was used by the researcher to collect data of the study, contained often items which expected to answer the questions of the study.

4.3 Data Analysis, Results and Discussion:

Question 1: body language has an important role in my communication.
Table (4-1)

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<thead>
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</tr>
<tr>
<td>Rarely</td>
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</tr>
<tr>
<td>Sometimes</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td>Often</td>
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<td>6.3%</td>
</tr>
<tr>
<td>Always</td>
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<td>46.9%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Figure (4-1)

From table (4-1) and figure (4-1) we note that the answer of most of the individuals study is (always) by frequency (15) with percent (46.9%), followed by (sometimes) by frequency (8) with percent (25%) while the answer is (rarely) by frequency (7) with percent (21.9%).
Question 2: I use body language to emphasize what I say verbally.

Table (4-2)

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<td>Often</td>
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</tr>
<tr>
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<tr>
<td><strong>Total</strong></td>
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</table>

Figure (4-2)

From table (4-2) and figure (4-2) we note that the answer of most of the individuals study is (sometimes) by frequency (15) with percent (34.4%),
followed by (always and often) by frequency (7) with percent (21.9%) while the answer is (rarely) by frequency (4) with percent (12.5%).

**Question 3:** I use body language to make strong massage.

Table (4-3)

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<td><strong>100%</strong></td>
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</table>

Figure (4-3)

From table (4-3) and figure (4-3) we note that the answer of most of the individuals study is (always) by frequency (15) with percent (34.4%),
followed by (sometimes) by frequency (8) with percent (25%) while the answer is (often) by frequency (7) with percent (21.9%).

**Question 4:** My gaze direction directed to intertexture in process of communication.

Table (4-4)

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<tr>
<td>Sometimes</td>
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</table>

Figure (4-4)
From table (4-4) and figure (4-4) we note that the answer of most of the individuals study is (sometimes) by frequency (11) with percent (34.4%), followed by (always and often) by frequency (9) with percent (28.1%) while the answer is (rarely, never and often) by frequency (4) with percent (12.5%).

**Question 5:** I use eye contact to regulate processing communication.

**Table (4-5)**

<table>
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<td>3.1%</td>
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</tr>
<tr>
<td>Sometimes</td>
<td>7</td>
<td>21.9%</td>
</tr>
<tr>
<td>Often</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td>Always</td>
<td>11</td>
<td>34.4%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

**Figure (4-5)**
From table (4-5) and figure (4-5) we note that the answer of most of the individuals study is (always) by frequency (11) with percent (34.4%), followed by (often) by frequency (8) with percent (25%) while the answer is (sometimes) by frequency (7) with percent (21.9%).

**Question 6:** I use hand and gesture in processing communication.

**Table (4-6)**

<table>
<thead>
<tr>
<th>Answer</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>1</td>
<td>3.1%</td>
</tr>
<tr>
<td>Rarely</td>
<td>3</td>
<td>9.4%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td>Often</td>
<td>7</td>
<td>21.9%</td>
</tr>
<tr>
<td>Always</td>
<td>13</td>
<td>40.6%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

![Bar chart showing frequency and percent for each answer choice]
Figure (4-6)

From table (4-6) and figure (4-6) we note that the answer of most of the individuals study is (always) by frequency (13) with percent (40.6%), followed by (sometimes) by frequency (8) with percent (25%) while the answer is (often) by frequency (7) with percent (21.9%).

Question 7: I much my body language to my words.

Table (4-7)

<table>
<thead>
<tr>
<th>Answer</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>4</td>
<td>12.5%</td>
</tr>
<tr>
<td>Rarely</td>
<td>4</td>
<td>12.5%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>7</td>
<td>21.9%</td>
</tr>
<tr>
<td>Often</td>
<td>2</td>
<td>6.3%</td>
</tr>
<tr>
<td>Always</td>
<td>15</td>
<td>46.9%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>
From table (4-7) and figure (4-7) we note that the answer of most of the individuals study is (always) by frequency (15) with percent (46.9%), followed by (sometimes) by frequency (7) with percent (21.9%) while the answer is (rarely and never) by frequency (4) with percent (12.5%).

**Question 8**: body language could help me in any given situation.

**Table (4-8)**

<table>
<thead>
<tr>
<th>Answer</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>0</td>
<td>0.0%</td>
</tr>
<tr>
<td>Rarely</td>
<td>5</td>
<td>15.6%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>6</td>
<td>18.8%</td>
</tr>
<tr>
<td>Often</td>
<td>9</td>
<td>28.1%</td>
</tr>
<tr>
<td>Always</td>
<td>12</td>
<td>37.5%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

**Figure (4-8)**
From table (4-8) and figure (4-8) we note that the answer of most of the individuals study is (always) by frequency (12) with percent (37.5%), followed by (often) by frequency (9) with percent (28.1%) while the answer is (sometimes) by frequency (6) with percent (18.8%).

**Question 9:** My body languages express more positive/ negative emotion.

**Table (4-9)**

<table>
<thead>
<tr>
<th>Answer</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>0</td>
<td>0.0%</td>
</tr>
<tr>
<td>Rarely</td>
<td>7</td>
<td>21.9%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>10</td>
<td>31.3%</td>
</tr>
<tr>
<td>Often</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td>Always</td>
<td>7</td>
<td>21.9%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

**Figure (4-9)**
From table (4-9) and figure (4-9) we note that the answer of most of the individuals study is (sometimes) by frequency (10) with percent (31.3%), followed by (often) by frequency (8) with percent (25%) while the answer is (always and rarely) by frequency (7) with percent (21.9%).

**Question 10:** I use body language to present new information.

**Table (4-10)**

<table>
<thead>
<tr>
<th>Answer</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>5</td>
<td>15.6%</td>
</tr>
<tr>
<td>Rarely</td>
<td>2</td>
<td>6.3%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>14</td>
<td>43.8%</td>
</tr>
<tr>
<td>Often</td>
<td>3</td>
<td>9.4%</td>
</tr>
<tr>
<td>Always</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

**Figure (4-10)**
From table (4-10) and figure (4-10) we note that the answer of most of the individuals study is (sometimes) by frequency (14) with percent (43.8%), followed by (always) by frequency (8) with percent (25%) while the answer is (never) by frequency (5) with percent (15.6%).

### 4.4 Summary

The researcher notes that table [4.1] and figure [4.1] clarifies that the students responses on question one in which 46.9% of the sample approves that always body language has an important role in their communication.

In table [4.2] and figure [4.2] shows that the students response on question tow in which 34.4% of the sample approves that the students some times use body language to emphasize what they say verbally as they represent the majority of communication.

The table [4.3] and figure [4.3] tells us that 34.4% of the sample approves that the students always believes use of body language make message strong.

Table [4.4] and figure [4.4] shows that the student’s responses on question four in which 34.4% of the sample approves that some times that the gaze direction directed to inter texture in process of communication.

The table [4.5] and figure [4.5] describes that the student's response on question five in which 34.4% of all the samples that always use of eye contact to regulate processing communication.

Table [4.6] and figure [4.6] explains that the student’s response on question six in a high degree 40.6% of sample that always that uses of hand and gesture in their communication.
The table [4.7] and figure [4.7] clarifies student's responses on question seven in a high degree 46.9% of sample approves that always matches their body language to their words.

Table [4.8] and figure [4.8] shows that the student's responses on question eight in which 37.5% of the sample approves that always body language could help them in any given situation.

The table [4.9] and figure [4.9] explains that the student's responses on question nine in which 31.3% of the sample approves some times body language expresses more positive \negative emotion.

The table [4.10] and figure [4.10] re in forces that student's responses on question ten in which 43.8% of the sample approves that some times use body language to present new information.

The researcher approves that the important of body language in communication.
Chapter Five
Conclusions, Recommendations and Suggestions for further studies

5.0 Introduction:

This chapter presents the main findings of the study and it includes some suggestion potential area for further researches, in addition to, recommendations of the research.

5.1 Conclusions:

The aim of this study is to investigate the role of the body language in receiving and sending messages. Fourth year majoring in English language at Sudan University of Science and Technology.

There are many effort that bring made to investigate but the researcher focused on "the role of body language in receiving and sending messages in communication.

The researcher proposed the following questions:

1/What is the role of body language in our communication?

2/Do we use body language so as to make strong messages?

3/How does the body language relate to the culture and environment are they instinctive or learned?

4/ Do we use the body language in right context?

5/How "emphatic" strong are body language?

The researcher sets out the following hypotheses:

*The body language should play different in communication process of
*sending receiving messages.

*The body language cues have being recognized and used in right context.
*The body language play an important role in relating to culture and environment.

5.2 Recommendations:

In the light of the findings that based on the results of the study, the following recommendations are suggested.

In the light of the findings about, some recommendations are incorporated in the conclusion of the study that based on the results of the study, the following recommendations:

1\ To awareness of the importance of using body language in our communication.

2\ To use body language in the right way in communication according to Islamic Religion.

3\ To use body language in class room to support the understanding of the lesson.

5.3 Suggestion for farther studies messages:

Fourth year students majoring in English Language College in Sudan University of Science and Technology.

On the bases of findings, the researcher suggests the following conducted in the future:

1/ Wider and deeper study in needed all the psychological factors.

2/ More researches should be conducted on investigating the role of body language in receiving and sending messages.
3/ This study should be extent to involve all the body language and non-verbal communication.
References:

2. Black, Roxie M. (Cultural Considerations of Hand Use ).
6. David Cristal in cycolipidia page (220)

Differential Effects of Body Postures on Perceptions of Emotional Facial Expressions ".
doi; 10.1016/j.neuroimage .2010.8.012 PMID 10583119.


12.kret, ME; Pichon S; Grezes j; de Gelder , B (Jan 15 2011 )."Similarities and differences in perceiving threat from dynamic faces and bodies. An fMRI study " NEUROIMAGE 54 (2);8.


14.Mondloch, Catherine J.; Nelson, Necole L; Horner Matthew; Pavlova, Marina (10 September 2013 )" Asymmetries of Influence:


19.wood ,1993;P57] definition of target .
Appendix

Students questionnaire

Dear student: this questionnaire is a part of master degree in linguistics on investigating the role of body language in sending and receiving massages. I will be very grateful if you read and respond to the following questionnaire accurately and honestly. The information in this questionnaire will be treated confidentially and for academic purposes only.

Please tick (✓) the appropriate box

<table>
<thead>
<tr>
<th>Statement</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Body language has an important role in my communication.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I use body language to emphasize what I say verbally</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I use body language to make strong message.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. My gaze direction direct to intertexture in process of communication.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. I use eye contact to regulate processing communication.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I use hand and gesture in processing communication.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. I match my body language to my words.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Body language could help me in any given situation.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. My body language expresses more positive/negative emotion.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Use body language to present new information.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>