



MIMIC AS A NON-VERBAL MEANS OF EXPRESSION OF EMOTIONS

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ABSTRACT

Based on the linguistic approach, the article defines the essence of the term "facial expressions" as a non-verbal means of expressing human emotions through which the maximum efficiency of inter human communication is achieved.

KEYWORDS: - Emotion, facial expressions, non-verbal means of communication, factors, conditions of existence, kinesics, optical-kinesthetic method, visual-expressive means.

INTRODUCTION

The modern world of technology gives rise to new ways of communication, creates innovative conditions for communication, but language remains the dominant means of transmitting information. General availability, standardization, practicality and a number of other possibilities determine the limitless possibilities of the language.

There are specific features of the language, through which it stands out from other means of communication. One of these properties is the ability of language to combine with non-verbal means of communication (facial expressions, gestures, posture, etc.).

Non-verbal communication of a person is realized on the basis of different channels communication: olfactory, visual, sound, tactile.

Non-verbal communication of a person is valuable in himself, but also is used by a person in a verbal complex. Behavior can be a powerful factor in shaping our assessment of the bush against other people. External parameters of a human-gotel (static indicators) and movement (gestures, facial expressions) have a significant impact on our perception of others in their appearance, deeply rooted in human nature, and sometimes one gaze is enough to give the impression of the character of the interlocutor, and this impression is so strong that you can't interfere with his quick shaping, as we tried.



Non-verbal demonstrations reveal the emotional and cognitive attitudes of people in relation to each other, and the fixation of the first visual impression is so strong that it is practically impossible to subsequently change it even. Mimic expressions can be spontaneous and controlled.

In the first case, the expression is a reflection of emotions, and, in the mind of most ethologists, many spontaneous expressions are the same for all people, regardless of cultural affiliation. Mimic expressions can be spontaneous and controlled.

When understanding the essence of non-verbal communication, two problems arise:

□ firstly, in linguistic and verbal communication, the process of transmission and reception of information is realized by both parties, while in non-verbal communication it is carried out at the unconscious or subconscious levels - this introduces some complications in the understanding of this phenomenon and raises the question of the justification for using the concept of "communication". Therefore, when it comes to non-verbal communication, some experts consider it permissible to use another concept - "non-verbal behavior", understanding it as the behavior of an individual that carries certain information, regardless of whether the individual is aware of it or not;

□ secondly, in many scientific works there is confusion in the concepts of "non-verbal communication", "non-verbal communication", "non-verbal behavior", which are most often used synonymously. However, it is important to separate these concepts and clarify the context.

According to the definition proposed by V. A. Labunskaya, "non-verbal communication is a type of communication that is characterized by the use of non-verbal behavior and non-verbal

communication as the main means of transmitting information, organizing interaction, forming an image and concept of a partner, exercising influence on another person."

The correct interpretation of the meaning of the terms of non-verbal means of communication allows the disclosure of the essence and the operation of all their possibilities within the framework of the studied area of knowledge. So, according to the explanatory dictionary of S. I. Ozhegov mimicry is the movement of the face, expressing the inner state of mind, example: expressive m. This definition is reflected in the "Explanatory Dictionary of the Russian Language" N. Yu. Shvedova, and in the dictionary of the same name by T.F. Efremova the term is supplemented by the definition of "expression of feelings and thoughts through the movement of facial muscles (in the acting art)". It should be noted that all of the above definitions rightfully characterize the term from an etymological-functional point of view.

The very term of Greek origin (from ancient Greek μιμικός "mimic, acting", then from μιμέομαι "to imitate") was originally studied in the framework of the ancient science of physiognomy, then mimic phenomena were described by scientists from the point of view of psychology, sociology, art history, biology and etc. Mimicry is also directly related to linguistics - being a factor in the effectiveness of communication and complementing linguistic capabilities, mimicry contributes to the achievement of the main goal of language - communication.

Mimicry is classified as an expressive means of non-verbal communication, and in terms of the method of education, it should be attributed to the optical-kinesthetic group. In turn, facial expressions are the object of a special area of knowledge - kinesics. This is a science that studies the external manifestations



of human feelings and emotions. In kinesics, facial expressions are understood as movements of the muscles of the face, reflecting the internal emotional state, which has a special role in the transmission of information. This is a science that studies the external manifestations of human feelings and emotions. In kinesics, facial expressions are understood as movements of the muscles of the face, reflecting the internal emotional state, which has a special role in the transmission of information.

Control analyzes of the ability to express facial expressions have shown that people are more capable of controlling facial expressions than body movements, poses, or tone. It is no coincidence that it is vital for a human being to hide his feelings as a social being and to suppress external emotional attitudes towards those around him. It has been scientifically proven that a person's primary focus is on the other person's face, so it is important to control facial expressions.

The human face contains a whole set of signals, and these signals do not always contain complementary information. It is in this sense that the problem of misunderstanding the facial expressions of those around them arises. P. Ekman and V. Frasen distinguish facial-related type signals: 1) static (this category includes skin color, facial shape, features of the skull structure and location of soft tissues along the face, location and shape of eyebrows, eyes, nose and lips); 2) weak signals that store information about changes in appearance over time (for example, the saturation and shape of permanent wrinkles, changes in muscle tone, the degree of smoothness of the skin, the appearance of pigment spots); 3) rapid signals that move the facial muscles and cause changes in appearance, soft tissue displacement and temporary wrinkles. Such mimic signals appear on the human face for a short time and then disappear without a trace. Such

signals may also include micro-expressions lasting a few seconds.

They can only be noticed and distinguished by the eyes of an experienced person who has practiced a lot. In many cases, however, people do not perceive the micro-expressions at all.

The human face is a system that carries a whole set of data. The face reflects emotions, moods, a person's attitude to the reality that is happening, his character, what social class he belongs to, the level of attraction, as well as his age, gender and race. A person's emotions trigger a specific mimic reaction that is related to the activity of his or her facial muscles. Studies with P. Ekman and his co-authors have shown that each emotion is associated with a specific muscle reaction, in which the face has a clear expression. Emotional facial expressions are not conveyed through static or dull signals, but they do have a significant effect on our subjective perception of a specific emotional expression. For example, expressions of joy, sorrow, and amazement may vary depending on the shape of the face, whether it is full or thin, inward or outward, the color of the skin, and the age of the expressive. Human facial expressions have individual characteristics related to the anthropological structure of the face. Some researchers have suggested that non-voluntary facial expressions have a high genetic basis.

Non-voluntary actions with a high genetic component can also include the "neck-shoulder reflex," which is the initial stage of the fear movement. The "neck-shoulder reflex" is also part of the moral character. This is a methodical reaction specific to humans, and similar species can be found in the behavior of apes and many other mammals (shaking, throwing the head back, running away from monkeys).

Joy, surprise, anger, contempt, suffering, fear are



among the main emotions transmitted with the help of expressive movements of facial muscles. Positive emotions (love, joy, etc.) are expressed more clearly and easier to recognize. Negative emotions (anger, disgust, sadness) are somewhat more difficult to identify. The most expressive elements of facial expressions are the eyebrows and lips. Even a slight change in their position and configuration significantly, and sometimes radically changes not only the shade, but also the sign of emotion. Thanks to this, a person has the ability to express hundreds of tones of emotional experiences. It is said, for example, that Leo Tolstoy described 97 shades of a smile. In close unity with the work of the facial muscles of a person, his eyes function. Considering the fact that a person practically cannot control the change in the size of the pupil, the ocular muscles, the eyes are an important source of truthful information about the real feelings and experiences of a business communication partner. For example, it is believed that if a partner is in contact with the interlocutor's eyes for less than 1/3 of the conversation time, then there is a likelihood that he wants to hide some information or experiences negative experiences in the form of guilt, shame, distrust, etc. strangers can reveal their social status. It has been proven that a person with a higher social position (leader, leader) looks at his partner much more often, his gaze is fixed on the interlocutor for a longer time. The idea that intelligent, targeted use of non-verbal communication will guarantee high communication success has long been supported by researchers.

So, in business communication, non-verbal means play a huge role: words reveal 7 percent of the meaning, sounds and intonations - 38 percent, and gestures, facial expressions, postures - 55 percent. This explains the practical importance of studying facial expressions as one type of means of non-verbal communication within the framework of linguistic teachings.

Knowing the types of non-verbal communication and understanding non-verbal cues is important for several reasons. First, they perform the functions of an accurate expression of feelings, because very often we experience feelings so complex that we simply cannot find the right words to describe them, but this can be done using non-verbal means and methods. Secondly, they serve as a deeper understanding.

Knowing the basic methods of non-verbal communication, you will be able to better understand the other person when he is trying to control his behavior in communication with you, because non-verbal signals appear unconsciously and your interlocutor simply cannot control them. The classification of non-verbal means of communication and examples of their use will help you not only better understand yourself, but also teach you to recognize lies and manipulation by other people.

Mimicry is the expression of a person's face, it is the main element of the display of emotions and feelings. Positive emotions, such as love or surprise, are much easier to recognize than negative ones, which include disgust or anger. Emotions are reflected in different ways on the right and left sides of the face, because the left and right hemispheres of the brain perform different functions: the right one controls the emotional sphere, and the left one is responsible for intellectual functions. Emotions are expressed in facial expressions in this way:

Anger - wide open eyes, drooping corners of the lips, "squinted" gaze, clenched teeth;

Surprise - open mouth, wide open eyes and raised eyebrows, lowered tips of the lips;

Fear - drawn together eyebrows, stretched lips with pubescent and downward corners;



Happiness is a calm look, raised, pulled back corners of the lips;

Sadness - "faded" look, drooping corners of the lips, drawn eyebrows.

Non-verbal means convey the mental state of a person, revealing his inner world and carrying out the formation of the emotional content of communication. Body language is more "conservative" little control, unlike speech behavior, quite easy adaptable to the circumstances. So it can be considered more informative than language means.

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