

Body Language

Body language is both the most fundamental form of expression used by human beings to communicate with one another. Body language forms are an indispensable element in social interaction. Facial expression and bodily movements can amplify, modify, confirm, or subvert verbal expressions, having meanings which elude or surpass verbal language.

Body language reflects differences of gender as well as of class and nationality. Rules for the physical behaviour of women are often different from those of men. Women are usually encouraged to look modestly downward, to walk with small steps, be less expressive in facial language than men and to eat smaller portions of food.

Modern studies of body language are based on the belief that gesture is not a universal or natural language, but the product of social and cultural contexts. Even the most elementary aspects of physical behaviour, such as the ways in which people eat, sleep, walk, or sit, seem to be culturally determined, and vary greatly from society to society. This includes the signals used by people to communicate meaning non-verbally, such as blushing or crying. Hugging and kissing another person, in a public place, may cause discomfort or even offence to a person unfamiliar with this custom and passing by with only a distant nod, may fail to have any effect on a person who is not used to expecting this gesture of affection in public.

※テキスト全文はレッスン受講時に担当講師よりお受け取りください。