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Tên đề tài: Study on gestures expressing approval and disapproval

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PART ONE: INTRODUCTION

I. RATIONALE:

Communication is a process that allows organism to exchange information by several methods. Communication requires that all parties understand a common language that is exchanged. There are auditory means, such as speaking, singing and sometimes tone of voice, and nonverbal, physical means. Communication is defined as a process by which we assign and convey meaning in an attempt to create shared understanding. This process requires a vast repertoire of skills in intrapersonal and interpersonal processing; listening, speaking...Use of these process is developmental and transfers to all areas of life: home, school, work, community... Communication is composed 2 dimensions: verbal and non-verbal. Non-verbal communication is very important. Harrison (1965, cited from Nguyen Quang, forthcoming: 25) claims that in direct communication. Only 35% of social meaning is conveyed through words. Mehrabian has determined from his research that as much as 93% of communication is non-verbal, only 7% of people's attitude was conveyed by words, (Hybels, 1992:104).

Every day, we respond to thousands on nonverbal cues and behaviors including postures, facial expression, eye gaze, gestures, and tone of voice. From our handshakes to our hairstyles, nonverbal details reveal who we are and impact how we relate to other people.

As the global village continues to shrink and cultures collide, it is essential for all of us to become more sensitive, more aware, and more observant to the myriad motions, gestures, and body language that surround us each day. And as many of us cross over cultural borders, it would be fitting for us to respect, learn, and understand more about the effective, yet powerful "silent language" of gestures.

The world is a giddy montage of vivid gestures- traffic police, street vendors, expressway drivers, teachers, children on playground, athletes with their exuberant hugging, clenched fists and "high fives." People all over the world use their hands, heads, and bodies to communicate expressively.

Without gestures, our world would be static and colorless. The social anthropologists Edward T. Hall claims 60 percent of all our communication is nonverbal. In that case, how can we possibly communicate with one another without gestures?

Gestures and body language communicate as effectively as words- maybe even more effectively. We use gestures daily, almost instinctively, from beckoning to a waiter, or punctuating a business presentation with visual signals to airport ground attendants guiding an airline pilot into the jetway or a parent using a whole dictionary of gestures to teach (or preach to) a child.

With all above reasons but limited time and knowledge, I decided to choose: "Gesture expressing approval and disapproval" as the topic for my graduation paper.

II. AIMS OF THE STUDY:

With the reasons that are mentioned above, the aims of the study are:

- To show common knowledge of nonverbal communication.
- To study nonverbal communication focus on gesture, especially gesture expressing approval and disapproval in order to help everybody understand and may express a thought or as a simple of intent effectively.

III. SCOPE OF THE STUDY:

In English communication, studying nonverbal communication is complex and difficult. Due to the limitation of time, knowledge and experience, we only focus on nonverbal communication and gesture expressing approval and disapproval.

IV. METHODS OF THE STUDY:

In order to finish this study, the theoretical foundation is formed on the knowledge which has been gained through reading, sorting and analyzing.

In this paper, nonverbal communication that contains the images, pictures, examples are collected by accessing internet, reference books, dictation, newspaper, searching libraries, consulting supervisor, and exchanging with friends,...

V. DESIGN OF THE STUDY:

To describe the study clearly and understand it deeply about nonverbal communication and gesture expressing approval and disapproval, my paper is performed by 3 parts:

Part one is an introduction which includes rationale, aims, scope, methods and design of the study.

Part two is the development and also the most important part. Development part has three main chapters:

- Chapter one: Theoretical background

In this chapter, I introduce the theory of communication, nonverbal communication and gesture.

- Chapter two: Gesture expressing approval and disapproval

It is main chapter, so my focus is pointing out gesture expressing approval and disapproval by giving examples and analyzing.

- Chapter three: Some problems about nonverbal communication and gesture.

Some problems will be brought out in order to help everybody understand them when using gestures. And some solutions are suggested.

Part three is the conclusion that summarizes the content of the paper.

My graduation has been done in difficult condition so there must be unavoidable mistakes. However, I hope that it would appear to be necessary material to help students of English as me perfect the knowledge of communication and nonverbal communication.

PART II: DEVELOPMENT

CHAPTER 1: THEORETICAL BACKGROUND OF COMMUNICATION, NONVERBAL COMMUNICATION AND GESTURE

1. General introduction of communication

1.1 Definitions of communication

People communicate in order to share knowledge and experience. People communicate to fulfill a variety of needs. A couple, in an intimate relationship, communicate about their thoughts, feelings, desire to develop a bond of trusts between them as well as to maintain that intimate relationship. Members of a family communicate for assistance and emotional support and to maintain a healthy family unit. In career setting, people communicate for the purpose of getting a job with an organization or exchanging information or complaining others' faults, or negotiating various issues in their business activities. Thus, communication is very important in all aspects of our lives as **Hybels (192:5)** claims "Communication, then, is vital to our lives. To live is to communicate" The study of communication has been defined in many different ways.

Lustig (1996:29) defines communication as: "a symbolic process in which people create shared meanings". In this definition, the key term is symbols which are considered central to communication process. A symbol, according to this author, including: "a word, action, or object." represents a perception, thought, or feeling that one wants to communicate with others.

Dean Abrn Lund (1962) - Radical Unintentional Communication defined that: " communication describes the process of creating a meaning. Meaning is created whenever significance is assigned. Therefore communication occurs whenever significance is assigned to internal or external stimuli. Minimum external are sensations, such as might arise as a person watches the New York skyline disappear at dusk. Minimum internal stimuli are unintentional thoughts, such as the fading images of a frightening dream."According to this

definition, communication is a perception of the receiver. Communication does not require a speaker, message, or listener.

Accordingly, for communication to occur neither is there a need for another person to be presented or involved, nor is there a need for another person to have any sort of intention in relation to the communication.

Besides, it fits within the three-part breakdown Albert Mehrabian (Nonverbal Communication (Chicago: Aldine Atherton, 1972) found in his research. Mehrabian found that only about 7% of the emotional meaning of a message is communicated through explicit verbal channels. About 38% is communicated by paralanguage, which is basically the use of the voice. About 58% comes through nonverbal, which includes such things as gesture, posture, facial expression, etc. It is behavior other than spoken or written communication that creates or represents meaning.

1.2 Types of communication

Communication can occur via various processes and methods and depending on the channel used and the style of communication there can be various types of communication.

Here, only based on the channels used for communicating, the process of communication can be broadly classified as verbal communication and non-verbal communication. Verbal communication includes written and oral communication whereas the non-verbal communication includes body language, facial expressions and visuals diagrams or pictures used for communication.

1.2.1. Verbal Communication

Verbal communication is further divided into written and oral communication. The oral communication refers to the spoken words in the communication process. Oral communication can either be face-to-face communication or a conversation over the phone or on the voice chat over the Internet. Spoken conversations or dialogs are influenced by voice modulation, pitch, volume and even the speed and clarity of speaking. The other type of verbal communication is written communication. Written communication can be either via snail mail, or email. The effectiveness of written communication

depends on the style of writing, vocabulary used, grammar, clarity and precision of language.

1.2.2. Nonverbal Communication (NVC)

1.2.2.1. Definition of nonverbal communication

According to Levine and Adelman (1993): " Nonverbal communication is the "silent" language, including the use of gestures, facial expressions, eye contact, and conversational distance".

Non-verbal communication includes the overall body language of the person who is speaking, which will include the body posture, the hand gestures, and overall body movements. The facial expressions also play a major role while communication since the expressions on a person's face say a lot about his/her mood. On the other hand gestures like a handshake, a smile or a hug can independently convey emotions. Non verbal communication can also be in the form of pictorial representations, signboards, or even photographs, sketches and paintings.

1.2.2.2. Types of nonverbal communication

According to experts, a substantial portion of our communication is nonverbal. Every day, we respond to thousands on nonverbal cues and behaviors including postures, facial expression, eye gaze, gestures, and tone of voice. From our handshakes to our hairstyles, nonverbal details reveal who we are and impact how we relate to other people.

Scientific research on nonverbal communication and behavior began with the 1872 publication of Charles Darwin's *The Expression of the Emotions in Man and Animals*. Since that time, there has been an abundance of research on the types, effects, and expression of unspoken communication and behavior. While these signals are often so subtle that we are not consciously aware of them, research has identified several different types of nonverbal communication.

1.2.2.2.1. Paralanguage

- **Dwyer (2000)**: "Paralanguage is that part of language associated with but not involving the word system. It consists of the voice qualities and vocalizations that affect how something is said rather than what it is said. Voice qualities include: pitch range, pitch control, rhythm control, tempo, articulation control and resonance".

- **Ekman and Fiesen**: "Social scientists use the term paralanguage to describe nonverbal vocal messages".

- **Nguyen Quang**: "Paralanguage is the total sum of all vocal nonverbal cues found in communication. It is used mostly for the expression of the how rather than what of communication".

Examples of paralanguage:

- Crying, laughing, groaning, yawning
- Sounds such as: "uh-huh", "um-un"
- Yelling: Hey, stop that! as opposed to whispering: "Hey, stop that!"

1.2.2.2.2. Kinesics



Kinesics is the study of body movements, facial expression and gestures. It was developed by anthropologist **Ray L. Birdwhistell** in the 195s. Kinesics behaviors, direct body orientation, and the like.

Examples:

- Shake hand
- Nodding and shaking the head
- Arm raised and the open hand "waggles" back and forth
- Thumb up with a close fist
- Drumming finger
- Foot-tapping....

"Kinesics is the nonverbal code system of body activity" (**P. Ekman and W. Friesen**).

For example, you are going out to dinner with a friend. Your friend asks you: what kind of food you want. If it makes no difference to you (that is, if you don't have a preference) you can *shrug your shoulders* and say: "I don't care".



a. Posture:

Posture and movement can also convey a great deal on information. Research on body language has grown significantly since the 1970's, but popular media have focused on the over-interpretation of defensive postures, arm-crossing, and leg-crossing, especially after the publication of Julius Fast's book *Body Language*. While these nonverbal behaviors can indicate feelings and attitudes, research suggests that body language is far more subtle and less definitive than previously believed.

b. Gesture



Deliberate movements and signals are an important way to communicate meaning without words. Common gestures include waving, pointing, and using fingers to indicate number amounts. Other gestures are arbitrary and related to culture.

Examples:

- Scratching the head
- Cupping the ear

- Palm facing out with the index and middle fingers displayed in the shape of a "V"
- Rolling eyes
- Winking...

c. Facial Expression



Facial expressions are responsible for a huge proportion of nonverbal communication. Consider how much information can be conveyed with a smile or a frown. While nonverbal communication and behavior can vary dramatically between cultures, the facial expressions for happiness, sadness, anger, and fear are similar throughout the world.

Examples:

- Children who are angry might stick their tongues out at each other;
- If you do something bad or wrong, and others find out about it. You will probably feel ashamed to show that you lower or hang your head.

1.2.2.2.3. Oculesics



Oculesics is the study of the role of eyes in nonverbal communication. Eye contact can indicate interest, attention, and involvement. In relationship, it serves to show intimacy, influence. The most dominant and reliable features of the face, the eyes, provide a constant channel of communication. They can be shifted and evaded; convey hate, fear and guilt; or express confidence, love and support. Referred to as mirrors of the soul, the eyes serve the major decision factor in interpreting the spoken words.

For example:

When I returned from abroad recently, a particularly officious young Customs Officer clearly regarded me as a smuggler.

"Have you any to declare?" he asked, looking me in the eye.

"No", I answered confidently.

Examples:

- Direct eye contact
- Winking with one eye
- Rolling the eyes
- Eyebrows flash...

1.2.2.2.4. Proxemics



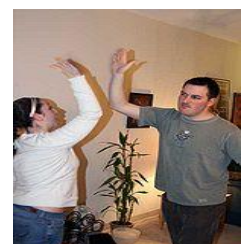
People often refer to their need for “personal space,” which is also an important type of nonverbal communication. The amount of distance we need and the amount of space we perceive as belonging to us is influenced by a number of factors including social norms, situational factors, personality characteristics, and level of familiarity. For example, the amount of personal space needed when having a casual conversation with another person usually varies between 18 inches to four feet. On the other hand, the personal distance needed when speaking to a crowd of people is around 10 to 12 feet.

There are four distinct distances with which communication takes place:

1. Intimate distance: no more than 18 inches apart: Mom and baby
2. Personal distance: 18 inches to 4 feet: Casual and personal conversation
3. Social distance: 4 - 12 feet: Impersonal, business, social gatherings
4. Public distance: more than 12 feet: Public speaking

1.2.2.2.5. Haptics

Communicating through touch is another important nonverbal behavior. There has been a substantial amount of research on the importance of touch in infancy and early childhood. Harry



Harlow's classic monkey study demonstrated how the deprivation of touch and contact impedes development. Baby monkeys raised by wire mothers experienced permanent deficits in behavior and social interaction.

It includes: - Handshake

- Kissing
- Holding hand
- High fives...

1.2.2.2.6. Others

Chromatics

Chromatics is a nonverbal communication of message through colors. It is actually a scientific movement, which explores the physical properties of color and the effects of color on humans. The connotation colors have, which may be positive or negative and it depends on culture.

Eg: A Canadian supermarket chain uses yellow bargain tickets and buildings. There are 2 strong psychological factors involved here: yellow is striking and highly visible to the eye; and it has negative associations, connoting an image of cheapness.

However, it is well to remember that connotations of colors as well as other environmental cues are different in different cultures.

Chronemics



Chronemics is the study of the use of time in nonverbal communication. The way we perceive time, structure our time and react to time is a powerful nonverbal communication tool, and helps set the stage for communication. Time perceptions include punctuality and willingness to wait, the speed of speech and how long people are willing to listen.

Olfactics



Olfactics is the nonverbal communication study of smell. We react to people based on their smell: body odor, too much perfume...

Eg: - Wrinkling the nose

- Holding the nose with thumb and forefinger

Silence



Silence is another important aspect in nonverbal communication. A whole web page could be written about the role of silence in our communication. When we are silent, we are also communicating. What we communicate depends on what kind of silence it is. Mostly, the subject of the conversation plays a major role in this. Again, the time between words provide feeling and thinking space for people.

In Western society (Beisler: 202, Nguyen Quang), silence is use as a mark of respect. This is emphasized in schools - children may not speak while the teacher is speaking. But as a matter of fact, this holds true of the VietNameese school than American school.

CHAPTER 2: GESTURE EXPRESSING APPROVAL AND DISAPPROVAL.

2.1. Gesture expressing approval

2.1.1. APPLAUSE



Usage and Origins: The hands are repeatedly struck against one another to make a slapping sound. Clapping is perhaps the most effective of the gestures used to indicate approval. It is generally understood to mean that some act, whether it be a performance, a goal, or a laudatory announcement, is cause for celebration. The happiness conveyed by the smacking noise of palm against palm is perhaps one of the most satisfying sounds there is for a performer of any type.

Region: Though applause as an appreciative gesture is almost universal, there are a few nuances to its meaning around the world. In parts of Asia, such as China, applause is sometimes used as a greeting, and Russian ballet dancers may applaud their audience.

In central and Easter Europe, audiences will clap in rhythm, often to music, as a sign of approval. In North America, this same type of clapping can also be used at concerts to express approval and unity, or it can be a sign of impatience before the show or an encore, letting the performer know the audience is ready to be entertained.

In parts of Southeast Asia, such as Japan, an audience will applause until the musicians leave the stage at the symphony - in the United States, performers rarely leave until after the audience stops clapping.

Environment: Clapping comes about from excitement and congratulations, two feelings that make themselves known in many arenas. Sporting events,

dramatic performances, concerts, and even just a good joke around the dinner table can be cause for applause.

Execution:

1. Extend both hands in front of your body.
2. Smack one palm against the other palm, making an audible slapping sound.
3. Repeat.

2.1.2. ARMS UP



Usage and Origins: Both arms are extended up in the the air. This fairly simple gesture has several meanings, and you'll be able to tell what is meant by the situation you're in. The arms up gesture is most commonly performed at times of celebration, as when a goal is scored or peak is reached. Throwing one's arms into the air appears to make the body large or more grand, and the person celebrating the victory will feel taller or more dominant.

Another appropriate time to use this gesture is at a crime scene, but only if you have been caught. Law enforcement officials instruct suspected criminals to come out with their hands up, meaning that they should raise their arms with hands open to show that they're unarmed and not going to fight. In this context, performing the arms up gesture renders you defenseless.

This gesture may also be used to casually admit defeat or wrongdoing: if a spouse or family member accuses you of a minor infraction or beats you in a game of cards, you may raise your arms in admittance of failure or defeat.

Finally, raising the arms into the air is an ancient posture of prayer, with open palms reaching toward the sky, and therefore, toward God of some higher power. In this position, one is thought to be attempting to embrace the Almighty.

Region: When used in celebration or surrender, this gesture is common the world over, since victory and defeat are both universal. For holier purposes, the arms up gesture will be most often seen where prayer is a more public practice, as in predominately Muslim nations.

Environment: As either a sign of celebration or defeat, the arms up gesture will be seen in sports arenas, stadiums, and parks. Both sides, at one time or another, may feel the urge to throw their arms in the air, except in the case of a tie, when neither team will feel particularly elated or depressed.

Final exam periods are good times to witness college students reveling in good scores or simply in the fact that exams have been completed. Any time good news is given - such as in the delivery room of a hospital, your living room after the winning lottery numbers are announced, or the office when you've received word of a promotion - will be the place to see this gesture put to good use.

The "I surrender" posture will be seen outside of a bank when a robbery has been thwarted, or outside of a convenience store once hostages have been safely released.

When used in prayer, the arms up gesture will be seen at mosques, churches, temples, or any place where the spirit moves people.

Execution:

1. Raise both arms straight up into the air.
2. Lock your elbows to keep your arms straight
For a more relaxed version, the arms can remain slightly bent.
3. The hands can be held rigid and flat, in fists, or somewhere in between.
4. Hold the pose briefly.
5. Drop your arms to your sides.

Variations of Performance: The hands may be clasped above the head once they are in the air, often to celebrate a win in a sporting event, such as a boxing match.

2.1.3. THE BUTT PAT



Usage and Origins: The posterior of one person is gently patted by another person's hand. The butt pat gesture originated in American football. Experts speculate that the original intent was a traditional pat on the shoulder to signify that a good play was carried out. However, since the shoulder pads used in football are necessarily massive, pats to the shoulder went unnoticed by the player.

The most viable alternative to the shoulder must have been the posterior, and this gesture has been a congratulation one ever since.

You will rarely see the butt pat gesture employed by a woman, not are likely to see it used in polite company off the playing field. Due to the seemingly intimate nature of this gesture and the fact that it comes about during the intensely passionate course of a competitive game, it is imperative to use this gesture only in the accepted realm- that is, the sporting arena.

Region: North Americans and Europeans use this gesture quite often, but you'll be hard-pressed to find it else-where. The rest of the world seems to fall back on more common place gesture of celebration when a teammate makes a tough play, such as a hug.

Environment: As previously mentioned, this is a gesture that is only to be used during a sporting event, on the playing field, whether the field is Shea Stadium or your back-yard. Users could be professionals in full-gear or friends in jeans and T-shirts.

Execution: The butt pat is a gesture that involves two people.

1. Approach another person, usually a teammate, from behind

2. Place ne hand loosely at yourside, palm forward, fingers together.
3. Quickly slap the bottom of the other person's butt, usually toward the outer edge.
4. Offer a verbal compliment regarding the player's skill on the field

2.1.4. THE HIGH FIVE



Usage and Origins: The palms of two people are together high in the air. This celebratory gesture is one that originated in American team sports; when one player made a good shot, blocked the other team's goal, or ran several yards in one play, another player congratulated him with a high five - the five fingers of each player's hands slapped above their heads. From the sports arena, the high five crossed over and gained popularity as a gesture of greeting in the last decades of the twentieth century.

These days, the high five have gone the way of acid-washed jeans and paint-splatter prints it is no longer considered a hip more. It could even be said that this gesture is now reserved mainly for squaters who are trying to hang onto their once-prized hipness. When one raise one arm expectantly. Even if no one reciprocates, it will be clear what gesture was intended.

Region: The high five gesture will generally be seen in the United States, and with the permeation of American culture abroad, there is a chance to witness this gesture around the globe.

Environment: Since this gesture is still used to celebrate a sporting victory, it will be seen most often in stadium, on basketball courts, and on playing fields.

The tongue-in-cheek high five will be seen in bars during trivia competitions or in restaurants and clubs when friends effusively celebrate another's pick-up style.

Execution: The high five is a gesture that involves two people.

1. Approach your partner with one arm extended vertically into the air. The arm can be slanted slightly it does not have to be parallel to your body.
2. Keep your palm open, facing the oncoming person.
3. Your partner should mimic your motion.
4. Make hand-to-hand contact with your partner hand, emphatically hitting the open palm with your own. A smacking sound will be audible.
5. Retreat.

Variations of Performance: Sometimes you will be exhorted to "Gimme five down low" after a high five, or even just on its own. This involves slapping another's palm at about waist level.

Similarly, you may be asked to "Slip me some skin"; here, it is expected that you will not smack but will instead rub the other person's palm with your own.

Finally, any of these, including the high five itself may be accomplished using both hands, this is sometimes referred to as "giving 10".

2.1.5. NOD "YES"



Usage and Origin: The head is moved up and down repeatedly. As is apparent from its name, this is the definitive gesture of approval. Experts believe that the nod of assent is derived from the downward motion of an infant's head as it takes its mother's breast for nursing, though it may also be a shortened version

of the sub-missive bow (see page 4), in which case the message may also be "yes, you're right"

The uses for this gesture are virtually endless; any time a question requires an affirmative answer is a time to use the nod "yes" gesture. The gesture is so common that the nod "yes" gesture is often simply called "nodding", despite the fact that nodding no is also feasible (see Nod "no", page 69)

Region: In most of the world, you'll find that this gesture is used to mean "yes", with a few important exception. In parts of Greece, Bulgaria, the former Yugoslavia, Turkey, and Iran, this gesture means the exact opposite. That is, the up-and-down nod actually means "no", while the right-to-left version-which means "no" everywhere else-means "yes" (see page 69)

Environment: Except for the countries noted above, you would be hard-pressed to find a venue where the nod isn't used and seen-it is almost universally understood.

Execution:

1. Tilt your head straight back, raising your chin in the air.
2. Drop your head straight down, lowering your chin toward your body.
3. Repeat several times.

Note: The distance you move your head will depend on the situation and your personal style.

2.1.6. OKAY



Usage and Origins: An "O" is made with the thumb and index finger with the rest of the fingers extended. This gesture is most commonly used to express the colloquial term "okay", as a signal of approval or agreement. Experts disagree over when "okay" made its first appearance in our language. Some say that the term was first used on March 23, 1839, in an article in the Boston

Morning Post, when a writer deliberately misspelled "all correct" as "oll korrekt" (deliberately misspelling words was a short-lived fad, popular at that time). This was then shortened to "OK". Verbal usage eventually led to the term being generally spelled out as "okay".

Others say the term came from the 1840s, as an abbreviation for presidential candidate Mertin Van Buren's nickname, "Old Kinderhook". Still other experts think "OK" is meant as the opposite of the boxing term "K.O" ("knockout"). Regardless of the precise origin, the colloquial expression became quite popular in the nineteenth century, and it was even used in a popular song in the 1860s in England.

Though there is also confusion over whether the gesture or the expression came first, these days it is the single best-known gesture in the United States, with 98 percent recognition. The gesture's use as a sign of approval may have had its origin in universal, unconscious conversational movement, when the tip of the thumb and the tip of the index finger are brought together to emphasize a precise point.

Early references to the thumb-index finger ring as a gesture of approval appear in the writings of the Roman Quintilian during the first century A.D., as well as in seventeenth-century English writings. These days it is generally believed that in the formation of the gesture the index finger and thumb form the "O", while the other three fingers form the "K".

Less popularly, this gesture can suggest an orifice—the anus or vagina—and this meaning can be seen on early Greek vase paintings. If the thumb-index finger ring is used in this context, it is an insult ("you are an orifice" or "You are a homosexual") but might also be beseeching ("I'd like to have sex with you"). In this manner, the gesture was used on amulets, originally to ward off the evil eye. It is still a good-luck charm in Greece.

Still another use for this gesture is to imply that one is worthless or no good, with the thumb-index finger ring meaning zero instead of the letter "O".

This meaning is not as common as "okay", but it is practiced in many of the same areas as the dominant over which meaning is implied.

Finally, this gesture can mean "change", but only in Japan. The shape of the fingers resembles a coin and one may non-verbally ask for change in coins with this gesture.

Region: The okay gesture is called "American OK" by non-English speakers, due to the varied meanings of the gesture in other parts of the world. As a gesture of acceptance, the okay gesture is most of Europe, and where the influence of Western culture is felt around the globe.

The gesture is recognized for its other meanings in various parts of the world. It will be taken to mean "orifice" in Germany, Tunisia, Greece, Turkey, Russia, the middle East, and parts of South America.

The "worthless" meaning will shine through in Belgium, France, and Tunisia.

As noted above, in Japan, it stands for "change."

Environment: Because of its multifarious meanings, this gesture will be seen in a variety of places. From high school hall-ways to urban streets corners to outdoor markets, you are likely to see this gesture most anywhere.

Execution:

1. Make a circle with the thumb and index finger.
2. Splay out your remaining fingers.
3. Pump once.
4. Release.

Variations of Performance: Push the index of your other hand through the ring repeatedly for a crude gesture that stands for sex (see Sex Fingers, page 126). In Italy, when the ring points down, the okay gesture can mean justice, as if one is holding the scales of justice between the thumb and index finger.

2.1.7. RAISE THE ROOF:



u10392833 fotosearch.com

Usage and Origins: The hands, facing upward near the ears, ears raised and lowered repeatedly. though various American college sports teams claim that they created this gesture, experts actually give football star Emmitt Smith the credit for its invention. Like many gesture that originated in the sporting world, this one has gone from the paying field to the street and beyond in recent years. The implication of the raised the roof gesture that whatever has just happened is so incredible or wonderful that the roof of the building must be elevated to contain the resulting excitement.

You'll often see this gesture in a large crowd of people, such as a college party, where excitement mounts as alcohol flows.

Region: You'll find this gesture almost solely in the United States, though due to the spreading influence of American culture, you may notice the rare occurrence in Europe or Asia.

Environment: Sports arenas and stadiums are popular places to see the raise the roof gesture in use, as are fraternity houses and bars in college towns.

Execution:

1. Raise both arms straight above your head.
2. Orient your hands so they are horizontal, palms open to the sky.
3. Pump your forearms, raising your hands from your shoulders to the top of your head each time.
4. Repeat at least twice but no more than four times.

5. Sometimes an enthusiastic shout of "Raise the roof". makes a nice complement to the gesture.

6. Lower your arms.

2.1.8. SMILE



Usage and Origins: The corners of the mouth are lifted. Known to some express as the "ultimate gesture", smiling evolved from pulling the lips back from the teeth as a sign of fear. From there, though, it became a sign of peace and then friendship. The smile is a gesture that is unique to the human species and one that can be observed as early as infancy.

You are likely to see the smile used throughout your day as a sign of acknowledgement, happiness, or loving feelings on the part of the gesturer. The appropriate response to the smile is to flash one in return.

When a photographer says, "Say cheese!" the proper thing to do is smile.

Region: A smile will be seen as a friendly gesture the world over, with a few caveats. In parts of Southeast Asia, such as Singapore, Malaysia, and the Philippines, a person will often attempt to mark embarrassment by smiling or laughing.

In Japan it is not customary to smile for government photographs such as licenses or passports.

In Korea, excessive smiling is taken to mean that an individual is swallow or thoughtless, so use this gesture in moderation.

Environment: Locations where pleasant feelings need to be conveyed are places to see a smile. You'll experience a smile at the grocery store, on the bus, or in the office. Merriment is something that often occurs spontaneously and therefore will produce smiles at any time and in any place.

Execution:

1. Turn the corners of the lips up.
2. Simultaneously spread the lips until the teeth show. Generally, the teeth are held loosely together, and just the lips -not the whole mouth-are opened.
3. If you possess them, dimples will appear.

2.1.9. THUMBS-UP



Usage and Origins: The thumb is extended from a closed fist. This ubiquitous gesture of approval was long thought to come from ancient Rome, when the Colosseum hosted gladiator fights on a regular basis. It was thought to occur thusly: The emperor would ask the crowd if a gladiator ought to be set free or whether he should be killed. If the crowd pointed its thumbs up, it meant that the gladiator ought to be let go; thumbs pointed down meant that he should be slain.

Recently, however, experts have come to believe that this popular knowledge is false, based on bad Latin translations. New research suggests that the Romans actually hid their thumbs to spare the gladiator, displaying a closed fist, and showed their thumb to have him slain, producing a thumb-out.

In light of these recent discoveries, experts continue to research the exact origin of the positive thumbs-up gesture. One possibility comes from the Old English saying, "Here's my thumb on it," which was used to seal a bargain. Two people moistened their thumbs and then made contact with each other's thumb. Another origin for the positive meaning may come from the French, who indicate the number one with a thumb.

Though the origin of the thumbs-up gesture is still somewhat unknown, the meanings and occurrences are various. It will most often be used to signify agreement or assent to a question that is asked. Where would Arthur Fonzarelli from *Happy Days* be without the thumbs-up gesture? And in most parts over the world, hitchhikes who are desperate for a ride would be hard-

pressed to find a better way of letting motorists know their intentions, as the extended thumb is the nearly universal way to hitch a ride (see "Region", below, for some exceptions)

Region: As a gesture of approval, the thumbs-up gesture is widespread, practices in North America and most of Europe. The thumbs-up gesture is also seen in other parts of the world as an improved Western gesture.

However, it is important to be aware of some alternate meanings. In Japan, extending the thumb refers to a male companion-any male, whether it be husband, friend, boss, or son. (Extending the pinkie represents a female companion.) the thumb can also mean the number five in Japan.

Be cautious using this gesture in Northwest Spain, where it is a political signal flashed in support of the Basque separatist movement. In Nigeria and Australia, the thumbs-up gesture is an unmitigated indication of insult, especially when jerked upward, so use it sparingly, if at all, in these areas.

Environment: Due to the varying nature of the meanings of this gesture, you're likely to encounter it throughout your daily life in any number of locales. Anywhere one might like to agree or encourage another, such as in restaurant, offices, hospitals, or playing fields, is a place to see the thumbs-up gesture in use.

Execution:

1. Make a fist with one hand.
2. Extend your thumb perpendicular to the fist.
3. Turn your fist so that the thumb is sticking straight into the air.
4. Crook your elbow and extend your hand approximately waist-high, or extend the arm to its full length directly in front of you.

Variations of Performances: Though not as popular and having an entirely opposite meaning, the thumbs-down gesture has achieved some notoriety in recent years due to the movie rating system of Roger Ebert and the late Gene Siskel. This gesture is performed in the same manner as the thumbs-up gesture, but has the thumb pointing, predictably, downward. It is used in situations where disapproval needs to be conveyed.

2.1.10. THE WAVE



Usage and Origins: A group of people simulate the ocean's swell by standing and raising both arms, then sitting and lowering them. In the world of gesture, there is perhaps none more communal than the wave. It is true display of support and celebration, and it shows how serious fans can be about their favorite teams. It is interesting that such a unifying gesture would have such disputed origins.

The Huskies, the University of Washington's football team, claim to have invented it. They purport that Rob Weller, a former Huskies cheerleader, and Bill Bissel, the bandleader, completed the first wave on October 31, 1981.

Some sports and gesture experts, however, support a second theory, that Krazy Geoger, a 32-year sports entertainment veteran, invented the wave 16 days prior to the Huskies game, on October 15, 1981, at a nationally televised Major League baseball playoff game in Oakland, California.

Even now, more than two decades and countless waves later, this is hotly debated topic, with Internet chat rooms and message boards inflamed over who should get the credit for creating the wave.

Despite the controversy, the wave is a way for fans to rally in support of their team, generating excitement in both the players and the spectators. However, it is generally agreed that after three rounds of waving, fans should rest a bit.

Region: Though the wave began as an American fanatical gesture, exuberant sports fans exist the world over. It didn't take long for the wave to make its way to sporting events in Italy, Argentina, and beyond.

Environment: You'll see this gesture on display in stadium and arenas, on courts and fields, and even in your living room during a particularly enthusiastic

evening of Monday night football, provided you have several people in your living room.

Execution: The wave requires a group of people, usually a stadium mostly full of fans. Generally, one enthusiastic fan will get the wave started by enticing one group to begin, and the fever spreads willingly. As an individual participating in the wave, prepare as follows:

1. As the wave approaches, clear the space around the seat of any accumulated debris, and empty the lap of food, programs, children, or jackets.
2. When the person next to you stands, begin to rise from your seat.
3. Simultaneously raise your arms from straight at your sides to straight into the air as the person next to you lowers his or her arms.
4. Time is so that your arms reach their apex just as your body becomes fully upright.
5. Lower your arms and sit back down.

Variations of Performance: The wave may be accompanied by a loud cheer as the performers stand up, making the wave gesture an auditory as well as visual celebration.

2.2. Gesture expressing disapproval

2.2.1. ARMS AKIMBO



Usage and Origins: The hands are placed on the hips. Though this gesture is sometimes simply an unconscious use of body language, it will often be a deliberate sign that some thing is not quite right.

The word "akimbo" comes from Old Norse, and means "bent like a bow", which suggests an archer bow that is ready to fire an arrow. Hence this gesture

which is often called "hands on hips", has come to be understood as a defensive pose that experts label a "anti-embrace". Its implications are clearly antisocial and it will often be seen in situations where a group wants to exclude an individual.

Sports players will be seen in this posture after losing a game, and those in an argument are likely to take this stance when an impasse is reached. The stern expression on the face of the gesturer will let you know how serious the issue is.

Region: The arms akimbo gesture will be seen worldwide, in areas of Southeast Asia such as Malaysia and the Philippines, it is more seriously enacted and received as it signifies extreme, seething rage.

Environment: Since it is virtually imperative that the gesture be standing in order to enact this pose, areas where foes meet while upright will see this gesture the most. Sporting arenas will be a common venue for this gesture, as will middle-school recess areas, and perhaps even courtrooms and police stations.

Execution:

1. Spread your legs to shoulder width.
2. Place your hands on your hips, elbows out.

Variations of Performance: The single arm held akimbo, with one hand on one hip, carries a similar connotation, but may be constructed as less serious and slightly more cocky.

2.2.2. ARMS FOLDED



Usage and Origins: The arms are folded across the chest. When a person folds his arms across his chest in a deliberate gesture, you know he means business. Though this defensive gesture is often simply an unconscious bit of body language, it can also be a measured tactic used to intimidate or exclude

another person. Prison and security guards use this gesture as an indicator of slight threat, or as a reminder that another is not allowed to pass

Folding your arms across your chest can also be an indicator of the need to put a barrier between yourself and an uncomfortable social situation.

Region: Uncomfortable situations, disagreements are prevalent the world over, this gesture is not limited to one region of the globe.

Environment: Anywhere that a fight may break out—from park lots to public parks—is a place to see this gesture use. Similarly, anywhere that guards are needed prisons, lobbies of skyscrapers, and even department stores will see arms folded over chests. Bouncers who are guards of a sort, often adopt this pose while manning the doors of bars and clubs in order to intimidate and assert authority.

Execution:

1. Bend your arms at the elbows.
2. Fold your arms so that they cross your body.
3. Intertwine your arms as is most comfortable.
4. Spread your legs to shoulder width.

Note: Experts have discovered that there are actually six different ways to fold the arms, with varying positions for the hands in each. The assorted postures have no different meaning, the use of them seems to depend on personal preference and comfort.

2.2.3. THE CHOKE



Usage and Regions: The hands are wrapped around the gesture's or another's throat. The choke is versatile in that it may be performed on one's own person or on another, and contact is not necessary in order to do it. Sometimes merely performing the gesture in the air accomplishes the same goal. Another aspect of the versatility of the choke gesture is in its varied meanings across cultures.

It may come from the reflexive movement of grabbing your throat when something is lodged in it (hence, the Red Cross's suggestion that this gesture ought to be used in order to let others know there is an emergency). This, however, is hardly the most common or accepted use of the choke gesture, and regionality will certainly dictate meaning.

Region: Often thought of as simply a frustrated gesture, signaling the desire to choke another to death, this gesture's meanings are actually multifarious. In North America, the Red Cross suggests that it be used as the official choke signal, as in, "I'm choking. Who here knows the Heimlich maneuver?"

Also in North America, as well as parts of the Middle East, the common meaning that you are so fed up that you would like to choke another applies.

A less common use of the gesture in North America is when a person wants to convey that he or she "choked", or didn't perform well due to stress or pressure.

In Italy, it is a way to express being fed up, or "I've had it up to here".

In areas of South America, the choke signifies imprisonment. In this case, the gesture may be used to show that someone is in prison or may go to prison, or that a particular behavior could land one in jail (which is why the term "the choke" is sometimes used as slang for "jail").

Finally, in New Guinea, the choke is used to show that the gesturer or another person wants to commit suicide or that someone actually has.

Environment: For the Red Cross accepted meaning of the gesture, a restaurant, bar, the dinner table, or any other place where food ingestion occurs will see this gesture used frantically.

Otherwise, since frustration and nervousness are easy to come by, the choke will be seen in any number of locals, from sports venues to stage shows.

Execution:

1. Raise both hands to your throat.
2. Cup your throat between the thumb and fingers of each hand, overlapping your hands but not intertwining them.
3. Shake your hands against the throat.
4. Bulge your eyes to convey urgency.

Variations of Performance: If both hands unavailable, this gesture may be performed using only one hand. Additionally, you can reach out to another person's neck and simulate the act of choking her, if she is the source of frustration.

2.2.4. EYEBROW FURROW



Usage and Origins: The eyebrows are angled sternly. This gesture, which shows acute emotion, is often regarded as an unconscious bit of body language. However, it can also be used deliberately as a response to pain, grief, or displeasure.

Also called the "knot" eyebrow, you'll express elements of fear and anger by invoking this gesture. This expression will also be used to express deep concentration on a puzzling or intense subject and may be a sign of curiosity or confusion.

The eyebrow furrow is a gesture that may be used as a "helping" gesture as well; it adds weight to another gesture, such as ARMs Folded (see page 60) or Arms Akimbo (see page 59).

Region: Confusion, curiosity, and anxiety are unfortunately prevalent across cultures, so you'll see this gesture all over the world, with n significant difference in meaning.

Environment: Teachers from elementary to high school will use the eyebrow furrow gesture to express seriousness or displeasure with their students.

Anywhere that deep concentration is required from the library to the theater to the interrogation room will see eyebrows furrowed.

Execution:

1. Lower your brows and bring them together, taking care not to cross your eyes.
2. Scrunch your nose.
3. Stare-either at a specific object or into the distance.

2.2.5. FINGER WAG



Usage and Origins: The index finger is shaken back and forth. The finger wag carries with it a mild reprimand and has a negative, though non-threatening, connotation. The message is "No, don't do that" or "That's naughty" and is used to adminish but not to intimidate and make the person on the receiving and feel smaller; the finger is like a mini-club that is being shaken in order to shame another. Parents are proponents of this gesture, often using it in disciplinary situations.

This gesture has become so much a part of the canon that the term "finger-wagging" has become a metaphor for any type of cautionary attitude or rule making.

Region: Since parents scold children the world over, the finger wag will be seen worldwide. In Japan , however, the same meaning is implied when one waggles the whole hand with the palm out.

Environment: Teachers and parents are the biggest performers of this gesture, so school yards, classrooms, and minivans are the most common spots to see it in use. Anywhere a little cautionary discipline is necessary will be place to see the finger wag firsthand.

Execution:

1. Make a fist
2. Extend your index finger
3. Raise your arm so that your hand is at face level, to one side.
4. Tilt the index finger from side to side laterally, keeping the finger straight and in the same plane as the back of your hand.
5. If you want, shake your head in harmony with the tilting of your finger, to emphasize the "no" you are trying to convey.

2.2.6. LOSER



Usage and Origins: An "L" is formed with the index finger and thumb and displayed on the forehead. A fairly new invention, the loser gesture dates back to 1994, when Jim Carrey's movie *Ace Ventura: Pet Detective* took threats by storm. Carrey's character used the "L" on the forehead as his trademark gesture, making sure everyone who didn't measure up knew it.

The startling popularity and success of the film made the gesture commonplace for a brief span in the mid-1990s, spawning sightings in other hit films such as *Clueless* and *Jerry Maguire*. These days' the gesture is generally confined to use by children and adolescents, and then only to good-naturedly make fun of friends.

Region: The loser gesture will rarely, if ever, be seen outside North America, where film taglines and trademark gestures are most often imitated ad nauseum.

Environment: In the mid-1990s, it was fairly common to see this gesture performed outside of movie theaters across the United States, but these days, the loser gesture will generally be confined to school recess areas, malls, and other locations where teens and pre-teens are given free time to make fun of their contemporaries.

Execution: Though you may think that it matters which hand you use when performing this gesture, it is done with either the left or the right hand with little regard to whether the "L" is legible to the loser or not.

1. Make a fist with one hand.
2. Extend your index finger.
3. Extend your thumb to form an "L"
4. Raise your hand and place the "L" against your forehead.
5. Say "Loser" with derision, generally elongating the first syllable.

2.2.7. NOD "NO"



Usage and Origins: The head is shaken from side to side. Perhaps the most common gesture of disapproval in existence, the nod "no" is often simply referred to as "shaking one's head". It is used in all types of situations where a "no" is required, and often adds emphasis to a verbal refusal when one is unable to be given. When words are unavailable, such as in the dentist's chair or when you are eating, there will be little mistaking what you mean when you perform the nod "no" gesture.

This gesture originates in infancy a baby will shake his head emphatically back and forth to indicate refusal of food at his mother's breast or when he is being spoon-fed and disapproves or no longer wishes to eat.

Region: Displeasure and discontentment know no culture, but there are some parts of the globe in which the usual nod "no" gesture will indicate the

opposite of what you may intend, In Bulgaria, parts of Greece, Turkey, Iran, and the former Yugoslavia, if you shake your head back and forth, it will be taken as a "yes" while up and down means "no".

Further, in Greece, Italy, Malta, and Tunisia, an abrupt toss of your head backward, coupled with jerking your chin up and raising your eyebrows, means "no".

Finally, in Saudi Arabia and other parts of the Middle East, people jerk their heads back and click their tongues to indicate disapproval.

Environment: It is necessary to indicate disapproval in virtually all areas of life, from the grocery store to the conference room to the dinner table. It would be difficult to find a location that hasn't seen the nod "no" gesture.

Execution:

1. Twist your head to one side, pointing toward one shoulder.
2. Twist your head around toward the other shoulder.
3. Repeat several times.

Note: The distance you swivel your head will depend on the situation and your personal style.

Variations of Performance: In Ethiopia, a local variation for the nod "no" is performed by turning your head sharply to one side and then back to the center.

2.2.8. NOSE HOLD



Usage and Origins: the nostrils are closed with the thumb and index finger. There is nothing mysterious or anecdotal about the birth of this gesture:

When something has an unpleasant odor, instinct tells you to block it, and the best way to do this is to shut off your sense of smell.

While attempting to keep a bad smell from assailing your senses is more of a reflex than a gesture, the act of holding your nose becomes a gesture when it is done to warn others of a noxious odor they may be approaching.

When a person leaves a kitchen in which something has burned, he may hold his nose in order to alert another not to enter the room.

A disgusting public lavatory experience has been known to elicit the "nose hold" warning as well. A performance or person that is thought to metaphorically "stink" may also prompt use of the nose hold gesture.

Region: Sadly, not all aromas are pleasant, so this gesture is fairly universal and widely understood. From big city dumpsters to back country horse farms, people need a warning so as not to be taken by surprise by foul odors.

Environment: Corridors leading to public restrooms are a common place to see this gesture put to good use, as are the entrances to kitchens where things may not have gone according to plan. Of course, bad smells will unfortunately not be limited to these rooms; watch for the nose hold around gym locker rooms, sporting areas in general, and in shoe stores, when customers are embarrassed by stinky feet.

It should be mentioned that sometimes a conventionally good smell will evoke the nose hold; this is likely to happen at perfume counters in department stores, where there is too much of a good thing.

Execution:

1. Raise one hand to your face.
2. Grasp your nose with thumb and forefinger. Leave your other fingers pulled toward your palm.
3. Scrunch your nose up slightly.
4. Wrinkle your brow.

Variations of Performance: In Great Britain, this gesture is sometimes accompanied by the free hand pulling an imaginary lavatory chain.

In other cases, you'll see the free hand attempting to wave away the offending odor.

2.2.9. NOSE WRINKLE



Usage and Origins: The nose is scrunched up. This gesture is so simple as to be almost unconscious at times. You might use it as a reflex when you catch a whiff of a particularly bad smell or when a person you don't care for unexpectedly appears.

When used deliberately, wrinkling the nose express dislike or disgust for a person, a situation, or even a food that doesn't suit or please you.

Region: Since wrinkling the nose originated from a reflexive bit of body language, its use will be seen worldwide.

Environment: The picnic table or outdoor barbecue area is a common place to see this gesture deliberately, as food may sit out and spoil unbeknownst to picnickers. Outside of cheese shops, near dumpsters in alleys, the vicinities of bathrooms, and near lockers at the gym are all places where you'll see the nose wrinkle in action. Parties and bars where large groups congregate might see an increased use of this gesture, as often unwanted attendees will cause displeasure.

Execution:

1. Scrunch your nose up.
2. Squint, if desired

2.2.10. RASPBERRY



Usage and Origins: A nose is made with the mouth and tongue that sounds like flatulence. Indeed, the raspberry gesture is meant to sound like the noises a person with gastrointestinal difficulties might make and is therefore a favorite of children and vulgar folks everywhere.

According to the Oxford English Dictionary, the name raspberry is taken from "raspberry tart", which is Cockney rhyming slang for "fart". Lossely translated to mean "yuck" or "ugh", the rasberry gesture evolved from the basic gesture of sticking out the tounge in order to reject nourishment from our mother's breast in infancy.

Called the "razzoo" in Australia, the raspberry gesture is often referred to as the "Bronx cheer" in the United States. According to one historian, the name originated in vaudeville house in the Hub section of the Bronx. A performer there was not up to snuff, and the audience let him know it. The next day, newspapers reported that he received a "Bronx cheer".

Region: The raspberry gesture is used to express displeasure the world over.

Environment: An auditorium or stadium full of particular crass onlookers might ba a good place to see the raspberry gesture in action. Certainly an elementary or middle school playground, cafeteria, or classroom will be rife with children Bronx-cheering for all they're worth, whether they are unhappy with someone or not.

Execution:

1. Place your tongue between your top and bottom lips.

2. Exhale so that a loud but airy noise is created by the vibration of the tongue.

Variations of Performance: The raspberry gesture can be performed on the skin of another person, especially a young child, to create a tickling sensation. In this case it is not meant to express displeasure-it is more of a funny game. Favorite places to perform this gesture include bellies and cheeks.

2.2.11. ROLL OF THE EYES



Usage and Origins: The eyes traverse a path up, to one side, and back down again. Rolling one's eyes can be an unconscious gesture that expresses incredulity, amazement, annoyance, or frustration. When used intentionally, it will signal the same emotions.

A favorite of adolescents the world over, the roll of the eyes generally signifies that a child is fed up with a parent's harsh rules, assumption of intelligence, or general inability to be hip. It goes without saying that the roll of eyes will not be a favorite of parents.

Region: Since rolling the eyes originated from reflexive body language, the gesture's use will span most countries of the world.

Environment: Anywhere a person wishes to express annoyance or disbelief will see this gesture in use. The eye roll gesture will be used covertly in

a bar or a club between girlfriends who wish to alert one another that a particularly pathetic pick-up line was used and overtly in the TV room when a child is told to go bed before she is ready. Any time a story is recounted about an unreliable or outrageous person, the eye roll gesture may be invoked.

Execution:

1. Starting from a normal position, begin to circle your eyes in their sockets.
2. Glance downward to one side, then up along that side, across the top, and back down again.
3. Return to a normal position and focus.

Variations of Performance: Sometimes, an exaggerated sigh will accompany the roll of eyes gesture.

2.2.12. SHAME FINGERS



Usage and Origins: One index finger is rubbed across the other. The shame fingers gesture is a deliberate one that lets another usually a child know that you are reprimanding her. Experts posit that the rubbing of the fingers symbolizes the friction between the shamer and the shamed. Often, the phrase "shame on you" will accompany the performance of the gesture.

There is a certain amount of condescension inherent in shaming someone with this gesture; therefore, it is recommended that it not be used with anyone other than small children. The shame fingers may also be used in jest, to sarcastically reprimand another.

Region: The shame fingers gesture will rarely be seen outside of North America, where it has its roots as a gentle rebuke for bad behavior, other forms

of punishment are often used, rendering the shame fingers gesture a gentle reprimand.

Execution:

1. Start with both hands held out in front of your chest.
2. Make a fist with both hands
3. Extend the index finger of each hand
4. Brush one index finger over the other, starting at the base of the finger and continuing up to the tip
5. Repeat this motion a few times quickly, always returning to the base of the finger to begin.

Variations of Performance: A very similar gesture can be found in Wales, Germany, and Austria, wherein the forefingers are moved against each other in a sawing motion. Here it takes the form of an insulting gesture.

2.2.13. THE SPIT



Usage and Origins: Saliva is expectorated, or the gesture pretends to spit. These days, spitting-whether done in general or at a particular individual-is considered rude, crude, and insulting across most cultures. Historically, however, a different set of rules applied.

In the first century A.D, Pliny wrote that spitting would help to avert witchcraft. The act of spitting is also mentioned in the New Testament of the Bible; saliva was put in the eyes of a Blind man in order to restore his sight.

In parts of the Far East such as China, spitting is considered an act of hygiene and is very acceptable in public, which is illustrated by the common placement of spittoons in that part of the world.

Saloons in the United States often have a spittoon, though whether this is to set a nostalgic mood or for actual use is up for debate.

Regardless of its overall acceptability, spitting as a gesture connotes a deep disapproval, as a "I spit on that, it is unworthy".

Region: As a gesture to indicate displeasure or disgust, as well as a bodily function, spitting occurs all over the world.

Environment: Any locale where a person is disgusted or disappointed by something whether service, food, or another individual might be a spot to see someone express their displeasure by spitting, though hopefully it will be only mimed while indoors. Saloons and rodeos will see their fair share of spitting, whether it occurs in spittoons or elsewhere.

Execution:

1. Inhale
2. Clear the throat
3. Collect the saliva in the back of the mouth, by the molars. If possible, add mucous to the deposit for increased weight and cohesion
4. Roll the ball of spit forward on the tongue while pursing the lips
5. Tuck the chin in against the throat
6. Aim
7. Expectorate

2.2.14. THROAT SLASH



Usage and Origins: A finger is brought across the throat. Perhaps the utmost gesture of disapproval, the throat slash shows extreme anger, annoyance, and displeasure, whether it is directed at oneself or at another.

When aimed at oneself, this gesture implies embarrassment or rage for doing something silly or stupid in a social situation, thus admitting to the fauxpas. It may be more common to see this gesture mimed at another to say, "Cut it out. or else!" The gesturer doesn't actually mean to kill the individual with whom he is annoyed, but the directive to stop the obnoxious behavior should still be heeded.

In vary rare instances, some people may actually perform this gesture in order to indicate that another individual- probably one who is not present- is actually slated to be murdered; this seems to occur mainly in popular films.

Region: This gesture will be enacted to show embarrassment and annoyance around the world.

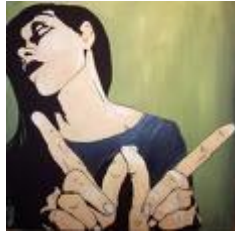
Environment: People embarrass themselves all over the place-from parking lots to coffee shops. This gesture will be used to mean "I was so mortified I could have died" in any number of places; likewise for when another person is being obnoxious or unpleasant. the rare meaning that indicates actual murderous feeling will generally be confined to gangster cinema.

Execution:

1. Make a fist with one hand
2. Extend your index finger
3. Trace a line across your throat with your finger, from ear to ear.

Variations of Performance: In a variation of the throat slash, move a flat palm across your neck in a cutting motion. This gesture, which basically translates to "Cut", originated behind the scenes in television studios when the on-air personality needed to finish his act immediately due to time constraints. These days, it is much more generally used in the West to mean cut it out, stop talking, or stop doing whatever it is you are doing.

2.2.15. WHATEVER



Usage and Origins: A "W" is formed with index finger and thumb of both hands and displayed in the air. Made popular by the 1995 box-office hit *Clueless* starring Alicia Silverstone, the whatever gesture began as just a word that was spoken to indicate boredom or displeasure with a situation or individual. The film appears to be the first instance that the gesture was paired with the word thus creating a trademark made popular by teens and preteens throughout the mid-to-late-1990s.

This gesture was used by young people to indicate apathy toward a parent or teacher, irritation at having to do a chore or homework, or as a signal to show that something is not worth of time or energy. these days, as is often the case with fleeting popular-culture catch-phrases, you'll rarely see the "W" brandishes, though the dismissive "whatever" is still muttered.

Region: From the United States, where it originated, this gesture spread to areas with a high permeation of Western film culture.

Environment: In its heyday, the whatever gesture was used willy-nilly in shopping malls, high school halls, and prom like balls. Movie theaters, diners, and suburban homes were overrun with finger-spelled "whatevers". These are still the spots to see the rare throwback usage of this gesture, sometimes used ironically.

Execution:

1. Raise both arms above the chest, just below the face.
2. Bring your hands together, palms out.
3. Drop the outer three fingers of each hand, leaving the thumb and index finger extended.

4. Bring your hands together until they meet at the thumbs, forming a large "W" in the air. You may overlap the nails of your thumbs, cross your thumbs entirely, or simply touch the edges together.

5. Solidly pump the "W" into the air in front of you, establishing it in space

6. Say or mouth "whatever". If you speak it aloud, it is best to emphasize the second syllable.

7. For added emphasis, tilt your head to one side and roll your eyes (see Roll of the eyes, page 76)

Variations of Performance: Less popularly, and using only one hand, the "W" may be formed with the first three fingers extended.

2.2.16. YAWN



Usage and Origins: The mouth is opened wide. Whether done intentionally or as a reflex, the yawn usually means the same thing, though only the deliberate and pointed yawn should be taken as an insulting or disapproving gesture.

The yawn is the universal expression of tiredness or boredom and whether it is real or fake, if another sees it, he is liable to "catch" the yawn and yawn himself. Medical experts generally believe that reflexive yawns occur because of low levels of oxygen in our lungs, while the mock yawn gesture shows supreme disinterest in what someone is saying, or even in his very presence. The message behind a performed yawn is "You're such a bore", or "I'd rather do anything other than pay attention to you".

Region: Because cures for exhaustion and boredom have yet to be found, you'll see this gesture in both its real and fake forms throughout the world.

Yawning without covering your mouth is considered impolite in many countries, including the United States, Canada, and most of Western Europe. In Japan and Korea, as well as other Asia countries, any open-mouthed gesture is considered rude.

Environment: Classical music concerts, school classrooms, libraries, and ballets will see a fair amount of yawning by disinterested participants. Any vessel used for long trips, from an SUV to a Learjet, will see passengers in the throes of yawning. Finally, boredom can strike even in seemingly exciting places, so don't be surprised to see the rare yawn at an ice hockey game, a rock concert, or a lively evening out with friends.

Execution:

1. Open your mouth wide
2. Squint
3. Inhale heavily, but with little noise
4. Exhale, with as much noise and fanfare as is deemed appropriate.
5. Cover your mouth with one hand, palm facing in, if politeness or exaggeration is desired.

CHAPTER 3: SOME PROBLEMS ABOUT GESTURE EXPRESSING APPROVAL AND DISAPPROVAL

3.1. Misunderstanding and breakdowns caused by cross-culture:

It is often assumed that nonverbal communication is a transferable skill. However, there are two major problematic factors: firstly that, like speech, it has both form and function, and secondly, that it is not always directly translatable. It is the first of these factors which leads to breakdowns and misunderstandings in intercultural communication. Misunderstandings occur because the functions of paralinguistic forms vary from culture, although there are some universal nonverbal communication such as smiles, laughter and sour expressions. There are also differences according to gender and age.

For example: The thumbs-up sign consists of a closed fist held with the thumb extended upward. The most common interpretation of this sign is as a sign of approval (there is even a metaphor in English: The proposal was given a thumbs-up), but there are some countries where it may be an insult or where it will not be understood.

Let's have a look at different countries and what the thumbs-up sign means there:

<i>Australia</i> - If it is still or downwards, it usually means OK or alright (or agreement). Thumbs-up with a little upward motion can be a grave insult, depending on context.	<i>Iran</i> - Very obscene gesture.
<i>Canada</i> - The sign means alright or good. you can use it to signify approval.	<i>Iraq</i> - Very obscene gesture.
<i>China</i> - OK, good.	<i>Ireland</i> - OK, good.
<i>Egypt</i> - Perfect, good	<i>Italy</i> - OK, go or alright or used for hitchhiking.
<i>Germany</i> - Ok, well done, great.	<i>Japan</i> - Sometimes means "good", not widely practiced by adults.
<i>Greece</i> - Means great, good job, OK,	<i>New Zealand</i> - Means like all good, or yes or anything positive really (when hitchhiking this gesture is also used but held right out so people in cars can see).

<p>congratulations</p> <p><i>United Kingdom</i> - OK, good.</p> <p><i>USA</i> - Means "great" or "awesome" or whatever. Also used to sign approval, but stronger than an OK sign.</p>	<p><i>Thailand</i> - Very obscene gesture.</p> <p><i>Turkey</i> - Not used.</p>
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3.2. Negative environment caused by using gesture.

Failure to understand nonverbal behavior correctly and failure to give appropriate nonverbal signals in communication can cause some problems for people living in cultures different from their own. These problems can range from exclusive, to lost friendship opportunities, and even to unintentionally provoking aggressive assaults.

Mistakes that can not only annoy and make negative environment around him or her, but can also cause lost jobs and relationships.

For example: : Often thought of as simply a frustrated gesture, signaling the desire to choke another to death, this gesture's meanings are actually multifarious. In North America, the Red Cross suggests that it be used as the official choke signal, as in, "I'm choking. Who here knows the Heimlich maneuver?"

Also in North America, as well as parts of the Middle East, the common meaning that you are so fed up that you would like to choke another applies.

A less common use of the gesture in North America is when a person wants to convey that he or she "choked", or didn't perform well due to stress or pressure.

In Italy, it is a way to express being fed up, or "I've had it up to here".

In areas of South America, the choke signifies imprisonment. In this case, the gesture may be used to show that someone is in prison or may go to prison, or that to particular behavior could land one n jail (which is why the term "the choke" is sometimes used as slang for "jail").

3.3. Solutions

Good communication skills can help us in both our personal and professional life, especially in the classroom. While verbal and written communication skills are important, research has shown that nonverbal behaviors make up a large percentage of our daily interpersonal communication.

"How can we improve our nonverbal communication skills?" The following solutions for nonverbal communication can help us learn to read the nonverbal signals of other people and enhance our own ability to communicate effectively. Especially, in understanding and applying gesture expressing approval and disapproval.

3.3.1. Ask questions about gestures

If we are confused about another's gesture, do not be afraid to ask questions. A good idea is to repeat back our interpretation of what has been said and ask for clarification. An example of this might be, "so what are you saying is that..."

3.3.2. Consider context

When we are communicating with others. Always consider the situation and the context in which the communication occurs. Some situations require more formal behaviors that might be interpreted very differently in any other setting. Consider whether or not nonverbal behaviors are appropriate for the context. If we are trying to improve our own nonverbal communication, especially, gestures, concentrate on ways to make our signals match the level of formality necessitated by the situation.

3.3.3. Consider past experience

We can more accurately interpret the behavior of people we know. For one thing, we notice changes in behavior more than the behavior itself. Unless we know someone, we can not know that something has changed. For another thing, we interpret patterns of behavior.

3.3.4. Be aware that gesture can be misread

Always remember to look for group of behavior. A person's overall demeanor is far more telling than a single gesture viewed in isolation.

Gesture- the purposeful use of the hands, arms, shoulders, and head to reinforce what is said- help speakers communicate. Here are some guidelines to help you gesture effectively.

1. Be relaxed. Although gestures can be perfected through practice, they will be most effective if you make a conscious effort to relax your muscles before you speak, perhaps by taking a few short steps or unobtrusively arranging your notes.
2. Be natural. While you might watch effective speakers and emulate their gestures, in most cases you will be better off to do what comes naturally to you. The same gestures you use in informal conversation are often the ones that will work best when you are speaking in front of a group.
3. Be vigorous. Effective gestures are complete and vigorous. Many speakers begin to gesture, but perhaps out of fear, they don't carry through and their gestures abort. This can be distracting for the audience and can make speakers appear unsure of themselves.
4. Use good timing. A gesture that comes after the word or phrase is spoken appears ludicrous. *Good gestures should come exactly at the time or slightly before the point is made verbally.* Poor timing often results from attempting to "can" or pre-plan gestures.
5. Be versatile. A stereotyped gesture will not fit all subjects and situations. Furthermore, the larger the audience, the more pronounced your gestures should be.
6. Don't overdo them. Gestures should cause the audience to focus on what you are saying and not call attention to the gestures. You want the audience to remember what you say, not what you do.
7. Make them appropriate. Gestures should be appropriate to the audience and the situation. Large audiences and formal speaking situations may call for bolder and more pronounced gestures. Smaller groups and less formal settings call for less formal and less pronounced gestures.

In summary, gestures should spring from within. Effective gestures are both natural and spontaneous. Observe persons talking with each other in a small group. Try to approximate the same naturalness and spontaneity of gestures when you are speaking.

PART III: CONCLUSION

Sign language is used all over the world by the hearing-impaired to communicate with each other and with those that hear. Sign language is more than just moving the fingers or hands; it is a viable, visible language in which gestures and facial expressions play a very important role. The language of gesture allows individuals to express a variety of feelings and thoughts, from contempt and hostility to approval and affection. The flick of the wrist, the wave of a finger, or simply the movement of an eyelid can say more than a speech, and sometimes subtle gesture can express a feeling more gracefully than words. Most people use gestures and body language in addition to words when they speak. The use of gesture as language by some ethnic groups is more common than in others, and the amount of such gesturing that is considered culturally acceptable varies from one location to the next.

In this study, I have presented and discussed nonverbal communication and gesture expressing approval, disapproval. In part II, chapter 2 tells you when and where to avoid using particular gestures, where you'll have the most success using each gesture, and how each gesture came to be. The step-by-step execution directions, with instructional line drawings, will help you incorporate the gesture into your body language lexicon. There is certainly much more to explore in this area, and this discussion encouraged me to pursue the topic further.

All what have been referred to in this paper come from the limited understanding and ability. However, I hope that this study will be a small contribution to figure out the interesting signification of NVC of the present intercultural language and a reference to those who are interested in English and open other topics for further study.

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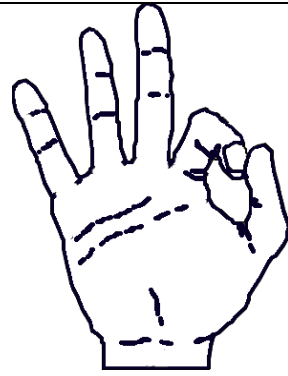
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APPENDIX

	
Applause	Arms up
	
The Butt Pat	The High Five



Nod "Yes"



Okay



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Raise The Roof



Smile



Thumbs-Up



The Wave



Arms Akimbo



Arms Folded



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The Choke



Eyebrow Furrow



Finger Wag



Loser



Nod "No"



Nose Hold



Nose Wrinkle



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Roll Of The Eyes

Raspberry



Shame fingers



The Spit



Throat Slash



Whatever



Yawn

