

Russian Nonverbal Means of Expression in Communicative Interaction and Their Use

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Abstract. *This article examines the role of nonverbal means in the process of communicative communication in Russian and how they are used in a cultural context. In particular, the importance of nonverbal elements in communication, such as facial expressions, body movements, tone of voice, distance, and physical contact, is analyzed. Information is provided on the role of nonverbal signs specific to Russian culture in effective communication, and the importance of the correct interpretation of these means for language learners is emphasized.*

Key words: *nonverbal communication, Russian language, gesture, mimicry, intonation, proxemics, intercultural communication, nonverbal communication.*

Introduction. Communication between people is carried out mainly through oral speech. However, in addition to words, in every culture, non-verbal means of communication also constitute an important component of communication. Language, in addition to being only a means of communication, also acts as a carrier of culture. Therefore, the non-verbal elements used by each people in communication - gestures, facial expressions, body movements, tone of voice, distance and forms of physical contact - are directly related to the culture, values and social etiquette of that people. In particular, in Russian-speaking societies, non-verbal means of communication are actively used in everyday life, in formal and informal conversations, in social and personal relationships. They not only complement oral speech, but in some cases have a stronger communicative effect than words. Therefore, to communicate effectively in Russian, it is not enough to have grammatical and lexical knowledge alone - you also need to be able to understand and correctly interpret the cultural nonverbal signals of that language environment.

Language learners often focus only on linguistic knowledge, but the use of nonverbal signals without understanding cross-cultural differences can lead to misunderstandings, misunderstandings, or cultural misunderstandings. For example, a gesture that is perceived positively or neutrally in one culture may be interpreted as a negative or aggressive action in another culture. From this perspective, the study and analysis of nonverbal means is especially important in cross-cultural communication.

Literature review and methodology. The issue of nonverbal communication is located at the intersection of linguistics, psychology and cultural studies, and several scientists have conducted research in this area. In particular, the psycholinguistic studies of A.A.Leontyev and B. F. Lomov highlighted the importance of nonverbal means in the speech process. Yu.N.Karaulov, studying the communicative features of the Russian language, paid attention to the semantic load of gestures and facial expressions. Foreign researchers such as E.Hall and G.Hofstede provided in-depth analyses of the differences in proxemics, body movements and tactile communication in intercultural communication.

Nonverbal signs characteristic of Russian culture are reflected in many manuals and practical studies, and special attention is paid to these aspects in methodological literature intended especially for language learners (for example, in the course materials "Russian Language as a Foreign Language"). Also, N.I. Formanovskaya's work "Communicative Pragmatics" extensively covers the nonverbal elements of communication.

The article used several scientific and methodological approaches. In particular, descriptive (descriptive) method: The types of nonverbal means in the Russian language and their communicative functions were identified and their manifestations in behavior were described. Comparative method: A brief comparative analysis was conducted on the differences in nonverbal communication between Russian and other cultures (in particular, Uzbek culture). Content analysis: The use of nonverbal means and their importance in communication were analyzed based on scientific and methodological literature. Practical observation method: Real examples were given based on observations of nonverbal behavior of Russian-speaking people in everyday communication.

Results. Types of nonverbal means and their role in Russian culture. Facial expressions (mimicry) In Russian culture, it is common to clearly express emotional states through facial expressions. Russians openly express their feelings: joy, anger, surprise or indifference are easily perceived through facial expressions. For example, squinting can be a sign of doubt or distrust. Body movements (gestures) Gestures are used very actively in Russian communication. Some gestures have their own cultural meaning:

Waving a hand down is a sign of calling someone.

Pushing a palm to the shoulder means refusal.

Touching two fingers to the forehead - in the sense of "not smart".

Tone and intonation The tone of a person speaking Russian indicates his mood or attitude to the statement. For example, a command tone indicates determination, and a low tone indicates hesitation or caution. Proxemics (distance) Russians usually talk to strangers at a distance of 1-1.5 meters. With close friends or relatives, this distance is reduced. Being too close, especially with strangers, can cause discomfort.

Tactile contact (physical contact) Handshakes are common in Russian culture. Hugs are also sometimes seen between men, especially if they have not seen each other for a long time. However, excessive physical contact with unfamiliar women is not welcome. The impact of nonverbal means on communication. The use of nonverbal means in Russian not only complements the content, but also expresses the personal attitude of the interlocutor. With the help of non-verbal signs:

- words become more effective,
- a mood appropriate to the situation is created,
- misunderstandings are prevented.

At the same time, if representatives of other cultures do not correctly understand Russian nonverbal cues, communication problems may arise. Therefore, it is important for language learners to study not only grammar, but also cultural nonverbal cues. In Russian culture, the expression of emotional state through facial expressions is carried out very actively. During the conversation, such as a smile on the face, raising eyebrows, blinking eyes, etc. serve as important signals. Example: Squinting during a conversation indicates doubt or distrust. This movement can appear on the face after the question:

“Вы уверены?” (Are you sure?). Body movements and gestures. Some gestures in the Russian language have a specific cultural meaning. They are used to convey nonverbal meaning and often express the personal attitude of the interlocutor. Examples: Waving the hand down several times is a gesture that says, "Come here". Pushing the palm toward the shoulder is a gesture of rejection that says, "No, I don't want to". Touching two fingers to the forehead is a sarcastic gesture that says, "He's an idiot" or "He's not smart".

Tone and intonation. In Russian, the meaning of a sentence is often differentiated by intonation. The same words have different meanings when spoken in different tones. Example: “Ты пришёл.” (You came). In a medium tone - simple information. In a higher tone - surprise: “You really came?!” In a low tone - disappointment or indifference.

Proxemics (distance). The issue of personal space plays an important role in Russian culture. Example: When talking to a stranger, it is considered polite and correct to maintain a distance of 1–1.5 meters. However, in Uzbek culture, this distance can be much shorter, which can make the Russian interlocutor uncomfortable. Tactile contact (physical contact). In Russians, shaking hands is common when greeting, and among men, hugging is also considered customary when meeting. Examples: Men greet each other with a hug after not seeing each other for a long time. In a formal situation, a man and a woman may greet each other by shaking hands, but excessive physical contact (for example, patting each other on the shoulder from behind) is considered inappropriate.

These examples show that nonverbal means in the Russian language are an integral part of communication, enriching the content of the conversation, creating emotional diversity, and strengthening mutual understanding between interlocutors.

Discussion. Based on the above analysis, it becomes clear that the importance of nonverbal means in Russian communicative communication is incomparable. Nonverbal signs expand the expressive range of the language, strengthen the emotional, social and cultural connection between the interlocutors. In Russian society, it is customary to openly express emotions through facial expressions, body movements and intonation. This aspect is more noticeable when compared with other cultures, for example, Uzbek culture. Because Uzbeks are more restrained and tend to hide emotions, which can lead to intercultural differences in communication.

The body language of a person communicating in Russian reveals his personal position, attitude to the speech and mental state. Therefore, for those learning the Russian language, along with grammatical knowledge, it is important to understand the contextual significance of nonverbal elements. For example, gestures that seem simple at first glance (for example, waving a hand downward) can be misinterpreted in other cultures. Therefore, misunderstanding such signals creates cultural noise, which reduces the effectiveness of communication.

Practical observations have shown that for Russians, physical contact and personal distance are important social indicators. These aspects help language learners maintain balance in their relationships. Especially if those who are learning Russian as a foreign language do not pay attention to these elements, uncomfortable or incomprehensible situations may arise.

It is also necessary to pay special attention to teaching nonverbal means in language teaching methodology. Because the process of language learning is not only the acquisition of vocabulary and grammar, but also the process of understanding culture. Correctly indicating the interlocutor through nonverbal signs, sensing his mental state and responding accordingly increases the communicative competence of the language learner.

Conclusion. In conclusion, nonverbal means of communication in Russian - facial expressions, gestures, tone of voice, body movements, proxemics and tactile communication - play an important role. These means not only complement the content, but also express the personal attitude, mood and social position of the interlocutor. In particular, nonverbal signs characteristic of Russian culture form an open, emotional and lively style of communication. Research shows that ignoring nonverbal means can lead to misunderstandings in communication.

Therefore, it is necessary for Russian language learners not only to acquire linguistic knowledge, but also to study cultural and pragmatic aspects, in particular nonverbal signs. By mastering nonverbal communication, a language learner can become not only an effective interlocutor, but also a successful participant in intercultural communication. Further research into how nonverbal cues are used across different age groups, social classes, or genders would help to further explore the topic.

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