

**DIGI SCHOOL 2020-1-SK01-KA226-SCH-094350**

Non-verbal communication – facial expression

**The aim of communication**is a process that conveys messages of which purpose is understanding. It has existed in the human community since its beginning.

It is fundamental in common discourse when sharing information, influencing others and reaching some form of understanding. It is an ongoing process, when meeting other people either by coincidence or by chance. It is a life necessity of all individuals as well as organizations and the whole society.

**The most frequent subdivision of communication:**

1. **Verbal communication –** uses words
2. **Non-verbal communication –** using other means than words
3. **Communication using deeds –** effect of deeds

**The importance of non-verbal communication**

In a non-verbal communication people express their mental state, feelings, emotions, experience, or thoughts even more accurately and truly than by using words. The way we use our bodies to express ourselves is usually conditioned by our personality and above all by our temperament. It is also dependent on the place we live and the majority of expressions are culturally conditioned. In the process of communication, it is impossible to omit its non-verbal form, it can be only restrained.

There are differences between men and women, children and adults, and different social groups. Our family traditions and the cultural background we originate from is reflected in our outer form of expression. The body language says a lot about our health condition.

We communicate with other people in many forms, verbally as well as non-verbally. Non-verbal communication (the communication without words) can serve a variety of social purposes that can be divided into four groups:

1. helping the speech
2. substituting the speech
3. expressing attitude
4. expressing emotions

**Forms of non-verbal communication:**

**Eye contact –** type of look

**Facial expression –** movements of eyes, mouth, facial muscles

**Kinesics –** movements of body, walk

**Gestures –** hand movements

**Haptic –** touches

**Proximity –** distance from others

**Territoriality -** space and its occupation

**Posture –** body, hands, and legs positioning

**Paralinguistics –** tone of voice, speed and fluency of speech

**Chronemics –** dealing with the time while communicating

**Neurovegetative reactions –** human reactions on communication stimuli – shaking of hands, blushing

**Environment –** says about the person living within the given environment

**Props –** overall looks, adjustment of appearance, scent, car, house

Facial expression

 „The term „mimika“ used in Slovak language for facial expressions is derived from the Greek word mímos, which means gently mimicking“ (K.Tišťanová). It always is an activity of the facial muscles requiring our focus on the middle part of our face, primarily on the mouth area.

Our face reflects gentle shaping of inner mental states through facial expression. Expressions of the face then show the mental states, emotions and intentions which we share with other people. By activating facial muscles, we are able to form more than a thousand facial expressions. Facial expressions are formed using mouth (smile) and eyes (look), expressions and movements of eyebrows, eyelids, cheek muscles and the forehead.

It is not only emotions that are observable on the human face. With facial expressions we share different cultural gestures or instrumental movements. As defined by P. Ekman, W. Friesen a P. Ellsworth we can observe seven primary emotions and their opposites.

- happiness - unhappiness,

- surprise – fulfilled expectations,

- fear - feeling of security,

- joy - sadness,

- peace - anger,

- satisfaction - dissatisfaction,

- interest - disinterest

Non-verbal communication so as the whole communication process has to be understood as one unit that is larger than one of its parts.

Non-verbal communication can either substitute, emphasize or contradict verbal communication. If it emphasizes, usually it helps in better understanding between the partners. If it contradicts, we have a tendency to believe more in non-verbal than verbal communication because majority of people believes that the non-verbal expressions are more honest about our intentions and emotions and cannot be controlled by will.