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**EXTRA LINGUISTIC ISSUES IN CROSS CULTURAL COMMUNICATION:  
BODY LANGUAGE AND TABOOS**

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**ABSTRACT**

Cross-cultural communication is an essential aspect of globalized societies. Body language include: facial expressions, gestures, laughter, caws, tone of voice, silence, accent. People can express their emotions, ideas, feelings with the help of gestures, facial expressions which can be understood by people from certain group or these means of nonverbal communication can lead to misunderstanding between people.

**Key words**

nonverbal communication, verbal communication, avoidance tendencies, taboo.

**ANNOTATSIYA**

Madaniyatlararo muloqot globallashtgan jamiyatlarning muhim jihati hisoblanadi. Tana tiliga quyidagilar kiradi: mimika, imo-ishoralar, qahqaha, ovoz ohangi, sukunat, urg'u. Odamlar o'zlarining his-tuyg'ularini va g'oyalarini imo-ishoralar, yuz ifodalari yordamida ifoda etishlari mumkin, ular ma'lum bir guruhdagi odamlar tomonidan tushunilishi mumkin yoki bu noverbal muloqot vositalari odamlar o'rtasida tushunmovchilikka olib kelishi mumkin.

**Kalit so'zlar**

noverbal muloqot, verbal muloqot, qochish tendentsiyalari, tabu.

Body language is a type of communication in which physical behaviors, as opposed to words, are used to express or convey information. Such behavior includes facial expressions, body posture, gestures, eye movement, touch and the use of space. The term body language is usually applied in regard to people but may also be applied to animals. The study of body language is also known as kinesics. Although body language is an important part of communication, most of it happens without conscious awareness. Body language differs from sign language, which are languages with complex grammar systems and exhibiting the fundamental properties considered to exist in all true languages. Body language, on



the other hand, does not have a grammar system and must be interpreted broadly, instead of having an absolute meaning corresponding with a certain movement. It is, technically, not a language. Within a society, consensus exists regarding the accepted understandings and interpretations of specific behaviors. There also is controversy on whether body language is universal. Body language, a subset of nonverbal communication, complements verbal communication in social interaction. In fact, some researchers conclude that nonverbal communication accounts for the majority of information transmitted during interpersonal interactions. It helps to establish the relationship between two people and regulates interaction, yet it can be ambiguous. Emotions can also be detected through body postures. Research has shown that body postures are more accurately recognized when an emotion is compared with a different or neutral emotion. For example, a person feeling angry would portray dominance over the other, and their posture would display approach tendencies. Comparing this to a person feeling fearful: they would feel weak, and submissive and their posture would display avoidance tendencies.

#### Handshakes

Handshakes are regular greeting rituals and commonly used when meeting, greeting, offering congratulations, expressing camaraderie, or after the completion of an agreement. Studies have categorized several handshake styles, including the finger squeeze, the bone crusher (shaking hands too strongly), the limp fish (shaking hands too weakly), etc. Handshakes are popular in the United States and are appropriate for use between men and women. However, in Muslim cultures, men may not shake hands or touch women in any way and vice versa. Likewise, in Hindu cultures, Hindu men may never shake hands with women. Instead, they greet women by placing their hands as if praying. [citation needed.]

A taboo, also spelled taboos, is a social group's ban, prohibition, or avoidance of something (usually an utterance or behavior) based on the group's sense that it is excessively repulsive, offensive, sacred, or allowed only for certain people. Such prohibitions are present in virtually all societies. Definition. A cultural taboo is something that is considered inappropriate within a cultural group. While this overlaps with religious taboos, some cultures are governed more by social norms than religious norms. For example, western culture has a diversity of religions, but a unified set of cultural taboos.

#### Meat

Various religions forbid the consumption of certain types of meat. For example, Judaism prescribes a strict set of rules, called Kashrut, regarding what can and cannot be eaten. Certain sects of Christianity also hold to these or similar rules.



In Islamic practice, the laws of Haram and Halal dictate, among other things, certain foods which may not be eaten. Hindus, Jains and Buddhists often follow religious directives to observe vegetarianism and avoid eating meat. Since Hinduism lacks a central dogma, however, many Hindus do eat meat, while among many modern Indian Hindus, all meat is considered a taboo except mutton (usually in India the goat's flesh, or sometimes sheep's flesh), chicken and fish. Health reasons may also contribute to a taboo. For example, eating undercooked pork has a risk of trichinosis, while many forms of seafood can cause extreme cases of food poisoning. Scavengers and carnivores are frowned upon in many taboo systems, perhaps from their potential to pick up disease and parasites from other creatures.

We suppose that, when we use our body language we are able to express our emotions to people who are in foreign countries not only that but also we can afford to ourselves to make a conversation with people in another country. Lack of awareness about local customs, body language and taboos can cause various misunderstandings, culture shock and conflict between people from different cultural background and countries, so it is very important to learn not only the language but also the local culture of that country.

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