



VERBAL AND NON-VERBAL WAYS OF EXPRESSING GRATITUDE IN ENGLISH AND UZBEK LANGUAGES

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Abstract: *The present article investigates means of expressing gratitude both verbally and non-verbally in two different cultures. The main goal of this paper is to identify and compare the function of various forms of gratitude expressions in different situations, as well as the usage of this speech genre by speakers from two different national cultural backgrounds, as well as the development of linguo-cultural competence of learners, which allows to raise awareness of linguistic and paralinguistic features of the target language.*

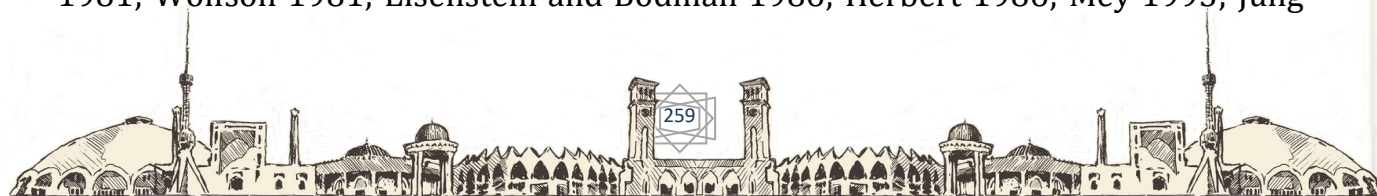
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Introduction

Language plays a vital role in every culture. Language and culture are inextricably linked and we can not learn one without understanding the other. According to the Encyclopedia Britannica, language is linked to all aspects of human life in society and understanding to the surrounding culture is essential when learning a language. In order to become pragmatically competent in a particular language, learners should utilize the "correct language" in accordance with grammatical, lexical and phonetic standards which are considered as normative for native speakers. It is irrefutable fact that one of the most commonly used speech genre in everyday communication is the expression of gratitude. M.M.Bakhtin coined the term "speech genre" and defined it as "a relatively stable thematic, compositional, and stylistic types of expression that are extremely important embodiments of typical situations of social, psychological, and cultural interaction between people." According to Eisenstein and Bodman (1986), in "I Very Appreciate': Expressions of Gratitude by Native and Non-native Speakers of American English," the word "thank you" expresses an emotional attitude, and there are several phrases that speakers may use in thanking. Because thanking serves a societal function, learners should learn how to express gratitude in the target language and learners must not only understand the semantic formulas required in thanking situations, but also the appropriate time to use these formulas.

Theoretical background

Previous research on thanking has studied diverse forms and functions of thanking, compared speakers of different varieties of English, and examined a range of speech events in different contexts of communication [see, for example, Coulmas 1981; Wolfson 1981; Eisenstein and Bodman 1986; Herbert 1986; Mey 1993; Jung





1994; Stenström 1994; Aston 1995; Jacobsson 2002; Wichmann 2004; Cheng 2009; Grainger 2013; Jautz 2013; Liao 2013]. In Jung's (1994) research of thanking and responses to thanking in American English, findings showed that, in general, gratitude was used to express appreciation of benefits and to enhance rapport between interlocutors. These basic functions were extended to conversational opening, conversational closing, leave-taking, and offering positive reinforcement. Another function of gratitude was to indirectly express dissatisfaction or discomfort, which was frequently accompanied by sarcasm or a different intonation pattern. Jung (1994) identified six types of responses to expressions of gratitude and thanking: acceptance, denial, reciprocity, comment, nonverbal gesture, and no response. Eisenstein and Bodman (1993, 1986) conducted major research on the speech act of gratitude by analyzing responses to receiving a gift, favor, reward, or service, rating the responses for appropriateness based on native speakers' performance on thanking, and developing a code system as a result. Gratitude expressions are considered negative face-threatening acts (FTAs) by politeness theory (Bach, 2004), limiting the hearer's personal freedom [Thomas, 1986]. Positive face-threatening acts are supposed to "add something," whereas negative ones are supposed to "take something away." The relationship between the (oral) text producer (speaker) and the text receiver (hearer) influences the choice of utterance [Aleksandrova, 2017]. By saying 'thank you,' for example, the speaker acknowledges that the person being thanked is a self-contained individual with his or her own needs who the speaker holds in high regard. That is the polar opposite of warmth and attachment [Eisenstein & Bodman, 1986].

Expressions of Gratitude in United States English

According to the Merriam-Webster Dictionary, gratitude is simply "the state of being grateful." Many of us show our appreciation by saying thank you to someone who has assisted us. Emmons and his coauthor Robin Stern explain that: "gratitude has a dual meaning: a worldly one and a transcendent one. In its worldly sense, gratitude is a feeling that occurs in interpersonal exchanges when one person acknowledges receiving a valuable benefit from another. Gratitude is a cognitive-affective state that is typically associated with the perception that one has received a personal benefit from the good intentions of another person" [Emmons & Stern, 2013].

Although expressing gratitude is universal to all languages and humanity, it varies according to each nation's cultural traditions and values. 21st of September is World Gratitude Day in The United States of America. How do people show their gratitude in American Style? It is not enough to just feel grateful and say "thank you". They have a distinct gratitude culture. If you want to make them very happy, then you need to learn expressing appreciation in an American way. They express their gratitude explicitly. It is polite, expected and normal. It is rude not to explicitly express gratitude in this country. Furthermore, it is perfectly acceptable to write





notes, cards and give small gifts. This is exactly what they do when someone has really gone the extra mile for them. It is a way to share deep appreciation. They use a number of expressions of gratitude depending on different reasons:

Thank You/ Thanks/ Thanks a lot /I really appreciate it/ Thank You so much (Thanking)

Thanks a bunch. You're a life saver (Thanking + Compliment)

That's very kind of you. Thank you so much. (Complimenting the person + thanking)

You're life saver. I'll never forget it. You can't imagine what this means to me. (Complimenting the person + thanking + expressing indebtedness + expressing gratitude)

I'll return it to you as soon as I can. I really appreciate what you're doing (Promising to repay + expressing appreciation)

Wow. I don't know how to thank you. This is a life saver. (Thanking + complimenting the action)

Responses to Thanks

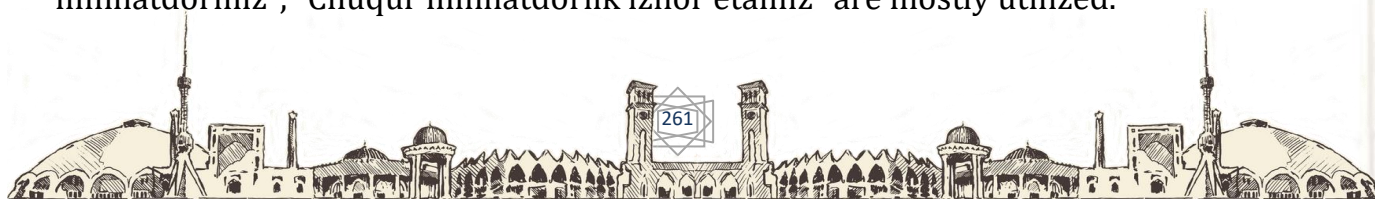
You're welcome! /That's quite all right. /Not at all. Don't mention it./ That's all right. It's really nothing.

Non verbal communication involving body movement is known as Body Language. People can convey a great deal of information without saying word through using non verbal means of communication. For example, if you want to get onto the main road, some other drivers look at you and make a favor for you and gently allow you to get in front in a traffic congestion. As a sign of appreciation, you can turn an emergency lights for just a few moments. It is the easiest and safest way to say "thank you". There are many ways to do it, but methods vary by countries and drivers. Men sometimes shout "Thank You" outside the window to make sure you heard them, while women like to smile or raise their eyebrows.

In order to say "thank you" in American Sign Language (ASL), you need Start with your dominant hand. Then place your fingers near your lips, with your hand as flat as possible. Move your hand forward and slightly downwards toward the person you are thanking.

Expressions of gratitude in Uzbek

Showing gratitude is crucially important in Uzbek culture. Unique and vibrant culture of Uzbekistan evolved thousands of years ago. We can consider expressing gratitude as part of everyday life. But the way showing gratitude varies according to social stratum and style of expression. For instance, senior Uzbek people make dua when they are really grateful about something. It is a unique tradition that belong to only Uzbeks. They say "Alloh rozi bo'lsin", "Alloh ziyoda etsin", "Suv kabi aziz bo'ling!". The most frequently used gratitude expression is "Rahmat!" in a casual conversation on a daily basis, while in formal occasions "Tashakkur", "Chin dildan minnatdormiz", "Chuqur minnatdorlik izhor etamiz" are mostly utilized.





When concerning paralinguistic feature of expressing gratitude in Uzbek, we can divide it into 3 different levels or stages depending upon different situations. In the first stage, to say thank you without words Uzbek people shake hands as a sign of appreciation or blink their eyes or nod their head with smile on face. In the second stage, if we are truly and deeply grateful for someone who has helped a lot, we place our right hands over our hearts to show thankfulness and respect. In the last stage people who are blissfully grateful to someone may kiss on cheeks and even hug to express gratitude.

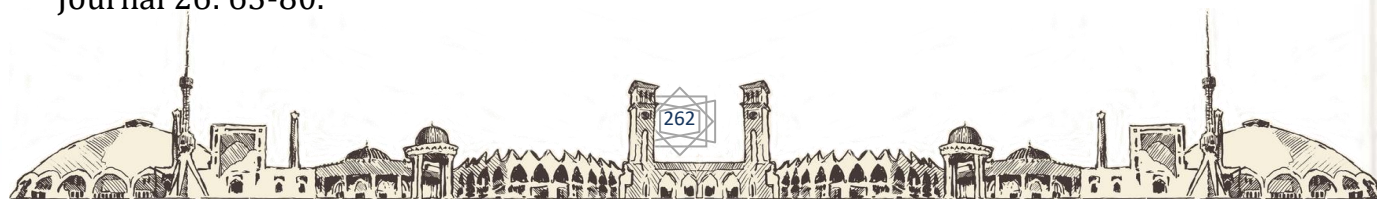
Responses to thanks in Uzbek language are “Arzimaydi”, “Hechqisi yo’q”, “Aytishga ham arzimaydi”.

Conclusion

Concluding the paper we come to the conclusion that speech genre of gratitude is a universal feature to every language regardless of customs and traditions of each nation. However, the same forms whether verbal or non-verbal can have different implications in different contexts. In addition to that, it is worth mentioning that a number of issues of this scientific discipline is still remaining disputable.

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