

ADVANTAGES AND DISADVANTAGES OF NON-VERBAL COMMUNICATION IN  
ENGLISH AND UZBEK LANGUAGES.

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**Annotation:** *The advantages and disadvantages of non-verbal communication in English and Uzbek languages are highlighted. Non-verbal communication alludes to a shape of interaction that happens without the utilize of words, depending instep on non-verbal prompts and behaviors. These prompts envelop a wide run of components, such as facial expressions, vocal tone, body dialect, motions, quiet, pose, eye contact, and touch. It is frequently alluded to as the “silent language.”*

**Keywords:** *nonverbal, communication, advantages, disadvantages, words, languages.*

INGLIZ VA O'ZBEK TILLARIDA NOVERBAL MULOQOTNING AFZALLIKLARI  
VA KAMCHILIKLARI.

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**Annotatsiya:** *Ingliz va o'zbek tillarida og'zaki bo'lmagan muloqotning afzalliklari va kamchiliklari ta'kidlangan. Og'zaki bo'lmagan muloqot og'zaki bo'lmagan takliflar va xatti-harakatlarga bog'liq holda, so'zlardan foydalanmasdan sodir bo'ladigan o'zaro ta'sir shaklini nazarda tutadi. Ushbu takliflar yuz ifodalari, ovoz ohangi, tana dialekti, harakatlar, jimjitlik, poza, ko'z bilan aloqa va teginish kabi ko'plab komponentlarni o'z ichiga oladi. U ko'pincha "jim til" deb ataladi.*

**Kalit so'zlar:** *noverbal, muloqot, afzalliklar, kamchiliklar, so'zlar, tillar.*

Non-verbal communication works hand in hand with verbal communication, working together to pass on the full meaning of messages. Be that as it may, it's critical to recognize that non-verbal communication has its points of interest and limitations.

Advantages and drawbacks of non-verbal communication

Understanding the aces and cons of nonverbal communication is vital for viable interpersonal intelligent and effective communication outcomes.

The focal points of non-verbal communication are as follows:

1) **Improves Verbal Communication:** The preeminent advantage of nonverbal communication is that it complements and enhances verbal communication. When somebody is talking, their nonverbal prompts give extra setting and meaning to their words. This upgrades the in general understanding of the message.

2) **Enthusiastic Expression:** Feelings can be challenging to express precisely through words alone. Nonverbal signals play a pivotal part in passing on feelings. A embrace, for case, can communicate consolation and back distant more successfully than saying, “I’m here for you.” So also, tears can express pity or sympathy without the require for verbal explanations.

3) **Relevant Clues:** Successful nonverbal communication gives important setting to a discussion or circumstance. They offer assistance to clarify the planning meaning of verbal messages, which can now and then be equivocal or open to translation. For occurrence, the tone of voice and facial expressions can show whether a articulation is implied as a joke, a address, or a articulation of truth.

4) **Substituting Verbal Communication:** In circumstances where verbal communication is not conceivable or suitable, nonverbal prompts gotten to be the essential implies of passing on data. For illustration, in boisterous situations, sign dialect for people with hearing impedances, or amid minutes of hush, nonverbal communication takes on a pivotal part in keeping up viable communication.

5) **Time-Efficient:** In a few cases, nonverbal communication can pass on data more productively than composed or verbal communication. Straightforward motions, images, or signals can communicate complex thoughts or informational without the require for long clarifications. This proficiency gets to be especially important in time-constrained circumstances.

6) **Individual Impressions:** Nonverbal prompts contribute altogether to shaping starting impressions of others. Inside the to begin with few seconds of assembly somebody, their body dialect and pose can make a enduring affect. Solid nonverbal communication aptitudes can offer assistance people extend certainty, receptiveness, and professionalism.

7) **Non-intrusive Criticism:** Nonverbal prompts permit people to give criticism or express understanding or contradiction without hindering the speaker. Gestures grin, or facial expressions can empower the speaker to proceed or show understanding, whereas raised eyebrows can flag perplexity or difference without requiring to speak.

8) **Social Versatility:** Being gifted in translating and utilizing nonverbal communication can offer assistance people adjust to distinctive social standards and desires. Diverse societies have one of a kind nonverbal communication designs, and being mindful of these contrasts permits for more aware and successful cross-cultural interactions.

9) **Multi-channel Communication:** Nonverbal communication includes profundity and complexity to the by and large communication prepare. When verbal and nonverbal

signals adjust, it strengthens the validity of the message. On the other hand, irregularities between verbal and nonverbal expressions can flag a potential need of authenticity.

10) **Progressed Clarity through Visual Nonverbal Signals:** Nonverbal communication, when complemented by visual communication, leads to made strides clarity and comprehension in the communication prepare. By joining visual components with nonverbal prompts, people can pass on their eagerly, feelings, and data in a way that takes off small room for misinterpretation.

11) **Overcoming social boundaries:** Nonverbal communication is an basic device for overcoming social impediments and cultivating understanding between people from different social foundations. Distinctive societies have particular standards that can be effortlessly confused in cross-cultural intuitive. In any case, by being mindful of and utilizing suitable nonverbal prompts, individuals can construct affinity and build up important associations with others notwithstanding of their social contrasts.

12) **Helping individuals with incapacities:** Nonverbal communication plays a crucial part in supporting physically-disabled people, especially those who are hard of hearing or have impedances. For these people, nonverbal prompts gotten to be basic instruments for successful communication. Hand signals, eye contact, and body dialect empower them to express themselves and lock in with others.

The drawbacks of non-verbal communication are as follows:

1) **Restricted Lexicon:** The preeminent confinement of nonverbal communication is that it has a restricted lexicon compared to verbal communication. Whereas talked dialect can be utilized to express a wide extend of concepts and thoughts, nonverbal signals may not cover the same breadth of expression.

2) **Nonattendance of Criticism:** Nonverbal communication needs the coordinate input component in communication that verbal communication gives. In verbal trades, individuals can look for clarification or affirmation, but in nonverbal communication, this is not as promptly accessible, driving to potential confusion.

3) **Deficient Communication:** Nonverbal communication cannot pass on all sorts of data. Basic points of interest, realities, or information are best communicated through verbal or composed implies, which are more exact and comprehensive.

4) **Nonverbal Clashes:** There may be occasions where verbal and nonverbal communication strife, driving to perplexity for the collector. For case, if somebody says they are upbeat whereas showing signs of pity, it can make a disconnect.

5) **Need of Record:** Not at all like verbal or composed communication, nonverbal prompts are ordinarily passing and do not take off a unmistakable record. This can posture a challenge when endeavoring to review particular subtle elements or understandings at a afterward time, driving to potential memory slips or disputes.

6) **Trouble in Long-Distance Communication:** Nonverbal signals are less viable in long-distance communication, such as phone calls or online informing. Without visual prompts, the nuances of nonverbal communication may be lost.

7) **Oblivious Spillage:** Nonverbal signals can uncover inadvertent data almost a person's feelings or considerations. This can be a major fault of nonverbal communication in certain circumstances, as people may inadvertently communicate data they wish to keep private or hide.

8) **Nonverbal Clashes:** There may be occurrences where verbal and nonverbal communication struggle, driving to perplexity for the collector. For case, if somebody says they are upbeat whereas showing signs of pity, it can make a disconnect.

9) **Unoriginal:** Over-reliance on nonverbal communication can make intuitive feel generic, as they may need the profundity and individual touch that comes with verbal exchanges.

10) **Need of Clarity:** Nonverbal prompts might not continuously pass on the aiming message clearly or accurately. Not at all like verbal communication, which depends on words and linguistic use to pass on particular implications, nonverbal signals can be open to different implications and might not successfully communicate complex ideas.

11) **Equivocalness:** Nonverbal communication can be profoundly vague and subject to distinctive translations. Signals and body dialect illustrate critical varieties over diverse societies and people, driving to errors and misinterpretations.

12) **Enthusiastic Over-burden:** Nonverbal prompts can in some cases overpower the aiming message with over the top passionate expressions. In profoundly enthusiastic circumstances, nonverbal communication might rule the interaction, making it challenging to center on the genuine substance of the communication.

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