

MOVEMENT, AN IMPORTANT TOOL IN COMMUNICATION

Diana CHIRIPUCI

I.L. Caragiale National University of Theatre and Film, Bucharest, Romania

Abstract: *The first form of manifestation of life and continuous flow of energy, movement is an important way of communication. In the first years of life, children tend to explore the surrounding space. They move to discover the environment as well as the possibilities of their body. At the same time, they express themselves through gestures and the unlimited spectrum of possibilities of movement, before speaking. Movements are imported into both nonverbal and verbal communication. In a dialogue, the interlocutor will better perceive the message, when it is accompanied by body language and gestures. Movement accompanies us throughout life and is a valuable tool in communicating with others.*

Keywords: *movement, communication, nonverbal communication, gestures, message*

Nonverbal communication accompanies us without realizing it. It is part of our life, whether we are aware of it or not. In more detailed analysis, we will realize that this is more important than we believe and can help us if we use it properly or it can be our greatest enemy.

We are used to communicate only through the words spoken orally using the primary transmitter of our wishes and needs, our mouth. But what about the rest of the body? Does it disappear in all this process? I shall let you discover gradually over the next pages.

The first form of manifestation of life is the movement. Even from mother's womb, we start moving to make our way to life. The

mere fact of growth involves the movement of cells in the body. They multiply, until the little one, which was only a cell at the beginning, ends up being a baby, who comes into the world also through movement.

During their first years of life, children tend to explore the environment, not constrained by aesthetic aspects, such as how they look when they move. They just move to discover the environment, as well as the possibilities of their body, which at first fascinate them with every move they make. They then find different methods of movement through which they can communicate with those around them. Being inventive and still failing to form words, they find all sorts of nonverbal ways to express themselves, from pointing out different objects, to finding their own moves to express a need or a desire.

In an article in the *Contemporary Aesthetics*, Sheets-Johnstone says: “The chronological development of all individuals, the learning that occurs in all areas of life, is first of all by movement and then by verbal words. We can thus consider individuals as prelinguists and language is post-kinesthetic.”⁴⁴ Based on this statement, we can say that movement is prior to speech and therefore an important tool in communication. At an early age, children express their needs and wishes only by movement, by different gestures, then by movement-accompanied interjections and only later by words. Therefore, the human species expresses itself primarily by movement, i.e. nonverbal communication.

Nonverbal communication is extremely extensive and can be transmitted through several sensory channels. “By clarifying the reception methods according to the nature of the received stimuli respectively: mechanical, physical, chemical, physiological (A.

⁴⁴ Maxine Sheets-Johnstone, “Man has always danced: forays into an art philosophers”, *Contemporary Aesthetics* (electronic journal), vol. 2, no. 1, 2005, p. 50 *apud* F.D. Cardaş, *Rezumatul tezei de doctorat: Dezvoltare personală unificatoare prin dans și mișcare la școlarul mic*, București, 2017, p. 8

Uhtomski), the forms of sensitivity will be: 1) tactile; 2) thermal; 3) visual; 4) auditory; 5) vibrators; 6) proprioceptive; 7) ortho-static and balanced; 8) gustatory; 9) olfactory; 10) introceptive; 11) painful.”⁴⁵ To this end, we can list some examples: body touch, visual contact, various movements that can be unique signs for a group of people or signs and gestures we all know, interjections, distinct sounds, olfactory signals. The list can continue indefinitely. “The set of nonverbal elements - mime, gestures, posture, etc. - maintain the conversation and give significance to the verbal message, animated it. In the communication relationship, nonverbal elements are perceived simultaneously with verbal and decoded together.”⁴⁶ When we start to speak, the movement accompanies the replies we speak. If we use only gestures, we can get along, if we only talk we will understand each other, but when these two forms of expression intermingle, we have a full message transmission. This does not mean that the gestures should suggest exactly what we say, but on the contrary, it should complement the words, be our natural personal form of expression.

Sometimes, if we are not careful, our body can betray us. “Nonverbal elements may be unintentional, but here too they determine specific behavior on the part of the recipients, which always gives them a meaning.”⁴⁷ When we say something, and our gestures express something else, because our subconscious distinguishes that what we say is not true, we give ourselves away. Therefore, we must also take care of the nonverbal communication that we use, in addition to the words that we say. In other words, nonverbal communication can help us to send a message through

⁴⁵ Paul Popescu-Neveanu, *Dicționar de psihologie*, Albatros, București, 1978, p. 650

⁴⁶ Septimiu Chelcea, Loredana Ivan, Adina Chelcea, *Comunicarea nonverbală: gesturile și postura: cuvintele nu sunt de-ajuns*, Comunicare.ro, București, 2005, p. 30

⁴⁷ *Ibidem*, p. 180

several sensory channels, so with its help we have a better chance of being wise or of passing on as clearly as possible what we want.

The actor, the director, and primarily the man Dan Puric, said: “the first law of communication is to make people feel good.” How? Nonverbal communication is at our disposal at any time: through a smile, through a joke, which has at least one smile from the listeners, or by many different methods. When we are honest, and what we say is consistent with what we think, with our values, we make people feel good, and our natural body movement will help us to convey the message as well as possible.

In these times, when the mask is compulsory even on the street, we face a small impasse. I don’t know if you feel the same as I do, but at the moment I wear a mask, I can’t hear as good any more. Suddenly. Why? My ears are free, my eyes see, sometimes through the steamed glasses, but I see, and yet I don’t hear as well. I don’t mean to say that the mask isn’t useful. It has her purpose, but I mean to say that when someone listens to us, even the movement of our mouth, our lips convey the message much more clearly. Why? Because our lips move one way or another when we say certain words, and for interlocutors who speak the same language, the message is transmitted much more easily. It is good to know that it is also related to sound, which propagates in a certain way, but I want to emphasize visually on these lines. When what we say is associated with what is visible, and here I refer to the whole visual assembly, that is the motion of the lips, the movement of the hands and the body, then our message acquires a clear meaning.

We’re captured by motion. Our brain is more aware of and is attracted to everything that means movement. If at some point on the street we sit for a few seconds and then start moving, we will notice that many looks will turn toward us unless we move constantly. Or, if we talk to someone without gesturing, even if we tell something useful and interesting, sooner than later the other person will get bored. Instead, if we use all the possibilities of the body of

expression, then the interlocutor will perceive better and will be more curious to listen to the end, without getting bored as easily as before.

By this way of thinking, when we need to learn something, in order to keep the material more easily, many of us resort to the visual side, which includes various sketches to retain information more easily, or coloring the various important paragraphs to improve the time we keep in mind certain things. I made this parenthesis to emphasize the idea that the visual part plays an important role in our lives.

In a dialogue, the interlocutor will better perceive the message, when it is accompanied by movement or gestures. “The movement has a global character, it carries with it a poetical load with a high degree of abstractization, while the gesture is responding to an inner decision and its finality is more direct and clearer one. In this sense, looking at a single moving part of the body, the “gesture” would lead more to the extremities: arms, legs, and less to the areas considered until modern dance less significant, such as: chest, abdomen, pelvis, back.”⁴⁸ The movement is often ambiguous, while the gesture is clearer. Whichever one we choose to use, both are useful in communication. However, decrypting them, I mean nonverbal language, resulting from gestures or movements, can be just as difficult for someone outside, as it can be extremely easy for those who are part of the same group, family, or community.

We create most gestures with the help of our hands, which helps to improve the quality of the message. “The movements of the hand faithfully translate the movements of the soul. Physiology has been able to establish, through meticulous and precise observations, that every emotion echoes on the muscles of the hand and that the almost imperceptible turmoil of the fingers betrays the inner

⁴⁸ Liliana Iorgulescu, *Timp, spațiu, materie în limbajul coregrafic*, U.N.A.T.C. Press, București, 2014, p. 74

agitation.”⁴⁹ Most of the time the hands, but also the whole nonverbal language transmit what we often do not want to recognize. On the other hand, body movements complement what we say to create a harmonious whole regarding the intended message.

Nonverbal communication is also useful in exceptional situations, when this is the only way we can communicate, for example when there is noise, when the distance is too long, if we have a sore throat or the inability to speak for a limited time.

The vocabulary of movement is so rich that we have not yet found a way to name every movement we make, so that each one of us finds their own way to make themselves understood, when the words have no meaning. The sign language does not cover all the possibilities of gesture and movement that can be used to convey a message. At the same time, each group of friends or family has coded gestures or movements, which only they understand and use. Even if the verbal language is clearer, the movement can convey more emotion than words could ever do.

A study mentions the following: “Movement is the main way of communication for children, but also for adults, if we take into consideration studies that have shown that between 50-90% of communication is done nonverbally. Children use movement to convey how they feel and what they need. Relationships and emotions are manifested through the body, as follows: by tightening muscles, facial expression, body posture, eye contact, breathing, gestures - through the whole body movement.”⁵⁰ Children and adults use nonverbal language out of a need, sometimes unintentionally, sometimes intentionally, to express their emotions and desires as best they can. Movement accompanies us throughout life and is a valuable tool in communicating with others and “communication

⁴⁹ Septimiu Chelcea, Loredana Ivan, Adina Chelcea, *op. cit.*, p. 122

⁵⁰ Flavia Dorelia Cardaş, *Rezumatul tezei de doctorat: Dezvoltare personală unificatoare prin dans și mișcare la școlarul mic*, București, 2017, p. 6

skills ensure, in part, our success in social life and in the professional ones.”⁵¹

In the issue, the movement appeared before words and is the main way of communication of mankind. Before they can speak, children often use movement to express their desires and needs. Being extremely extensive, nonverbal communication can be transmitted through several sensory channels. However, we must be careful how we use it, in order to become an ally in communicating with others and not an enemy to give us away.

In conclusion, our movements are important in both verbal and nonverbal communication. When we have a dialogue, our message is transmitted through words, but also through the movements that accompany these words. Our interlocutor will understand better the message when we use body language and gestures. Thus, movement becomes an important way to convey the targeted message as clearly as possible.

At the same time, we have two ways in which our message reaches the others: auditory, so through verbal communication, but also visually, through nonverbal communication. Intersected, these two become the ideal option for useful communication, so movement is an important means of communication.

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⁵¹ Septimiu Chelcea, Loredana Ivan, Adina Chelcea, *op. cit.*, p. 179

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Diana Bejan (Chiripuci) is a choreographer and a dancer. She collaborates with “Constantin Tănase” revue Theater in Bucharest and has also performed in various theaters in the country. She is also a teacher of ballet and contemporary dance at “Casa de Balet”, where her students have won various scholarships and awards at international competitions. Currently she is a PhD student in the second year at UNATC. Her doctoral research is about the role and importance of choreography in the revue and musical show, so the movement is what she analyzes in various shows. E-mail: diana.chiripuci@gmail.com.