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## EMOTIONS AND GESTURES ARISING BETWEEN CULTURES AND CUSTOMS

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### ABSTRACT

The article contains information about emotions and gestures of representatives of different cultures. The essence of facial expressions and gestures formed over the centuries is explained. It is possible to understand that the same gestures acquire a different meaning in different nations. There are also gestures that are strictly prohibited in accordance with the laws and customs that have developed in society. In everyday life, we interact with representatives of different strata of the indigenous population, and accordingly, automated gestures, facial expressions and emotions arise in a person. In addition, facial expressions of emotions are explained in detail. A person can control some emotions, but can not control others. Because it is related to internal processes such as secretory glands and blood circulation system. The article describes the researches and their results related to the given information.

### KEYWORDS

Emotion, facial expression, depression, stress, mood, anger, tradition, joy, reflex, feeling, society.



## INTRODUCTION

The meaning of gestures varies by region. A few years ago, the psychologist Otto Kineberg observed in Chinese literature that people clap their hands when they are worried about disappointment, laugh "Ho-ho" when they are angry, and stick out their tongues when they are surprised. Similarly, the North American signs "Thumb" and "A-OK" are considered insults in other cultures. Facial expressions have different meanings in different nations. Research shows that smiling is a very good sign for people of all races. In order to quickly get out of depression and stress, it is necessary to create more smiling facial emotions and keep smiling, after such exercises, a person will spontaneously feel happy. On the other hand, when the mood is high, the mood changes to the negative side. Also, the climate play a role in whether the mood is negative or positive. Geographical location also determines character traits in people. Based on character traits, a person shows a response to each stimulus. Reactions can be positive or negative. There are cheerful and angry people. Representatives of the same region show similar feelings. Diseases caused by negative emotions are very similar and repeated in representatives of the same region.

## LITERATURE ANALYSIS AND METHODOLOGY

All over the world, children cry when they are sad, not their heads when they are submissive, and smile when

they are happy. These facial expressions are a universal source of communication. According to Ch.Darwin, the reason why all generations are living is that language is inherited from ancestors. He also says that emotional expressions enhance our survival in other ways. Surprise raises the eyebrows and widens the eyes, which allows us to learn more, Disgust wrinkles the nose, closes the nose from bad smells, and smiling is a social phenomenon, too like emotional reflexes.

Although cultures share a universal facial language for basic emotions, they differ in how actively they express the emotion. It is very difficult to hide the emotion in the eyes. In North America, more emotions are expressed through the eyes than through the voice and other facial emotions. Greetings are also done through different gestures in different countries. For example;

- In France: You can kiss complete strangers on the cheek.
- Lapland (parts of Norway, Sweden and Finland): they rub noses when they meet
- Asian countries: they greet you by placing their palms on your palms

Thumbs up. The results of gladiator fights in Rome is ended with thumb movements. From now on, a thumbs down means disapproval, and a thumbs up

means approval and it means all is well. But in some countries it is interpreted differently.

- In Germany: "one" when counting as a number
- In Greece: thumbs up "Not wanting to continue the conversation"
- In the USA, such actions are used at catching taxi by waving hand and approval is indicated by the OK sign.

In many cultures, people talk by looking the other person in the eye. This is especially noticeable in Spain, Greece, and Arab countries. Such close eye contact (the Finns and Japanese consider it a violation of etiquette) means influencing the interlocutor. Japanese avoid eye contact for most of the conversation, looking at the speaker's neck, shoes, or knees while speaking. According to French sources, when speaking, the French use 7% words, 38% intonation, and 55% facial expressions and gestures. Everyone knows that the French "talk" with their hands, that is, they use a lot of gestures and few words during communication. Gestures become more common as you go south.

- To show that they like food, the French kiss their fingertips
- When someone says they are crazy, they put their index finger to their temple.

- As a sign of distrust, they pull the skin under their eyes with their index finger, which means "I don't trust you."

Due to excessive heat or extreme cold, noise, constant natural disasters, and bad conditions, residents of this region experience negative situations such as constant nervousness, stress, and fatigue. Because of this, conflicts often arise in communities. As a result, people develop negative feelings towards each other, the environment, nature, and animals. Today, it is known that the climate of European countries is saturated with the best air. Nevertheless, it is possible to observe bad climate changes in countries like Italy and Britain. Negative changes in the mental activity of the population living in such a bad climate can cause various diseases and adverse situations. In order to prevent this, in order to create comfort for the native population and to strengthen adaptation in their living environment, it is necessary to organize places that are closer to that environment and to gradually develop both physical and mental skills. This is a very necessary recommendation for newly moved residents and tourists.

## CONCLUSION

Thus, we live among people, we always talk to others about our lifestyle, habits, customs, and rituals, and we convey our purpose. We use a lot of facial expressions and gestures to express our feelings. These emotions

and gestures have become a custom for different countries and are passed down from generation to generation as a legacy. Each nation has its own culture, and symbols that express these feelings are among them.

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