Nonverbal Communication

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Abstract

 Historically, there has been a gap in gender communication. Not being able to communicate properly has led to many downfalls in relationships and divorces in marriages. Knowing the nonverbal communication styles between men and women, working actively towards understanding any differences may make connections in effectively exchanging information in healthy ways. The primary question of this research is: What are the nonverbal communication differences between men and women on a tropical island? The secondary questions are: What do men and women notice different about each other’s nonverbal communication signals? How do men and women express happiness nonverbally? To answer these questions, a lot of readings will be done, surveys will be given out, interviews will be conducted, journals will be analyzed, and observations will be made.

Introduction

 All people use nonverbal communication, consciously and unconsciously. Nonverbal communication is behavior that produces or signifies meaning. Perhaps, it is even more effective than speech. Remember the saying, “Actions speak louder than words.” A woman who says “I love you,” while hugging and kissing her spouse is emphasizing words. When people communicate, merely a small part of the exchange is verbal. The main concern is transitioning from what words to say, to how to say those words; being that words alone seldom lead to the desire to begin, continue, or end a relationship. Understanding nonverbal communication is the key to purposeful communication.

Background

Men and women use nonverbal communication in ways that reflect the society’s expectations. Knapp (1972) indicated that sex-role expectations are taught by society (p. 55). For instance, men are taught to display actions that demonstrate control and women are taught to display more responsive actions. It is ordinary to see that both men and women reflect the labeled characteristics recognized in the genders. For example, women use items such as makeup, jewelry, and hair pieces to emphasize their appearance as a woman and men wear practical clothing to promote usefulness and bustle. It is common to find that men and women both follow their society’s expectations on how to act and dress.

 When casually observing, notice women make themselves “small” and men tend to take up a lot of space. In a class activity that was done on October 8, 2013, the instructor asked the students in class to stand up and show a typical male and female gesture. All the males had a strong stance while the females stood with their legs crossed and hands to themselves. Burgoon (1996) indicated that women are approached more closely, tolerate more spatial intrusions, and give way more readily to others (p. 236). While sitting in a restaurant, the casual observer may find that women usually sit with legs crossed with their hands placed on their lap while their legs are tucked under the table. In the same room, men may tend to sit with both feet on the ground with arms on the side of the chair and they sit pushed back from table.

Many people may find that women are more expressive communicators than men. Fitchten (1992) indicated that women are more concerned about interpersonal relations (p. 6). For a woman, smiling is regular when they interact, but for a man it is an emotional appearance. Burgoon (1996) stated that women have a positive at-rest facial expression, thus negative feelings are more noticeably shown by women and men have a neutral facial expression, making their positive facial expressions noticeable (p. 235). The average person may find that women smile more often than men, despite what they are feeling at the moment. One may also find women generally want to emphasize their equality, criticism, and sensitivity being that they may want to create close relationships with others while men generally want to emphasize their authority, proactive behavior, and masculinity.

Literature Review

Men and women differ in their use of nonverbal communication due to the fact that often times, their reasons for communicating are not the same. Gray (1993) indicated that men generally communicate to transmit information and solve specific problems, while women usually use communication to express feelings and achieve emotional intimacy (p.124). For instance, a female tells her spouse she had a horrible day at work and he says “maybe you shouldn’t think so negative” making her upset, when the response she was looking for was “I understand” to make her feel better. Burgoon (1996) indicated that women depend more on facial expressions to convey their meaning or the strength of their emotions and men rely on more gestures. (p. 236). It is ordinary to see that males tend to use their hands when expressing themselves.

Men and women differ in their skill to interpret nonverbal communication. Research has shown that women are better at interpreting nonverbal signals than men. Burgoon (1996) found that women’s social positions give them greater practice than men in observing nonverbal communication (p. 29). It is common to find that women are critical about specifics. For example, a male interprets friendly signals, such as a smile, and indicates the female is interested in him. Another example is a woman who interprets a man smiling at her as a friendly gesture, she will pay attention to other gestures to confirm if he likes her or not.

Men and women differ in their ways of signaling meanings. Knapp (1972) indicated that men tend to associate touching with sexual intentions more than women (p.149). An example is a female instructor patting her female student on the back whereas for a male instructor, the female student might take it as the instructor has sexual intentions. For a male, if not intimate, standing too close may be interpreted as a threat. Women allow closer interactions because they are more concerned about interpersonal relationships. For a woman, standing closely is fine because women like to build emotional bonds.

Research Questions

Primary Question: What are some of the nonverbal communication differences between men and women living on a tropical island?

Secondary Questions:

* What do men and women notice different about each other’s nonverbal communication signals?
* How do men and women express happiness nonverbally?

Methodology

Pilot Study

 With the help of an instructor, surveys of convenience were made possible. A pilot survey was created to test and get feedback from the audience. First, reading books for clarifications about the topic was done. After reading, coming up with questions were next. Next, the questions were reviewed for feedback. Some questions had to be worded differently for a better understanding. For instance, based on feedback from an instructor, the question “How can you tell that your current or former significant other is happy by use of nonverbal communication?” was changed to “By using nonverbal communication only, how does your current or former significant other communicate to you that he or she is happy?” (See Appendix A). There was also a good suggestion from a peer. The suggestion was “ask how effective they are in interpreting nonverbal communication” (See Appendix A). After reviewing, the pilot survey was prepared by typing questions and possible answers on the Survey Monkey site and sent out for the audience to fill out.

Formal Study

 After the pilot survey was sent out and responses came in, several changes had to be made to prepare the formal survey. The formal survey was intended for a bigger audience. Before making changes, reviewing the answers to see if they were useful was done. The responses received were all useful. Next, a feedback was read and considered. There was only one helpful comment from an instructor which was to put the first two questions into one question so more questions can be asked. After reading the feedback, the first four questions were put into two questions and a couple questions were added for more responses. For instance, one question added was to find out people’s example of effective nonverbal communication (See Appendix B). Before preparing and sending them out, the questions had to be reviewed by the instructor for approval. Finally, after getting the approval, the survey was prepared by editing the existing survey on the Survey Monkey site and then sent out for the bigger audience to fill out.

Interviews

 After analyzing the pilot and survey results, interview questions were made. There were four questions the reporter wanted to ask the experts. After the questions were finalized, interviews were scheduled with linguistic experts Dr. Kimberly Bunts-Anderson, Ms. Rachel Peterson, and Mr. Barry Wicksman. Each expert was asked the same questions. The interview was recorded on the reporter's cellular phone.

Observations

After the interviews were finished, observations were made. The observations were done in NMC classrooms. The classrooms were chosen randomly by the reporter. The first observation, Class 1, was with a male instructor. The second observation, Class 2, was with a male instructor as well. The third observation, Class 3, was with a female instructor. The observations were done either the first 20 minutes or the last 20 minutes of class. If there were not much interaction the first 20 minutes of class, then the observation was done the last 20 minutes.

Findings

 Men and women may think they are able to interpret each other’s signals accurately however, research has shown that women are more skilled than men at interpreting nonverbal communication. In an NMC survey, the majority of females reported that they are ‘often’ if not, ‘always’ effective in interpreting nonverbal communication. The same majority of females stated their male significant others are ‘sometimes’ skilled in interpreting nonverbal communication. In the same survey, 50% of males reported that they are either ‘often’ if not, ‘always’ effective in interpreting nonverbal communication and so are their female significant others. The survey has clearly shown that there is incongruence in the opposite genders’ perspective on signal interpretation.

 Burgoon (1996) indicated that those who are skilled in interpreting are effective in using nonverbal communication (p. 28). Interestingly, in the NMC survey, the majority of females reported that they are just as effective in using than interpreting nonverbal communication and stated their significant others are ‘sometimes.’ In the same survey, 50% of males reported that they are effective in using nonverbal communication and so are their partners. When asked to give an example of effective nonverbal communication, all males did not give an appropriate answer such as “…babe?” and “hand gestures” (See Appendix C). Females responded to the same question and gave appropriate answers such as “my husband picking up my general moods” and “using hand gestures with autistic students” (See Appendix C).The survey has noticeably shown that women understand and are more effective in using nonverbal communication and males may not be aware of effective nonverbal communication.

 It is common to find that men and women tend to touch each other more when they are happy. Gray (1993) indicated that happy couples sit closer together and touch each other more, while discordant couples touch themselves more and adopt such closed postures (p. 322). Happiness displays cheeks raised and smiling. In an interview, Barry Wicksman stated that “females are critical about details and males are not so critical about accuracy” (See Appendix G). The NMC survey showed that 83% of males reported their female significant others smile when communicating to their male significant others that they are happy. More than 65% of the females reported that their male significant others smile, give kisses, and become “more touchy” (See Appendix D). Men are more affectionate to their female significant others when they are happy. The survey has shown that males tend to notice only smiles and fail to notice other affectionate gestures like females do.

 In the article “To Nod or not to Nod”, the author Marie Helweg-Larson, studied the universal gesture of head nodding. Marie investigated head nodding by observing male and female college students in position of subordinate and equal status. The author found female and male students nodded equally to professors speaking, but men nodded less to peers than did women. Marie found that both men and women attended to the status and not the gender of the speaker. Interestingly, compared to NMC class observations, the reporter found that males and females nodded equally to their instructors. The reporter also observed that females nodded more to peers than males did (See Appendix E).

Discussion

Good communication skills are vital in relationships. When people interact, there is a constant sending and receiving wordless messages. It is important to know that facial expressions, eye contact, body movement, and appearance send strong messages. According to Rachel Peterson, it is important to know the differences because “you can tell a lot about a person and how they are feeling just by their looking at their facial expressions and gestures” (See Appendix H). For instance, a tall erect posture indicates confidence and strength, whereas a head-down slouch shows the opposite. The ability to understand and use nonverbal communication is a great tool to associate with other people, express one's true thoughts, and improve relations.

There are many ways to improve one’s interpretation and usage of nonverbal communication skills. Burgoon (1996) indicated that those who are good interpreters are good users, and vice versa (p. 29). In the interviews that were conducted, all the experts related their advice to the communication process. According to Dr. Kimberly Bunts-Anderson, men and women can both better their nonverbal communication skills by staying away from stereotypes (See Appendix F). For instance, the social idea that what women have to say is less important than what a man has to say. Dr. Anderson concentrated on what is expressed through nonverbal communication. According to Barry Wicksman, men and women can better their nonverbal communication skills by “expressing themselves verbally when it is the right time” (See Appendix G). Barry focused on timing and impact of what is done through nonverbal communication. According to Rachel Peterson, both genders can better their nonverbal communication skills by “paying attention to what they give off” (See Appendix H). Rachel focused on how nonverbal communication is interpreted.

Nonverbal communication is very important because it is a large part of the communication process. If a person relies only on verbal language to uncover the purpose and meaning of the message, the person is likely to come up short nearly every time.  People use actions to heighten messages. It is a mistake to only interpret one part of the nonverbal signal, look at it in context of the entire discussion. For instance, a person with arms folded in front is not necessarily close-minded, but possibly chilly or simply not comfortable. Avoid jumping to conclusions, and always ask for verbal corroboration to be sure. Precisely evaluating the significance of nonverbal actions can determine whether important relationships with others will succeed or fail.

Conclusion

In conclusion, this essay argued that men and women should read signals more. Learning the differences in interpretation and usage in nonverbal communication is very important. The skill to understand and use nonverbal communication is a great tool to express one’s true emotions and improve relationships. Gray indicated that men need solutions and women need to share (p. 149). For the reason that women communicate better, they may need to teach their significant others their skills in communication. When nonverbal signals match up with words, trust, clarity, and rapport increase in relationships. When signals do not match up with words or not clear to all, this can lead to tension, doubt, and misunderstandings. Understanding the nonverbal signals of others and becoming more mindful of the messages that actions send may be one way of combating the issue of misunderstandings between men and women. References

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Appendices

Appendix A

Nonverbal Communication Pilot Survey

1. What is your gender?
2. What is your age?
3. What is your current or former significant other’s gender?
4. What is your current or former significant other’s age?
5. Using only gestures, expressions or nonverbal communication, how would your significant other communicate to you that he or is she happy?
6. Using only gestures, expressions or nonverbal communication, how would your significant other communicate to you that he or she is angry?
7. How often are you effective in using nonverbal communication?
8. How often are you effective in interpreting nonverbal communication?
9. How often is your current or former significant other effective in using nonverbal communication?
10. How often is your current or former significant other effective in interpreting nonverbal communication?

Appendix B

Nonverbal Communication Formal Survey

1. Thank you for taking the time to fill out this survey. Please answer every question to the best of your ability.

Your age:

Your gender:

1. What is your current or former significant other’s age?
2. What is your current or former significant other’s gender?
3. Using only gestures, expressions or nonverbal communication, how would your significant other communicate to you that he or she is happy?
4. Using only gestures, expressions or nonverbal communication, how would your significant other communicate to you that he or she is angry?
5. How often are you effective in using nonverbal communication?
6. How often are you effective in interpreting nonverbal communication?
7. How often is your current or former significant other effective in using nonverbal communication?
8. How often is your current or former significant other effective in interpreting nonverbal communication?
9. Based on personal experience, please give an example of effective nonverbal communication

Appendix C

# Based on personal experience, please give an example of effective nonverbal communication.

Hand gestures.

11/4/2013 6:13 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2899592331)

With some of my family and some friends and even some acquaintances it is easy to communicate non verbally. On the other-hand some people are just not good at interpreting things. So for example if you are communicating nonverbaly it is perhaps because you are uncomfortable saying something out loud at that time. My husband does not pick up on this so if I purposefully attempt to communicate non-verbally he insists I say it out-loud which drives me nuts. However if I am not attempting to communicate with him directly he is better at picking up my general and others general moods. My sister is the same. However my father, mother, best friend and number of others could glance , smile, lift an eyebrow at one another and have a whole conversation without a word easily. Some people can do it some do not or cannot.

11/4/2013 4:40 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897808404)

When he would raise his tone and start using hand gestures when he is explaining things means he's frustrated.

11/4/2013 1:27 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897599039)

If you are angry you flick them off. Show the middle finger.

11/3/2013 6:59 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897327844)

Facial expressions are the most effective way of nonverbal communication because they could portray ANY emotion.

11/3/2013 4:32 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897189648)

Body language or the attitude in the person

11/3/2013 3:40 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897142448)

I always raise my eyebrows when I see something weird and she knows that and when I did it once she saw me then looked at my direction and saw a a lady with a really hairy fafa. No joke, True story.

11/3/2013 6:47 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896691106)

When dealing with autistic students, there are certain gestures to use for effective nonverbal communication which is sign language. During may high schools years, I had a project to do on observing the deaf students. Throughout the process I've learned to communicate with them nonverbally. It took a while and alot of practice but I enjoyed it.

11/3/2013 5:54 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896654984)

FACE EXPRESSION

11/3/2013 5:14 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896628850)

..............babe??? lol!

11/2/2013 7:11 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896318487)

Appendix D

Smile, with that "attan side" look, or the licking of the lips, etc.

11/6/2013 1:37 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2904084311)

I don't have a significant other.

11/4/2013 10:17 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2899811317)

He is smiling

11/4/2013 7:05 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2899652236)

Smile

11/4/2013 6:13 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2899592331)

jolly, laughing, smiling a lot

11/4/2013 6:08 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897970465)

smiles, glances, the way he walks

11/4/2013 4:40 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897808404)

He'd smile.

11/4/2013 1:27 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897599039)

Can't you ask your question in a simpler way. why make it harder for you and us to understand. I mean I get the question but not everyone will get it come on bro. Say "I love you" using gestures.

11/3/2013 6:59 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897327844)

Smile, hug, or kiss me on the forehead.

11/3/2013 4:32 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897189648)

He smiles a lot or being all touchy

11/3/2013 3:40 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2897142448)

He would smile and kiss me.

11/3/2013 7:15 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896710933)

Smiling, hitting, biting

11/3/2013 6:47 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896691106)

Nonverbally he face reactions and verbally he talks to me and the tone of his voice says it all.

11/3/2013 5:54 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896654984)

ENERGETIC

11/3/2013 5:14 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896628850)

kississ

11/2/2013 7:11 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2896318487)

smile, give me a hug,

10/31/2013 11:02 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/j8qWseXo7dKQe4eX7dAGUdq5NPPtZzsM3AZ6_2F6ywMtE_3D?respondent_id=2892699635)

He smiles a lot and he would look at me in a happy way.

10/28/2013 1:55 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2884733963)

she would try to smile more often or sometimes i would just have to try and assume that she is.

10/27/2013 6:03 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2884398085)

facial expression such as a smile, eye contact, tone, gesture

10/27/2013 6:46 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2883901312)

Smiles. Hugs. And kisses

10/27/2013 4:26 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2883834530)

Smile at me, give me kisses, hold my hand

10/27/2013 4:26 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2883834560)

He would smile, laugh or want to take you out on a date.

10/26/2013 10:02 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2883719878)

Smiling all the time.

10/26/2013 6:21 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2883128689)

Smiling.

10/25/2013 10:55 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2882927378)

The smile.

10/25/2013 4:27 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2882680238)

smiles, grinning, snapping his fingers, raising his eyebrows, often through text and chat messages

10/25/2013 8:02 AM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2881744352)

She would always giggle or her face would turn reddish pink.

10/24/2013 9:41 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/qx5fqxiIVxr0Q0LqZNPaIv45WHLdLd2bwTFOu2BnIwI_3D?respondent_id=2880978934)

Appendix E

Observation Notes

Class 1: Male Instructor

* Last 20 minutes of class
* Watched documentary and discussed issues
* Females showed shocked expressions such as jaw dropped, gasped, made their eyes big and males kept a straight face when shocking material was showed
* Males and females nodded equally
* Females and males used backchannel responses equally
* Instructor used hand gestures when explaining
* Majority of females sat with legs crossed or together
* Majority of males sat with legs apart
* When explaining, males and female students did not use hand gestures

Class 2: Male Instructor

* First 20 minutes of class
* Went through homework and discussed new reading
* Instructor used hand gestures to explain things
* Females and males nodded equally
* Majority of females crossed or kept legs together
* Some males sat with legs together. Some with legs apart.
* Some females had elbow on table and hand on chin
* Males and females raised hands to ask questions
* Females sat closer to table (tucked under the table) than males
* Males and females used backchannel responses equally when instructor talks

Class 3: Female Instructor

* First 20 minutes of class
* Went over test and discussed presentations
* Females and males nodded equally
* Females nodded when peers talked more than males
* Majority of females crossed of kept legs together
* Majority of males sat with legs apart
* Females used backchannel responses more than males

Appendix F

Interviewer: Vanity Borja

Interviewee: Dr. Kimberly Bunts-Anderson

Time: 11/21/2013 2:08PM

Location: Office

Question: How can both genders better their nonverbal communication skills?

Answer: By staying away from stereotypes because it turns out that a lot of female stereotypes are wrong. For example, the stereotype that females are the worst drivers. That is wrong. Ask any insurance company. Men are charged way more than women because they are more cautious, drive slower, and take fewer risks. According to insurance companies, that makes them better drivers. But according to males, females are “too slow, too calm.” Getting rid of stereotypes is one thing. Another thing is this social idea that what women have to say is less important than what a man has to say. Why is it that sometimes women have to be quiet naturally for a man? If you noticed, there is this stereotype phrase like “don’t prattle” which is what a man would say to a woman. Getting rid of those stereotypes will better nonverbal communication skills.

Appendix G

Interviewer: Vanity Borja

Interviewee: Barry Wicksman

Time: 11/21/2013 5:25PM

Location: Office

Question: How do men and women differ in nonverbal communication?

Answer: Females are critical about details and males are not so critical about accuracy when answering a question, women will be more concerned with actual accuracy or details and men will not. Often, that can lead to a problem in a relationship.

Question: How can both genders better their nonverbal communication skills?

Answer: Both genders can better their nonverbal skills by communicating. They have to express what they are thinking and their ideas. They should express their feeling about nonverbal communication signals at the right time, not at a time when another person is involved. Sometimes nonverbal communication signals can be misleading and they can fix that by expressing themselves verbally.

Appendix H

Interviewer: Vanity Borja

Interviewee: Rachel Peterson

Time: 11/25/2013 11:26AM

Location: Office

Question: Do you think knowing the nonverbal communication differences matter? Why?

Answer: Yes, knowing the nonverbal communication differences between men and women matter. You can tell a lot about a person and how they are feeling just by their looking at their facial expressions and gestures. You can tell when someone is angry without them having to say it. There is something about body language and gestures. It is a part of whole and the way that we take a person.

Question: How can both genders better their nonverbal communication skills?

Answer: Both genders can better their nonverbal communication skills by paying attention to what they give off. Start off by looking in the mirror and see which signals are masculine or feminine and ask yourself if it is a good thing or a bad thing. You could also ask yourself where you picked up those signals. If you pay attention to other people’s body language, you might learn something that you would not have known just through conversation. You can understand a lot without saying a word.