

Introduction And Development Of Body Language And Its Importance In Education (An Overview In The Context Of Contemporary And Islamic Teachings)

Ajaz Hussain¹, Dr. Badshah Rehman², Dr. Mian Mujahid Shah³, Dr. Abdul Naseer⁴, Dr. Shafiq Bushra⁵, Anwar Muhammad⁶

¹Ph.D Scholar, Department of Islamic Studies, University of Malakand ajazhussain717@gmail.com

²Assistant Professor, Department of Islamic Studies, University of Malakand

³Lecturer Department of Islamic Studies & Religious Affairs, University of Malakand

⁴Assistant Professor, Department of Islamic Studies, Women Sub-campus, University of Malakand, Batkhela.

⁵Assistant Professor, Department of Islamic & Arabic Studies, University of Swat.

⁶Ph.D Scholar, Department of Islamic Studies, University of Malakand

Abstract:

Nowadays, people are developing significantly in every field of life, thanks to the development in the field of communication. Because the whole world has become a "global village", new scales and new dimensions have been realized in these media, body language is a living example of this. Addresses and speeches devoid of body language, body language or body language, no matter how eloquent and enthusiastic, are considered substandard.

Nowadays, body language has become an important topic in the modern world. Generally, when the upper classes meet, everyone pays attention to their body language, and comments are made on them in the electronic and print media. It has its own experts and conducts different courses from time to time. Now, when this body language is examined in the light of Islamic teachings, important and accurate information is provided. This not only proves that Islam is a complete code of life, but This is also an argument for its authenticity. In the paper under investigation, the introduction, evolution and necessity and importance of body language have been evaluated in the light of contemporary and Islamic teachings. I hope that this paper will prove to be innovative as well as useful for the readers. I hope that this paper will be useful as well as innovative to the readers and will help future researchers to work on this topic.

Introduction of Body Language:

When we are talking or are silent, during the conversation, our body is also moving consciously or unconsciously or we are feeling a specific meaning and significance through our silence. Communication is called verbal communication and in addition to this, conveying your message to others through body movements, facial expressions, gestures and gestures is called non-verbal communication (i.e. body language or body language). They say

Jean Meakin in his book BODY LANGUAGE AND DICTION defined body language as follows:

Body Language is the movement of our bodies to communicate our attitudes and feelings. The movement may be made consciously or

unconsciously. It may include, for example, facial expressions and eye movements.¹

Elaborating further, she writes:

Non-Verbal Communication (NVC) means the exchange of information without using words. In this Module, it is taken to include body language, body movements, gestures, posture, use of space and the way you dress.²

That is, "Non-verbal communication means exchanging information without using words. This type is taken to include body language, body movements, gestures, use of space and the way you dress."

Body language is considered a reliable way of expressing opinions in the whole world and in the upper classes this (Body Language) has become a permanent art form. The interesting thing is that It reveals a lot about our thoughts, thinking and intentions.

Research from the University of California came to the conclusion that the role of words in human communication is only seven percent (7%), while thirty-eight percent (38%) is tone of voice and fifty-five percent (55%) is body language. (Language). From this the importance of body language can be estimated.

Albert Mehrbian, a pioneer researcher of body language in 1950s, found that total impact of a message is about 7% verbal (words only) and 38% vocal (including tone of voice, inflection and other sounds) and 55% nonverbal.³

You can estimate how much a person who knows body language can learn about him by meeting him, and the beauty of body language is that it is natural, it is not necessary to have someone on it. Simply put, it is nevertheless an integral part of

the speaker's conversation. When we listen to someone's speech, we try not to lose sight of the speaker.

Origin and Evolution:

Body language is an ancient art, considered by some to be a modern science, and was not formally studied until the latter half of the last century. But the actual fact is contrary to this, the reason is that when the Arabs were influenced by the books of the famous Greek philosopher Aristotle, they played a fundamental role in the publication and development of this knowledge. Because when we look at the definition of science, both (science and body language) are almost the same thing. Imam Fakhruddin Razi has defined the science of science in the following words:⁴

"That is, reasoning about the internal conditions by looking at the external conditions of the body."

Therefore, Arab scholars (Ibn Sina, Ibn Rushd, Imam Shafi'i, Imam Razi, etc.) wrote many books on the subject of knowledge. However, the most famous among them is "Al-Siyasa fi 'Ilam al-Farasa" which was written by Shamsuddin Muhammad bin Abi Talib Ansari.

When we examine body language in the light of Islamic teachings, we get very precise information and guidance about it in the Holy Qur'an and the hadiths of the Prophet. For example, it is said about Hazrat Maryam (peace be upon her) that when her people accused her of misbehavior, she pointed to her new-born child (Jesus (peace be upon him)) and said that you yourselves Ask the real truth. Therefore, mentioning this incident, Allah says in Surah Maryam:⁵

"Then she came to her people carrying him (the baby). They said, "O Maryam you have committed some thing grave indeed. O sister of Harun, neither your father was a man of evil nor was your mother unchaste. So she pointed towards him (the baby). They said, "How shall we speak to someone who is still a child in the cradle?"⁶

In the interpretation of this verse, Ibn Juzi, may God have mercy on him, writes:

So Hazrat Maryam pointed to Jesus (peace be upon him), so he started talking and according to one saying, this means that Hazrat Maryam pointed to Jesus (peace be upon him) and said to the people of her people that you people And the situation was that when the mother gave birth to Jesus, he started talking.⁷

Some of the human movements, gestures, signs and effects mentioned in the Holy Quran were liked by Allah and some were disliked. For example, regarding "Bay'at", which is the name of complete obedience to Allah and His Messenger (peace be upon him) with a sincere heart, Allah says:⁸

"Allah was pleased with the believers when they were pledging allegiance with you (by placing their hands in your hands) under the tree, and he knew that was in their hearts, so he sent down tranquility upon them , and rewarded them with a victory , near at hand.

In this way, in the Holy Qur'an, not only condemnation has been expressed about certain human movements and body language (Body Language) that cause suffering and harassment to people, but also there is a mention of promise and rebuke with very harsh words. Allah Ta'ala says:⁹

"Woe to every backbiter , derider."

Allah Ta'ala saysin Surah e Qalam:¹⁰

"A slanderer, who goes About with calumnies."

Explaining the word "Humz", Allama Ibn Ashoor says: Humaza is a description derived from the Hamz, which is to reproach someone.¹¹

Impeach a person by eye, wink or head gesture.

And the word "Lumz" has been explained in the Arabic language as follows:¹²

"To reproach someone with slow voice, eye, head and lip gestures."

Therefore, the body language that is mentioned in the meaning of the word "Hums" and "Lims" in the above-mentioned verses, is a way to blame others through the movements and gestures of the eyes, eyebrows, eyelids, head, lips and eyelids. In addition, these gestures have been interpreted as hypocrisy, weak faith and miserly nature.

There is also a great deal of material in the blessed hadiths about the movements of the human organs, i.e. body language. If we consider the definition of hadith,¹³

four type of hadith are formed according to this definition:

- 1) Verbal hadith (2) Functional hadith (3) Narrative hadith (4) Descriptive hadith

The third type of hadith is "narrative hadith" and "speech" is a source on the weight of chapter Tafeel and it is derived from "Iqrar". Its meanings come from conforming, agreeing and maintaining, and the term "hadith speech" refers to "the act or speech of the Companions, may God bless them and grant them peace, in the presence of the Holy Prophet, peace and blessings of God

be upon him." He maintained it or supported it by his words or gestures.

The definition of Hadith speech has been written by Imam Shoukani in the following words:¹⁴

"And the situation is that the Prophet (peace and blessings of Allah be upon him) has kept silent about the prohibition of something that happened in front of the Prophet (peace and blessings of Allah be upon him) or in his time and you are aware of it, or Something was done in front of the Holy Prophet or something was done during the time of the Holy Prophet and despite the fact that he knew about it, he chose to remain silent about it because of the prohibition. Eating grapes in front of you."

In the same way, Allama Zarakshi says while interpreting the "Speech of Hadith".

"An example of this is that something happened in the face of the Holy Prophet (peace and blessings of Allah be upon him) or something happened during his time and he (PBUH) knew about it, but he remained silent about the prohibition of this act. So that thing or work is as if it is your work and it is permissible because you cannot maintain any illegal action."

Considering the definition and interpretation of spoken hadith, it is quite clear that all such hadiths are examples of body language, because in them the Prophet (peace and blessings of Allah be upon him) does not say anything with his tongue, but the silence and silence of the Prophet (peace and blessings of Allah be upon him). The Companions reasoned. For example:

"It is narrated in Sunan Abu Dawud on the authority of Qays bin Amr (may Allah be pleased with him) that the Messenger of Allah (peace and blessings of Allah be upon him) saw a man

praying two rak'ahs after the Fajr prayer, so he said, "The Fajr prayer is two rak'ahs." Diya: "I had not read the two rak'ahs (sunnahs) before the obligatory prayer, so now I have read them."¹⁵

The problem is clear from this blessed hadith that if a person could not pray two rak'ahs of Sunnah Muqida before the obligatory Fajr prayer for some reason, then he can pray before the sun rises. The reason for this is your choice of silence. Because in the case of non-justification, the Holy Prophet would have prohibited it. Therefore, the justification for reading two rakats of Sunnah Muqedah after the obligatory Fajr prayer before dawn is based on the silence, silence, and body language of the Prophet (PBUH). . Similarly, another hadith Mubarek says:

"Abdullah bin Abbas (may Allah be pleased with him) narrated that his aunt sent ghee, curd and cheese as a gift to the Messenger of Allah, peace and blessings be upon him, and he ate the ghee and cheese and felt disgusted with the curd. abandoned it, and it was eaten at the table of the Prophet (peace and blessings of Allah be upon him)."¹⁶

In this hadith, the Prophet (peace and blessings of Allah be upon him) also refrained from eating the tadpole while expressing disgust, but despite this, it was eaten at the table of the Prophet (peace and blessings of Allah be upon him) and there was no prohibition on the part of the Prophet (peace and blessings of Allah be upon him). And kept silent. Now in this holy hadith, two things are known from the body language, one is that the Companions of the Messenger of Allah, may God bless him and grant him peace, reasoned about the annoyance and dislike of the Holy Prophet (PBUH) due to the effect of the blessed face of the Holy Prophet (PBUH), and the second thing is that the Prophet (PBUH) used silence and silence. He authorized and did not prohibit the

consumption of Goh, which is the proof of his condition.

From the point of view of jurisprudence, there are many rulings that indicate the importance of understanding the movements of human organs, body language and gestures, and the jurists have set regular rules in this regard. For example:

- 1: Being silent on the occasion of making a statement is a statement.¹⁷
- 2: Silence in the face of prohibition is an expression of permission.¹⁸
- 3: Silence on the occasion of a prohibition is an indication of consent.¹⁹

Now under these rules and regulations, the jurists have solved many problems, for example, if a person remains silent and still despite having the power and strength to speak on the occasion of need and necessity, no one speaks, then in the same way. Silence and silence will be considered as standing place for talking. And while there is no resistance to the prohibition, choosing to remain silent is clearly an argument for permission and consent.

As if before the marriage of a virgin girl, her guardian asks her opinion and will and the virgin girl becomes silent in response, or a virgin girl comes to know that her guardian has married her, And if she remains silent on this matter, or if the virgin's marriage was performed by her guardian before the age of puberty, and after reaching adulthood, she remained silent despite knowing about her marriage, then she remains silent in all the above-mentioned three cases. And silence, consent and frankness will be considered per se. In the same way, if a virgin sheds tears without

sound, then the jurists have explicitly considered this as part of the permission.²⁰

By examining all the above situations in depth, it becomes clear as day that the virgin girl made some words with her tongue, her opinion and will is known to us by her facial expressions (taking silence), shedding tears without sound etc.) and this is known as Body Language.

Systematic research on the subject began, however, in the second half of the twentieth century, when a work by Ray Berdostall titled "An Introduction to Movements" appeared. After that, several books on the subject were published and became popular, especially the book "How to Recognize and Communicate Human Facial Expressions" by Nannie R. Mr. Wing gained popularity.²¹

The peculiarity of this work is that the language of body parts was mentioned in detail in it. In this book, a very deep study of nature and human habits has also been presented, such as: how people dominate and dominate others, how they show sincerity to some people even though they are not sincere. , What is the purpose of unnecessarily pressing the hand? What do different eye gestures and body movements say? All these things are explained in this book.

Experts in this art (Body Language) have identified several ways for young people to achieve success through this art - body language. For example, Wood says, "If you go to an interview, the first ten seconds when you Walk and sit in front of the board, are of immense importance. During this time, your confidence should be restored, the steps should be where you want to be and then it is very important to go and sit on the seat with satisfaction and comfort.

Necessity and importance of movements of human organs:

Language is the main means of conveying a message. Through words, we can express our feelings, but we can influence someone. In order to understand the psychology of the client, it is necessary to carefully observe his body language. Along with our words, our head, eyes, face color, hands, feet, gait, standing and sitting style are our personality shows.

Allah subhanahu wa ta'ala says:

"Today we will set a seal on their mouths, and their hands will speak to Us, and their legs will bear witness about that they used to do."²²

In the beginning, it was not understood how human parts and organs would talk, Allah is the omnipotent being, everything is under His control. When awareness began to arise, by studying sociology and psychology, it was found that not only language speaks and communicates, but the human body also speaks silently and this body language is so effective that it On the other hand, oral communication either becomes more effective or loses its prestige.

There are many occasions in human life where without uttering a single word, they convey their message to others through their physical attitudes and behavior. Based on these attitudes and behaviors, people make assumptions about what they want to do and say.

Language is the main element of communication between humans, through which they carry out the work of transmitting their thoughts and ideas. Along with language, tone is also very important in conveying a message, because tone actually interprets words. What matters is not what you say, but what your tone says.

Language and tone are necessary for each other, but there is only one language that does not require words and tone, it is called body language or body language.

There are many languages spoken in the world today. Despite all these languages, body language is the only language in the world that does not require words and sentences. In body language, the whole human body reflects human emotions. Now the task of understanding it is based on the understanding and readiness of the addressee, whether he can interpret and understand it to what extent.

Psychologists and sociologists agree that humans use only three percent (3%) of language and tone to express their conscience, while ninety-seven percent (97%) use their body such as hands, feet, Uses fingers, face etc

Zahiruddin Muhammad Babur (the founder of the Mughal Empire) was busy eating with his chieftains one day. During this time, he saw that the owner of a strong body, the name of the Afghani Sardar Jaa was Grami Sher Shah Suri, that he was eating the table meat and scratching it with a dagger. On seeing this rudeness of his, the forehead of a great sultan like Zahiruddin Babur fell on his forehead. The Sultan issued an order to kill him (Sher Shah Suri) in Khadim Khas' ear.

So seeing Zahiruddin Babur whispering in the ear of his servant, Sher Shah felt sorry and somehow managed to escape and save his life by changing his clothes. So the servant of the Sultan made the servant of Sher Shah think of Sher Shah as the cross Zahir-ud-Din Babur was a perceptive man, he had established an estimate of the rebellious thoughts growing in him from the movements and impulses of the Afghan Sardar (Sher Shah Suri) that he would create a threat to his government and empire in the future.

Therefore, the Sultan issued an order to kill them immediately. But on the other hand, Sher Shah Suri was also very expert in this field, he realized from the Sultan's movements and facial expressions that the king had planned to kill him. So history is a witness that after the death of Babur, Sher Shah forced Humayun to sift the ashes of Dar Badr. This incident is a small example of metaphysics.

Nowadays, the science of facial expressions is known as body language. It is a very ancient art that has reached us through centuries.²³

There is no doubt that body language is very important in developing a person's personality, because people usually see you before they hear you and thus they judge your personality whether you are giving a presentation or not standing or giving a job interview or being a businessman or passing through public places, the first thing people who encounter you consider is your movements and body language.

(Language) What is it like, for example, do you look confused, are you looking down? do you have your arms folded, or are you afraid to look at these people? Your posture will be your first impression on people.

For example, if you are standing in front of a person whom you have to convince for something, then when you go in front of them in a confident manner, they will first judge your personality by looking at your posture, whether this person is worth listening to or not. If you appear confident, you will surely be listened to attentively.

In fact, if you speak something with a confident body posture, then people also start to trust your words. It will be authentic and beneficial to us. And people are already willing to accept your word.

Due to lack of awareness of body language, its misuse can lead to not only unpleasant but also dangerous experiences. In 1992, people stood on both sides of the highways to welcome George HW Bush to Australia on his official visit. US President George HW Bush made a V sign with his two fingers, palms facing the people, in response to the rousing reception of the people.

The next day, headlines were made in newspapers that the US President insulted the people of Australia by not pronouncing the V symbol correctly. Just as the knowledge of the languages spoken at the academic level increases the chances of success, the knowledge of body language methods is also the main factor in the success of an individual.

Similarly, when the American Vice President visited Japan in 1975, when he was invited to address the house, all the members of the House were closed during his speech. So the American Vice President called his ambassador and asked the reason for this. So the ambassador said that the Japanese people do this to get a sense of humor. They close their eyes to better understand your speech. Similarly, in Europe, kissing is a means of love, while in Eastern society, such gestures and gestures fall into the category of indecency and obscenity.

Psychologists have discovered a few cues that can help us understand someone's lies and misrepresentations to a great extent, such as tilting the head, averting the eyes, changing the subject, making excuses, getting defensive, Movements and gestures like changing sides, interjecting things, and changing the subject and topic of the conversation are body language that can be used to catch someone's lies.

The need and importance of Body Language is indispensable in today's times, which cannot be ignored in any way. It is related to every field and

aspect of life, for example, if a teacher is highly skilled in his knowledge, but cannot benefit the students by attracting him with his knowledge. And getting the attention of others is possible only through body language. In the same way, if a good preacher gives a very good speech with his head down, without any movement, the audience will be bored instead of benefited by it.

The reason for this is that every individual, irrespective of his position, demands full attention and sincerity from his addressee, which is definitely shown by moving forward and shaking hands enthusiastically. And according to Islamic teachings, when meeting any Muslim, "meeting with smiling faces" is considered. If you belong to the commercial world, despite your best efforts, you cannot gather such comprehensive, reasoned and well-shaped words in a few moments that you can get the desired result from your speech, while with a few moments of enthusiastic and dignified handshake you can achieve results beyond expectations.

charity. It is narrated in Sahih Muslim on the authority of Hazrat Abu Dharr that the Prophet, peace and blessings be upon him, said to me:

"Do not despise anything in goodness, even if it means meeting your Muslim brother with a smiling face."²⁴

References

1. Jean Meakin,(2017) "BODY LANGUAGE AND DICTION"EMLT UK (www.emlt.uu)pg. 6
2. Jean Meakin,(2017) "BODY LANGUAGE AND DICTION"EMLT UK (www.emlt.uu)pg. 6
3. Barbara, Allan. "Pease.(2004)." *The Definitive Book of Body Language: How to Read Others' Thoughts by Their Gestures, Pease International, Australia*, .Pg 27
4. Razi, Fakhruddin ibn Allama zia u ddin, Ilmu firas, Maktabat ul Quran , Bolaq , Cairo, Vol. 1 pg 18
5. Al-Quran:19:27
6. Usmani, Mufti Muhammad Taqi, The Meaning of the Noble Quran , Maktaba Maariful Quran Karachi.

7. Ibn Juzi, Abdur Rahman ibn Ali, Zadul Maseer Fi Ilmit Tafsir, Darul Kitabil Arabi Berut,1999,Vol. 1, Pg 117
8. Al-Quran : 48:18
9. Al-Quran:104: 1
10. Al-Quran :68:11
11. Ibn Aashoor , Muhammad Al Tahir abn Muhammad Altahir, Altahrir Waltanwer, Al.Dar Al tunisiyyah Linnashr, Tunis, 1984. Vol. 30,pg 530.
12. Ibn Manzoor, Muhammad Ibn Mukram Ibn Ali,Lisanul Arab ,Dar e Sadir Berut,Vol. 5 Pg. 406
13. Al Asimin ,Muhammad Ibn Salih Ibn Muhammad,Mustalahu Hadith,Maktabatu Ilm, Qahira1994A.D, Vol1, Pg 5
14. Shawkani , Muhammad Ibn Ali Ibn Muhammad, Irshad ul Fuhool ila Tahqeeq el Haqqi min Ilmil Usool,, Maktaba Berut,1999, Vol. 1 page 117
15. Sajistani, Sulaiman Ibn Ashas, Sunan Abi Dawood , Al Maktabat ul Aasriah, Vol 2 , Pg 22, Hadith no.1267
16. Sunan Abi Dawood ,Vol. 3 ,Pg 353, Hadith no. 3793
17. Bazdawi,Abdul Aziz ibn MuHammad ibn Ali,Kashful Asrar Sharah Usool ui Bazdawi, Darul kutub ul Islamiah,Vol. 1,Pg 20.
18. Sarakhsi, Muhammad ibn Ahmad ibn Abi Sahal, Al mabsoot, Darui Marifa Berut, Vol. 25 Pg. 43
19. Al Borno,Muhammad Sadqi ibn Ahmad ibn Muhammad, Mawsuatul qawaid alfihqiyya.Muassatur Risalah, Berut Labnan,Vol. 5 Pg 40.
20. Aaini,Mahmood ibn Ahmad ibn Musa, Al Binayah SharHul Hidayah, Darul kutub ul Ilmiah Berut,, Vol. 1 Pg 82.
21. Qazi, Khurram Mansoor, Daily Express, Sunday, 5 May, 2013.
22. Al-Quran:37: 65
23. <https://www.jahan-e-urdu.com/body-language-authentic-art-of-silent-expression/> Retrieved From Google at: 23:15 on 12/03/2020
24. Imam Muslim, Abul Hussain Muslim ibn Hajjaj ibn Muslim, Dar e Ihyaut Turasul Arabi, Vol.4 Pg 20s26,Hadith no:2626.