

## Body Part Movement (Gesture) in Remembering (Recalling) Words

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### Abstract

When people are asked to perform an action, they remember that action better than if they were asked to talk about the same action. But when someone speaks, they often perform a body part movement (gesture), thereby adding an action component to speaking. In this study, the question we asked was whether doing body part movement (gesture) while speaking was easier to remember a word or not. And which body parts are often used when trying to remember a word. We found that body part movement (gesture) during trying to recall a word resulted in better memory, even when the number of utterances produced during encoding was controlled. Performing a body part movement (gesture) during speech improves memory whether the speaker chooses to perform a body part movement (gesture) spontaneously or is instructed to give a body part movement (gesture). Thus, body part movement (gesture) during remembering appears to function like an action in facilitating memory.

**Keywords:** *gesture, body part movement, memory, remembering, speak*

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### INTRODUCTION

The word 'memory' is a translation of the word *memori* in Indonesian even though this word has been absorbed in Indonesian into *memori* (Kardiansyah, 2019). As (F. M. Sari, n.d.) prioritizes the use of the term in Indonesian, namely 'memori' even though it is realized that this word has a broad meaning, and other connotations in everyday use (Agustina et al., 2021). However, with a certain context, the word 'memori' will be understood as intended (Asia & Samanik, 2018). In contrast to (Blagoveshchenskiy et al., 2020) prefers to use the word *memori* because its equivalent, *memori*, has a broader meaning than *memori*. The word 'memori' can be associated not only with the verb to remember but also with the verb to remind, warn, and warn so that it has something to do with warning (Purwaningsih & Gulö, 2021).

The difference between the use of the word 'memori' and 'memori' is actually not really a question of principle because both have the same meaning in the context of the topic of this paper. However, the choice of the word 'memori' is more indicative of the language's attitude towards Indonesian because the word 'memori' is an absorption from English, *memori* (Putri & Sari, 2020b). Therefore, in this paper the word 'memori' is deliberately used (Lestari & Wahyudin, 2020). *Memori* is not an object such as eyes, hands, and other organs that can be seen with the

naked eye (F. M. Sari & Putri, 2019). Memory is an abstraction that refers to a set of characteristics, activities, and skills (Putri & Sari, 2020a). Memory is an ability to remember what is already known (F. M. Sari & Wahyudin, 2019). Summarizes several definitions of memory, explaining that memory 'performs' various activities, namely storing information, recalling, sorting and using it (Gul et al., 2020). suggests that memory is the imprint of past experiences, be it physical, mental or both (Wahyudin & Sari, 2018).

Several definitions of memory cited show that memory relates to experiences that have been experienced, perceived, and stored and then recalled at a time as needed (Mandasari & Wahyudin, 2021). Thus it can be said that the memory process includes three stages (Oktavia & Suprayogi, 2021), namely the process of entering, storing, and recalling information (Wahyudin & Rido, 2020).

In this instance, according to memory, it is helpful for storing previously learned information that can be remembered for later use (Istiani & Puspita, 2020). Recall memory is the process of recalling previously acquired knowledge without the organism encountering any signals (Suprayogi et al., 2021), such as remembering someone's name when they are not physically present (Puspita, 2021). According to Squire, memory recall is typically more difficult than recognition because it involves a greater repetition of learning experiences (Puspita, n.d.). Experts typically view memory as a link between experience and the past, and humans require rapid recall (Mertania & Amelia, 2020).

## **LITERATURE REVIEW**

According to (Wahyudin, 2018) "memory is classified into three types: experiential memory, conceptual memory, and word memory." First is experience memory is a type of memory that humans acquire through experience (Heaverly & EWK, 2020), the more were asked to talk about the same action (Istiani & Puspita, 2020). But when someone speaks, they often perform a body part movement (gesture) (Sartika & Pranoto, 2021), thereby adding an action component to speaking (Gulö & Rahmawelly, 2019). In this study, the question we asked was whether doing body part movement (gesture) while speaking was easier to remember a word or not. And which body parts are often used when trying to remember a word. We found that body part movement (gesture) during trying to recall a word resulted in better memory, even when the number of utterances produced during encoding was controlled. Performing a body part movement (gesture) during speech improves memory (Renaldi et al., 2016), whether the speaker chooses to perform a body part movement (gesture) spontaneously or is instructed to give a body part movement

(gesture) (Gulö & Nainggolan, 2021). Thus, body part movement (gesture) during remembering appears to function like an action in facilitating memory (Gulö, 2018).

On the other hand, recall is defined in the penguin dictionary (Unggul & Gulö, 2017). As (B. N. Sari & Gulö, 2019) "A method of evaluating retention or the degree of forgetting of facts remembered after various lengths of time since these were learned." According to (Afrianto & Gulö, 2019) Retrieval is the process of retrieving something from our mental "data warehouse" by searching our memory bank for relevant information. Recall memory is the ability to recall or recreate information or facts from memory (Oktaviani et al., 2022). Since candidates must be able to recall information without the assistance of an external stimulus (Aminatun & Oktaviani, 2019c), such as an item, essay examinations typically involve recall memory (Nuraziza et al., 2021). The capacity to reproduce or reproduce information by minimizing external stimuli is another term for memory recall. Over a brief period of time (Aminatun & Oktaviani, 2019a), the ability to recall information stored in short-term memory is evaluated in this study. According to (Oktaviani, 2021), short-term memory is memory storage that lasts for up to 30 seconds (Aminatun & Oktaviani, 2019b). According to (Riskiono et al., 2021) short-term memory storage is only involved in the temporary memory of information and has limited capabilities. Recalling and recognizing something once more may assist in bringing back previously forgotten memories (Erri et al., 2016). Argues, on the other hand, that there are three stages to memory formation (Setiawan et al., n.d.).

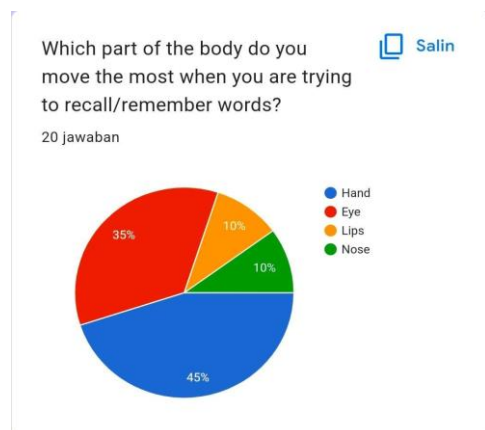
## **METHOD**

This study used qualitative research methods. The purpose of this study was to determine the movement of body parts (gestures) in recalling words. The studies involved are English Education students (psycholinguistics). This research was conducted at the Teknokrat Indonesia University, majoring in English Education. Participants were surveyed through a questionnaire distributed online via a Google Surveys link (Google form). Students were asked about the movement of body parts (gestures) in recalling words. Questionnaires were distributed from June 30-1 July. This study uses a data collection instrument in the form of a questionnaire to collect data related to the movement of body parts (gestures) in recalling words. The data collected in this study were then examined using qualitative data methods related to the movement of body parts (gestures) in recalling words. 34 students from the English education department participated. The distribution of participants was 20 people from the Teknokrat Indonesia University (UTI). Data were analyzed using percentage calculations. After participants fill out the survey (Questionnaire), the data is then classified according to its origin. Engine calculations instantly convert survey results into graphs.

## RESULTS AND DISCUSSION

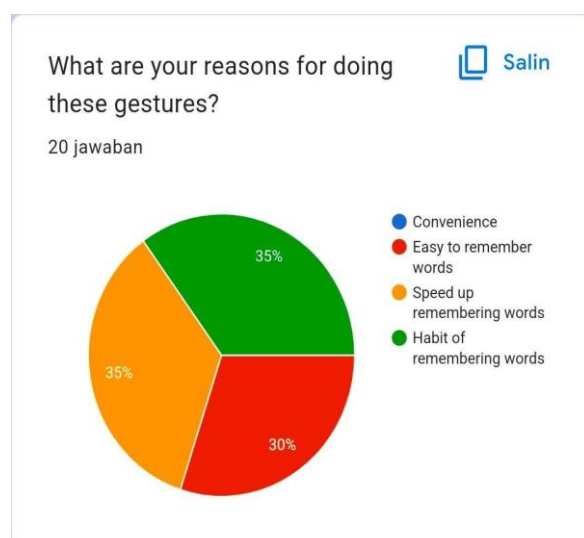
Based on a questionnaire that the researcher made about the movement of body parts (gestures) in remembering (recalling) words. Which was responded by students majoring in English education psycholinguistic courses. With a total of 20 respondents. We can see the result below.

**Table 1 Question No. 1**



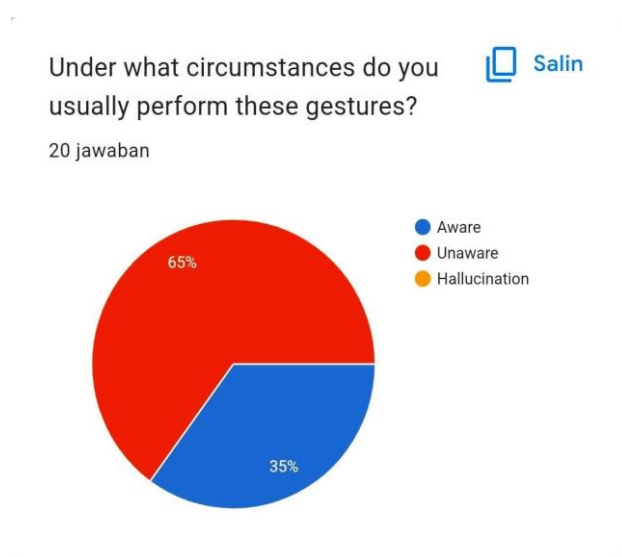
As can be seen in Table 1, there are 45% of people who answer the hands as the body part that is often moved when trying to remember a word, then there are 35% who answer the eyes as the body part that is often used when remembering. The rest are lips and nose, each of which gets 10% of the answers.

**Table 2 Question No. 2**



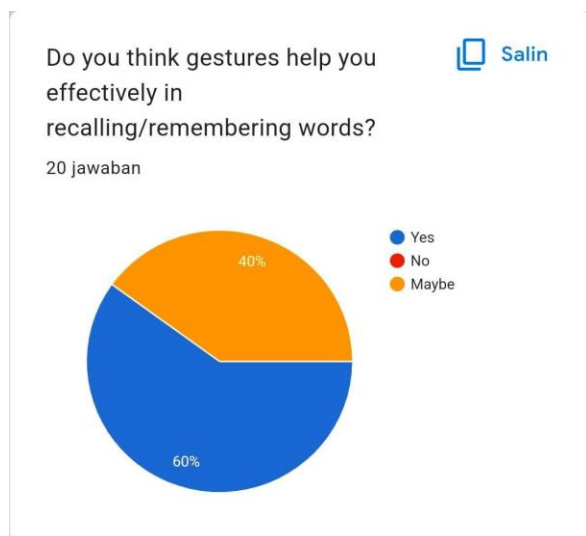
In the following table, there are questions about why they did the gesture and there were 35% who answered speed up remembering words, the habit of remembering words got 35% too, and the rest 30% were easy to remember words.

**Table 2 Question No. 2**



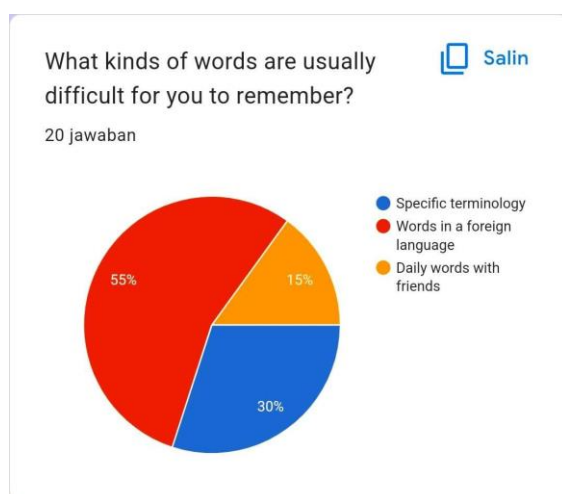
In the next table, there is a question which asks their usual state when doing this movement. There were 65% who answered unconsciously, then another 35% answered consciously, and for hallucinations, no one answered.

**Table 2 Question No. 2**



In the following table. There is a question whether gestures can help us remember a word effectively. 60% of respondents answered yes, and the rest 40% answered maybe, and none of the respondents answered no.

**Table 2 Question No. 2**



In this last table, there is a question about what words are usually difficult to remember. There are 55% who answered words in a foreign language, 30% answered specific terminology, and the rest 15% answered daily words with friends.

## CONCLUSION

Based on a questionnaire that the researcher made about the movement of body parts (gestures) in remembering (recalling) words. Which was responded by students majoring in English education

psycholinguistic courses. With a total of 34 respondents. We can see the result that the movement of body parts (gestures) in remembering (recalling) words is quite effective, it is proven that 60% of the 20 respondents answered yes. And there are 65% who answered that the gestures they did with their hands, eyes, lips or nose were done without awareness. Respondents also believe that doing gestures when they want to remember a word can make it easier for us to remember the word and also fast in remembering words, but usually this is based on habitual factors. In addition, there are 55% of respondents who answer words in foreign language as words that are usually difficult to remember, followed by 30% specific terminology, while for daily words with friends only get 15%.

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