

The Study of Body Language in order to Improve Memory

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Abstract

Language and gesture are highly interdependent systems. When compared to pure verbal encoding, gestures have a greater impact on memory for verbal information in native and foreign language learning than verbal encoding alone. People remember actions better when they are asked to do them than when they are asked to talk about the same action. However, when people talk, they frequently gesture with their hands, eyes, or heads, adding an action element to their speech.

Keywords: *Language, Gesture, Foreign Language*

INTRODUCTION

The most important means of interaction and communication are through language (Sari, 2018). Humans will have difficulty interacting without language (Qodriani & Wijana, 2020b). For instance, English is a global language that is used to connect people around the world (Aminatun & Oktaviani, 2019a), just like the current situation (Aminatun & Oktaviani, 2019b). Additionally, given that the language can be broken down into verbal and nonverbal forms (Mandasari & Oktaviani, 2018), perhaps not many people are aware of this distinction (Qodriani & Wijana, 2020a). The term "body language" refers to various forms of communication (Mulyah et al., 2020). According to (Suprayogi, 2021) this, rather than using words, body language is the process of communicating what one is feeling or thinking through body placement and movement (Lestari & Wahyudin, 2020).

Both what we say and what we do are remembered. However, memory for the action we take and memory for the word we speak are distinct (Oktaviani et al., 2020). Saying a list of words has little effect on how well we remember those words (Gulö & Nainggolan, 2021). Thus, it appears that performing actions strengthens memory more than simply discussing those actions (Putri & Sari, 2020). However, when people talk, they frequently gesture with their hands (Nurmala Sari & Aminatun, 2021), eyes, or anything else, adding a sense of doing to their speech (Novanti & Suprayogi, 2021).

LITERATURE REVIEW

Nonverbal behavior is frequently included in social communication (Aminatun et al., 2021), according to (Afrianto et al., 2021) the discovery of this kind has sparked debates about whether or not gesture has a significant impact on communication (Qodriani & Wijana, 2021). Studies that looked into the role that gesture plays have discovered a variety of possible roles (Kardiansyah & Salam, 2020), ranging from minimal to extensive (Septiyana & Aminatun, 2021). However, in almost all of these studies, the studied gesture

was always accompanied by speech in the listener's native language (Suprayogi & Eko, 2020), a fully understood communication modality (Amelia, 2021). As a result, the significance of gesture is evaluated in a setting in which it is possible that speech alone is sufficient to convey the entire message (Mandasari & Wahyudin, 2021).

According to (Puspita & Amelia, 2020) the body has not only been considered in philosophy but also in other fields. We currently practice the body in our daily lives (Suprayogi et al., 2021). There is always something that piques the body's interest (Kardiansyah & Salam, 2021) whenever, and however that is done, such as diet, massage (Yulianti & Sulistiyawati, 2020), dance, beauty, fitness (Yulianti & Sulistiyawati, n.d.), therapy (Yulianti & Sulistiyawati, 2021), and methods for shaping the body are all included (Kuswoyo & Audina, 2020). Additionally, one method of communication is body language (Kuswanto et al., 2021). The language that is used in the body, which is called non-verbal (Kuswoyo & Indonesia, 2021), existed before the language was articulated (Fithratullah, 2019). Even though technology has greatly advanced and spread widely, the language is still used (Aminatun & Oktaviani, 2019c). In the same way, body language is always used to communicate (Afrianto & Restika, 2018). Codoban came to the following conclusion: "The language represents the social status of human beings." Humans communicate in one way: through language.

The idea is to demonstrate the students' ability to communicate with the teacher in the classroom by using body language (Oktaviani & Mandasari, 2019). That significantly enhances performance and language comprehension (Wahyudin & Rido, 2020). When it comes to assisting the student in conveying a message in a very clear manner (Sari & Wahyudin, 2019c), body language is then set by the student. The physical setting, the psychological environment created by social contexts, and numerous instructional components related to teacher characteristics and behaviors are all included in the classroom environment, according to the definition (Sari & Wahyudin, 2019b). During the course of this research, classroom interaction was discussed (Mandasari & Wahyudin, 2019). To back this up, classroom interaction is defined as a two-way process in which participants in the learning process interact with one another. Students are influenced by teachers, and the other way around (Sari & Wahyudin, 2019a).

METHOD

The participants we studied were students from English Education. In this observation, there are many students use a gesture to help them speak English or help them to interact with fellow human beings. Based on the difficulties above, the events that occur in the classroom, it can also occur in the teaching and learning process in class, between lecturers and students. It is caused, the students use the gesture to respond to their lecturers' performance.

This study focuses on "The Analysis of Gesture to Enhance The Ability to Recalling Words of Second Language".

This research was created because of the following questions :

1. What is the reason people move one part of their body?
2. In what way they can remember or recall the words?

RESULTS AND DISCUSSION

We have conducted a survey with participants who filled out this questionnaire that I created. My question is made from a google form and consists of 5 questions. With 5 Questions about their opinion on the effect of gestures on memorisation. And a questionnaire consisting of 10 students in English education. With that said, here are the results of the survey 'The analysis of gesture to enhance the ability to recalling words of second language'.

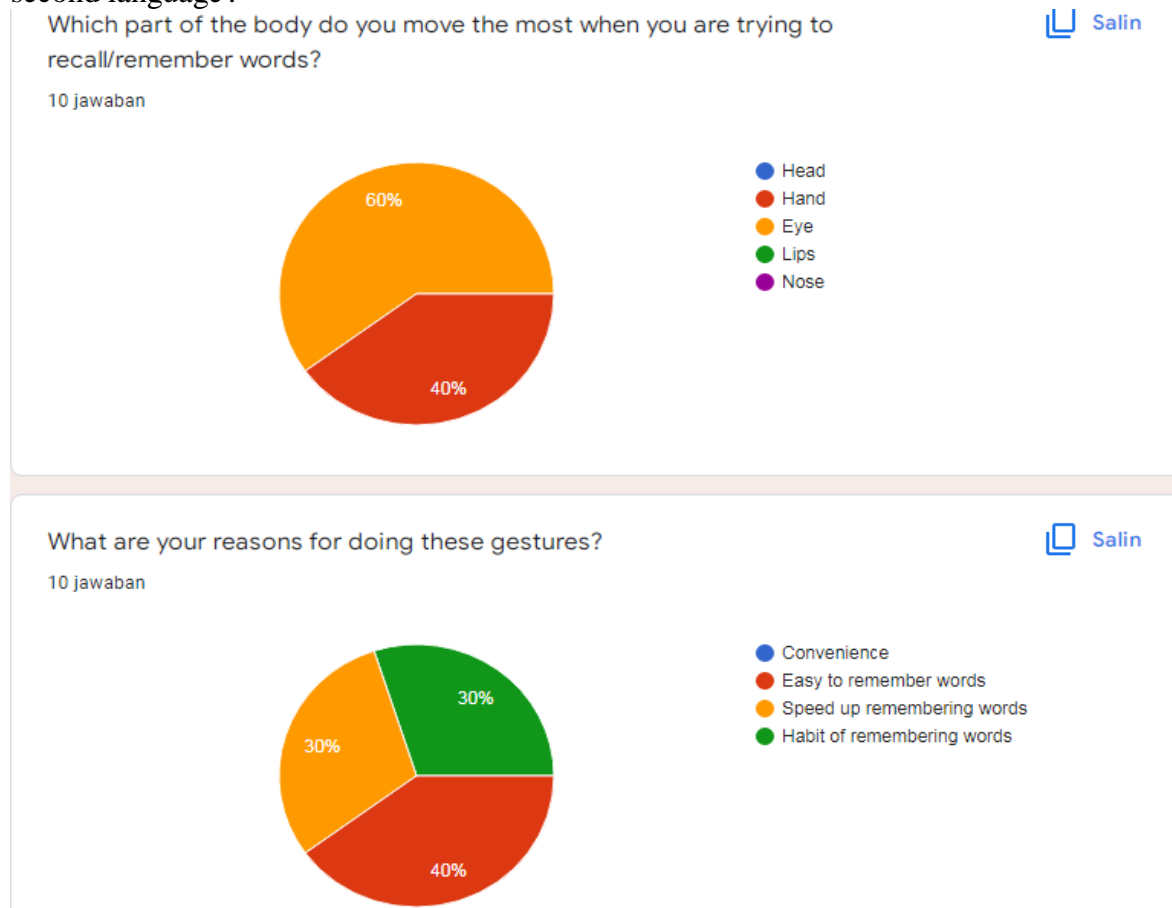


Figure 1.1 Result of Question 1 & 2

In Figure 1, question number 1 is “which part of body do you move the most when you are trying to recall/remember words?”, the result of the question is Eyes; 60%, Hands; 40%, and the last one is head, lips and nose but no one chooses that option. And for question number 2 "what are your reasons for doing these gestures?", the results of the question are 40% for option 'Easy to remember words', 30% for 'speed up to remembering words', and 'Habit of remembering words' while for 'convenience' no one

chooses.

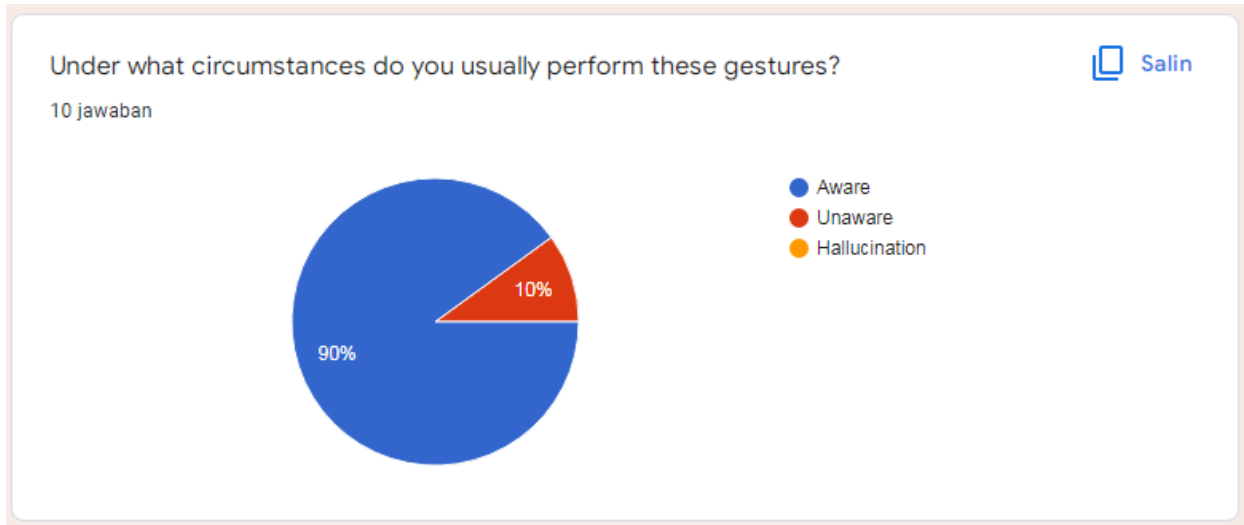


Figure 2. Result of Questions 3 & 4

In figure 2, question number 3 is "under what circumstances do you usually perform these gestures?", the result of the question is aware; 90%, and for unaware; 10% while for 'Hallucination' no one chooses. In question number 4 is "do you think gestures help you effectively recall/remember words?", the result of the question is yes; 80% and for maybe 20% while for 'no' all participants no chooses.

Figure 3. Result of Question 5

Figure 3 is the result of question no 5 "what kinds of words are usually difficult for you to remember?", the result is that all participants answered 'Words in a foreign language'.

Based on the results of the questionnaire that has been described in the findings, all participants answered that by doing movements that they often do to remember words, especially foreign language words, they can quickly remember the words they are about to say. Some of these gestures are like moving the eyes and hands. They already think that doing certain movements such as moving their eyes and hands will make them remember the words they will say, especially foreign language words.

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Timestamp	Nama	Which part of the body do	What are your reasons fo	Under what circumstanc	Do you think gestures he	What kinds of words are usually difficult for you to rememb		
01/07/2022 20:21:55	Vika Karina Octavia	Hand	Easy to remember words	Aware	Yes	Words in a foreign language		
01/07/2022 20:22:52	Tasya Putri Ayunda	Eye	Easy to remember words	Aware	Yes	Words in a foreign language		
01/07/2022 20:23:27	Joya Iffyni Alayka	Hand	Easy to remember words	Aware	Yes	Words in a foreign language		
01/07/2022 20:23:55	Denisa Azka R	Hand	Easy to remember words	Aware	Yes	Words in a foreign language		
01/07/2022 20:25:36	Alma Tiara Putri	Eye	Speed up remembering v	Aware	Yes	Words in a foreign language		
01/07/2022 20:27:38	Elisabeth Renita Sari	Eye	Habit of remembering wc	Aware	Yes	Words in a foreign language		
01/07/2022 20:31:27	Sufi Markhamah	Eye	Habit of remembering wc	Aware	Yes	Words in a foreign language		
01/07/2022 20:31:50	Thasya Octaviany D.P.S	Eye	Speed up remembering v	Aware	Maybe	Words in a foreign language		
01/07/2022 20:32:26	Muhammad Al-Fathaan	Eye	Habit of remembering wc	Aware	Yes	Words in a foreign language		
01/07/2022 20:32:57	Maria Niken P	Hand	Speed up remembering v	Unaware	Maybe	Words in a foreign language		

CONCLUSION

Language is used as the most important ways to communicate and interact. In the absence of language, humans will have difficulty interacting. Language is divided into two types, namely verbal and non-verbal language. Body language is a term for different forms of communication. Body language is the process of communicating what you are feeling or thinking by the way you place and move your body rather than by words.

After we did the research, we gave questionnaires to the participants. It can be conclude that most of the participant use eye movements. This movements is to recall the forgotten words. That way they can easily recall it. In addition to using eye movements, there are some participants who use hand gestures to recall forgotten sentences. With these ways that can make it easy for them to remember things quickly and clearly.

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