Interpreting women's body language: Diverse perspectives in the eyes of men

Lu, Hayden ✉
University of Mindanao, Philippines (iamhaydensity@gmail.com)

Abstract

This study was conducted to interpret Women's body language to the diverse perspective in the eyes of men. Also, it aimed to understand more about what body language is portrayed by women that enables better self-awareness and self-control with women. This study helped people communicate and resolved relationship issues when conscious behavior and speech fail. Lastly, to recognize more about own and other people's feelings and meanings. As a result, essential themes were generated: facial expressions, confusion, and understanding of oneself.

Keywords: body language, female body language, Mehrabian's model

Interpreting women's body language: Diverse perspectives in the eyes of men

1. Introduction

As of the year 2020, there are an estimated 7.8 billion people in the world. There is a multitude of various cultures, languages, and traditions within 7.8 billion of them. Add the different customs and norms of cultural business, not to mention each person's upbringing, experiences, and personality. It is awe-inspiring how wonderfully unique and distinct each individual expresses different body language, particularly for women. In addition, with all the various emotions that people experience, the resulting changes in emotional facial expressions are almost infinite (Duncan, 2020). Body language is used in almost every aspect of everyday life. Watching someone can often tell you a lot about how a person feels and what is on their mind (Puskar, 2020). The so-called "body language" is nonverbal communication. Body language is how the person stands, places the limbs, and contorts the face. It is also something that most women do not consciously regulate. For that reason, it can be so telling. Also, it can be misinterpreted. Just because, during a meeting, a person crosses her arms does not mean the person is bored or upset. She may be cold (Hardin, 2020).

Also, it applies to the nonverbal cues we use to connect. These nonverbal signs make up a large part of regular contact, according to experts. From our facial expressions to our body movements, quantities of knowledge can still be conveyed by the things we do not say. It has been proposed that body language can account for about 60% and 65% of all contact (Steven, 2019). Analysts at Harvard University explored how women are certainly more mindful of non-verbal communication than men. They showed short films conveying the sound of a man and a woman, with the sound killed, and who approached the members to unravel what was happening by observing the attitudes of the pair. The study showed that women read the situation precisely 87 percent of the time, while men scored 42 percent accuracy. In ladies who have raised children, the female instinct is particularly evident. The mother depends solely on the non-verbal medium to talk to the child for the initial hardly any years. This is why ladies are always more insightful arbitrators than men (Pease, 2000).

Studies show that a person who relies on stiff visual evidence face-to-face of another person's actions is more likely than someone who relies solely on their gut feelings to make more informed decisions about that person. The proof is in the body language of the individual. While women can do it subconsciously, anyone can consciously train themselves to read the signals. Women use much of the same basic preening movements as men, including touching the hair, smoothing the clothes, one or both hands on the hips, foot, and body pointing towards the man, extended intimate look, and increased eye contact, according to the book 'Why Men Lie & Women Cry (Pease)' The thumbs-in-belt gesture can also be adopted by some women, While it is a male gesture of assertion, it is used more subtly: only one thumb is usually tucked into a belt or protrudes from the handbag or pocket (Harrison, 2015).

In that case, men find it difficult to perceive the subtler signals in the body language of women. In this situation, research indicates that men prefer to confuse friendliness and smile for interest. These are because men see the world more sexually than women choose to see the world. Men have much more testosterone than women have. This hormone is a central determinant that determines sexual characteristics and behavior that encourages men in their world view to prioritize sex (Tiedens, 2016). When they encounter a potential mate, women send subtly, but often manipulative, and sometimes dishonest, courting signals to see if he is worth pursuing. In the first minutes of meeting them, females appear to overwhelm men with courting rituals. These signs can be misinterpreted by men and make sloppy passes. Consequently, when a lady says "no," she means maybe with some men; when she says "maybe," she means yes, and the possibilities for that misinterpretation are expanding into trouble. Women can trick men into demonstrating their hands by sending vague signals in the early stages. It is also an explanation why many women are having difficulty attracting men. In perceiving social signs, less perceptive men become confused and may not approach (Williams, 2016).

Furthermore, Female body language, or the body language of women, is not all that different from that of men. However, female body language does have a few subtle variations that both sexes have. Women and men have other courtship habits altogether. Men see women with wide eyes, a small nose, full lips, and high cheeks as more desirable because these traits are typically associated with high estrogen levels, which mean that women are more fertile than men. In men, women like legs, ass, arms, and chest. In the book entitled "Human Lie Detection and Body Language," most women prefer the ass of a man as their body part (Edwards, 2014). Notably, the success of participants on the implicit classification task and their detailed assessments of leadership were typically unrelated. Implicit and explicit interventions may also vary markedly and be predictive of different kinds of downstream behaviors. There was evidence that participants who implicitly regarded women as especially high-power in expansive body postures relative to men also ranked women as more hirable for leadership in expansive body postures than men (Kurdi et al., 2018).

Both the target gender and body posture were responsive to implicit assessment and perceptions of control. It is essential to consider implicit and explicit responses to gender and body language because implicit and explicit tests predict different behaviors and appear weakly correlated (Kurdi et al., 2018). Indeed, in Study 3, participants' sensitivity to the gender on the classification task in explicit leadership decisions was generally unrelated to gender bias, with one exception (Lowndes, 2003). However, mixed evidence shows that women's expansive body language overrides gender norms without eliciting adverse reactions. Recent research using more clear, regulated perceptions of power shows that men and women are equally judged on power ratings in equivalent body language (e.g., leadership; Newman et al., 2016; Rennung et al., 2016; Shariff, 2010), but Henley and Harmon (1985) found that men expressed dominance to a greater degree than women in expansive body postures. Many researchers found evidence that gender interfered with body posture power-knowledge. In contracted body postures, males did not trigger low-power concepts implicitly to the same extent as females (Newman, 2016, Running, 2016, Shariff, 2010).

Compared to contracted, closed body postures, the present studies studied reactions to women in an inclusive way, open body language. Given the relevance of expansive body postures to real and perceived power Bailey and extensive versus contractual body, positions have been overlooked in studies of adverse reactions to high-power women, a fundamental gap (Kelly, 2015). We found a lack of notion in this field after reading all the relevant literature; some research studies indicate that women typically make the first move. Research shows that the first move in the mating game is initiated by 90 % of women. Women send out to the guy she's targeting a series of subtle eye, body, and facial signals. The man assumes he's taking the lead if she's good at it, but he's just dancing to her melody (Bailey, 2015). Some research suggests that men are more drawn to women with a child-like face, such as wide eyes, small nose, full lips, and cheeks because, in most men, these signs elicit parental, protective feelings. That is why the bulk of cosmetic surgery advertisements puts so much focus on these features. In In comparison, women prefer men with adult faces that display the ability to shield strong jaws, broader brows, and an intense nose (Kelley, 2015).

1.1 Purpose of the Study

The purpose of this phenomenological study is to interpret Women's body language to the diverse perspective in the eyes of men. Also, it aims to understand more about what body language is portrayed by women that enables better self-awareness and self-control with women. This study helps people communicate and resolve relationship issues when conscious behavior and speech fail. Lastly, to recognize more about own and other people's feelings and meanings. This phenomenological study will contribute to the growing body of information about the usefulness of the Mehrabian Communication theory in understanding the representation of body language by women in the eyes of men from a diverse perspective. This study provides a strong partnership in the capacity of women to communicate well by not using verbal body signals to speak and convey their emotions towards each other. It helps to communicate what women mean, interact more with others, and develop more profound and more satisfying relationships by understanding and using body language.

Not only does learning to read body language signals make people more acutely aware of how others try to dominate and manipulate, but it also makes people realize that others do the same thing as well, and, most importantly, it teaches men to be more sensitive to the feelings and emotions of others, particularly women. People can be like a spaghetti Western without effective body language, the lips don't match the words, and the viewers are constantly confused or switching channels. The main focus of this phenomenological study was to interpret the body language of women from the various perspectives of men. Researchers would randomly choose 15 men to learn what women currently convey in their body language for interaction. In addition, the purpose of this study is to interpret and comprehend what the various perspectives of men represent in women's body language.

1.2 Research Question

This study will seek to answer the following questions:

➤ What are the views of men on the identified Women's Body language as published by Vanessa Van Edwards?

➤ How do men interpret these Women's Body language?

➤ What are their insights on how body language plays in communication?

1.3 Theoretical Lens

This phenomenological study is focused on the different theories which focus on the body language of women. This theory includes Mehrabian Communication Theory, Gestural Theory, and Feminist Theory as a supportive lens in the nonverbal study of women's body language. Since our research is all about men's perspective on women's representation of body language, Mehrabian's Communication Theory is the most helpful lens in investigating this phenomenon. To deal with these issues, men should perceive and appreciate what women's body language means as part of their observation. The initial hypothetical works and examinations by Mehrabian aid our understanding of the job in which nonverbal correspondence plays in the declaration of emotions to others. The implications of his exploration, however, extend a long way beyond this tiny finding. It offered some examples of applications; his results were used to convey.

In the 1960s, Dr. Mehrabian led one of the most notable research projects on body language and nonverbal communication. In his first experiment, three recordings of the word "maybe" were given to participants, one to convey disadvantage, one to obtain favor, and one to share neutrality. Images of female faces displaying the same three emotions were then shown to participants, and they were instructed to assess the feelings of both the recordings and the photos. More precisely, the subjects guessed the emotion conveyed in the images by a 3:2 margin (Smith, 2020).

Another theory that supported the study is the Gestural Theory which focuses on the Gestural Theory states that what developed human body language from gestures that were a primitive form of communication, as opposed to the vocal signals that non-human primates might have adopted. Bipedalism might influence gesturing, as walking on two feet allows both hands to be available for gesturing. To date, this theory that hypothesizes that gestures preceded speech in human body language remains a popular topic of discussion by both evolutionists and linguists (Gillespie-Lynch, 2013). In addition, the Feminist Theory argued that women were somehow more biological, more physical, and more regular than men (Grosz 1994). The colonized bodies and those attributed to the lower classes were often attributed to such entanglement of corporeality (Alcof, 2006). To elucidate and confront constructions of sexed differentiation, feminists must confront corporeality to test those assumptions.

It also offers a general account of the relationships that women represent between bodies and themselves. In feminist literature, what is underlined is the variety of metaphysical theories that are needed to make sense of the embodied self that men see in the body language of women. Naturalizing mechanisms need to be complemented

by phenomenological, post-structuralist, and psychoanalytic frameworks, much as feminist theorists have illustrated if embodied subjectivity becomes intelligible (Lennon, 2010).

Finally, the changes instance, the bearing of the eyes, the offers of the appendages, and the look on the women's face, give other people indications, especially from the men's perspective. Each formation and mix of body development is another. Such signals may be self-evident or unobtrusive, and they may contradict one another. An individual may state a particular thing while non-verbal communication passes on a unique message. When an individual does not come clean, this can be particularly noticeable. Since nonverbal communication is intuitive and usually difficult to counterfeit, a person's actual feelings are generally more demonstrative (Gentile, 2010).

1.4 Significance of the Study

We are confident that this phenomenological study would add to the usefulness and significance of interpreting women's body language. Through this study, we were able to obtain information about the men's perspective in interpreting what body language portrays by women. We are confident that the result of this study would add to the knowledge about the usefulness of Mehrabian's Communication Theory as a lens of investigating nonverbal cues that women possess. Moreover, this knowledge would help attain self-awareness and self-control of men to women. These will also be beneficial for all the people because this study will serve as their basis in understanding and interpreting different body language portrayed. Thus, this study will help people communicate and resolve relationship issues when conscious behavior and speech fail. Lastly, this study would somehow assist other future researchers interested in conducting a study related to women's body language. It will lend them a hand in identifying areas of interpreting women's body language that needs further research and investigation.

2. Literature review

This section covers the review of literature related to this study. After discussing the significance of the research and the different books by several authors, we present some previous studies conducted on the interpretation of body language, particularly women's nonverbal cues. After which, we will discuss Mehrabian's Communication Model, Gestural Theory, and Feminist Theory as a lens in investigating this phenomenon on the women's body language to the diverse perspective of men. Moreover, we will present the themes that emerged from the data collected and interpreted in the chapter.

Body language is used in almost every aspect of everyday life. Watching someone can often tell a lot about how a person feels and what is on their mind. Nonverbal communication is referred to as "body language." Body language is how the bodies are held, and people contort their faces. It is also something that most women do not consciously regulate. For that reason, it can be so telling. Also, it can be misinterpreted. Just because, during a meeting, a person crosses her arms does not mean the person is bored or upset. She just may have been cold (Hardin, 2020).

Body language is, therefore, an external expression of the emotional state of an individual. Each action or gesture can be a valuable key to an emotion a person can feel at the moment. A man who is self-conscious of gaining weight, for example, might pull at the fold of the skin under his chin; a woman who is aware of extra pounds on her thighs may smooth her dress down; a person who feels afraid or protective may fold their arms or cross their legs or both, and a man who talks to a Women with a breast may deliberately avoid looking at their breasts while at the same time unconsciously use groping gestures (Puskar, 2020).

All over the world, most of the primary contact signals are the same. They smile when humans are happy; they frown or scowl when they are unhappy or upset. To mean 'yes' or affirmation, nodding the head is used almost universally. It appears to be a form of lowering of the head and is possibly an innate gesture since people born blind often use it. It is also universal to shake the head from side to side to signify 'no' or negation and

seems to be a motion acquired in infancy (Peas, 2000).

Overall, women are much more discerning than men, giving rise to what 'women's intuition is widely known. Women have an intrinsic capacity to pick up and interpret non-verbal messages and small information with an accurate eye. That is why few husbands can lie to their wives and get away with it, and why, on the other hand, without realizing it, most women can pull the wool over the eyes of a man (Yaffe, 2011). On the other hand, various studies have been on the dynamic subject of nonverbal communication with conflicting outcomes. However, most researchers believe that 70 to 93% of all contact is nonverbal (Mehrabian, 2013).

In the 1960s, Dr. Mehrabian led one of the most notable research projects on body language and nonverbal communication. In his first experiment, three recordings of the word "maybe" were given to participants, one to convey disadvantage, one to bring favor, and one to tell neutrality. Images of female faces displaying the same three emotions were then shown to participants. They were instructed to assess the feelings of both the recordings and the photos. More precisely, the subjects guessed the emotion conveyed in the images by a 3:2 margin (Smith, 2020).

In a second study, Dr. Mehrabian's subjects listened to recordings of nine words. Three were intended to convey affinity ("honey," "thanks," and "dear"), three were designed to bring neutrality ("oh," "yes," and "maybe"), and three conveyed dislike ("do not," "terrible" and "brute"). Three were intended to give affinity ("oh," "really," and "maybe"). Three times, each with a different tone: positive, neutral, and negative; the recordings were of speakers reading each word. The subject's answer to each dish was more reliant on the voice's inflection than the word's connotation itself. Such studies led Dr. Mehrabian to formulate a formula to understand how the mind defines meaning. He concluded that the interpretation of a message is 7 percent textual, 38 percent vocal, and 55 percent visual. "The result was that 93% of contact in nature is nonverbal "(Mehrabian 2013).

Using language, gestures, signs, and pictograms, people communicate with each other globally. Failure to communicate is almost impossible. Psychology professor Albert Mehrabian researched the meaning of non-verbal communication in the 1970s to achieve a deeper understanding of communication. Non-verbal contact has a more significant effect than was first thought. The influence of contradictory messages was examined by Albert Mehrabian (Mehrabian, 2014).

In the context of the working environment, Mehrabian's work has often centered on tension. His research has led to findings of the effect on employee performance and efficiency of the dynamic environment. Indeed, in his study, his interest in human response and the relevance of temperament, personality characteristics, and dynamic settings is evident with findings that can apply in several different contexts. His work on personal attributes and features, for example, has covered top performers such as professional athletes. He has developed several psychometric scales that have been used to help classify individuals with high levels of achievement, emotional intelligence, and strong communication and social interaction skills both nationally and internationally (Lapakko, 2007).

It is clear that the lifetime work and study of Mehrabian has been influential in many different disciplines and has made a significant contribution to the psychology field. His ideas and models continue to be applied to substantial effect in several other areas, despite receiving critiques along the way. According to Mehrabian and Ferris, by looking at two different contact types, the tone of voice and the spoken word, they want to explore their interest in the expression of love and hate. They tried to figure out which channel conveyed these feelings better and the consequences for nonverbal communication. Early theoretical works and experiments by Mehrabian support their understanding of the role played by nonverbal communication in communicating feelings towards others (Moody, 2019).

Every movement and variety of body motions, such as changes in posture, position of the eyes, gestures of the limbs, and expressions on the face, provide other people with signals. Such signals can be subtle or apparent,

and they can be contradictory. While body language conveys an entirely different message, a person might say one thing. It could be particularly true when a person does not tell the truth. Since nonverbal communication is often instinctive and usually not easy to fake, it is usually more reflective of an individual's true feelings (Gentile, 2010). Therefore, Mehrabian Communication Theory is a communication model that illustrates the feelings and opinions of an individual. Their body language and intonation could be dominant if someone says something, resulting in no consensus between what they say and what they radiate. It is a fallacy that only by using non-verbal communication can we interact internationally with individuals with a different language context. The relationship in which the non-verbal elements may be dominant is concerned (Mehrabian, 2013).

Another theory that supported the study is the Gestural Theory which focuses on the Gestural Theory states that what developed human body language from gestures that were a primitive form of communication, as opposed to the vocal signals that non-human primates might have adopted. Bipedalism might influence gesturing, as walking on two feet allows both hands to be available for gesturing. To date, this theory that hypothesizes that gestures preceded speech in human body language remains a popular topic of discussion by both evolutionists and linguists (Gillespie-Lynch 2013). In addition, the Feminist Theory argued that women were somehow more biological, more physical, and more regular than men (Grosz 1994). The colonized bodies and those attributed to the lower classes were often attributed to such entanglement of corporeality (Alcof, 2006). To elucidate and confront constructions of sexed differentiation, feminists must engage corporeality to test those assumptions.

It also offers a general account of the relationships that women represent between bodies and themselves. In feminist literature, what is underlined is the variety of metaphysical theories that are needed to make sense of the embodied self that men see in the body language of women. Finally, the changes instance, the bearing of the eyes, the offers of the appendages, and the look on the women's face, give other people indications, especially from the men's perspective. Each formation and mix of body development is another. Such signals may be self-evident or unobtrusive, and they may contradict one another. An individual may state a specific thing, while non-verbal communication passes on a unique message. When an individual does not come clean, this can be particularly noticeable. Since nonverbal communication is intuitive and usually difficult to counterfeit, a person's actual feelings are generally more demonstrative (Gentile, 2010).

According to Albert Mehrabian, interpersonal communication regarding the communication model consists of three elements:

Words are spoken (Verbal) - The spoken word is part of this verbal communication. Both intonation and body language are part of non-verbal communication.

Intonation (Vocal) - How something is said (use of voice). Intonation is the vocal factor, and body language is the verbal factor.

Body language (Visual) - Which posture, facial expressions, and gestures someone uses.

In addition, nonverbal cues such as body language and tone of voice can communicate more about an individual's emotions than their words in a high-stakes negotiation. The 7-38-55 rule of Albert Mehrabian is a theory that seeks to quantify how much meaning is conveyed through verbal and nonverbal methods of communication. Learning how to apply the 7-38-55 rule in a negotiating situation will allow understanding what negotiating partners communicate and better monitor communication (Mehrabians, 2020).

Study shows Nonverbal Communication: How Body Language & Nonverbal Signals are fundamental to the inherent and instinctual, known as nonverbal communication, the vast majority of what we communicate through our interactions with others. Nonverbal actions such as body and posture motions, facial expressions, eye contact, gestures of the hand, and tone of voice contribute to how we connect and understand each other. We are often unaware of our involvement in interpersonal, nonverbal communication, these actions are inherent in how we communicate and are embedded in our daily lives (Smith, 2020).

Research by Harvard University psychologists has shown how women are far more aware than men of body language. They showed short films of a man and a woman communicating, with the sound turned off. The participants were asked to decode what was happening by reading the couple's expressions. The study found that women correctly read the situation 87 percent, while men obtained 42 percent accuracy. In women who have raised kids, female intuition is particularly evident. The mother relies almost entirely on the non-verbal channel to engage with the infant for the first few years. This is why women are often more perceptive negotiators than men (Peas, 2000).

2.1 Female Flirting Behavior

Female body language, or women's body language, is different from men's language. Female body language, however, does have a few notable variations that both sexes can notice. Women and men have other courtship habits altogether. Men see women with wide eyes, a small nose, full lips, and high cheeks as more desirable because these traits are typically associated with high estrogen levels, which means that women are more fertile than men. In men, women like legs, ass, arms, and chest. The majority of women prefer the ass of a man as their part of the body provided by Vanessa Van Edwards in the book entitled "Captivate: The Science of Succeeding People" (Edward, 2014).

Men and women have different courtship habits too. Here are some of the behaviors women do (consciously and subconsciously) when attracting a man. Women who try to attract a man appear to lift their eyebrows and lower their lids because when they feel pleasure, it looks similar to the face women make. Also, coming hither from a woman to a man is to look up and to the side (Edward, 2017). Moreover, curves and the roundness of the female face are emphasized by a sideways look over an elevated shoulder. It suggests estrogen reveals the neck's weakness and activates pheromones. When attempting to flirt, women instinctively do this. The outer genitals of a woman are proportionate to her lips. Self-mimicry is called this because it helps attract males. By wearing shiny or bright-colored lipstick, women attract attention to their lips (Edward, 2017).

When flirting, women throw their hair or touch their neck because it reveals the armpit, which activates sex hormones, illustrates the curvature of the neck, and highlights healthy shiny hair. Men see women with wide eyes, a small nose, full lips, and high cheeks as more desirable because these traits are typically associated with high estrogen levels, indicating that the woman is more fertile than men. In men, women like legs, ass, arms, and chest. As her favorite male body part, most women prefer the butt of a man (Edward, 2017).

2.2 Assertiveness vs. Submissiveness

Women struggle while not intimidating men by attempting to stand their ground. From the viewpoint of body language, this happens in a variety of ways. Women use 'submissiveness' signs to indicate weakness but may also use those measures to assert that they are not pushovers. As it makes them look helpless, women pluck their eyebrows higher up their forehead. These triggers a hormone release to protect and defend the woman in a man's brain (Edward, 2017). Oddly, a limp wrist or bare wrists symbolize submission. While in a room with people they want to attract, both women and men appear to do this subconsciously. Many women keep a cigarette while smoking, with one wrist turned out and exposed. They will stand with their feet spread farther apart when women want to be assertive. This 'claim of land' is a subconscious signal to men that the woman feels secure (Edward, 2017).

Women and Lying - Differently, men and women cheat. Their reasons for deception are distinct. Men lie to appear more vital, more exciting, and more effective. They lie eight times more about themselves than they lie about others. Women are less worried about themselves and more about protecting the emotions of others or making others feel better about themselves (Edward, 2017).

Women and Body Language Cues - Women are better than men at sending and picking up signs of body language. Monica Moore, a professor of experimental psychology at the University of Webster in St. Louis,

discovered that men sometimes miss women's first eye-gazing courtship signal. On average, women need to eye-gaze three times (Edward, 2017).

In another study, participants were asked to decode a silent film. Eighty-seven percent of the time, women could guess what happened, but only 42 percent of the time, men could guess correctly. Interestingly, men and men did just as well as women in intensely emotional occupations (nursing, teaching, and acting). Since more of their brain is involved as they analyze the actions of others, women may be better at interpreting body language. MRI scans show that, when examining others, women have 14 to 16 active brain areas. In comparison, men have only four to six functional brain areas (Edward, 2014).

2.3 Likable Female Body Language

Here are some of the desirable and fun habits in the social, company, and romantic situations: smiling, making an expressive smile, holding hands below the level of the chin (it can be seen as offensive or over-animated above), minimal arm crossing, keeping your hands out of your pockets. Express interest, triple head nods, private eye gazing (from the eyes to the mouth to the body), leaning towards the other person, discreet mirroring. Overall, women tend to be more mindful of their body language and others' body language signals (Edward, 2014). In addition, when they impress royalty, most women curtsey, and men tip their heads or remove their hats, making themselves look smaller than the royal person. A relic of the act of removing a hat to create a look shorter is the modern salute. Symbolically, the woman goes to remove her cap, and the contemporary effect is the salute. Today's hatless man can still be seen giving his forehead a quick tap when he encounters a woman as a remnant of the custom of his hat-doffing ancestors. The lower the stoops his body, the more modest or subordinate a person feels towards another (Newton, 2000).

Moreover, women's broad hips make it difficult for many women to run. Their lower legs and feet often renege to the side to balance their body weight. Dr. Devendra Singh, the leading US professor of neuropsychology, discovered that women find the most desirable male hips with a 90% waist-to-hip ratio (Furnham, Dias, & McClelland, 1998). Furthermore, people can see the body language in their actions since humans are born. Even though they have not been able to speak, a simple example is if a baby cries, maybe he wants to say that he is thirsty or hungry. Perhaps he feels pain, fear, rage, anger, and several other meanings. He first communicates with his body language before humans can speak and always uses his body language to communicate his intentions and desires. He might move his hands, nod his head to express approval, or shake his head left and right to express dismissal. In every single aspect of our relationship with another person, body language is the unspoken or non-verbal form of communication that we do. It is like a mirror that shows us what the other person thinks and feels (Peas, 1984).

Finally, body language is an essential part of contact and relationships with one another in modern times. It is, therefore, necessary to management or leadership and all areas of work and business where communication can be seen and experienced between individuals in people's body language. In particular, a more sensitive woman than men are also important (Chapman, 2020). Evidently, in the Philippine setting, the study highlights the use and appropriateness of body language in Filipino communication when it comes to nonverbal communication. This unique mode of communication is a traditional and cultural form that is practiced not only in the homeland but also in the diaspora by Filipinos. Evidence from this research shows that nonverbal communication between Filipinos, as written and oral literacy, is strong, enriches dialogue, and interacts with other types of literacy, such as written and oral forms. What remains inconclusive is to what degree, in the same way as oral and written communication, Filipino nonverbal communication can be described as a literacy activity (Verdes, 2006).

For the same reason, as in some other nations, Poland profoundly notes a significant change in discourse. It might seem as if Poles are not as passionate as Italians, but they like to express their feelings non-verbal. Here are some crucial signals to help you locate a specific language with Polish people without words. Many may

even be recognizable from where you are, but you may be stunned by the Polish understanding of things (Klimakin, 2017). Consequently, motions are exceptionally observing a significant improvement in discourse in some other countries. It might seem as if Poles are not as passionate as Italians, but they like to express their feelings non-verbal. Here are some simple motions to help you find a specific language with Polish people without using phrases. Many may even be familiar with where you come from, but you will be surprised at the Polish understanding of things (Klimakin, 2017). If a conversation accomplice is babbling or lying, Poles will delicately pull down the skin under their eye with their pointer, wishing to demonstrate that they do not support their words or share this viewpoint (Klimakin, 2017).

Body language also includes movements, mannerisms, and other body signals. Further asking about the frequency of using body language in regular contact,' would you think that 60% to 80% of the messages we send to other people are conveyed by body language in real-life circumstances. Only 7% to 10% are the actual verbal communication? Our ability to use body language constructively and to read other people's minds through their body language distinguishes men from boys (or women from girls). It can be a powerful instrument for the growth of our overall personality. Imagine making a great impression by being competent in this not-so-common but the powerful field of study for work, company, and love. (Given, 2002; P.L.R., 2008; Niereberg & Calero, 2012). It is the unspoken method for a better life. Body language has been defined as a form of non-verbal communication, according to Albert (1971). Givens (2002:33) described non-verbal communication as "the process by which facial expressions, gazes, movements, postures, and tones of voice send and receive wordless messages." In line with the view given, Crystal (2008) considers non-verbal communication to be non-linguistic communication features, including facial expression and gestures. Body language involves the "systematic use of facial expression and body gesture to convey meaning, especially as it relates to the use of language" (James, 2007).

So, this study indicates that in both social and business settings, women smile much more than men, which can make a woman appear to be subordinate or vulnerable in interaction with unsmiling men. Some people say that the extra smiling of women is the result of women being traditionally put in subordinate positions by men. Still, other research shows that baby girls smile even more than baby boys by the age of eight weeks, so it is possibly inborn as opposed to training. The possible reason is that smiling blends neatly into the evolutionary position of women as pacifiers and nurturers. It does not mean that a woman should not be as authoritative as a man, but the extra smile can make her appear less traditional (Provine & Fischer, 1989). Women use most of the same basic preening gestures as men, including touching the hair, smoothing the clothes. According to the book ' Why Men Lie & Women Cry (Pease), one or both hands on the hips and body pointing towards the man extended intimate gaze and increased eye contact; according to the book 'Why Men Lie & Women Cry (Pease).' Some women may also adopt the thumbs-in-belt gesture. While it is a male gesture of declaration, it is used more subtly: only one thumb is typically tucked into a belt or protrudes from the handbag or pocket (Pease, Allan, & Barbara, 2003).

Studies show that a person who relies on stiff visual evidence face-to-face about another person's actions is more likely than someone who relies solely on their gut feelings to make more informed decisions about that person. The proof is in the body language of the person and, although women can do it subconsciously, everyone can teach themselves to interpret the signals consciously (Kendon, 1975). A Linguistics study has shown a direct association between the amount of rank, power, or reputation an individual commands and their range of vocabulary. The higher an individual is on the social or management ladder, the more likely he will communicate in words and phrases. Body language research has shown a connection between an individual's command of the spoken word and the number of movements to express their message (Cashdan, 1998).

Women's broad hips make it difficult for many women to run, as their lower legs and feet often renege to the side to balance their body weight. Dr. Devendra Singh, a leading US professor of neuropsychology, discovered that women find the most desirable male hips with a 90% waist-to-hip ratio (Singh & Young, 1995). Further, surveys suggest that women regularly prefer men with more deep, more precise voices because deep tones are

directly correlated with testosterone levels. The shift in voice tone is evident in boys because their bodies fill with male hormones as they hit puberty when they change into men and their voices practically crack overnight. When a man is around a woman, he imagines that he will start speaking in deeper tones to demonstrate his masculinity. In contrast, a sensitive woman is likely to begin talking to difference her femininity in higher-pitched tones (Provine & Yong, 1991).

And then, women have taken on male job roles and tasks that involve the development of testosterone. This hormone drives us to achieve since the feminist movement started in the 1960s. And that has been described as the 'success hormone.' Analysis now shows that women's voices have deepened in countries such as the United States, the United Kingdom, Australia, and New Zealand, where feminism has become more prominent since women have become more assertive and authoritative (Springer, 2014). In that case, many of the same simple preening movements are used by women as men, including rubbing the hair, smoothing the clothes, one or both hands on the hips, pointing to the man's foot and body, expanding the intimate gaze and increasing eye contact. Some women also embrace the thumbs-in-belt gesture. While it is a male gesture of assertion, it is used more subtly: only one thumb is usually tucked into a belt or protrudes from a handbag or pocket (Morris, 1979).

For instance, women send out subtle, but sometimes manipulative, courting signals when they encounter a potential partner to see if he's worth pursuing. In the first minutes of meeting them, females appear to overwhelm men with courting rituals. Men can misunderstand and make a clumsy pass through these signals. Women trick men into showing their hands by sending unpredictable and vague signals in the early stages. It is one reason why many women find it difficult to attract men. Men become confused and do not approach (Singh, 1995). In the first minutes of meeting them, females appear to overwhelm men with courting rituals. Men can misunderstand and make a clumsy pass through these signals. Women trick men into showing their hands by sending unpredictable and vague signals in the early stages. It is one reason why many women find it challenging to attract men-men become confused and do not make an approach (Young, 1995).

Typically, in a ten-second listening period, a woman may usually use an average of six vital facial expressions to reflect and then provide input on the speaker's emotions. Her face will mirror the feelings the speaker is voicing. To someone watching, it might appear as though both women are going through the activities being addressed. A woman reads the essence of what is said through the sound of the speaker's voice and his body language, his emotional state. To catch a woman's attention and keep her engaged and listening, this is what a man needs to do. The prospect of using facial input while listening is astounding to most men, but it pays enormous dividends for the man who gets good at it (Russell, 1995).

A study shows that women wearing mini-skirts cross their legs and ankles for simple, appropriate reasons. However, many older women still sit in this position from years of experience, which may not only make them feel restrained, but others are likely to unconsciously read it as unfavorable and respond with caution to these women. A woman who is not interested in a man will then fold her arms on her chest and cross her legs away from him, giving him the 'no-go' body language. In contrast, an interested woman will open herself up to him (Fast, 1979). In some cases, when a woman wants to get a man's attention across the room, she'll meet his gaze, hold it for two to three seconds, then look away and down. This gaze is long enough to send her a message of interest and possible submission to him. An experiment by Webster University's Monika Moore Ph.D. found that most men are not hardwired to interpret the first look signal of a woman, so she typically needs to repeat it three times before the average man picks up on it, four times for prolonged men, and five or more times for very dense men. She will also use a miniature version of the eyebrow Flash when she gets his attention, a short, slight eye-widening gesture that tells him the signal was intended for him (Hess, 1975).

In comparison, the use of concealed arm barriers by women is less evident than that of men. Still, if they become self-conscious or unaware of themselves, women may understand items like handbags or purses. When walking in public, royals such as Princess Anne frequently clutch a bunch of flowers, and the favorite of Queen Elizabeth is the Flowers / Handbag Clutch. She is unlikely to bring her handbag, perfume, make-up, credit cards,

and theatre tickets. Instead, when appropriate, she uses it as a kind of security blanket and as a way to send messages. Royal watchers have reported 12 signals she sends to her minders about when she wants to go, stop, leave, or be rescued from someone who is boring her (Newton, 2000).

Robert Provine's study showed that it's also women who do most of the smiling and laughing in courtship, not men. Laughing in these contexts is used to assess if a couple will bond in a relationship successfully. Simply put, the more he can make her laugh, the more she will find him attractive. It is because it is viewed as a dominant trait to make others laugh. Women prefer dominant males, whereas males prefer subordinate females. Provine also claims that a subordinate person will laugh to please a superior person and that the particular person will make subordinates laugh, but as a way to preserve his dominance without laughing (Provine & Yong, 1991).

Studies show that women laugh at men they are drawn to, and women who laugh at them attract men. It explains why it is at the top of women's preference list of what they are looking for in a guy with a sense of humor. She generally means that she spent the night laughing, and he spent the night making her laugh. When a woman says, 'He's such a funny person, we spent the whole night laughing together.' Saying that a woman has a strong sense of humor from a man's viewpoint does not mean she tells jokes; it means she laughs at his jokes (Foot & Chapman, 1976). Furthermore, research conducted by Boston University's Marvin Hecht and Marianne La France has shown how to subordinate individuals smile more in the presence of dominant and superior individuals in both friendly and unfriendly situations. In contrast, prominent individuals smile in warm cases only around subordinate individuals. This research demonstrates that women smile much more than men in social and business settings, making a woman appear to be subordinate or vulnerable in interaction with unsmiling men. Some people say that the extra smiling of women is the product of men traditionally putting women in subordinate positions. Still, other evidence shows that baby girls smile even more than baby boys by the age of eight weeks, so it's inborn rather than taught (LaFrance & Hecht, 2000).

Finally, a British research team led by Christoper Brannigan and David Humphries (cited by Nierenberg & Calero, 2012) has isolated and compiled a list of 135 distinct body languages for women, three of which are prevalent smiles, including a straight smile, a smile, and a big smile. The teeth are not noticeable based on an essential smile examination, customarily seen when someone does not engage in the activities. To himself, he grinned. The upper incisors are evident in a smile, and eye contact typically occurs between people. Generally, when someone is having fun and is frequently connected to laughter, a wide grin, the upper and lower incisors are noticeable, and eye contact is often (Eggert, 2010).

The related literature above shows how women portray their body language and non-verbal cues to the community. It offers a transparent partnership through this study in the ability of women to communicate well by not using verbal body signals to speak and share their emotions. Understanding and using body language in daily life also helps express what women mean, connect more with others, and build more profound and more fulfilling relationships.

3. Methodology

Research Design - Since we want to gather descriptive data, the qualitative method will be the best in this study. According to Crossman (2017), qualitative research is a type of social science research that collects and works with non-numerical data and seeks to interpret meaning from these data that help us understand social life through the study of targeted populations or places. This study focuses on the human experience of body language. Reducing the investigation to the psychological realm of a human being is referred to by Husserl as the phenomenological psychological reduction (Wertz, 2005). The study attitude refers to a sense of wonder, curiosity, and suspended judgment or, as Finlay (2012) describes, an attitude of "noninterference." In accomplishing this attitude, it is essential to bracket (i.e., bringing into awareness and then setting aside or encapsulating) previously formed biases, knowledge, and assumptions.

This qualitative study focuses on the men's view of women's body language, feelings, and mind (Puskar,

2020). Specifically, we use the phenomenological approach in our study because we aim to gather information regarding the perspective of men to the body language of women. Meanwhile, the Phenomenological approach is the study of structured experience or consciousness. It is the study of phenomena and the appearance of things or how we experience something (Stratford Encyclopedia, 2013).

The study used Mehrabian's communication model, which was constructivist. As such, it looked into the real-life situation of the participants with the understanding that their interpretation may be the same as the book of Vanessa Vans Edwards, which is the "Captivate." The ontological assumption of our study is that reality is subjective and can be created through human activity (Kim, 2001; Cohen, Manion, & Morrison, 2000). Epistemologically, we saw knowledge as personal, partial, and unique (Cohen, Manion, & Morrison, 2000). Who gathered data through interviews? These socially constructed realities were intertwined through interaction and communication (Kim, 2001). This phenomenological study aims to interpret the women's body language to the diverse perspective of men. Significantly the subject of this study is the world of men understanding the women's body language.

Bracketing is necessary for a phenomenological study, which means the researcher must identify first what he wants to discover (Porter, 1993; Jootun, McGhee, & Marland, 2009). As part of this study, we are cautious and observant at all times, being aware of the pre- obtainable beliefs on the study. We see that we could fully capture the participant's experiences as they share them with us during the interview. We heighten awareness of the phenomenon that the participants had given during the interview. However, we made sure to set aside our views and personal experiences only by identifying their real fundamental nature (Creswell, 2012).

In describing the express phenomenon of the participants, we use analogy as our approach. Thus, this will mean making comparisons, finding similarities and correlations of the different perspectives of the men so that who might extract a common theme about the subject. Creswell (2012) suggested that qualitative data sources include profoundly online interviews and getting reliable documents. This study uses specific strategies to obtain information, such as substantial interviews on different platforms like messenger and email using a video recorder and taking notes. The possible response participants' We give focus on the emotional details of the participants to create a significant output and the significance of the study.

Role of the Researcher - Before conducting the study, we assign each other to do a specific task to promote teamwork. Some of us take responsibility for interviewing the participants through various online platforms. Some take notes, and the rest record the participants' answers using either a mobile phone or voice recorder. In conducting the in-depth interview, we explain to the participants the context and purpose of the study, especially the three research questions. We also, tell them about the interview procedure, how who will maintain confidentiality and the contact information of the participants, the need to be aware and reflective of the philosophical assumptions that will guide our view of the world and the acknowledgment of subjective opinions and values regarding the topic of our research study. Lastly, we shall also be aware that the data are tainted with an analytic and interpretive cast in the very process of becoming data.

Research Participants - Purposive Sampling was utilized in this study because it enables us to select the individuals suitable for the study. Also, it will allow us to choose the participants base on the characteristics of a population and the objective of the study (Crossman, 2017). We will randomly select 15 men who give their perspective on interpreting the women's body language. The researcher will randomly choose participants having an age limit of 18 to 30 years old, excluding their social status in the community. Furthermore, maximum variations will be used to guarantee consistency in this study to gather multiple perspectives and represent the phenomenon's complexity. Moreover, to secure the participants' identity, the participants will give assume names or pseudonyms throughout the discussion of this study.

Data Collection - This study will use in-depth interviews, focus group discussion, and Observation Method to avoid biases. In-depth interviews were used in the data collection. This method of data collection enables us to interview our participants individually. In-depth interviews are where participants are encouraged and prompted

to talk in-depth about the topic under investigation without the researcher's use of predetermined, focused short-answer questions (Given, 2008) critical incident techniques utilized in this study. It will allow us to ask the participants to comment on actual events and their experiences on hand (Flanagan, 1954).

Additionally, in-depth interviews are sometimes referred to as depth interviews. It can help us establish rapport with participants to feel comfortable and at ease, generating more insightful responses (Steber, 2017). Moreover, this study uses Focused Group Discussion to allow the participants to agree or disagree to know their stand about an issue about the range of opinion and ideas. The inconsistencies and variation exist in a particular community regarding beliefs and their experiences and practices (Shaping Policy, 2009). Lastly, Observation methods will examine the participants using their senses in a natural setting or naturally occurring situations. Qualitative Research Guidelines Project (2006) added that Observation fosters an in-depth and rich understanding of a phenomenon, situation, and setting and the participants' behavior in that setting.

Data Analysis - Data analysis consisted of three synchronized flows of action: data reduction, data display, and drawing conclusions and verification. Data reduction refers to the process of coding and condensing the codes and transforming the collected data into figures, tables, or a discussion. Data needs to reduce to make it more readily accessible and understandable. Data reduction facilitates communication findings and efficiency. This paring and sieving of data often is term as thematic analysis. Thematic analysis is a way of seeing and a process for qualitative coding information (Creswell, 2007).

On the other hand, data display refers to the organization of the collected data to enable conclusion drawing. Miles and Huberman (1994) were convinced that a good data display is critical for accurate qualitative analysis. Thus, it may include matrices, graphs, charts, and networks design to gather and organize information into an immediately accessible and compact form. The analyst can see what is happening and either draw and justify conclusions or move on to the following analysis step the display suggests may be helpful. Additional, higher-order categories or themes may come to the fore at this stage of the data analysis, which go through those 15 discover in the initial process of data reduction (Qualitative Analysis Handout, 2006).

Conclusion drawing and verifying were the third component of the data analysis process. During the collection of data, we bear in mind Miles and Huberman's opinion that what shall make no definitive conclusions yet as the preliminary findings have to verify during the process. Conclusion drawing means taking a closer look at what the analyzed data denotes and assessing their repercussions for the questions at hand. In contrast, verification, an integral element of conclusion drawing, involves reviewing the data as many times as necessary to cross-check or verify the emergent conclusions.

"The meanings emerging the data is used to be tested for credible, sturdiness, 'conformability' and validity" (Miles & Huberman, 1994). Validity in qualitative studies has a different meaning than when it is in the context of quantitative research. In qualitative evaluation, validity refers to whether given construct measures what it is supposed to measure and covers a much broader concern for whether the conclusions drawn from the data were credible, defensible, warranted, and withstand alternative explanations (Qualitative Analysis Handout, 2006).

Trustworthiness - Parallel to the criteria of quantitative research suggested by Guba (1961), such as internal validity, reliability, and objectivity, qualitative research also has different criteria for its evaluation Lincoln (1995). We consider the trustworthiness criteria as suggested by Guba and Lincoln (1985), such as credibility, conformability or audibility, dependability, and transferability or fittingness of the study (Cutcliffe & McKenna 1999; Lincoln & Guba 1985; Sandelowski, 1986; Streubert-Speziale, 2007). Trustworthiness is the actual value of the study's findings and the accuracy of data interpretations collected from the participant's experience (Lincoln & Guba, 1985).

To institute **the credibility** of our study, we ensure firmness in our data collection, such as interviews, which directly took from the participants and not craft-up stories. We prefer that who included all-important data and that irrelevant one was removed. We ask a colleague to assist us during our interviews, especially taking notes

and taking photos and videos. In addition, we ask a reliable person who will help us analyze the collected data. The results in more reliable findings of this study (Suter, 2012).

To ensure more **credibility** of our study, we make sure that we performed the following as suggested by (Polit, Beck, & Hungles, 2006; Sandelowski; 1986 Streubert-Speziale, 2007) such as having multiple sources of data, debriefing, triangulation, and repeats contacts with our participants. Credibility concerns the extent to how the participants' viewpoints correspond with the description of the researcher. Ample times to interview who facilitated the participants with the interview questions as a guide. We are confident to make reasonable representations of their viewpoints because we are also familiar with how women's body language is possessed.

To ensure the process and interpretation of the collected data. We employ peer debriefing to the dissertations adviser and someone quite familiar with the complexities and qualitative research. We as a researcher, we are a part of the entire research process, reflecting our personal experiences, about the phenomenon as who discussed it in the role of the researcher (Marshall & Rossman, 2010). We concede our personal biases on communicating to our participants and how they will treat the data. To check the credibility of the findings and interpretations, we have to go back to the participants to find out what they are trying to convey during the interview.

We keep the audiotape interviews, our evaluative journal or diary, transcripts, and note-takings to address our study's confirmability or discernible. Confirmability or audibility (Polit, Beck, & Hungler, 2006; Streubert-Speziale, 2007) refers to the researcher's paper-trail, decisions, methods, and documentation relate to the study. We do not include our viewpoints, hypothesis, and conclusions to avoid misinterpretation of data. We refrained from our own bias; we used bracketing as one of our methodologies. We also use triangulation and peer debriefing to guarantee that the study's findings have no preferences and chauvinism. However, we prefer a little about what Gephart (1998) view about confirmability. To him, confirmability accords to the issue of biases and prejudices of the researcher (Gephart, 1998) aside from the reader's roadway to track the data and interpret what needs to present. (Guba & Lincoln 1989). The researcher can give his viewpoints on women's body language. Nonetheless, it is our full responsibility to be conscious of our reflections, reactions, and even close contact with our participants' (Porter, 1993; Jootun et al., 2009). If this presumption occurs in the conduct of our study, bracketing and reflexivity are applied. Who kept videos, transcripts, and all other available documents to present to an interested party who will like to look at the sources or transcript. On the other side, after all transcription of all data, we go back to our participants' to confirm that the data transcription is correct.

To establish **the dependability** of our study, we are consistent in the collection and analysis of data through the coding-recording system. During data reduction, we ensure that only relevant information is included. Next, we apply peer debriefing for the triangulation of the data we collect and analyze. Suter (2012) stressed those common qualitative strategies such as audit trail, peer debriefing, and triangulation are observed.

Who guaranteed dependability by keeping track of the data by documenting the research process or methods undertaken in the data collection and analysis, recording interviews, and utilizing the exact transcripts. Copies of all transcripts and drafts were kept intact. By the belief of Bond and Ramsey (2010), researchers shall keep track of their data through wide-ranging documentation of the research processes and methodological to ensure the dependability of the research findings.

To deal with **transferability**, we describe our research's research context and suppositions in a possible detailed manner. We make sure that the data are thick and rich in descriptions. Any interested persons who will transfer the results of this study to another context were held liable for the making of the transfer. Transferability refers to the extent of the result to which results and findings of the study can be applied or gain in other contexts or with other participants (Byrne, 2001; Streubert-Speziale, 2007). Parts of the transcripts of the interviews that are rich were quoted and cited. Who facilitated Transferability judgment by a potential user through the thick description and purposeful Sampling. It means that participants in future studies like this will select reasonably. These participants can visibly provide affluent information on the research questions at hand. Transferability, or fitting outside the careful research, may have meanings to another group or be applied in another context (Byrne,

2001; Streubert-Speziale, 2007).

Ethical Considerations - The main concerns of our study were individuals who are custody of portraying body language, specifically women. Therefore, we have to ensure their safety and give complete protection not to lose their trust in us. We follow ethical standards in conducting this study as pointed by (Boyatzis 1998; Mack et al., 2005); these are the following: respect for persons, beneficence, justice, consent, and confidentiality.

Respect for personal needs and obligation of the researcher not to exploit the weaknesses of the research participants. Who avoided self-sufficiency to maintain friendship, trust, and confidence among the participants and the researcher. Beforehand, we will ask permission from our diverse participants' especially the men where data collections belong. Next, we also want permission from the school heads of the research participants before conducting the research (Creswell, 2012). It was done to pay respect for the individual's concern in the study.

Consent is another most important way of showing respect during the research (Creswell, 2012). It is to let all participants become aware of the purpose and objectives of the research study. They will involve who provided written consent for them to get their approval. After getting their nod, they have actively participated the in-depth interviews and focus group discussions. Of course, they will inform on the results and findings of the study.

Beneficence requires a commitment to minimizing risks to the research participants rather than maximizing their profits. The anonymity of the interviewee will keep in order not to put each participant at risk. At all times, participants need protection, so every information file was not left unattended or unprotected (Bricki and Green, 2007).

Confidentiality towards the results and findings includes the safeguard of the participants, who will use the coding system. Meaning, the participants' identities will be hidden (Maree & Van Der Westhuizen, 2007). Maree and Van Der Westhuizen (2007) suggested that all materials, including videotapes, encoded transcripts, notes, and others, will be destroyed after the data analysis. Some of the informants were hesitant to interview at first because they were afraid of what to say. Still, because of our assurance regarding the confidentiality of their responses, the latter gives me a chance and shows comfort in answering the interview questions. We are very extra careful with our queries, and due to respect, it gives importance to this study.

Justice requires a reasonable allocation of the risks and benefits as a result of the research. It is essential to acknowledge the contributions of all the participants as they are generally part of the study's success. They must be given due credits in all their endeavors (Bloom and Crabtree, 2006). They were not able to spend any amount during the interview. Sensible tokens were given to them as a sign of recognition for their efforts in the study. We hope that through this study, they will be set free into whatever negative experiences they had as to how to interpret women's body language and maintain a good name into what positive contributions they will offer in this study.

4. Results

4.1 Participants

Key informants: This study has ten critical informants; all were men with diverse courses and grades. They have different experiences when it comes to understand and interpret the body language of women. They were selected randomly, having various locations and backgrounds they belong. The social experiences of these informants about the concerns women's body language would be the lens in interpreting in resolving, and understanding the body language. The participants were given a pseudonym to preserve confidentially and privacy, as presented in Table 1.

Focus Group. A focus group discussion was conducted with five participants; all were male students with

diverse courses. All of them were from different schools, but most lived in Tagum City, commuting every day back and forth, who highly observed the experiences of these participants when it comes to the body language of women in the focus group discussion. The discussion was conducted to achieve more insights and develop social constructions among the participants on handling women's body language. Who did not mention the original names of the participants vividly. Instead, pseudonyms were used to make their identity obscure. They were presented in Table 1 according to their number.

The key informants and the participants in the focus group discussion answered the same set of interview questions. We knew most of them since they were relatives in our places and some of them were my colleagues in some gatherings and celebrations. Moreover, some of them were our friends while the rest were the unfamiliar person to us. We learned through our interaction their happy and sad experiences in terms of the body language of women they interact with. In addition, we learned from them their various backgrounds, including problems in handling women's mood swings and their defense mechanisms in coping with these problems.

We found it not easy during data collection since some of our participants were busy and didn't submit the Google form questionnaire on time; that is why we extend our time and wait for them to finish their responses. On the other hand, they were hot in receiving our messages and very open in understanding the concept we have in our study. They were also able to give the best answer they can in every question we asked them. The same thing happened to my focus group discussion but worst because I conducted the FGD thrice because of many different reasons, such as not hearing the recorded interview, although the video was very clear. The second time, some of the participants have work and cannot join the meeting set in a day, and the memory of the gadget I was using doesn't have enough space to record the interview. However, with the support of our FGD participants, we were able to finish our interaction excitingly. Most of my participants have similar experiences when handling the body language of women and the mood swings they experience with the women they interact with.

The interviews took place in a Google meet where my participants are joining. Sometimes, we connect to the neighborhood's Wi-Fi because the connections we have in our house are poor, and we cannot access the meeting on time. We go to the tallest place to access a link to have an edible and transparent recording. We used a video recorder and my cellphone. We also employed personal note-taking of the answers we thought were important and took down salient observations during the online interviews.

Categorization of Data - After the participants conducted all in-depth interviews, the data from the cellphone's audio recorder were directly transcribed verbatim, and the vernacular responses were carefully translated into the English language by the researchers. These qualitative processes are suggested by Mondada (2007), who asserted that the recorded in-depth interview data in qualitative research are transcribed verbatim, which means that the participants' responses are written exactly word-for-word to guarantee greater accuracy of the data. Conforming to the steps recommended by Moore and Llompart (2017), the first step taken in the process was organizing and listening cautiously to the sound recordings. After the data has been arranged, a rough transcription was performed, which involved listening and writing down the verbal content of interactions, including the filler words (e.g., um, uh) and some repetitions committed by the participants. Furthermore, three steps were taken to analyze the data obtained: data reduction, data display, and drawing conclusion and verification. These essential steps were adopted and implemented to identify core ideas and important themes about the phenomenon being investigated.

Essentially, during the data reduction method, the researchers decided what data will be transcribed and what will be excluded (Lemal et al., 2003). In such a manner, unnecessary data have been omitted in the transcription. That is, the researchers categorized data by finding the same responses as well as analyzing the patterns. With the help of the data analyst, thematic analysis was then employed to sort out responses, easily manage and understand the gathered data. This process that the researchers utilized can be gleaned from the study of Ibrahim (2012). He suggested that thematic analysis is considered the most appropriate method for analyzing the data and presenting themes that add a systematic element to data analysis, as well as precision and

complexity. The same idea by Nowell et al. (2017) asserted that a thorough thematic analysis could yield reliable and insightful results.

Table 1

Participants' information

Assumed name	Gender	Location	Level	Study	Institution
Justine	Male	Davao del Norte	College	In-depth interview	Private
Brylle	Male	Davao del Norte	College	In-depth interview	Private
Jan	Male	Davao del Norte	College	In-depth interview	Private
Lloyd	Male	Davao del Norte	College	In-depth interview	Private
Martin	Male	Davao del Norte	College	In-depth interview	Private
Kelvin	Male	Davao del Norte	College	In-depth interview	Private
Nathan	Male	Davao del Norte	College	In-depth interview	Private
Amber	Male	Davao del Norte	College	In-depth interview	Private
Elijah	Male	Davao del Norte	College	In-depth interview	Private
Kaizer	Male	Davao del Norte	College	In-depth interview	Private
Marvin	Male	Davao del Norte	College	In-depth interview	Private
Hector	Male	Davao del Norte	College	FGD discussion	Public
Rhylle	Male	Davao del Norte	College	FGD discussion	Private
Axel	Male	Davao del Norte	College	FGD discussion	Private
Bryan	Male	Davao del Norte	College	FGD discussion	Private

After the researchers categorized the data, the next step employed was a data display. The researchers made a table to present the essential themes and core ideas generated. The researchers ensured that the themes and concepts were examined, transformed, and arranged by the data analyst during this approach. Lastly, during the data conclusion and verification, the researchers carefully examined essential themes underneath the data segments by revisiting the data analyzed. In this manner, the data analyst cautiously validated the interconnectedness and alignment of the themes to the research questions or purpose. To ensure its validity, themes were verified by interpreting the conceptual framework with a reference or supporting it with related literature related to the phenomenon investigated.

Significantly, to establish trustworthiness in the study, particularly in data analysis, the researchers adopted a criterion as suggested by Polit and Beck (2012). This criterion includes credibility, conformability, dependability, and transferability. To address credibility, the interviews were carefully recorded using a cellphone recorder so that the exact responses of the participants will be captured well by the researchers. From the viewpoint of dependability, research processes, particularly data gathering procedures, are highly considered. The researchers properly documented research steps from the start of the study to the presentation and reporting of findings. To ensure conformability, the transcribed data by the researchers from the in-depth interview of the participants were consulted by the data analyst for the derivation of essential themes. Also, the core ideas made by the researchers were also consulted to the analyst for verification. Lastly, as for transferability, the vital themes generated have made sure that it will be supported or grounded with theory or related literature to give insights to the future researchers as to what are possible studies to be conducted concerning the present one.

RQ1. What are the views of men on the identified Women's Body Language as published by Vanessa Van Edwards?

The following questions were asked during the in-depth interviews and focus group discussion on generating a wide-ranging conversation for the above research problem. What are the body language you observe on women that is present in the book of Vanessa Van Edwards? What are the body language you observed on women that is not present on the book published by Edwards? What can you say about the body language, specifically the face and hand gesture of women when talking to other people like their loved ones? How does the book of Vanessa Van Edwards help you to understand and know the body language of women? What can you say about the body language portrayed by women as the book published by Edwards?

Three (3) significant themes emerged from the data collected on the views of men on the identified Women's Body Language as published by Vanessa Van Edwards as presented in Table. The data showed that the research

participants identified facial expressions, hand gestures, and body movements, and Posture in the book Women's body language by Vanessa Edwards.

Table 2

Themes and Core ideas on the views of men on the identified Women's Body Language

Essential Themes	Core Ideas
Facial Expression	The participants observed that the book of Edwards is focused explicitly on facial expressions of women, like being emotionally expressive and maintaining eye contact with men. The research participants also observed women raising their eyebrows.
Hand Gestures	The research participants also observed that in the book of Vanessa Van Edwards entitled Women's Body Language, women are crossing their arms when talking to other girls, especially their loved ones. Another observation is that when women flip their hair, it is a sign of flirting because your shiny hair is attracting men.
Body Movements and Posture	Being men, the respondents observed that most women do movements such as swishing of hips, tossing of hair, and tilting their head to emphasize the neck.

The following paragraphs would give elaboration to the themes presented in Table 1. The responses of the research participants will further expound on each theme, explaining the views of men on the identified Women's Body Language as published by Vanessa Van Edwards.

Facial Expression - Almost all the key informants revealed that as per observation, facial expression, hand gestures, and body movements are the body language of women present in the book of Edwards. They find women as very sensitive when it comes to expressions and how they execute themselves in front of men. Also, it is challenging for them to deal with the expressions of women because of the mood swings of girls' every time they communicate to each other. Justine (pseudonym) enumerates the body language he observed on women, which is also present in the book of Edwards. He stated that.

"Actually, I've observed all those body languages like flipping of hair on women presented by Ms. Vanessa. However, I observed most of these nonverbal cues in foreign country like in America, specifically their flirting gesture that we always saw in daring movies." (IDI-0012-Q2)

"I've observed all those body languages like the flipping of hair on women presented by Ms. Vanessa. However, I watched most of these nonverbal cues in a foreign country like America, precisely their flirting gesture that we always saw in daring movies).

Brylle (not his real name) shares his ideas on the body language he observed in the book of Edwards. He emphasized that hand gesture is considered the most visual body language of women according to the reader.

"Na realized nako na naay daghang meanings about the simple gestures of women that I on behalf of men, commonly trivialize and overlook. And the hand gestures of women emphasizes in the book since it is the most portrayed by women". (IDI-004-Q2)

(I realized that there are more meanings about the simple gestures of women that I commonly trivialize and overlook on behalf of men. And the hand gestures of women emphasizes in the book since it is the most portrayed by women).

Hand Gesture - It was revealed during the in-depth interview that hand gestures were the body language that the men observe in women, which is also present in the book of Edwards. Jan (pseudonym) articulated that a hand gesture depends on the behavior and how men approach women. It can be noticed through their unusual movements or gestures.

"I had realized sometimes that there are girls who is always using their hand gestures to communicate me. Like for instance my partner, gamiton jud na niya iyang kamot para I express niya iyang gusto ipasabot sa ako. Since aware naman ko ana because we are together almost 3

years so makabalo nako unsay ginapasabot niya" (IDI-001-Q2).

(I had realized sometimes that there are girls who are constantly using their hand gestures to communicate with me. For instance, my partner always used her hands to express her feelings towards me and express what she wanted. Since we have been together for almost three years, I already knew what it means, and I can respond to her immediately).

Moreover, Lloyd (not his real name) is always thankful on the body language expressed by women for them to have a good understanding with his partner. He stated that:

"I am ever grateful to have had finally somehow grasp such gestures; it may sound late now, but at least dli nako ma ignore ug ma ignorante sa akong partner na moody sometimes and misdirected anymore as to the meanings of such hand gestures that are commonly misperceived by most men." (IDI-0010-Q2)

(I am ever grateful to have had finally somehow grasp such gestures; it may sound late now, but at least I will not be ignored and ignorant to my partner having mood swings sometimes. Also, I will not be misdirected anymore as to the meanings of such hand gestures that are" commonly misperceived by most men).

Body movements and Posture - Here are the participants' different responses in terms of their views on the body movements and Posture of the identified women's body language published in the book of Edwards. Martin (pseudonym) again describes his experience interpreting women's body language, which is always present on women every time he communicates with women. He revealed that:

"I have observed on women's body language that is present in the book of Vanessa Van Edwards kay usahay naga raise sila sa ilang eyebrows, swishing of hips, tossing of hair, and tilting the head to emphasize the neck" (IDI-007-Q4)

(I have observed on women's body language that is present in the book of Vanessa Van Edwards are sometimes they are raising their eyebrows, swishing of hips, tossing of hair, and tilting the head to emphasize the neck).

"I have experience that my partner when sometimes naa siyay mood swings ipaagi nlng dayun niya sa body language ang iyang feeling which is also nagahatag ug dakong tabang sa ako as masinabtanon na partner" (IDI-004-Q4)

(I have experienced that my partner sometimes, if she has a mood swing she always uses her body language to express her feelings which give a big help for me as her understanding partner).

RQ2. How do men interpret these women's body language?

The following questions were asked to generate a wide-ranging discussion for the second research problem. What is your perception of how women portray their body language? How do you experience/feel about women's body language, specifically on their gestures? What do you experience between how you manage body image and how other women might manage their body image? How would you describe women's body language? Give at least five examples. How do you perceive women's body language?

Three (3) significant themes emerged from the data collected on how men interpret women's body language as presented in Table _. They observed that women's body language is an expression of themselves, including their feelings, emotions.

Table 3

Essential Themes and Core Ideas on How Men Interpret Women's Body Language

Essential Themes	Core Ideas
Expression of oneself	The research participants observed that the women's body language portrays women's feelings or emotions through its body movements.
	Also, women's body language is interpreted by the research participants as their communicating strategies. For them, the use of hand gestures and facial expressions emphasized their words and their interest in communication.
Confusing	As to the women's body language interpretation, the research participants mentioned that they are sometimes conscious and confused about the women's feelings and thoughts as portrayed in their gestures and movements.
	Moreover, other participants perceived women's body language as somehow obscure because many possible underlying messages and meanings can be generated from their gestures.
Alluring and Deceiving	The respondents find women's body language alluring because it can sometimes catch men off guard.
	It can also be deceiving, according to them, because women's body language can have many meanings.

The paragraphs below explain the themes and core ideas presented in the table above. The responses of the research participant expound on the articles on how men interpret women's body language.

Expression of oneself - Almost all of the significant informants stated that how women express their feelings and emotions through body language. The research participants also consider women's body language as their expression of their feelings, which depends on their gestures. Rhylle (pseudonym) presents his observation on how women express their feelings and emotions through body language.

>"*In my perception on how women portray their body language as they express their emotions differs and depends on their gestures. The body language is another for communication; I can tell the feelings or emotions of women through its body movements.*"   (IDI-0012-Q2)

>"*In my perception on how women portray their body language as they express their emotions differs and depends on their gestures. The body language is another for communication; I can tell the feelings or emotions of women through its body movements.*"

Axel (not his real name) also shares his ideas on how women express their feelings and emotions through body language.

>"*Sa akong panan aw akong na obserbahan is kanang the way they portray it helps them to express their feeling towards men*". (IDI-004-Q2)

>"*In my perception, I observed that the way they portray it helps them express their feelings towards men.*"

Brylle (pseudonym) describes women's body language. He also said that men must be aware of women's body language. He explained:

>"*Ilahang body language man gud usahay indirect sya, and some of it is strong, and they have a great control of being assertive and submissive, and finally, women's body language is very discreet*". (IDI-006-Q3)

>"*Their body language is sometimes indirect, and some of it is strong, and they have a great control of being assertive and submissive, and finally, women's body language is very discreet*".

>"*The body language is their non-verbal interpreter, easy to read, predictable, their asset, their communicating strategies.*" (IDI-006-Q3)

>"*The body language is their non-verbal interpreter, easy to read, predictable, their asset, their*

communicating strategies."

Confusing - During the focus group discussion, they showed that the body language of women is somehow perceived as confusing for men. Below are the responses of the research participants. Bryan (pseudonym) stated his observation, and he said that:

"Usahay man gud mag overthink ko sa akong interpretasyon on women's gestures, so mao nang usahay kay maka feel ko awkwardness Kung unsaon nako pag approach sa women because I don't think so if I'm interpreting them correctly". (IDI-001-Q2).

(Sometimes, I overthink my interpretations on women's gestures, so I'm the ones who feel awkward in approaching women because I don't think so if I'm interpreting them correctly).

Furthermore, Jay (not his real name) also shared his observation on how women portray body language.

"Sometimes I became conscious and confuse that keeps me wondering what they feel and thinking at that moment". (IDI-0010-Q2)

(Sometimes, I became conscious and confuse which keeps me wondering what they feel and thinking at that moment).

Furthermore, most of the participants perceived women's body language as a little bit complicated, which is why most men are confused. It is difficult for them to recognize the real meaning of such body language.

Martin (not his real name) shares his observation about how he perceived the women's body language.

"I perceived it somehow obscure given that there are a lot of possible underlying messages and meanings that can be generated from their gestures". (IDI-009-Q3)

(I perceived it somehow obscure given that some many possible underlying messages and meanings can be generated from their gestures).

"Usahay listed Maka decides conclusion kay mostly ang mga babae had mood swings you really won't understand". (IDI-009-Q3)

(Can't decide for a conclusion because mostly of girls had mood swings you really won't understand).

Alluring and Deceiving - Here are the views of several participants in terms of their experience and/or feelings about women's body language, specifically on their gestures. Jan (pseudonym) again shares his experience about women's body language. He revealed that:

"I find it alluring because women's body language sometimes can catch men off guard at times, and it can also be deceiving because women's body language can have many meanings". (IDI-007-Q4)

(I find it alluring because women's body language sometimes can catch men off guard at times, and it can also be deceiving because it can have many meanings).

"I find it is very warming when a woman uses hand gestures and facial expression to emphasize her words. So para sa akoa nagapakita sya Kung unsa sya ka interesado and focused in our discussion". (IDI-004-Q4)

(I find it very warming when a woman uses hand gestures and facial expressions to put emphasis in her words. As for me, it just shows how much she is very interested and focused in our discussion).

RQ3. To draw out elaborate insights of the research participants, the following questions were asked. How does body language play a role in communication? How do you manage your experience when you communicate with women? How much does body language contribute to communication? Why is body language important in communication? What is your feeling in sharing with women using their body language?

Three (3) major themes emerged from the data collected on the insights of the study participants regarding the role played by body language in communication as presented in Table 4. It reveals that body language helps in having better understanding, it gives awareness of each other, and it provides certainty of the message intended.

Table 4

Essential Themes and Core Ideas on the Insights on How Body Language Plays in Communication

Essential Themes	Core Ideas
Better understanding	Research participants identified the role of body language on understanding what women are trying to say without speaking out but by just their gestures and expressions.
	It also helps maintain healthy communication with them.
Awareness of Each Other	Communicating through body language gives awareness of both parties since it gives opportunity to know with the different body language portrayed.
	According to the research participants, body language is needed to approach for awareness of each's other's intended message and is needed to have a successful communication.
Certainty of the Message	The participants mentioned that body language help clarify the intended meaning.
	It also entails adjustment and patience in learning the meaning of the body language portrayed to have good communication.

The proceeding paragraphs discuss the themes on the insights of the research participants regarding the role of body language in communication. Their responses during the interview further elaborate and explain the insights they have.

Better Understanding - The majority of participants agreed that women are having mood swings, and it takes time for men to understand what they are trying to convey to avoid conflict in different situations. Below are their responses. Kelvin (pseudonym) asserted that being with a moody partner is never been easy. You will always provide time to communicate and understand their body language portrayed.

> *"It feels good when you understand what she trying to say to you. Dapat jud magpakumbaba and sabton ang iyang mga body language para magkasinabtanay" (IDI-008-Q3)*

> *(It feels good when you understand each other. You should always understand the way she portrayed her Posture and gestures for you to gain an effective communication).*

Since some of the men did not know to adjust the attitude of women, it is better for them to study the women's body language to gain positive communication to each other. Pretty (pseudonym) asserted that men must know the body language of women. He stated:

> *"Studying the book of Edwards is a must. It gives us an idea on what does it means when women does different body language. Sometimes I'm the one who feels awkward because I think I misinterpret their movements and di nako masabtan na nalain na diay sila." (IDI-006-Q3)*

> *(Studying the book of Edwards is a must. It gives us an idea on what does it means when women does different body language. Sometimes I'm the one who feels awkward because I think I misinterpret their movements and I can't easily understand if they get angry for me).*

Nathan (not his real name) included also what possible way to do in order to understand more the body language of women.

"Para nako by simply giving her what she wants kay dako kayo ug tabang para dili na ma mood swing ang atong partner". (IDI-009-Q3)

(For me, simply giving her what she wants is considered the best way to avoid the mood swing of our partner, especially women).

Awareness of Each Other - Another essential theme from the data gathered is the role which body language play in communication that is giving awareness of each other. Here are the general responses of the participants about the importance of being aware of the body language portrayed by women. Humble (not his real name) shared his insights about his experience in handling a partner using her body language to communicate.

"Kanang if naga communicate mi sa akong partner importante kaayo na mahibal an jud nato ilang gina boot pasabot for me to be aware. Like for instance, naa silay gusto kuhaon pero dili nila ma ingon verbally, so ako isip iyang partner should understand ug dapat masabtan dayun nako ang gina portay sa iyang body language as an alternative way para ma masabtan iyang gusto" IDI-007-Q3

(So, I communicate with my partner it is very important to know what she really pinpoint in order for me to be aware. Like for instance, if she has something to get but they cannot express it verbally, so as a partner, I will always understand easily what her body language portrayed as a alternative way to understand what she really wants).

Amber (not his real name) also shared how proud he is when adjusting the body language portrayed by women.

"It feels great if you understand and adjust the body language of women. For me, if I encounter women, I easily generalize them na mga moody kay tungod sa ilang mga body language na di jud masabtan." IDI-005-Q3

(It feels great if you understand and adjust the easily the body language of women. For me, if I encounter series of women, I generalize them all as a moody person it is because of their unrecognizable body image that is not understandable).

As supported by Justine (not his real name), she articulated that it is a good idea to study the book and gain knowledge about the body language.

"Oh akoa lang jud maingon no na dako kaayo ug tabang ang book ni Edwards because akoa jud na identify ug tarung kung unsa na mga body language ang gina meant sa mga women. Kapit lang jud masabtan rajud nato na sila kadugayan hehe." IDI-004-Q3)

(All I can say is that the book of Edwards is very helpful because I easily identify if what body language portrayed by most women. Hold on, because time comes we truly understand them so easily).

Certainty of the Message - Despite the mood swings of women on their body language, the participants overcome those hardships in terms of understanding and studying the book that has been published by the author. These give them hope to be certain of the message intended by the women. Martin (pseudonym) shared his insights about how to cope in dealings women's identified body language in order to attain the intended meaning of women as portrayed in their body language.

"Be patience lang jud siguro unya determined. Di jud dapat ta magkapoy kapoy when it comes in understanding the body language of women. Dapat persistent enough ta og ready mosabot kay nature naman gud na sa mga babe na nay mood swings. All we have to do lang as men kay sabton ug dili sila pasakitan and make them feel special." (IDI-004-Q3)

(Be patience and also determined. We should not feel tired when understanding the body language of women. We have to be persistent enough and ready to understand them because it is really the nature of girls to be moody. All we have to do is make them special and avoid hurting them).

Hector (not his real name) described how to adapt and be resourceful in dealing with such problems in women at the same time emphasizing the importance of patience to be certain of the message implied in women's body language.

"Ahmm based sa experience lang ano lang mahatag nmo and best nmo by means of giving them time to understand their emotions despite of the tiredness you experience. Make them special and be patience always kay dira mana sila ganahan ug sabton sila pag ayo sa ilang love ones." *(IDI-001-Q3)*

(Based on my experience, give your best by means of giving them time to understand their emotions despite of the tiredness you experience. Make them feel special and be patience always because that is the best way to offer to them).

Rhyl (not his real name) suggested another piece of advice: patience is the key to attain a good understanding and to be certain of the message expressed through the body language of women.

"Advice nako is…taasa pajud ang pasensya sa pag handle og emotions sa girls. Daghan pag aspect na dapat sabton sila kay dali ra sila masakitan compare sa ato mga lalaki." *(IDI-0010-Q3)*

(My advice is to be more patient in handling the emotions of girls. There are many aspects that we as men need to understand them because women are more different to us as me).

4.2 Chapter Summary

From the study results taken from the responses of in-depth interview participants, most of them experienced that interpreting women's body language is important and challenging. The participants also expressed feelings of stress, anxiety, and tiredness due to mood swings and undetermined body language portrayed by women. All these burdened the men and hindered them when understanding the women's body language being portrayed. They all agreed that having women's mood swings when communicating makes it challenging for them to deal with. They emphasized that it causes them stress when women's easily get angry when talking to them without any reason. Regardless of what the undetermined body language of women, men were have full of adjustment to understand the attitude of women they are talking with. One of the themes that emerged in the first research question was women's facial expressions when dealing with men. Here, the observed facial expression was most seen in the book of Edwards was detected and disclosed because of these circumstances.

Interpreting women's body language has been a struggle for almost all men. However, various strategies were employed by men to understand and analyze women's body language to avoid misunderstanding of their partners. Apart from it, they also have profound adjustment to understand the attitude of women as what they portrayed in their body language, also, by being more patient in handling the emotions of girls. We as men need to understand many aspects because women are more different to us as. Moreover, it is very important to know what she really pinpoints in order for me to be aware. For instance, if she has something to get, but they cannot express it verbally, so as a partner, I will always easily understand what her body language portrayed as an alternative way to understand what she wants.

Generally, even though men experienced many struggles in interpreting women's body language, understanding, and being patient are the only key to sustaining a good relationship. With their imaginative and

creative minds, they find various solutions or strategies to address their hardships. Their everyday struggles and battles in understanding women serve as their creativity and their social and communicative skills. Significantly, it was revealed from their narrations that men would do everything so that no women shall be angry when it comes to interpreting their body language.

5. Discussion and conclusion

The discussion, findings, implications for practice, and implications for future study are presented in this chapter based on the themes that emerged during the data analysis. This research clearly stated its goal to highlight how men interpret women's body language from various perspectives. It also seeks to go deeper into the interpretation, insights, feelings, and coping techniques that women's body language attempts to portray. Also, to see what notions may be derived from the observations. The social meanings of the participants on the implementation of works and activities with insufficient equipment were captured in this phenomenological investigation. Phenomenological research is concerned with how humans perceive events or phenomena that arise from actual occurrences occurring in the real world (Creswell, 2007). These specific processes are given "breath" based on the participants' experiences in this study through extended talks. A phenomenological study describes the ordinary meaning of "life experiences" for a group of people concerning a concept or phenomena (Creswell, 2012).

This research backs up the notion of social representation in terms of its utility in comprehending human meaning-making. Using the idea as a lens also aids in providing a clearer picture of various groups' perceptions of a social phenomenon. The findings have added to the expanding body of research about the importance of deciphering such body language. Knowing how men interpret women's body language will provide valuable feedback to an individual's awareness. The phenomenological qualitative approach is ideal for describing delicate topics like reading women's body language. Bracketing is used to search for the things that need to be discovered (Ariola, 2006). In this context, 15 participants, ten from the in-depth interviews and five from the focus group discussion, were asked to contribute and share their experiences, interpretations, and insights on what women's body language is attempting to communicate. They're all current students at different schools. The participants are all males of various ages and educational backgrounds.

They are interpreting Women's Body Language: Diverse Perspective in The Eyes of Men. Based on the study results, men have various interpretations of how women portray their body language, such as awareness of each other. On the experiences of men's dealing with this problem, five essential themes emerged:

According to the findings of this study, men were aware of women's body language while also encountering problems due to a lack of equipment. As a result, they are aware of each other. According to Iwuanyanwu (2019), body language plays a role in communication by allowing people to become more aware of one another and providing a wide range of experience in posing and solving real-world problems. Hands-on activities, according to Omiko (2015), are also engaging. It enables learners to acquire scientific abilities, attitudes, and values to handle scientific tools and materials because it encourages them to create a spirit of inquiry. Amber (pseudonym) agreed with this viewpoint. She explained how proud he is of himself when it comes to changing women's body language. Cutie (pseudonym), on the other hand, believes that studying the book and learning about body language is a beautiful idea. As a result, based on their diverse perceptions, he can learn from women's body language.

In light of the situation, When Rhylle (pseudonym) discusses how women convey their sentiments and emotions through body language, he uses the pseudonym Rhylle. Axel (pseudonym) also gives his thoughts on how women use body language to express their sentiments and emotions. He also stated that the manner they present aids them in expressing their feelings for guys and clears up any misunderstandings. He went on to say that males need to be conscious of women's bodies. (Hardin, 2020) who also agreed that the others could misinterpret it. Just because someone crosses her arms during a meeting doesn't mean she's bored or irritated. It's

possible she was just cold. Furthermore, men face numerous challenges as a result of their life experiences. Apart from the pressure that occurs, nearly all of the primary informants reported. According to their observations, facial expression, hand gestures, and body movements are the body language of women present in Edwards' book. They consider women extremely sensitive when it comes to their facial expressions and how they carry themselves in front of men. It's also difficult for them to deal with women's expressions because of the mood swings of girls when they communicate with one another. According to Levering (2000), Deception is an unpleasant feeling that occurs when certain expectations are not met. According to Harvard University psychologists, women, are far more aware of body language than men. They showed participants short films of a man and a woman conversing with the sound turned off. They were asked to interpret what was going on by reading the couple's emotions.

Justine (pseudonym) listed the body language he noticed in ladies, also mentioned in Edwards' book. He added that he saw everything of Ms. Vanessa's body language, such as hair flicking on women. However, he observed most of these nonverbal cues in other countries, such as America, mainly their flirting gestures, often seen in action movies. (Edward, 2014) supported that in her book "Captivate: The Science of Succeeding People," most women like a man's ass as their area of the body. Similarly, Jan (pseudonym) and Lloyd (pseudonym) describe women's body language interpretations. They both agree that men's behavior and approach to women influence their hand gestures, as seen in their odd movements or gestures. They always feel appreciative of how women portray their body language for them to understand. Besides, one of the participants named Martin (not his real name) describes his experience of interpreting women's body language, which is always present on women whenever he interacts with them. For him, women's body language noted in Vanessa Van Edwards' book includes lifting their eyebrows, swishing hips, tossing hair, and tilting the head to emphasize the neck. As supported by Edward (2017), female body language, often known as female body language, is similar to men's body language. female body language, on the other hand, has a few distinct variances that both sexes may detect. Women and men have pretty diverse courtship rituals.

5.1 Concluding Remarks

The study results show that interpreting women's body language can provide clear and successful communication with the partner. It is essential once men understand the portrayed body language to have a good rapport with one another. From the study's findings, we have felt men's happiness and sadness experiences, which also affected researchers. The challenges, pressure, guilt, and disappointment the men experienced in interpreting women's body language are tough to adjust to. Still, through their patience and dedication, they could devise ways of those hardships that they encountered. The creativity of the men in pooling understanding strategies together they have. It is one of the coping mechanisms to have effective and efficient communication with women who are constantly using their body language to express their feelings and emotions.

The lens of Mehrabian Communication Theory is a communication model that illustrates the feelings and opinions of an individual. Their body language and intonation could be dominant if someone says something, resulting in no consensus between what they say and what they radiate. It is a fallacy that only by using non-verbal communication can we interact internationally with individuals with a different language context. The relationship in which the non-verbal elements may be dominant is concerned (Mehrabian, 2013). As a process, it is a means of communication created and elaborated by a group about a social object. The contribution of this study lies in the understanding of the men's views and insights on the women's body language and the concepts derived from the results. It is also open to opportunities for future research related to handling women. We are hoping this study will bring forth awareness among men who have especially a moody partner. We hope this study would leave a mark on those who will read and consider this masterpiece worthy of sincerity.

6. References

Acredolo, L., & Goodwin, S. (2000). *Baby signs: how to talk with your baby before your baby can talk*. Vermilion.

Acton, G. S. (2003). *'Measurement of impulsivity in a hierarchical model of personality traits: implications for substance use', Substance Use and Abuse*. In press.

Adams, R. S., Biddle, B., & Holt, M. (1970). *Realities of teaching: Exploration with video tape*. Rinehart & Winston.

Adapted Mind. (1992). *Evolutionary psychology and the generation of culture*. Oxford University Press.

Aldert Vrij (2000). *Detecting lies and deceit*. Chichester England: John Wiley & Sons, 93-100.

Andreas, S., & Faulkner, C. (1996). *NLP: the new technology of achievement.* Nicholas Brealey Publishing.

Ardrey, R., Argyle, M., & Cook, M. (1976). *The territorial imperative*. Cambridge University Press.

Argyle, M. (1973). *Skills with people: A guide for managers*. Hutchinson.

Argyle, M. (1975). *Gestures and bodily movements' in bodily communication*. International Universities Press, Inc.

Argyle, M., & Ingham, R. (1975). Gaze, mutual gaze, and proximity. *Semiotica, 6*, 32-49.

Bacon, A. M. (1875). *A manual of gestures.* Griggs, Chicago.

Bandler, R. & Grinder, J. (1997). *Patterns of the hypnotic techniques of Milton H. Erickson*. Metamorphous Press.

Bandler, R., & Grinder, J. (1976). *The structure of magic: A book about language and therapy. Science and Behavior Books*.

Beattie, G. (1988). *The candarel guide to beach watching*. Hove, Rambletree.

Benthall, J., & Polhemus, T. (1975). *The body as a medium of expression.* Allen Lane, London.

Berne, E. (1964). *Games people play*. Grove Press.

Birdwhistell, R. L. (1974). The language of the body: The natural environment of words. In A. Silverstein (Ed.), *Human Communication: Theoretical Explorations* (pp. 203-220), Lawrence, Hillsdale, NJ.

Burgoon, J. K., Buller, D. B., & Woodall, W. G. (1994). *Nonverbal communication: The unspoken dialogue*. Columbus, OH: Greyden Press.

Calero, H. H. (2005). *The power of nonverbal communication: How you act is more important than what you say.* Los Angeles: Silver Lake Publishers.

Cappella, J. N. (1993). 'The facial feedback hypothesis in human interaction: review and speculation'. *Journal of Language and Social Psychology, 12*.

Carlson, N. R. (1986). *Physiology of behavior* (3rd ed). Boston: Allyn & Bacon.

Carnegie, D. (1965). *How to win friends and influence people*. Angus and Robertson, Sydney.

Cashdan, E. (1998). Smiles, speech and body posture: how women and men display sociometric status and power. *Journal of Nonverbal Behavior, 22*(4).

Chaplin, W. F., Phillips, J. B., Brown, J. D., & Clanton, N. R. (2000). Handshaking, gender, personality, and first impressions. *Journal of Personality and Social Psychology, 79*(1).

Chapman, A. J. (1983). Humor and laughter in social interaction and some implications for humor research. In P. McGhee & J. H. Goldstein (Eds.), *Handbook of humor research* (Vol. 1, pp. 135-157), Springer-Verlag.

Clayton, P. (2003). *Body language at work*. Hamlyn.

Collett, P. (1977). *Social rules and social behaviour.* Blackwell, Oxford.

Collett, P. (1993). *Foreign bodies: A guide to European mannerisms*. Simon & Schuster.

Colton, H. (1996). *The gift of touch*. Seaview/Putnam.

Cook, M. (1970). *Experiments on orientation and proxemics*. Human Relations.

Critchley, M. (1975). *Silent language*. Butterworth, London.

Critchley, M. (1989). *The language of gesture.* Arnold, London.

Cundiff, M. (1972). *Kinesics*. Parker Publishing, New York.

Dabbs, J. M. (1992). Testosterone, smiling and facial appearance. *Journal of Nonverbal Behavior, 21*.

Dalgleish, T., & Power, M. (1999). *Handbook of cognition and emotion.* John Wiley & Sons Ltd.

Darwin, C. (1872). *The expression of emotion in man and animals*. Appleton-Century Crofts, New York.

Davis, K. (1999). Clinton and the truth: on the nose. *USA Today*.

Davitz, J. R. (1964). *The communication of emotional meaning*. McGraw-Hill, New York.

deTurck, M. (1991). Training observers to detect spontaneous deception: Effects of gender. *Communication Reports, 4*.

Dimberg, U., Thunberg, M., & Elmehed, K. (2000). Unconscious facial reactions to emotional facial expressions. *Psychological Science, 11*.

Dimitrius, J., & Mazzarela, M. (1998). *Reading people: How to understand people and predict their behavior—anytime, anyplace*. New York: Ballantine Books.

Duncan, S., & Fiske, D. W. (1977). *Face-to-face interaction*. Erlbaum, Hillsdale, New Jersey.

Effron, D. (1972). *Gesture, race and culture*. Mouton, The Hague.

Eibl-Eibesfeldt, I. (1970). *Ethology: The biology of behaviour.* Holt, Rinehart 8c Winston.

Ekman, P., Friesen, W. Y., & Ellsworth, P. (1982). *Emotion in the human face: Guidelines for research and an integration of findings*. Cambridge University Press.

Etcoff, N. (1999). *Survival of the prettiest: The science of beauty*. New York: Anchor Books.

Givens, D. G. (2005). *Love signals: A practical guide to the body language of courtship*. St. Martin's Press.

Hall, E. T. (1959). *The silent language.* New York: Doubleday.

Hall, E. T. (1969). *The hidden dimension*. Garden City, NY: Anchor Books.

Iacoboni, M. (2009). *Mirroring people: The science of empathy and how we connect with others*. New York: Picador.

Key, M. R. (1975). *Paralinguistics and kinesics; non-verbal communication.* Scarecrow Press.

Knapp, M. (1978). *Non-verbal communication in human interaction* (2nd edition), Holt, Rinehart and Winston.

Knapp, M. L., & Hall, J. A. (2002). *Nonverbal communication in human interaction* (5th ed.). Harcourt Brace Jovanovich.

Korman, B. (1978). *Hands: The power of awareness*. Sunridge Press.

LaFrance, M. & Hecht, M. A. (1995). Why do women smile more than men? In A. Fischer (Ed.), *Gender and Emotions* (pp. 45-64).

LaFrance, M., & Hecht, M. A. (1995). Why smiles generate leniency. *Personality and Social Psychology Bulletin, 21*, 207-214.

LaFrance, M., & Hecht, M. A. (1999). A meta-analysis of sex differences in smiling. In A. Fischer (Ed.), *Nonverbal Communication and Gender.* Cambridge University Press.

LaFrance, M., & Hecht, M.A. (1999). Option or obligation to smile: the effect of power and gender on facial expression. In P. Philippot, R. S. Feldman, & E. J. Coats (Eds.), *The Social Context of Nonverbal Behaviour*. Cambridge University Press.

Mehrabian, A. (1981), *Implicit communication of emotions and attitudes*. Belmont, CA: Wadsworth Behavior, 21.

Meyer, P. (2010). *Liespotting: Proven Techniques to Detect Deception*. New York: St. Martin's.

Morris, D., et al. (1994). *Gestures*. New York: Scarborough Books.

Navarro, J. (2016). Chirality: A look at emotional asymmetry of the face. Spycatcher (blog). *Psychology Today.* https://www.psychologytoday.com/blog/spycatcher/201605/chirality-lookemotional-asymmetry-the-face

Navarro, J., & Karlins, M. (2007). *What Every BODY Is Saying: An ex-FBI agent's guide to speed-reading people*. New York: HarperCollins Publishers.

Navarro, J., & Poynter, T. S. (2009). *Louder than words: Take your career from average to exceptional with the hidden power of nonverbal intelligence.* New York: HarperCollins Publishers.

Panksepp, J. (1998). *Affective neuroscience: The foundations of human and animal emotions.* New York: Oxford University Press.

Pease, A., & Pease, B. (2006). *The Definitive Book of Body Language*. New York: Bantam.

Ratey, J. J. (2001). *A user's guide to the brain: Perception, attention, and the four theaters of the brain*. New York: Pantheon Books.

Russell, J. A., & Fernandez-Dols, J. M. (Eds). *The Psychology of Facial Expression, (158-175).* Cambridge University Press.

Saitz, R. L., & Cervenka, E. C. (1972). *Handbook of gestures.* Mouton.

Sathre, R., Olson, R., & Whitney, C. (1973). *Let's talk.* Scott Foresman, Glenview Illinois.

Scheflen, A. E. (1972). *Body language and the social order.* Prentice Hall, New Jersey.

Scheflen, A. E. (1974). Quasi-courtship behavior. In S. Weitz (Ed.), *Nonverbal communication* (pp. 182-198). Oxford University Press.

Scheflen, A. E. (1975). *How behavior means.* Garden City, Anchor.

Scheflen, A. E. (1976). *Human territories.* Prentice Hall, New Jersey.

Scheflen, A. E. (1979). On communicational processes. In A. Wolfgang (Ed.), *Nonverbal Behavior: Applications and Cultural Implications* (pp. 1-16). Academic Press.

Scheflen, A. E. (1981). *Body language and the social order.* Prentice Hall.

Schultz, A. H. (1937). Proportions, variability and asymmetries of the bones of the limbs and the clavicles in man and apes. *Human Biology, 9.*

Schutz, W. C. (1958). *A three-dimensional theory of interpersonal behaviour.* Holt, Rinehart and Winston.

Steel, J., & Mays, S. (1995). Handedness and directional asymmetry in the long bones of the human upper limb. *International Journal of Osteoarchaeology, 5.*

Steele, D. (1999). *Body language secrets: A guide during courtship and dating.* SBP.

Strack, E, Martin, L., & Stepper, S. (1988). Inhibiting and facial conditions of the human smile: a nonobtrusive test of the facial feedback hypothesis. *Journal of Personality and Social Psychology, 54.*

Strodtbeck, F., & Hook, L. (1961). The social dimensions of a twelve man jury table. *Sociometry.*

Russell, T. A., Chu, E., & Phillips, M. L. (2006). A pilot study to investigate the effectiveness of emotion recognition remediation in schizophrenia using the micro-expression training tool. *British Journal of Clinical Psychology, 45*, 579-583.

Von Cranach, M. (1996). *Social communication and movement: Studies of interaction and expression in man and chimpanzee.* Academic Press.

Vrij, A. S., Vrij, G. R., & Bull, R. (1973). Insight into behavior displayed during deception. *Human Communication Research, 22*(4), 544-562.

Vrij, A. (1993). Credibility judgments of detectives: The impact of nonverbal behavior, social skills, and physical characteristics on impression formation. *The Journal of Social Psychology, 133*, 601-610.

Vrij, A. (2001). *Detecting lies and deceit.* John Wiley.

Wainwright, G. R. (1985). *Teach yourself body language.* Hodder & Stoughton.

Weisfeld, G. E., & Linkey, H. E. (2001). Dominance displays as indicators of social success motive. *Motivation and Emotion.*

Wilson, P. R. (1968). Perceptual distortion of height as a function of ascribed academic status. *Journal of Social Psychology.*

White, A. G. (1953). The patient sits down: A clinical note. *Psychosomatic Medicine.*

Whiteside, R. L. (1975). *Face language.* Pocket Books.

Whitney, H., & Murphy, A. (1978). *The new psychology of persuasion and motivation in selling.* Prentice Hall.

Wolfe, C. (1948). *A Psychology of Gesture.* Methuen, London.