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**NON-VERBAL PECULIARITIES OF PESSIMISTIC UTTERANCES
(A STUDY OF THE 20TH–21ST CENTURY ENGLISH PROSE)**

The article highlights non-verbal peculiarities of pessimistic utterances in 20th–21st century English prose. It has been revealed that pessimistic utterances are supported by paralingual (phonatory, respiratory), kinesic (facial expressions, gestures, body postures) non-verbal means of communication, eye contact and silence. It has been proved that paralingual means of communication are typical for non-verbal support of pessimistic utterances (67%). We consider sound codes of non-verbal communication to be paralingual and divide them into phonatory and respiratory. A wide range of phonatory non-verbal means of communication in pessimistic discourse is determined by emotional and mental states of a pessimistic speaker, and non-lingual factors that affect his/her pessimistic worldview. The use of respiratory non-verbal means of communication is determined by the peculiarities of individual psychophysiological articulatory-acoustic reactions, such as sighs, whisps, moans, stutters, sobs.

It has been revealed that kinesic (facial expressions, gestures, body postures) non-verbal means of communication (12%), which support pessimistic utterances perform an expressive-regulatory function and codify the information about a speaker's pessimistic worldview.

It has been determined that eye-related non-verbal means of communication that accompany pessimistic utterances are less typical (6%). The regulation of the communication process, checking feedback, displaying cognitive activity, expressing emotions and confirming the nature of interpersonal relationships are the functions of visual contact. Silence as a non-verbal reaction of a pessimist is not frequent (5%). Conscious and deliberate use of silence by a pessimist indicates the need to use a pause to reflect on the situation, or to control emotions or regulate the communication process. It has been proved that kinesic, eye-related non-verbal means of communication and silence serve as additional means to convey speaker's pessimistic worldview and indicate situational character of speaker's pessimism.

The data show that pessimistic utterances may be accompanied by a set of non-verbal means of communication (10%). This indicates the intensity of expression of emotional, volitional and behavioral reactions of a pessimistic speaker. A number of lexical units that serve to verbalize non-verbal means of communication which support pessimistic utterances have been identified. The peculiar features of their use in English prose of the 20th–21st centuries have been found out.

Key words: pessimist, pessimistic utterance, paralingual non-verbal means of communication, kinesic non-verbal means of communication, eye-related non-verbal means of communication, silence.

Introduction. Due to the fact that speech is closely related to the semantics of gestures, facial expressions, eye contact, body postures and intonation, pessimistic utterances tend to be supported non-verbally, i. e. by means of specific signals associated with stereotypes formed in the minds of native speakers. These signals reflect the physical features of a speaker, characterize his/

her emotional state, materialize the fact of his/her rational and sensory cognition. Non-verbal information supports the pragmatics of the verbal part of the utterance and is functionally reliable [Seryakova : 8–9]. The exact meaning of words arises from a single set of verbal and non-verbal means the speaker chooses to express opinions in a particular situation.

Modern linguistics offers a significant number of classifications of non-verbal means of communication: facial expressions and eye behavior, gestures and postures, voice characteristics, touch, appearance, time and space during speech interaction [Bovee : 30–31]; body contact or touch, physical proximity, position, body posture, gestures of palms, hands and head, facial expression, eye movement and gaze [Argyle : 250–255]; paralingual, kinesic, eye-related, auscultatory, haptic, olfactory, proxemic, chronemic, systemological non-verbal means of communication [Krejdlin : 22]; gaze, gesture, distance, voice, smile, posture, artifacts [Seryakova : 102].

Though in recent years researchers have become increasingly interested in non-verbal means of communication which accompany various types of utterances involving psychological states and feelings [Durdubas; Ilgen; Knapp], the non-verbal means of communication which support pessimistic utterances and verbal means of their expression in English prose still remain unrevealed.

The purpose of this research is to define the peculiarities of non-verbal support of pessimistic utterances in the 20th–21st century English prose. The specific research objectives are as follows: 1) to reveal the non-verbal means of communication which accompany pessimistic utterances in English fiction; 2) to identify lexical units which verbally represent non-verbal means of communication in pessimistic discourse; 3) to establish the function of non-verbal means of communication in pessimistic narration.

Results and discussion. The research shows that pessimistic utterances are accompanied by the following non-verbal means of communication: paralingual (phonatory, respiratory), kinesic (facial expressions, gestures, body postures), eye contact and silence.

Paralingual means of communication turn out to be typical for non-verbal support of pessimistic utterances (67%). Following G. Yu. Krejdlin, we consider sound codes of non-verbal communication to be paralingual [Krejdlin : 22]. We divide them into phonatory (acoustic) and respiratory.

Voice and tone provide the utterance with modal characteristics, reveal the emotional state of a speaker, his/her attitude to the surrounding reality and the object of utterance. The strength

of the voice, its volume and timbre, rhythm and tempo of speech, range of tonality, peculiarities of diction and other vocal modulations are indices of the emotional and volitional state of a pessimist. As can be seen from the data, the tone of a pessimist's speech varies from calm, muted, even indifferent, to neutral and high.

Calm, muted, indifferent tone of a pessimistic speaker is verbalized by lexical units *to mumble, to murmur, to mutter, muffled complaint, to articulate without raising one's voice, to say in a quiet tone, to say with calmness*. For example:

She said as if inspired and with that calmness which despair often gives: "There is no money to go away with, papa" [Conrad 2008 : 171];

*The next day, Bert and Mary, already a month married, had Sunday dinner with them, and the matter came up for discussion. Bert was particularly pessimistic, and **muttered** dark hints of an impending strike in the railroad shops* [London 2014 : 85].

The neutral tone of a pessimistic speaker is conveyed by lexical units that are synonymous with the dominant *to say: to add, to answer, to ask, to caution, to comment, to continue, to declare, to interrupt, to predict, to remark, to reply, to sound, speak, to state*. For example:

*But he'd been under no illusions. "Odds-on it'll turn out to be a wild goose chase," he'd **predicted**, pessimistically, as they waited on the platform together* [Airth : 32];

*She was already unnaturally braced to receive them. As she occupied herself in laying forks severely straight by the side of knives, she heard a man's **voice saying** gloomily: "On a dark night one would fall down these stairs head foremost," to which a woman's **voice added**, "And be killed"* [Woolf];

*"Well, Mr Hempseed, and how is the fruit?" "Badly, my lord, badly," **replied** Mr. Hempseed dolefully, "but what can you 'xpect with this 'ere government favourin' them rascals over in France, who would murder their king and all their nobility"* [Orczy : 25];

*"Good, we'll start with them tomorrow. I shall make inquiries at the Police station and you do the same at the Employment office. The Vatican's introductory letters will be helpful," Michael **sounded** pessimistic* [Duke : 44].

The analysis shows that the high tone of speech is expressed by a limited number of lexical units:

to cry, to ejaculate, to howl, to wail, to yell, in a harsh tone. For example:

“But what’s the object? Are you thinking of keeping possession of the mine?” I asked him.

“Something of the sort,” he says. “I am keeping hold.”

“But all this is as dead as Julius Caesar,” I cried.

“In fact, you have nothing worth holding on to, Heyst” [Conrad 2017].

A wide range of phonatory non-verbal means of communication that support pessimistic utterances, in our opinion, is determined by emotional and mental states of a pessimistic speaker, and non-lingual factors that affect the implementation of his/her pessimistic worldview.

Singling out respiratory non-verbal means of communication is determined by the peculiarities of individual psychophysiological articulatory-acoustic reactions, in the production of which the respiratory system is actively involved. These are sighs, whispers, moans, stutters, sobs, cries. The analysis shows that respiratory non-verbal means of communication which support pessimistic utterances are represented by the lexical units *to sigh, to whisper, to groan, to moan, to stammer, to sob, to huff, to whimper, to cry*. For example:

“You’re not dying,” Trekell scolded lightly.

“At least not yet, so get some sleep. You’ve got a tutorial to attend tomorrow.”

“Sometimes I wonder why I bother,” Obsidyanna **sighed** pessimistically [Love : 196];

“Poor Giuliano,” she **groaned** pessimistically and gave gas as the light turned green [Schubiger : 260].

Kinesic (facial expressions, gestures, body postures) non-verbal means of communication (12%), which accompany pessimistic utterances perform an expressive-regulatory function. Facial expressions reflect a person’s mental state and his/her emotional and evaluative attitude to reality. The main characteristics of facial expressions are integrity and dynamism [Ilgen : 1001]. Kinemas of lips, the movements of which reflect pessimist’s internal state bear main informative pressure in the process of production of pessimistic utterances. At a lingual level, this kinema is nominated by lexical units *lips, mouth, smile (to smile)*, which are components of various word combinations: *a bitter smile, a melancholy smile, a nervous smile, a pained smile, a sad smile, to smile hesitantly, to*

smile sadly, to bite one’s lips, to compress one’s lips, to curve one’s lips, to force a grin, to shut one’s mouth/lips tightly, to tighten one’s mouth/lips, to twitch one’s mouth, the mouth set in a grim line, the corners of the mouth drooped, the corners of the mouth were depressed. For example:

“Gilbert looks very young for a doctor. I’m afraid people won’t have much confidence in him,” said Mrs. Jasper Bell gloomily. **Then she shut her mouth tightly**, as if she had said what she considered it her duty to say and held her conscience clear [Montgomery : 7];

“What is it, Mrs Roberts? What’s wrong?” Herbie asked pessimistically and **her lips curved upwards** into something approaching her old, bright self [Tanner : 383].

It has been found out that the change of the facial expression of a pessimistic speaker also plays an important role in the process of interaction. Verbalization of facial expressions is carried out with the help of following lexical units: *a moody expression, the stoical expression of anticipated sorrow, his face contorted in reconciling buried feelings, his expression was that of a man who has just discovered he lost something important*. For example:

“It’s happening to somebody: why shouldn’t it happen to me?” she would argue, **her face taking on the stoical expression of anticipated sorrow** [Woolf].

Although face is the main source of information about a person’s emotional state, in many situations it is much less informative than body, because facial expressions are consciously controlled much better than human body movements such as gestures and body postures.

Gestures, as an important means of personality diagnosing, convey important information not only about mental state, but mainly about the intensity of the experience of this state [Wood : 134-140]. Gestures that indicate pessimistic worldview of a speaker are represented by the following lexical units: *to shake one’s head, to raise one’s hands, to fling up one’s hands, to throw up one’s hands*. For example:

“We’ll have no help from the king,” another old man **shook his head**, pessimistic [Fields : 161];

Madame Haupt was pointing her cooking-fork at Jurgis persuasively; but her words were more than he could bear. He **flung up his hands** with

a *gesture of despair and turned and started away. "It's no use," he exclaimed ... [Sinclair];*

*Steve Miller pessimistically eyed the stacks of paper that covered his desk, a nearby table, and climbing up his office walls. "How are we ever going to handle this?" he cried, **throwing up his hands** [Englade : 156].*

The examples show that shaking the head indicates a speaker's doubts and uncertainty, raising the hands up is an indicator of emotional tension felt by a speaker. Supported within the lexical context by lexical units which identify pessimism, the nominations of gesture non-verbal means of communication indicate the intensification of speaker's pessimistic mood and emphasize the situationality of the expression of pessimism.

Pantomime non-verbal means of communication include significant body movements, posture and gait. Body posture is one of the least controlled forms of non-verbal behavior, its observation provides vital information about a person's state – his/her tension or looseness, willingness to communicate or desire to avoid communication [Durdubas : 125]. A pessimistic speaker's posture and body movements intensify the verbal expression of pessimism and identify it as a situational phenomenon. For example:

"Oh, it's only what's the matter with every one!" she exclaimed. "No one feels – no one does anything but hurt. I tell you, Helen, the world's bad. It's an agony, living, wanting – "

*Here she **tore a handful of leaves from a bush and crushed them** to control herself [Woolf];*

"How did he get away?" Johnson asked.

He was sitting on the side of his bunk, the whole pose of his figure indicating utter dejection and hopelessness [London 2012 : 99].

Thus, kinesic (facial expressions, gestures, body postures) non-verbal means of communication which support pessimistic utterances codify a significant layer of information about the pessimistic worldview of a speaker.

Eye-related non-verbal means that accompany pessimistic utterances are less typical (6%). The regulation of the communication process, checking feedback, displaying cognitive activity, expressing emotions and confirming the nature of interpersonal relationships are the functions of visual contact [Knapp : 194].

Nominations of visual contact (*to look (a look), to stare (a stare), to gaze (a gaze), to glance (a glance),*

to glare (a glare), to eye (eyes)) are the components of phrases, which indicate eye movement, duration, direction and nature of a pessimistic speaker's gaze: *to roll one's eyes, to hide one's eyes, to lower one's eyes, to look pessimistically/blankly/gloomily/sadly, to look down at one's hands, to stare in front of somebody, to gaze despondently, to eye pessimistically, to glare unhappily, to stare gloomily/grimly, a doubtful glance, suffering eyes, an anxious look.* For example:

*"Why did you insist upon drugging me out to the springs, Roger?" Henry **cast a pessimistic glance at the overcast sky.** "We're likely to have to swim back to the manor" [Penman : 513];*

*Miss Wilson **looked pessimistically** at Coleen. "Without a 'person center' or a physically organized self, it's wonder that David understands his emotions at all," she said [Hurst : 355].*

Although silence as a pessimist's non-verbal reaction is not frequent (5%), its informativeness should not be underestimated. Conscious and deliberate use of silence by a pessimist is a sign that indicates the need to use a pause to reflect on the situation, or to control emotions or regulate the communication process. For example:

*"Well, that's over," **said Ridley after a long silence.** "We shall never see them again," he added, turning to go to his books. A feeling of emptiness and melancholy came over them; they knew in their hearts that it was over, and that they had parted for ever, and the knowledge filled them with far greater depression than the length of their acquaintance seemed to justify [Woolf];*

Philip was silent again. He remembered that she had always liked Miller; he amused her; there was in his foreign birth an exotic charm which she felt unconsciously.

*"I suppose it was inevitable," he **said at last.** "You were bound to accept the highest bidder. When are you going to marry?" [Maugham].*

The act of silence, represented by the lexical units *silence* and *silent*, identifies pessimist's negative expectations, confusion, hopelessness and indicates the situational nature of the pessimistic worldview expressed in the pessimistic utterances *"Well, that's over", "We shall never see them again", "I suppose it was inevitable".*

The analysis shows that pessimistic utterances may be accompanied by a set of non-verbal means of communication (10%). This indicates

the intensity of expression of emotional, volitional and behavioral reactions of a pessimistic speaker. A certain regularity was identified in the combination of non-verbal means of communication. Usually pessimistic utterances are accompanied by the following set of non-verbal means of communication:

1) paralingual (phonatory) + kinesic (pantomime):
It looked one hell of a mess.

I rolled onto my back again and made my voice casual. "If you were going to kill yourself, how would you do it?" [Plath];

2) paralingual (respiratory) + kinesic (pantomime):
"If I could only get out of it!" she **moaned**. "I hate it so. I'm unfit for the life, I'm not the sort of girl for that /.../ Oh, I wish I was dead."

*And in pity for herself she broke down now completely. She **sobbed** hysterically, and her thin body was shaken* [Maugham];

3) paralingual (phonatory) + kinesic (gestures):
*But she **shook her head**, very much like an inconsolable child and very much with a child's complete pessimism she **murmured**, "Therese has told him"* [Conrad 2010];

4) paralingual (phonatory) + facial expressions (lips movements):

*Anna **forced a grin**. "Nothing'll happen...," she **whispered** pessimistically* [Berry : 53];

5) paralingual (phonatory) + facial expressions:

"That's what the coroner tells us. Maybe we'll find out he is also an imposter." Schumann **sounded pessimistic**. His **expression was that of a man who just discovered he lost something important, like his wallet** [Grosshans : 75];

6) paralingual (phonatory) + eye-related:

*Sasha **gazed** despondently at the new panelled walls, ceiling and tiled floor. "Well there's certainly no access in or out of here; apart from the door," she **muttered** pessimistically* [Berry : 111].

These examples show that non-verbal support of pessimistic utterances is carried out mainly by paralingual non-verbal means of communication. Kinesic, eye-related non-verbal components of communication and silence serve as additional means to convey speaker's pessimistic worldview.

Conclusions and prospects for further research.

Thus, the non-verbal means of communication which support pessimistic utterances indicate the pessimistic worldview of a speaker, supplement, reinforce and clarify verbal information about his emotional and volitional state. They not only contribute to the realization of the main qualitative features of pessimism, but also strengthen the general pessimistic background of pessimistic narration.

With all the findings, the current study needs to be further developed. The prospects touch upon the investigation of the phenomenon of pessimism in linguocognitive aspect.

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НЕВЕРБАЛЬНІ ОСОБЛИВОСТІ ПЕСИМІСТИЧНИХ ВИСЛОВЛЕНЬ (НА МАТЕРІАЛІ АНГЛОМОВНОЇ ПРОЗИ 20-21 СТОЛІТЬ)

У статті виявлено, що песимістичні висловлення супроводжуються паралінгвальними (фонаційними, респіраторними), кінесичними (мімічними, жестовими, пантомімічними), окулесичними невербальними засобами комунікації, а також мовчанням. Паралінгвальні невербальні засоби комунікації є типовим невербальним супроводом у песимістичному дискурсі (67%). Паралінгвальними ми вважаємо звукові коди невербальної комунікації: фонаційні та респіраторні. Широкий діапазон фонаційних невербальних засобів комунікації, які супроводжують песимістичні висловлення, визначається емоційним і психічним станом мовця, а також позалінгвальними чинниками, які впливають на реалізацію його песимістичного світобачення. Виокремлення респіраторних невербальних компонентів комунікації зумовлене особливостями вияву індивідуальних психофізіологічних артикуляційно-акустичних реакцій, як-от: зітхання, шепіт, стогін, заїкання, схлипування, плач.

Виявлено, що кінесичні (мімічні, жестові, пантомімічні) невербальні засоби комунікації (12%), які супроводжують песимістичні висловлення, виконують виразно-регулятивну функцію та кодифікують інформацію про песимістичне світобачення мовця.

Встановлено, що менш типовими невербальними засобами, які супроводжують песимістичні висловлення, є окулесичні невербальні засоби комунікації (6%). Функціями візуального контакту є регулювання процесу комунікації, перевірка зворотного зв'язку, відображення когнітивної активності, вираження емоцій та підтвердження характеру міжособистісних стосунків.

Мовчання як невербальна реакція песиміста не є частотним (5%). Усвідомлене і навмисне використання мовчання песимістом є знаком, який вказує на потребу скористатись паузою для обдумування ситуації, що склалася, або для того, щоб проконтролювати свої емоції чи врегулювати процес спілкування. Доведено, що кінесичні й окулесичні невербальні компоненти комунікації та мовчання слугують допоміжними засобами репрезентації песимістичного світобачення мовця, які вказують на ситуативний характер песимістичного світосприйняття.

Аналіз ілюстративного матеріалу свідчить, що песимістичні висловлення супроводжуються декількома невербальними компонентами комунікації (10%). Це вказує на інтенсивність вираження емоційно-вольових і поведінкових реакцій мовця-песиміста. У ході дослідження встановлено низку номінацій, які слугують для вербалізації виокремлених невербальних засобів комунікації та виявлено особливості їхнього використання у англійській прозі 20–21 століть.

Ключові слова: песиміст, песимістичне висловлення, паралінгвальні невербальні засоби комунікації, кінесичні невербальні засоби комунікації, окулесичні невербальні засоби комунікації, мовчання.