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The Impacts of Open/closed Body Positions and Postures on Learners' Moods

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Abstract

When humans feel confident, lively, and active, they assume an open expansive posture, however when they feel helpless, insecure, and listless, they assume a closed and contractive posture. Hence, the question is whether open or closed postures affect EFL learners' moods. This study would highlight the impacts of the bodily behaviors on the person assuming specific physical postures and is aimed at revealing the possible impacts of high/low power (open/closed) sitting postures on language learners' moods. To this aim, 15 male Iranian English learners were asked to assume open, closed, and ordinary postures in nine 90-minute sessions. The data were collected through using a questionnaire and the participants' self-narratives. The statistical analysis of the questionnaire and qualitative analysis of the self-narratives demonstrated that closed postures have more negative impacts on moods while open postures have more positive impacts. DOI: 10.5901/mjss.2015.v6n2s1p643

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Hence, the question is whether open or closed postures affect EFL learners' moods. This study would highlight the impacts of the bodily behaviors on the person assuming specific physical postures and is aimed at revealing the possible impacts of high/low power (open/closed) sitting postures on language learners' moods. Hence, this study aims to investigate if the positions and postures learners take in a language classroom has impact on their moods and if their body position can be regarded as a tool to overcome negative moods. It was assumed that when language learners are induced to assume a high-power pose, the students feel confident, and when they are induced to assume a low-power pose, they experience anxiety. The function of your body posture tells your brain that you're powerful, which, in turn, affects your attitude. advertisement. the way we ultimately feel has a lot to do with the associations we have with being taller. While holding their assigned posture, the students were asked to list either three positive or negative personal traits they thought would contribute to their future job satisfaction and professional performance. Afterward, the students were asked to take a survey where they rated themselves on how well they thought they would perform as a future professional. Those who were in the upright position believed in the positive and negative traits they wrote down while those in the slouched over position weren't convinced of their positive or negative traits. March 2015. 643. The Impacts of Open/closed Body Positions and Postures on Learners' Moods. Mohammad Zabetipour. Ferdowsi University of Mashhad, Iran. Hence, the question is whether open or closed postures. affect EFL learners' moods. This study would highlight the impacts of the bodily behaviors on the person assuming specific. physical postures and is aimed at revealing the possible impacts of high/low power (open/closed) sitting postures on language. learners' moods. To this aim, 15 male Iranian English learners were asked to assume open, closed, and ordinary postures in. nine 90-minute sessions. The data were collected through using a questionnaire and the participants' self-narratives. The.