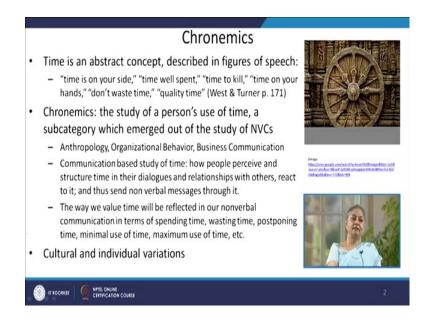
## Body Language: Key to Professionals Success Prof. Rashmi Gaur Department of Humanities and Social Sciences Indian Institute of Technology, Roorkee

## Lecture - 17 Chronemics

Welcome dear participants, in today's module we shall discuss Chronemics which is a study of time in the context of nonverbal communication. Chronemics is a subcategory of nonverbal aspects of communication which has emerged as the studies in this field broadened.

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Conventionally time has been treated as an abstract concept and it is in this context that linguistically we have responded to this idea, representing it in different idioms and phrases for example, quality time or time and tide wait for none.

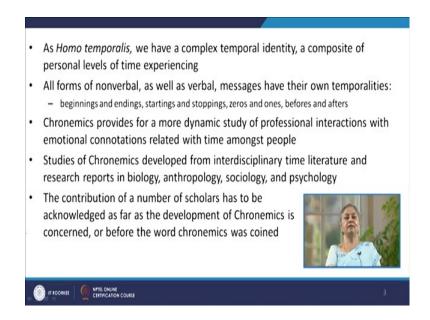
However, we find that as studies in the field of nonverbal aspects of communication is started to broaden their perspective, in the areas of organizational behavior, business communication as well as an anthropology people started to study the dimensions of time in particular contexts. A communication based a study of time is dependent on how people in different cultures in different work cultures perceive and structure time in their interactions with other in their dialogues as well as in their relationships with others. In

the area of communication we also study how in different ways people respond to it and thereby what type of nonverbal messages they try to communicate with it.

Our values in the context of time are reflected in our attitudes as well as in other aspects of nonverbal communication. And these can be understood in terms of how do we spend our time, do we waste it, do we keep on postponing things, are we able to utilize the time to its maximum. There are of course, individual variations in the way we respond to our understanding of time and evaluate.

But at the same time we find that the cultural impact on this aspect of NVC is also valuable.

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As human beings we have a complex temporal identity, which is constructed at different levels at personal as well as social, cultural and professional levels. All types of verbal messages as well as nonverbal messages have their own temporalities. They have a point of beginning and a point at which they end. There has been something happening before that point and there would of course, something else would take place after that.

So, our communication, in the context of time or in the context of the larger phenomena of nonverbal aspects of communication, is not outside the context. Chronemics ask for a more dynamic way of studying our professional interactions with emotional understandings and connotations which we have individually, socially and culturally

with time. Studies of chronemics have developed from interdisciplinary literature on time and they have been also supported by researchers in diversified fields of biology or sociology, psychology as well as anthropology. People have always been associated with studies of time in different ways, but before we started using the term chronemics or even before we apply these understandings in the area of business and professional communication, a number of scholars have to be listed to acknowledge their contribution for the development of this idea.

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From the modern perspectives, we find that the idea was first of all developed by E Robert Kely who is better known as E R Clay and the same idea was carried forward by William James whom we students of English literature recognized primarily for his use of the phrase is 'stream of consciousness technique' in his works.

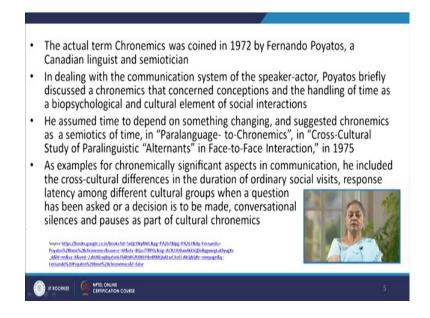
The idea was also carried forward by George Herbert Mead and these leading developers of the study of human acts and presentness alerted us to this idea that the time is not governed only by the external clock time. William James suggested that there is also an internal dimension of time which he called as 'duree'.

Another philosopher whom we have to acknowledge at this stage is Harold Innis, the famous Canadian communicologist who published his famous book *Changing Concepts of Time* in 1952. He studied the impact of time as well as space for the development of civilization. The ideas of Harold Innis were further enriched by Marshall McLuhan who

discussed time and human communication in several works. We primarily know McLuhan for introducing us to the term global village in his works, but he has also talked about the concept of time.

In 1952 only, the same year in which Harold Innis has published his book, Edward T Hall also published his book *The Process of Change*. Hall was to write periodically about time and the socio cultural relations over the next four decades and his ideas have encouraged other researchers to take up similar studies.

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The actual term chronemics was coined in 1972 by Fernando Poyatos, a Canadian linguist and semiotician. In dealing with a communication system of the speaker-actor, Poyatos briefly discussed the chronemics that concerned conceptions and the handling of time as a bio psychological and cultural element of social interactions. He had introduced this idea in cross cultural study of paralinguistic 'alternates' in *Face to Face Interaction* which was published in 1975.

As examples for chronemically significant aspects in communication, he included the cross cultural differences in the duration of ordinary social visits, response latency among different cultural groups when a question is asked or for example, a decision is to be made. He also looked at conversational silences and pauses as part of cultural chronemics. Continuing with these observations, Andy lucking and Thies Pfeiffer suggests that since temporal experience depends on the changing of something,

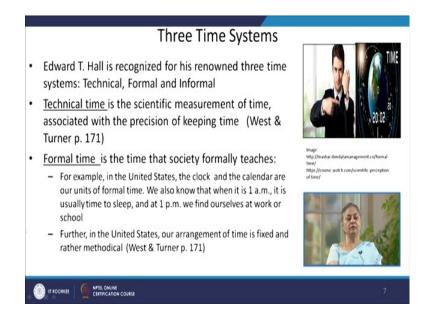
Chronemics is probably best conceived of as a kind of paralinguistic or supra segmental feature.

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Tom Bruneau developed the first article on time and nonverbal communication in 1974 and he also attempted to define chronemics and outlined its characteristics in 1977. So, it is in this decade of 1970s that the maximum understanding of the impact of chronemics was being talked about by various research scholars. Since these early works, we find that a number of works and commentaries have come out on the significance of chronemics in the field of professional communication.

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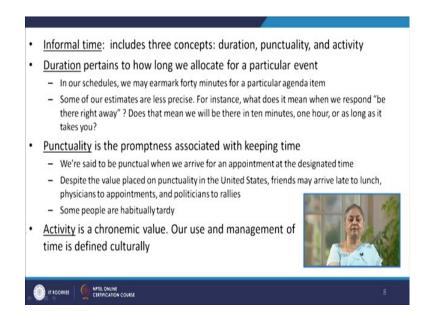


I would base my initial discussions over this concept on the findings of Edward T Hall. He has recognized three time systems and named them as technical, formal and informal.

Technical time according to him is the scientific measurement of time which is associated with the precision of keeping the time the way different mechanical devices for example, clock and watches primarily are used to keep time. So, formal time is the time which we learn on the basis of our social conditioning. A West and Turner have quoted the example of the USA and have talked about how the American society is being governed by the clock and calendar.

People have been socially conditioned to think that when it is 1 PM it is normally the time to work and when it is 1 AM it is normally the time to sleep. At the same time we find that in our contemporary cultures our arrangement of time is broadly fixed and rather methodical. So, to say that the majority of the people follow similar patterns at workplace and in their personal lives also.

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Informal time is normally our understanding of time at a personal level. Hall has included three different concepts within it and these are **duration**, **punctuality** and **activity**. Duration is related with the time which is formally allocated to a particular event. For example, in a meeting for a particular agenda item we might have allocated 40 minutes. And at the same time sometimes in certain cultures our estimates can be normally imprecise whereas, in some cultures as we will later see these estimates have to be as close to precision as possible. And at the same time there are personal definitions also for example, if I say I would be there within 2 minutes then what exactly I mean by these 2 minutes would it be 1 hour or exactly 2 minutes or maybe somewhere around 15 to 20 minutes

Another aspect which is associated by Hall with informal time is punctuality; which is basically our promptness associated with the way we keep time. We are normally considered to be punctual when we arrive at the designated place at the given time. Some people are tardy and habitually late comers and at the same time there are cultural associations also. In certain cultures for example, punctuality is not exactly a value because late coming is often associated with our status and perceptions of power. Activity is also another chronemics value our use and manage of time is defined in a cultural manner too.

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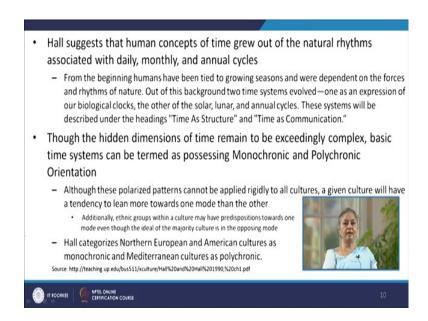


Other aspects which may be associated with our concept of time is our willingness to wait, the way we maintained time, during our interactions and to what extent the use of time punctuality etcetera are a reflection of our status and a part of the power game. The way we look at time, we maintain our association with it and the way we value it, affects the lifestyle. It is also a reflection of our own work culture as well as at a larger scale it becomes a reflection of the work culture of an organization. It also affects our communication and professional relationships too in the long run.

Hall has also pointed out that time can be an arithmetic characteristic as far as our social pressures are concerned. We are encouraged to use time wisely and at the same time we may also be cautioned not to be too obsessive about it. The way different cultures understand the function of time can be understood from several different angles. Hall has treated time as a language, as a thread which runs through cultures.

In his opinion it acts as an organizer and at the same time it also acts as a message system it reveals how people treat each other and at the same time it also tells us about the things which people value. Hall has taken a historical perspective as far as the human concept of time is concerned.

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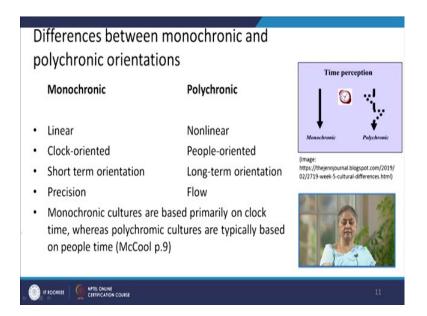


He suggests that our consciousness of time has emerged from the way we learn to respond to natural rhythms, which were associated with changes in the season, with changes during the days, annual cycles of different crops etcetera.

Though the hidden dimensions of time remain to be exceedingly complex, basic time systems can be termed as possessing either monochronic or polychronic orientations. Hall suggest that most of our cultures are either monochronic or polychromic. Although these patterns which are almost polar opposites cannot be applied rigidly to all the cultures; a given culture is likely to have a preference for either one of these and would be more inclined towards it. However, there may be cultural and ethnic variations. A particular culture may be inclined towards a particular preference or orientation in terms of time.

But within that culture we may find some smaller groups for example, ethnic groups or sub cultural groups who are disposed in a different manner and have retained a different association with time. In general Hall suggest that northern European and American cultures are monochronic and mediterranean cultures are polychronic.

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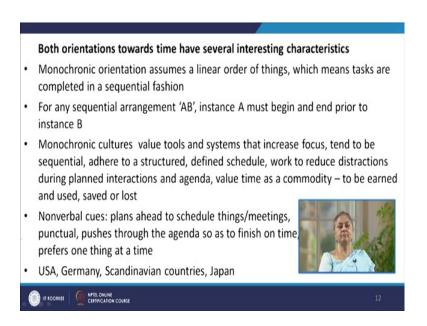


So, how do we look at the differences between the monochronic and polychronic orientations of time? A monochronic understanding of time is linear and it is governed by our clock in comparison to it, a polychronic culture is a non-linear one and it is more oriented towards time.

It prefers relationships in terms of the idea of keeping time. Monochronic culture also has a short term orientation in relation with a polychronic which is a long term orientation whereas, monochronic prefers precision we find that the polychronic cultures understand the time has a particular flow. The basic difference between these two orientations has been beautifully summed up by McCool when he says that the monochronic cultures are based primarily on clock time whereas, polychronic cultures are typically based on people time.

And this is by far the more significant difference between the two. These cultural orientations towards the way we value time as people are reflected in our day to day activities also.

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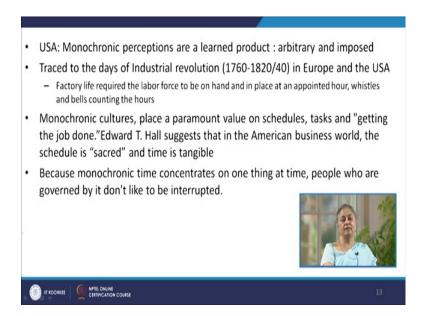


A culture which has a monochronic orientation assumes our linear order of things and it suggests that things have to be completed in a sequential pattern. One thing has to follow the other and A should always precede B and A should end before the task B begins.

And therefore, monochronic cultures value those tools and systems which increase focus and help us in saving time. They look at time as money as value which has to be structured and therefore, their culture and therefore, the work cultures in these monochronic cultures are governed by a well structured and well defined schedules. The focus in these cultures is somehow to reduce distractions during plant interactions and they always try to save time as much as possible.

The non-verbal clues which can be associated with this orientation are linked with certain tendencies which are exhibited in individual and it over cultures. For example, the capability and tendency to plan ahead, to schedule things, to schedule meetings etcetera. So, that there is no fuzziness during the day. Punctuality as a value has to be there and at the same time there is a tendency to push things through the agenda so, that things can end on time. And at the same time they do not want to dabble with so many things simultaneously and they prefer to do one thing at a time. The countries which are typically associated with a monochronic orientation are most of the countries in northern Europe the scandinavian countries Germany USA and Japan.

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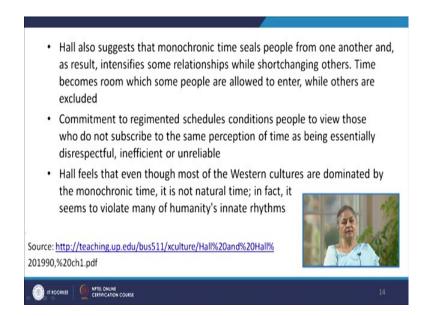


Hall has also pointed out that the monochronic perceptions and preferences in the cultures of Northern Europe and the USA are not natural they are learnt social and cultural values and at the same time they happen to be arbitrary. He has traced the development of this attitude to the early days of industrial revolution which had occurred during 1760 to 1820 and some people a stretch it to 1840 also in Europe and the USA.

The factory life required that the labor has to report at a given time and the appointed hour was always announced using different types of bells or whistles etcetera. This punctuality was necessary to maintain and sustain industrial revolution and gradually these attitudes have seeped into these cultures and therefore, monochronic cultures place a paramount value on schedules on tasks on completing the things by the deadline and therefore, Hall has gone to the extent to say that in the American business world, the schedule, is sacred and time is tangible.

Because our preference for the monochronic attitude encourages us to take up only one thing at a time, people who are governed by it do not like to be interrupted and also do not prefer to suddenly change the pre decided scheduling.

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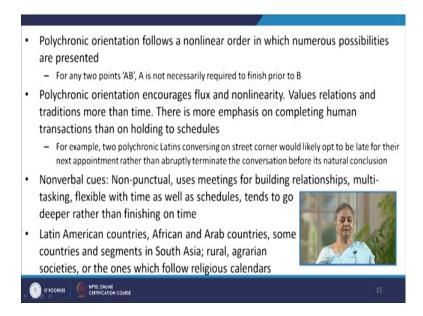


Hall has also been able to point out certain constraints which are associated in his opinion with the monochronic reference for time. He says that this perception of time seals people from one another and as a result intensifies some relationships at the cost of others.

He has suggested that this time preference is like a room in which some people are allowed to enter while others are kept out of it. The rigidity and the focus to keep the schedules intact conditions, people to think that those people who do not subscribe to similar value system in the context of time are basically inefficient and unreliable and at the same time they are rather disrespectful.

Hall feels that even though most of the western cultures are dominated by the monochronic perception of time. It is not a natural focus of the way human beings have evolved and in his opinion this preference seems to violate many of humanity's innate rhythms. It does not mean, however, that he prefers a different perception of time. It is a part of his analysis only and has to be perceived in the same manner. In contrast we find that polychronic orientation encourages a certain flux and non-linearity.

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These cultures value relationship and predictions more than they value rigidity towards time. There is always more emphasis on finishing the natural agenda first rather than keeping the schedule in a mechanical manner. For example if two people who belong to this cultured meet on the street corner after a long time, they would prefer to catch on what is going on in others life first rather than rushing to a 10 o clock meeting, a slight delay is understandable.

The nonverbal cues which seep into our work environment in such cultures are reflected in being non punctual during the meetings. Non punctuality is not necessarily related with a negative work culture rather it has to be understood as a certain empathy if people tend to get late. Meetings are used for building relationships the focus on finishing the agenda is not typically over there.

In these cultures we find that multitasking is considered as a value and therefore, a certain flexibility is encouraged. In Latin American countries, in most of the African and Arabic countries as well as in some countries and certain segments in South Asia we find that a polychronic orientation towards time is followed. It is also followed in those sections of the society the world over which are basically rural and agrarian because they follow the larger cycles of the crop and production etcetera and at the same time those societies which rigorously follow the religious calendars this orientation is normally found.

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In those cultures where a polychronic understanding of time is prevalent, multiple timelines are routinely followed. It is understood if people are not able to follow the deadlines because they have preferred to do some other thing within the allotted hour. The tendency to view this attitude from a monochronic perspective is to view them as basically chaotic or random.

The monochronic cultures are also primarily known as the clock cultures because for them time is measured and it is of essence. The punctuality which is practiced over there and the precision which is preferred in these cultures is reflected in various routines also. For example, keeping the time as far as the public transport is concerned is reflected because of this cultural preference also.

In the context of the business world sometimes we find that too much of an emphasis on monochronic perspective can backfire in a multicultural setting because the idea that sometimes it may take years to develop a loyal customer base is not understood by such people. (Refer Slide Time: 24:37)



The different ways in which cultures respond to punctuality and other time related values is nicely displayed in this video.

I guess we all believe that time is pretty constant, but around the world attitudes to it differ greatly, while you can set your watch by Swiss trains not all cultures break the day down into minutes and seconds for other cultures punctuality is a very different matter.

A German sales exactly we are trying to open doors in a number of African countries schedule two meetings a dye, for him quite easygoing. His first meeting did not even take place till a dye later by the end of his trip he was. So, stressed out he could hardly operate he mistakenly thought his hosts would look at time like he did.

In Africa like in the middle east or South America there they work in blocks of time, half a day maybe certainly not in minutes as long as they can achieve what they need in that block of time, then exactly when is less importance that is not to say that they are less efficient or effective its just that they work at their own pace. If you work in seconds then you need to adapt otherwise you are going to set yourself up for a lot of resistance from your hosts and you are going to get constant disappointment.

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And then there are cultural anomalies; in French society absolute punctuality is not the highest priority, but if you arrive late at a French restaurant do not expect a warm welcome the French take their food very seriously and consider lateness a sign of disrespect for their culinary efforts you had a better pay some serious compliments to the waiters if you want to get back in there good books.

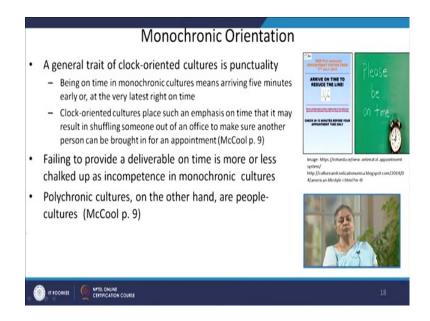
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The American expression time is money can be taken very literally in the US, a chatty bank teller whose lines moving slowly will cause customers to become impatient and you will also get an earful if the line has to wait because you have not filled out your forms ahead of time.

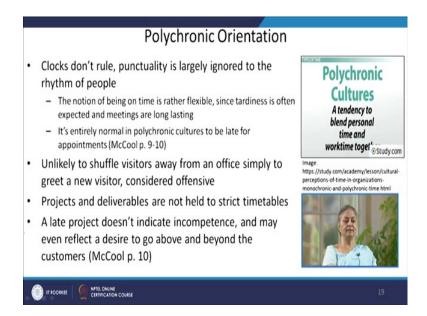
Certain tendencies of monochronic and polychronic orientations which we have already discussed are related with punctuality.

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Monochronic orientations prefers punctuality which is considered to be almost sacred. So, 10 O clock meeting means that the discussions have to begin at 10 o clock. On the other hand polychronic cultures are more people centered and for them a 10 o clock meeting means at 10 o clock people going to start assembling there and start greeting each other.

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In the polychronic orientation punctuality is largely ignored to the rhythm of the people and the rigid adherence to completing the projects and delivery bills, according to a rigid schedule is sometimes overlooked.

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The cultural variations in the perception of time are also discussed in this particular video.

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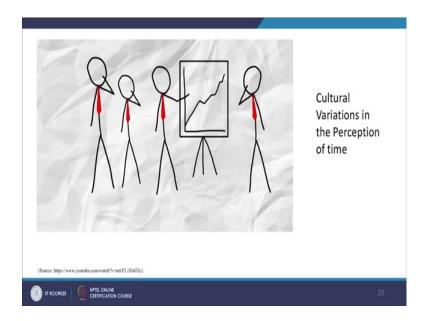
Every culture has his own perception of time every culture of his friendship and a perception of time in a separate light.

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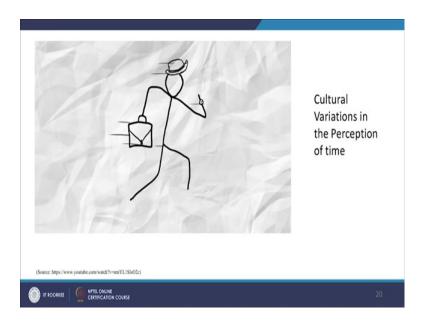
In some countries people dedicate their lives to build a strong relationship with their families like the Arabic people.

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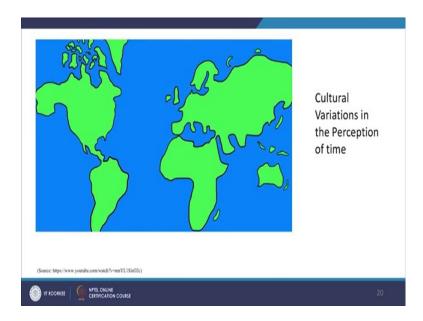
Or others mainly dedicate their lives for their career like the Japanese.

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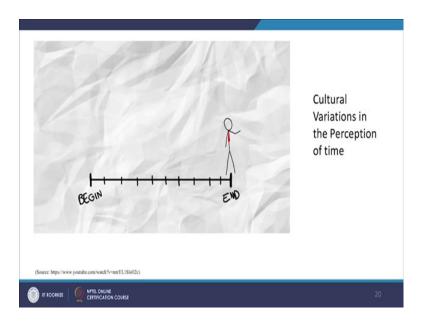
I have the rush says the American, my time is up the Arab scornful of this submissive attitude to schedules would only use this expression if (Refer Time: 28:43) were imminent.

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The western European and North American countries few time as a linear vision.

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Time as a beginning and an end, this culture is fast paced compared to other cultures when western cultures make a decision of our business they will see it as final when they come through an agreement and so, they do not have to rethink or just of the agreement; they wants to do as much as possible in the time they have.

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The Arabic countries in the perception of time as a flexible vision.

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Being led to an appointment or checking a long term to get down to business is the accepted norm for most Arabic countries; for flexible time cultures schedules are less important than human feelings.

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When people are relationships to mount attention or required nurture time becomes a subjective commodity there can be manipulated or stretched.

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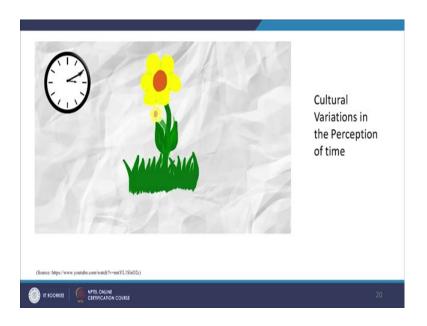
Meetings will not be rushed or cut short for the sake of an arbitrary schedule, time is an open ended resource communication is not regulated by a clock.

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In Asia the people view the perception of time as a cyclical vision, shin culture takes a concept to a next step.

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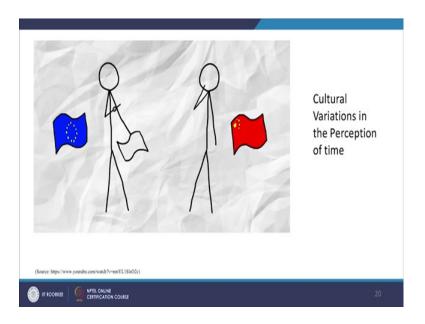
When the process of life ends the Asian countries will start at birth again, the Asian countries are slower paced and the western European countries.

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For instance when the Chinese people make an appointment for example a business deal they were always arrive early. So, they will not be wasting your time there are more focus on the career when the Asian people make a decision there always refute as a decision later on see if it is still the right choice if this is not a case, they will adjust accordingly.

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For instance when European businessman want to make a deal or sign a contract with Chinese businessmen, they expect to make to deal fast and only think about the future while the Chinese businessman will always look for a long term solution and everything to do several times. If he has met quickly the western cultures will see it as a waste of time.

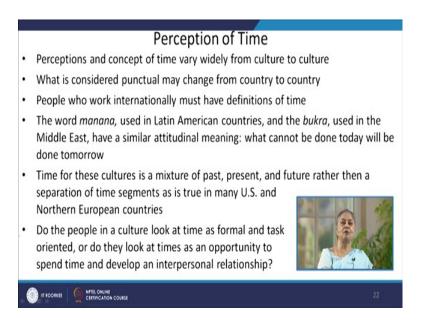
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Our cultural preferences as far as our understanding of time is concerned are reflected not only in our relationship with other people, but also in our relationship with technology. A clear example of it is the way the global websites are designed. We find that monochronic users are quick and decisive and usually task oriented and they design the websites in the same manner.

On the other hand we find that polychronic users emphasize process over results and prefer to gain a high level of understanding over a practical implementation. And this difference is easily visible in the way technology is used by different cultures. In the fast changing pace of our work cultures where we may have to work with people from different cultural background, our awareness of how time is perceived differently in different cultures has become almost a must.

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People who work at an international level must know what are the different definitions of time and how do people relate to it differently. A particularly interesting word which is used in Latin American countries is Manana. In the Middle East a synonymous world is Bukra which indicates a particular attitude, it means that what cannot be done today would be done tomorrow. So, this laid back attitude in terms of time is a cultural aspect of looking at our values and our relationships with other people. In the monochronic cultures we find that time is divided and further subdivided into identifiable units; however, in polychronic cultures we find that time is a happy mixture of past present and future and these segments are not strictly segregated.

So, we have to understand whether the people with whom we work, look at time in a formal and task oriented fashion or do they look at time as an opportunity to a spend time and develop interpersonal relationships.

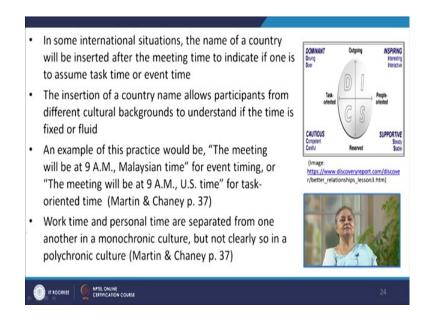
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In some cultures we find that lack of punctuality is associated with our social prestige. It is very common in certain societies as well as in certain organizations to make the subordinates wait for the appointments so that they can internalize the significance and importance or the higher rank of their superior. Power and dignity are often shown by arriving late and it is also used as a tactic in certain countries particularly we can refer to the work culture of the Middle Eastern countries.

However we find that in monochronic culture's lack of punctuality is always frowned upon. A very interesting example is that of Michael Jackson, who angered the judge when he arrived late in one of the courts in 2005. Punctuality is considered by monochronic cultures as a value and it is not relaxed even for those people who are considered to be as social or cultural leaders in different fields.

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It is interesting to note that in certain international situations the name of a country is also inserted after the time of the meeting is given and the insertion of the name of a country indicates that, one also has to understand how the particular country associates itself with time the insertion of the name of a country allows the participants from different cultural backgrounds to understand if the time is fixed or fluid as far as the invitation is concerned.

I take this example from Martin and Chaney, who have cited this example of an invitation where the meeting is announced at 9 AM "Malaysian time". Now Malaysian time is an indication that the punctuality would be practiced in a fluid fashion. Work time and personal times are strictly separated in monochronic cultures; however, in polychronic cultures we find that the work time and personal time are not strictly separated they often include in to each other. These cultural aspects percolate further into different organizations and it is reflected in their work culture.

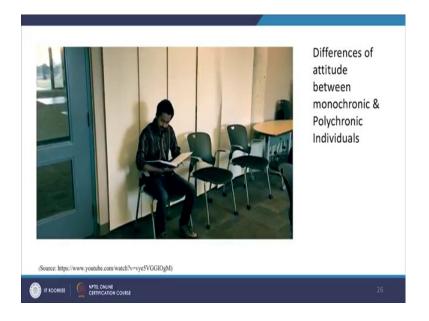
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For example how much time is given during a work day to the company tasks and how much time is given to socializing? In monochronic cultures we find that the division is typically 80 percent task and 20 percent social, on the other hand in polychronic countries we find that it may be rather cute. Understanding appropriate connotations of time is therefore important in international situations globalization of business is influencing how the concept of time is viewed around the world particularly at the level of the individual, at the level of the organization. So, more than the country we find that it is the organization which is reflecting the cultural associations with time. It is interesting to note that the work cultures in the offices of the same company, which are located in different countries, may follow different patterns.

A head office situated in a country where the preferences for monochronic attitudes would work in a different atmosphere in comparison to another office which is situated in a country which is governed by the polychronic attitude. These differences alert us to the manner in which time is perceived in different ways and the extent to which we are conditioned by our social and cultural parameters. And at the same time the necessity to adapt ourselves in an empathetic manner to different viewpoints as far as our associations with time is concerned.

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The differences of attitude between monochronic and polychronic individuals can be further understood with the help of this video.

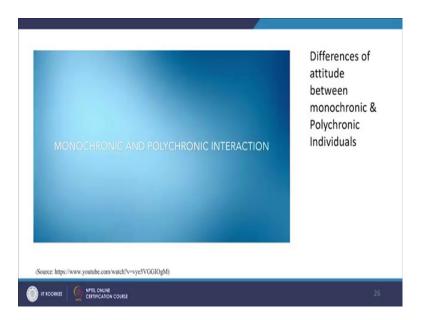
Here we have Jimmy, he likes to follow established schedules, we call them monochromic; monochronic people like to hear the plans and deadlines their time is valuable they like to focus on one task at a time and work hard to meet deadlines and they do not appreciate interruptions one of the chronic cultures commonly followed in western society.

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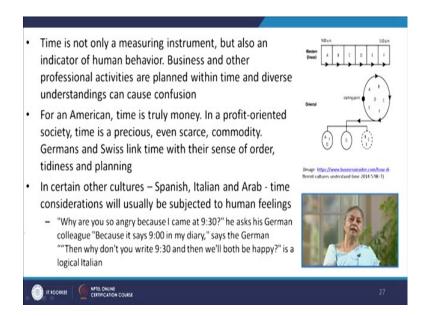
In this scenario we have Bob. Bob is what we call polyphonic, polyphonic people are frequently late and are easily distracted and do many things at once. For Bob it is normal to quickly change appointment schedules and not meet deadlines this behavior is common in Latin American and middle eastern countries.

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When monochronic and polyphonic people interact in groups the results can be frustrating, monochromic people can become distressed by how polyphonic people seem to disrespect deadlines and schedules. In order to work together smoothly, monotonic members need to take responsibility for the time sensitive tasks while accepting the polyphonic members will vary the base on the nature and importance of a situation.

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As this video very aptly suggest, time is not only a measuring instrument, it also indicates human behavior; it also indicates our cultural preferences. It also indicates our attitudes towards relationships. Business and other professional activities are planned within time and diverse understandings about our preferences can also cause confusion.

For an American time is truly money and therefore, it is always considered to be precious; because this society is basically a profit oriented society Germans and Swiss link time with their sense of order tidiness and planning. In certain other cultures for example, in Spanish culture as well as in Italian and Arabic cultures, we find that the considerations of time are usually subjected to human feelings.

The understanding of the French, as far as the punctuality is concerned, is also closer to a polychronic attitude. Our understanding of time helps us to organize our nonverbal communication in a better way and to modulate our dialogue and conversations in such a way that the other people can also empathetically understand it.

Thank you.