

---

# Restricting Gestures' Effect on Speech Fluency and Coping Strategies in Imagined Emotional Situations.

Riya Jain\*<sup>1</sup> and Amitash Ojha\*<sup>†1</sup>

<sup>1</sup>Indian Institute of Technology Jammu – India

## Abstract

This study investigates the effect of restricting hand gestures on speech fluency and coping strategies.

The results suggest that restricting hand gestures has temporary effect on the fluency of the speech and other non-verbal modalities such as facial expressions, head movements, leg movements, body posture, etc compensates for the restriction in terms of intensity and frequency. The video analysis also suggest that restricting hand gestures have a negative effect on choice of coping strategies, i.e. less effective and versatile strategies were chosen by the participants of this study.

**Keywords:** Gestures, Embodied Emotions, Non verbal behaviour, Imagery, Speech Fluency

---

\*Speaker

<sup>†</sup>Corresponding author: amitash.ojha@iitjammu.ac.in