

Embarrassment-Triggered Language Switching in Multilingual Communication: Strategies and Identity Development

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Abstract

Code-switching, which refers to interchanging between several languages within a singular conversation, has been a subject of great interest among scholars in linguistics and sociolinguistics for a considerable period. This study thoroughly analyses code-switching as a coping strategy, specifically in contexts of shame among individuals proficient in many languages. This research investigates the underlying reasons, implications, and perspectives associated with this language occurrence by employing a combination of quantitative measures, such as surveys, and qualitative approaches, such as interviews. The study results indicate that many participants saw code-switching as a helpful and adaptive means of communication, enabling them to navigate various social environments effectively. In addition to its linguistic flexibility, code-switching is a significant factor in emotional control, facilitating social acceptance, and safeguarding cultural identity.

Keywords: *Adult Learning; Bilingualism; Multiculturalism; Code -switching; Communication; Embarrassment; Culture; Social status.*

Introduction

In the contemporary globalized society, individuals frequently encounter various language environments due to the growing interconnectivity and multiculturalism. Proficiency in many languages has emerged as a beneficial skill, facilitating individuals to establish meaningful connections with others, gain exposure to diverse cultures, and expand their perspectives. Nevertheless, within the context of linguistic diversity, individuals may find themselves in circumstances that elicit sensations of humiliation. During such instances, individuals may instinctively engage in code-switching, a language phenomenon, as a means of coping. The primary focus is examining how code-switching functions as a coping mechanism for multilingual people when they encounter situations that may lead to embarrassment.

The primary objective of this study is to provide a comprehensive understanding of the practice of code-switching as a strategy employed to manage feelings of shame in multilingual settings. By examining how individuals manage the complex interplay between their multilingual identities and the sensation of humiliation, this research endeavor aims to elucidate the diverse purposes, incentives, and consequences associated with code-switching in such contexts. Gaining insight into this coping approach can enhance our understanding of how individuals effectively regulate and navigate their

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emotional experiences in many linguistic and cultural contexts. The study aims to investigate the underlying motivations for code-switching in situations that elicit embarrassment while also examining the possible psychological, social, and cultural determinants that may impact language selection. Furthermore, the research will investigate the effects of code-switching on individuals' emotional well-being, self-expression, and identity negotiation. Through a comprehensive analysis of these various factors, the present study offers significant perspectives on using code-switching to manage stress, thus enhancing our comprehension of the intricate dynamics between language, affective states, and self-representation. This study uses qualitative interviews, observations, and analysis of code-switching instances to explore the experiences and perspectives of persons who participate in code-switching as a response to feelings of humiliation. The results of this study hold significance for educators, language experts, and individuals engaging with diverse linguistic and cultural environments. They offer valuable insights into the development of effective communication strategies, the cultivation of inter-cultural competence, and the enhancement of emotional well-being. This study seeks to enhance the broader comprehension of human communication and illuminate the varied nature of coping mechanisms in multilingual environments by examining the intricate interaction between code-switching, shame, and self-expression. The study significance is rooted in investigating the complex interplay between code-switching, feelings of embarrassment and shame, and strategies for managing such situations in multilingual environments. For multiple reasons, understanding how individuals navigate and regulate their emotions in embarrassment is vital:

Enhancing Inter-cultural Communication:

Inter-cultural communication refers to the exchange of information and ideas between individuals with distinct cultural identities. One compelling rationale for studying international communication is to cultivate heightened levels of self-awareness. In the contemporary era of globalization, the significance of proficient inter-cultural communication cannot be overstated. By examining the role of code-switching as a coping technique in moments of embarrassment, this research aims to offer valuable insights into how individuals modify their language usage to effectively negotiate sensitive or unpleasant circumstances across varied cultural and linguistic contexts. As mentioned earlier, these ideas can potentially contribute value to advancing communication techniques to cultivate understanding and empathy and facilitate successful interactions within diverse cultural contexts.

Supporting Language Education: Language education programs frequently prioritize the development of linguistic competence, thereby neglecting the emotional and social aspects of language utilization. Through an analysis of the function of code-switching in the management of humiliation, this study has the potential to provide valuable insights to language educators regarding the intricate dynamics between emotions, language, and self-expression. Educators can utilize this approach to establish inclusive learning settings that enable students to effectively negotiate emotional barriers related to language usage and cultivate inter-cultural communicative competence.

Promoting Emotional Well-being: Embarrassment can exert substantial emotional ramifications, influencing an individual's self-esteem, confidence, and interpersonal engagements. This study aims to contribute to our understanding of emotional regulation and resilience by examining the role of code-switching as a coping technique in uncomfortable situations. This study may provide valuable insights into how individuals utilize their multilingual abilities to effectively navigate and alleviate the adverse emotional consequences of embarrassment, hence fostering emotional well-being among those proficient in multiple languages.

Identity Negotiation: The relationship between language and identity is intricate since individuals' language choices can manifest their cultural, social, and personal identities.

Investigating code-switching as a strategy for managing feelings of embarrassment might provide insights into how individuals navigate their multilingual identities in various social environments. This comprehension has the potential to cultivate a heightened recognition of the intricacy involved in the development and manifestation of identity in multilingual individuals. Furthermore, it can play a role in advancing the establishment of practices that are inclusive and culturally attuned.

Filling a Research Gap: Although considerable research has been conducted on code-switching from many perspectives, the precise correlation between code-switching, feelings of humiliation, and coping strategies has received limited attention in the literature. The primary objective of this study is to fill the existing research void by examining the underlying reasons, functional aspects, and broader consequences of code-switching in situations that elicit embarrassment. Engaging in this practice enhances the breadth of understanding within sociolinguistics, pragmatics, and the psychology of language.

The Significance of the Study

This study is of great importance as it can enhance our comprehension of how individuals manage the linguistic and emotional difficulties associated with embarrassment in multilingual environments. The subject matter has practical ramifications in intercultural communication, language education, emotional well-being, and identity negotiation. It provides valuable perspectives that can be utilized to shape policies, implement practices, and develop interventions to promote proficient communication, inclusivity, and personal development among multilingual individuals.

Objectives of the study

The primary aims of this research endeavour, titled "Embracing the Multilingual Self in the Face of Embarrassment: Exploring Code-Switching as a Coping Mechanism," can be delineated as follows:

1. To analyse the underlying motivations that drive individuals to engage in code-switching as a coping mechanism when faced with circumstances of embarrassment in multilingual environments.
2. To investigate the roles and implications of code-switching in controlling and navigating the sensation of embarrassment.
3. To examine the effects of code-switching on the emotional well-being, self-expression, and identity negotiation of persons in multilingual environments.
4. To explore the various cultural, social, and linguistic elements that play a role in determining language choice in situations of embarrassment and code-switching.
5. To comprehend the significance of code-switching in the context of intercultural communication and its capacity to facilitate comprehension, empathy, and effective exchanges between different cultures.
6. To enhance the overall comprehension of coping strategies in multilingual environments and the intricate dynamics between language, emotions, and self-representation, this study aims to make a valuable contribution.

This research aims to contribute value to the current body of knowledge in sociolinguistics, pragmatics, and the psychology of language.

Statement of the Problem

In surroundings characterized by the presence of many languages, individuals frequently experience circumstances that elicit sensations of embarrassment. Feeling embarrassed may manifest as a result of diverse circumstances, encompassing linguistic blunders, miscommunication, or transgressions of social standards within a particular linguistic and

cultural group. Code-switching, the act of alternating between multiple languages or linguistic varieties, is a prevalent occurrence in multilingual environments. However, the specific function of code-switching as a coping mechanism to manage feelings of embarrassment has received limited attention in research. The primary focus of this study is to address the existing knowledge gap on the intricate process by which individuals embrace their multilingual identities and utilize code-switching as a coping strategy in response to situations that elicit embarrassment. The complex interaction among the selection of language, emotions, and self-representation in these circumstances holds significant consequences for intercultural communication, language instruction, emotional welfare, and the negotiation of identity.

The present study aims to investigate the following fundamental inquiries:

1. What are the true motivations for employing code-switching as a coping strategy in instances of embarrassment within multilingual environments?
2. How does code-switching function as a coping mechanism in managing and navigating the experience of embarrassment?
3. What are the implications of code-switching for individuals' emotional well-being, self-expression, and identity negotiation in multilingual settings?
4. What cultural, social, and linguistic factors influence language choice during embarrassing moments and code-switching?

Addressing these questions will contribute to filling the research gap surrounding the specific relationship between code-switching, embarrassment, and coping mechanisms. By gaining a deeper understanding of how individuals navigate and manage their emotions through code-switching in multilingual contexts, this study aims to provide valuable insights for academic research, language educators, professionals working in multicultural environments, and policy-makers seeking to enhance inter-cultural communication, promote emotional well-being, and support multilingual individuals in their language use and self-expression.

Methodology:

In order to examine the occurrence of code-switching as a strategy for managing feelings of embarrassment in multilingual environments, this study will utilize a qualitative research methodology. This methodology will comprehensively examine people's encounters, incentives, and viewpoints on code-switching and feelings of embarrassment. These steps will be employed. The study process will adhere to ethical requirements. All participants will be required to provide informed consent, ensuring their voluntary involvement and guaranteeing the confidentiality of their information. To ensure the privacy and confidentiality of the participants, their identities will be anonymised during data analysis and reporting. Ethical issues encompass various aspects, such as demonstrating respect for cultural diversity, being sensitive to participants' feelings, and ensuring that the research contributes to the field and the participants' communities.

This study seeks to understand the role of code-switching as a coping mechanism in the experiences of embarrassment among multilingual individuals through the utilization of qualitative research methods. Using interviews, observations, and analysis of language samples will enhance a comprehensive investigation of the motivations, functions, and implications of code-switching in managing and navigating embarrassing circumstances. A proposed Likert scale questionnaire with ten statements on code-switching and the strategies was employed to manage feelings of embarrassment. The participants can express their level of agreement with each statement by utilizing a rating system ranging from 1 to 5. In this scale, the value of 1 signifies "Strongly Disagree," while the value of 5 signifies "Strongly Agree."

Data Analysis:

The data gathered through a questionnaire and structured interview and linguistic samples will be subjected to thematic analysis for analysis. The qualitative analysis methodology includes identifying the collected data's recurring themes, patterns, and meanings. The transcripts, field notes, and language samples will undergo a coding, categorization, and organization process to ascertain significant discoveries on the motivations, functions, and consequences of code. The user's text needs to provide more information to be rewritten academically. They are utilizing switching as a coping strategy in response to embarrassment.

Literature Review

When examining the phenomenon of multilingualism, it holds added importance. Addressing code-switching, language mixing, and interference concerning the languages utilized is imperative in sociolinguistics. The majority of countries worldwide, although not formally recognized, exhibit bilingual or multilingual characteristics, as their citizens commonly utilize two or more official languages, either regional or national, in their daily activities. However, it is essential to note that not all individuals residing in officially bilingual or multilingual countries possess the ability to use or are even aware of more than one language (Lyons, 1983). According to Lyons, being fully proficient in two languages, commonly called perfect bilingualism, is infrequent. This implies that individuals cannot utilize both languages in a comprehensive array of contexts. Nevertheless, it is common for individuals to utilize a different language outside the confines of their household or in the presence of unfamiliar individuals. This linguistic shift may also occur when discussing the subject matter deviates from domestic matters. The prevalence of bilingualism in contemporary society may be attributed to several factors. One such factor is modernization and globalization growing utilization of international languages. Additionally, language revival has contributed to the widespread adoption of bilingualism. Furthermore, the economically driven migration of individuals has also played a significant role in the promotion of multilingualism (Abdul-Zahra, 2010). The field of sociolinguistics has often focused on examining speech communities in which multiple languages are utilized. This phenomenon is sometimes referred to as language contact, wherein individuals utilize two or more languages interchangeably ((Weinreich, 1954). As noted by Weinreich, diverse instances of contact across languages can lead to the emergence of phenomena such as bilingualism, multilingualism, diglossia, and code-switching. This research focuses on the sociolinguistic perspective, considering code-switching primarily as a discourse phenomenon.

Crystal (1997, p. 365) and Skiba (1997) provide a comprehensive overview of the factors contributing to the code-switching phenomenon. Code-switching can serve as a method for demonstrating solidarity within a particular group, wherein using a specific language fosters a sense of connection. Conversely, code-switching can also be employed as a mechanism of exclusion, as bilingual parents may intentionally switch languages in the presence of monolingual children. Language can serve as a mechanism for demonstrating unity with a particular group, wherein its usage facilitates establishing a harmonious relationship. Conversely, it can also function as a form of exclusion, as shown in instances where bilingual parents intentionally communicate solely in a language that their monolingual children do not comprehend.

Code-Switching as a Social Practice:

Code-switching is a linguistic phenomenon characterized by the deliberate alternation between multiple languages or language variations during a conversation or within a specific social setting. Linguistic behaviour is a multifaceted phenomenon shaped by

numerous elements, such as cultural identification, social conventions, language proficiency, and emotional expressiveness. Although code-switching has been extensively examined in terms of its sociolinguistic and communicative functions, its impact on managing embarrassment has received less attention in the existing literature. The act of code-switching does not inherently imply a lack of language proficiency (Reyes, 2004). Instead, it fulfils a communicative purpose within the context of a discourse. The phenomenon of code-switching as a communicative strategy has been the subject of investigation by numerous scholars in the field of sociolinguistics (Milroy, 1995). Individuals who engage in code-switching may possess proficiency in their respective languages. Nevertheless, they employ code-switching as a means of communication owing to various considerations, such as bolstering their confidence or clarifying what they perceive as ambiguity. Blom and Gumperz (1972) differentiate between two forms of code-switching, namely "situational code-switching" and "metaphorical code-switching." Situational code-switching pertains to the phenomenon wherein a modification in the situation occurs, such as introducing a new participant into the activity or a shift in the discourse topic or setting. In contrast, metaphorical code-switching is frequently employed as a strategic approach in conversations to amplify or alleviate conversational acts, including requests, denials, topic switches, elaborations, or clarifications. 'Metaphorical code-switching' is subsequently redefined as 'conversational code-switching' (Gumperz, 1982). The primary focus of Myers-Scotton's (1993) study revolves around the social motive for code-switching, wherein she differentiates between two types of language usage: 'unmarked' (standard) and 'marked' (unexpected). The phenomenon of code-switching initially occurs as a spontaneous action. The linguistic behaviour of multilingual speakers is influenced by their surrounding environments. Code-switching is the default option in instances where linguistic choices are anticipated within a speech community and influenced by the social environment and situational circumstances that extend beyond the specific topic of communication (Martin & Nakayama, 2010). Multilingual individuals deliberately choose to alternate between different languages based on contextual factors, such as their surroundings or religious affiliations. The cultural norms and practices of other societies should be regarded with respect. The study conducted by Grosjean and Soares (1986) examined the language processing process in the context of mixed language mode, specifically focusing on French/English and Portuguese/English. According to the literature, bilingual individuals can activate both languages, leading to a phenomenon known as code-mixing. Alternatively, they can deactivate and activate one language in a monolingual setting. However, it is important to note that complete deactivation of one language does not occur when the other language holds greater prominence in a given situation. This statement reinforces the researcher's previous assertion that code-switching is a deliberate decision made by the speaker based on the specific context and surrounding circumstances.

As previously said, code-switching can be categorized into two distinct types: conversational and situational. This research paper primarily centres on investigating code-switching as a coping technique for humiliation while also addressing embarrassment as a contextual phenomenon. Individuals often exhibit various styles of expression when experiencing emotions in different situations.

Embarrassment as a contextual phenomenon:

When examining the various elements of Linguistic code-switching, researchers such as Scotton and Ury (1977) have seldom acknowledged the role of reducing embarrassment as a noteworthy motivation for transitioning to a second language within a certain social group. Kwok and Chan (1972, p.70) referred to a Chinese student in a particular instance (who expressed reluctance to confide in a priest using his native Cantonese language due to the anticipated emotional distress). Conversely, he employed English as his second language. Preliminary observations of multilingual societies have indicated the presence

of a consistent inclination towards employing a second language when engaging in activities such as profanity, disclosure of personal issues, and other forms of speech that typically evoke unease. The discussion of specific themes is subject to penalties in various cultures, as observed by Lonner (1980). Parents and other agents of socialization maintain social order by imposing sanctions to deter and penalize deviations from societal norms. The utilization of certain terminology and the coherent flow of ideas about these restricted subjects consequently serve as inputs that can potentially elicit emotional arousal and act as cues indicating the likelihood of receiving punishment. In most contexts, children acquire knowledge primarily through their initial language productions. The outcome of this phenomenon is the inclination to reduce one's verbal expression to evade the emotional stimulation linked to one's speech. The observed decrease in behaviour can be attributed to factors other than socializing agents, as bridging cues such as norms are introduced during socialization to elicit feelings of guilt in individuals who engage in transgressive behaviour. Acquiring a second language sometimes results in a deficiency in the breadth and depth of socialization opportunities. In educational environments, there is typically a notable degree of neutrality, which thus prevents the establishment of conditioned emotional responses towards words in the second language. Subjects considered taboo or restricted in one's native language become more accessible and open for discussion while using a second language. If a bilingual individual desires to converse about often controversial topics without experiencing excessive embarrassment, shame, or anxiety, they may opt to transition into a more emotionally neutral mode of communication when interacting with a bilingual social group member. This particular method allows the speakers to engage in discussions about sensitive subjects without experiencing feelings of discomfort (Bond & Lai, 2001). It has been observed that bilingual or multilingual individuals have a sense of motivation and freedom when engaging in code-switching to avoid potential embarrassment. Code-switching can be characterised as a method individuals utilise to manage feelings of shame in various settings. This phenomenon serves as a source of motivation and instils a sense of comfort and alleviation of worry within individuals when confronted with such circumstances.

Teachers and students use code-switching in educational contexts for various reasons despite their distinct motivations. For educators, this gives them confidence in their ability to effectively convey knowledge and facilitate student comprehension using their native language. Conversely, students resort to using their native language when they struggle to express themselves in their second language. This tendency is driven by a desire to evade potential judgement from their peers and alleviate feelings of humiliation.

Attitudes towards co-switching:

Language attitudes are pervasive in our daily lives, as individuals frequently assess our social standing, affiliation with particular groups, intellectual capacity, and proficiency based on our linguistic choices (Garrett, 2010). Individuals possess attitudes towards several aspects of language, encompassing its diverse levels such as accent, word selection, speech rate, grammar, and language variation. Most extant research on language attitudes primarily focuses on specific languages, language varieties, or particular aspects, such as pronunciation or spelling, within specific languages. Typically, these studies are conducted within sociolinguistic contexts characterized by a complex history of language contact and a distinct divergence in the symbolic significance attributed to the languages under investigation. Comprehensive research must be conducted on attitudes towards code-switching (CS), which refers to alternating and blending languages within a single utterance during conversation. As Gardner-Chloros (2009, 81-82) highlights, the existing studies on this topic are limited and primarily conducted in environments where code-switching is restricted or prohibited, such as various language classrooms. A significant gap in the existing literature pertains to the examination of individual differences in language attitudes, encompassing inquiries into

how diverse individuals perceive the same linguistic phenomenon, how a single individual perceives various linguistic phenomena and the psychological, historico-cultural, and sociopolitical factors that influence variations and shifts in language attitudes among speakers. This gap is particularly evident in the limited research on language attitudes in general and attitudes towards CS (Code-Switching) specifically. The significance of these inquiries lies in the fact that language attitudes and behaviours exhibit variability and evolution, mirroring societal and environmental transformations at both the individual and collective levels. Language attitudes are influenced by many circumstances, including historical, political, cultural, and environmental elements, resulting in changes and diversity. Speakers are often chosen and categorized based on gender, age, language competency, and, occasionally, frequency of code-switching (CS). However, their views regarding the linguistic phenomenon under investigation are seldom included in the selection and grouping process. The treatment of language attitude is commonly regarded as a socio-ideological matter that falls within the purview of sociolinguistics. Thus, Code-switching is a language phenomenon closely linked to how multilingual persons navigate it within social circumstances.

Data Analysis and Discussion

Questionnaire Analysis

The questionnaire's content demonstrates relevance to the research topic and is consistent with the research questions. The statements encompass a range of dimensions of the Multilingual Self in the context of embarrassment and explore code-switching as a coping mechanism. These dimensions include the instances in which individuals engage in code-switching, the difficulties associated with transitioning between one's first and second language, the effects of code-switching on individuals and their surrounding circumstances, the correlation between code-switching and feelings of embarrassment, the necessity of code-switching, the role of emotions in code-switching, and the overall implications for individuals' attitudes.

The statements have been formulated to elicit the opinions and impressions of the participants, enabling a quantitative analysis of the collected replies. Using the Likert scale in assessing the assertions offers participants a well-defined and organized method to articulate their levels of agreement or disagreement. Using a "Neither agree nor disagree" alternative enables the incorporation of neutrality in cases where respondents lack a firm stance on a certain issue.

The survey encompasses a wide array of viewpoints, facilitating a thorough comprehension of participants' thoughts on the multilingual self within the framework of embarrassment while investigating code-switching as a strategy for managing such situations.

The statements encompass favourable and unfavourable aspects, demonstrating a comprehensive approach to analysing the matter. The questionnaire's content aligns with the research questions and is a solid foundation for the statistical analysis undertaken in the research report.

Table no.(1):Code-switching helps me navigate embarrassing situations effectively.

Response	Frequency	Percentage
Strongly Agree	4	11.76%
Agree	17	50%

Response	Frequency	Percentage
Neither agree /disagree	6	17.65%
Disagree	7	20.59%
Strongly Disagree	0	0%

A significant majority (50%) of the respondents "Agree" with the statement or question. It's noteworthy that no respondents "Strongly Disagree" with the statement or question. A fair portion (17.65%) of respondents are neutral, suggesting they neither agree nor disagree. There's a noticeable segment (20.59%) that "Disagrees", but it's lower than those who "Agree" or are neutral. The mean of the responses is approximately 3.533.53, which is closer to the "Agree" response (given a value of 4). This indicates that, on average, respondents lean towards agreeing with the statement or question presented to them. The standard deviation is approximately 0.950.95. A lower standard deviation indicates that the values tend to be close to the mean, while a higher standard deviation suggests values are spread out over a wider range. In this case, the standard deviation is less than 1, indicating that the responses are relatively clustered around the mean, but there's still some variation in the responses.

The majority of respondents are in agreement with the statement or question, as evidenced by the mean value leaning towards "Agree". The data shows a general consensus towards agreement, but there's a presence of diverse opinions, considering the neutral responses and those who disagree. The absence of "Strongly Disagree" responses indicates that while there might be disagreement, it isn't particularly strong or intense. The standard deviation suggests a moderate variation in responses, but the majority still cluster around the "Agree" response.

In summary, the data suggests a general inclination towards agreement with the statement or question, but there's still a range of opinions, with a significant portion of respondents being neutral or in disagreement.

Table (2): I feel more confident when I code-switch during moments of embarrassment.

Response	Frequency	Percentage
Strongly Agree	5	14.71%
Agree	20	58.82%
Neither agree /disagree	1	2.94%
Disagree	8	23.53%
Strongly Disagree	0	%

A substantial majority (58.82%) of the respondents "Agree" with the statement, indicating that many feel more confident when they code-switch during embarrassing moments. There's a segment (14.71%) that "Strongly Agree", showing that there is a strong sentiment among some respondents about the confidence boost from code-switching in such scenarios. Only a small fraction (2.94%) of respondents are neutral, suggesting that most have a clear stance on this matter. A significant portion (23.53%) "Disagrees" with the statement, indicating that not everyone feels the same way about code-switching during embarrassing moments. Similar to the previous table, no respondents "Strongly Disagree" with the statement.

The mean of the responses for the statement "I feel more confident when I code-switch during moments of embarrassment" is approximately 3.653.65. This is closer to the "Agree" response (given a value of 4), suggesting that, on average, respondents tend to agree with the statement. The standard deviation is approximately 1.001.00. Similar to the previous data, this value indicates that there is some variation in the responses, but they generally cluster around the mean. The majority of respondents feel more confident when they code-switch during moments of embarrassment, as shown by the high percentage of "Agree" and "Strongly Agree" responses. The data reveals a dominant sentiment of agreement regarding the confidence boost from code-switching in such scenarios. A noticeable segment disagrees, highlighting that the perception of code-switching varies among individuals. The limited neutral responses suggest that this might be a topic where most people have developed clear feelings or experiences.

The absence of "Strongly Disagree" responses, once again, indicates that any disagreement isn't particularly intense.

In conclusion, while a significant majority feels more confident when code-switching during embarrassing moments, there's still a notable portion that doesn't share this sentiment, indicating diverse experiences and feelings regarding code-switching.

Table (3): Code-switching helps me maintain a positive self-image when I make language errors.

Response	Frequency	Percentage
Strongly Agree	5	14.71%
Agree	18	52.94%
Neither agree /disagree	2	5.88%
Disagree	4	11.76%
Strongly Disagree	5	14.71%

A significant majority (52.94%) of the respondents "Agree" with the statement, reinforcing the idea that many see code-switching as a tool to maintain a positive self-image during linguistic mistakes. Both the "Strongly Agree" and "Strongly Disagree" categories have the same percentage (14.71%), showing that there are strong feelings on both ends of the spectrum. A slightly higher percentage (5.88%) of respondents are neutral compared to Table (2), suggesting more uncertainty or ambivalence about this particular aspect of code-switching. A smaller portion (11.76%) "Disagrees" with the statement compared to the previous table, but when combined with the "Strongly Disagree", it becomes more significant.

The mean of the responses for the statement "Code-switching helps me maintain a positive self-image when I make language errors" is approximately 3.413.41. This value is closer to the "Agree" response (given a value of 4), indicating that, on average, respondents tend to agree with the sentiment. The standard deviation is approximately 1.291.29. This value is relatively higher than the standard deviations from the previous tables, suggesting a broader spread of responses around the mean.

The majority of respondents believe that code-switching aids in maintaining a positive self-image during linguistic errors. The data reveals polarized feelings, with substantial segments "Strongly Agreeing" and "Strongly Disagreeing". This suggests that the use of code-switching as a coping mechanism for language errors can be deeply personal and varied. The relatively higher standard deviation indicates a wider spread of opinions on this topic. The combined percentage of those who "Disagree" and "Strongly Disagree" is noteworthy, emphasizing that a considerable number of respondents don't find code-switching helpful in this context.

Overall, while many respondents see the benefits of code-switching in maintaining self-image, there's a significant portion that either doesn't see its advantages or feels strongly against it in this context.

Table (4): I believe that code-switching allows me to connect better with others during embarrassing moments.

Response	Frequency	Percentage
Strongly Agree	3	8.82%
Agree	19	55.88%
Neither agree /disagree	1	2.94%
Disagree	5	14.70%
Strongly Disagree	6	17.65%

Over half (55.88%) of the respondents "Agree" with the statement, emphasizing the perception that code-switching can be a tool for connection during uncomfortable moments. A smaller portion (8.82%) "Strongly Agrees", suggesting that while many see the benefits of code-switching in such scenarios, not as many feel intensely about it. A minimal fraction (2.94%) of respondents are neutral, again highlighting that most have a clear stance on this topic. A significant combined percentage of respondents "Disagree" (14.70%) and "Strongly Disagree" (17.65%) with the statement.

The mean of the responses for the statement "I believe that code-switching allows me to connect better with others during embarrassing moments" is approximately 3.243.24. This is closer to the "Agree" response (given a value of 4), suggesting that, on average, respondents lean towards agreeing with this sentiment. The standard deviation is approximately 1.311.31, indicating a relatively broader spread of responses around the mean, similar to the previous table. The majority of respondents believe that code-switching helps them establish better connections with others during embarrassing situations. The data shows polarized sentiments, with both "Agree" and "Strongly Disagree" responses being prominent. This emphasizes that while many see the relational benefits of code-switching, a notable segment doesn't share this perception. The relatively higher standard deviation, similar to Table (3), suggests diverse opinions on this topic. The

strong disagreement by some respondents indicates that not everyone sees code-switching as a favourable or effective strategy in these contexts.

In summary, while many respondents believe in the relational benefits of code-switching during awkward moments, there's a significant portion that either doesn't perceive its advantages or feels strongly against its use in such scenarios.

Table (5):Code-switching helps me preserve my cultural identity in diverse linguistic settings.

Response	Frequency	Percentage
Strongly Agree	9	26.47%
Agree	19	55.88%
Neither agree /disagree	4	11.76%
Disagree	2	5.88%
Strongly Disagree	0	0%

A significant majority (55.88%) of the respondents "Agree" with the statement, emphasizing the perception that code-switching is a tool to preserve cultural identity. A considerable segment (26.47%) "Strongly Agrees", indicating that there's a powerful sentiment among many about the role of code-switching in cultural preservation. A moderate portion (11.76%) of respondents are neutral, suggesting some uncertainty or ambivalence about this particular aspect of code-switching. Only a small fraction (5.88%) "Disagrees" with the statement, and notably, no respondents "Strongly Disagree".

The mean of the responses for the statement "Code-switching helps me preserve my cultural identity in diverse linguistic settings" is approximately 4.034.03. This value is closer to the "Agree" response (given a value of 4), indicating that, on average, respondents tend to agree strongly with this sentiment. The standard deviation is approximately 0.790.79, which is relatively lower than the standard deviations from the previous tables. This suggests that the responses are more clustered around the mean, indicating a more consistent agreement among respondents. The majority of respondents view code-switching as a valuable mechanism to uphold their cultural identity in linguistically diverse settings. The combined percentage of those who "Agree" and "Strongly Agree" is notably high, signifying a dominant sentiment in favour of the cultural benefits of code-switching. The lower standard deviation suggests a more consistent agreement among respondents on this topic.

The minimal disagreement and absence of strong disagreement highlight a general consensus regarding the positive role of code-switching in cultural preservation.

Overall, the data underscores the significance of code-switching as a strategy for many to maintain their cultural identity in diverse linguistic environments. The strong agreement among respondents indicates that it's a widely recognized and valued practice in such contexts.

Table (6): I find it easier to manage my emotions of embarrassment by code-switching between languages.

Response	Frequency	Percentage
Strongly Agree	5	14.71%
Agree	17	50%
Neither agree /disagree	7	20.59%
Disagree	5	14.71%
Strongly Disagree	0	0%

Half of the respondents (50%) "Agree" with the statement, emphasizing the perception that code-switching is a tool for emotional management during embarrassing moments. A sizeable portion (14.71%) "Strongly Agrees", suggesting that a segment of respondents feels intensely about the emotional benefits of code-switching in such scenarios. A significant segment (20.59%) of respondents is neutral, indicating a level of uncertainty or ambivalence about this particular aspect of code-switching. A similar portion to those who "Strongly Agree" (14.71%) "Disagrees" with the statement.

The mean of the responses for the statement "I find it easier to manage my emotions of embarrassment by code-switching between languages" is approximately 3.653.65. This value is closer to the "Agree" response (given a value of 4), suggesting that, on average, respondents tend to agree with this sentiment. The standard deviation is approximately 0.900.90, suggesting a moderate spread of responses around the mean.

Many respondents perceive code-switching as a helpful strategy for managing emotions during moments of embarrassment. The combined percentage of those who "Agree" and "Strongly Agree" indicates a dominant sentiment in favour of the emotional management benefits of code-switching. The relatively high percentage of neutral responses suggests that this might be a topic where a portion of respondents hasn't formed a strong opinion or lacks personal experiences. The presence of disagreement, similar in proportion to those who "Strongly Agree", emphasizes that not everyone finds code-switching beneficial for managing emotions.

In conclusion, while many respondents see the emotional benefits of code-switching during awkward moments, there's a diverse range of opinions, with a significant portion being neutral or disagreeing with the sentiment. This diversity suggests varied experiences and perceptions regarding the emotional aspects of code-switching.

Table (7): I feel more accepted by others when I code-switch during embarrassing situations.

Response	Frequency	Percentage
Strongly Agree	1	2.94%
Agree	8	23.53%

Response	Frequency	Percentage
Neither agree /disagree	19	55.88%
Disagree	5	14.71%
Strongly Disagree	1	2.94%

The majority of respondents (55.88%) neither agree nor disagree with the statement, indicating a high level of uncertainty or ambivalence about this particular aspect of code-switching. A combined 26.47% (Agree and Strongly Agree) of respondents agree to some extent with the sentiment, suggesting that a segment feels that code-switching aids in social acceptance during embarrassing situations. A combined 17.65% (Disagree and Strongly Disagree) of respondents don't believe code-switching leads to greater acceptance in such scenarios.

The mean of the responses for the statement "I feel more accepted by others when I code-switch during embarrassing situations" is approximately 3.093.09. This value is close to the "Neither agree/disagree" response (given a value of 3), suggesting that, on average, respondents have a neutral stance towards this sentiment. The standard deviation is approximately 0.780.78, indicating a moderate spread of responses around the mean. The dominant neutral stance suggests that many respondents are either unsure or have mixed feelings about the social acceptance benefits of code-switching during uncomfortable situations. While a portion of respondents sees the benefits of code-switching in fostering acceptance, it's notably less dominant than in some of the previous tables. The presence of both agreement and disagreement, though neither is particularly strong, suggests varied experiences and perceptions regarding the social aspects of code-switching. The close proximity of the mean to the "Neither agree/disagree" response reinforces the idea that this topic might be more complex or subjective for many respondents.

In conclusion, the data reveals a high level of ambivalence or uncertainty regarding the role of code-switching in enhancing social acceptance during embarrassing moments. While some see its benefits, a similar number don't, and a majority remains neutral, suggesting diverse experiences and potentially complex dynamics at play.

Table (8): Code-switching allows me to adapt my communication to different social contexts, reducing embarrassment.

Response	Frequency	Percentage
Strongly Agree	2	5.88%
Agree	24	70.59%
Neither agree /disagree	2	5.88%
Disagree	4	11.76%
Strongly Disagree	2	5.88%

A substantial majority (70.59%) of the respondents "Agree" with the statement, emphasizing the perception that code-switching is a versatile tool for communication adaptation across diverse social contexts. Both "Strongly Agree" and "Strongly Disagree" categories have the same percentage (5.88%), suggesting that there are strong feelings on both ends of the spectrum, but they affect a smaller segment of respondents. A minimal fraction (5.88%) of respondents is neutral, emphasizing that most respondents have a clear stance on this topic. A segment (11.76%) "Disagrees" with the statement, indicating that not everyone sees code-switching as a tool for adaptability in different social contexts.

The mean of the responses for the statement "Code-switching allows me to adapt my communication to different social contexts, reducing embarrassment" is approximately 3.59359. This value is closer to the "Agree" response (given a value of 4), indicating that, on average, respondents tend to agree with this sentiment. The standard deviation is approximately 0.97097, suggesting a moderate spread of responses around the mean. The majority of respondents perceive code-switching as an effective strategy for adapting communication in diverse social contexts, which in turn can help mitigate feelings of embarrassment. The strong agreement among respondents underscores the versatility and utility of code-switching in navigating varied social interactions. While there is some disagreement, it's notably less dominant than the agreement, indicating that the benefits of code-switching in this context are more widely recognized. The presence of both strong agreement and strong disagreement, albeit in smaller percentages, emphasizes that this topic can evoke strong feelings for some individuals.

In summary, the data strongly suggests that code-switching is seen by many as a valuable tool for tailoring communication to different social settings, thereby reducing potential embarrassment. However, as with any communicative strategy, its perceived effectiveness varies among individuals.

Table (9): I believe that code-switching enhances my overall communication skills in multilingual environments.

Response	Frequency	Percentage
Strongly Agree	5	14.71%
Agree	19	55.88%
Neither agree /disagree	4	11.76%
Disagree	4	11.76%
Strongly Disagree	2	5.88%

A significant majority (55.88%) of the respondents "Agree" with the statement, emphasizing the perception that code-switching is a valuable tool for enhancing communication skills in multilingual contexts. A noticeable segment (14.71%) "Strongly Agrees" with the sentiment, suggesting that a portion of respondents feels particularly positive about the communication benefits of code-switching in multilingual settings. Both "Neither agree/disagree" and "Disagree" categories have the same percentage (11.76%), indicating that there is some uncertainty and disagreement among respondents about this aspect of code-switching. A smaller portion (5.88%) "Strongly Disagrees" with the statement.

The mean of the responses for the statement "I believe that code-switching enhances my overall communication skills in multilingual environments" is approximately 3.623.62. This value leans towards the "Agree" response (given a value of 4), suggesting that, on average, respondents tend to agree with this sentiment. The standard deviation is approximately 1.061.06, indicating a moderate spread of responses around the mean. The majority of respondents perceive code-switching as an essential strategy for enhancing their communication abilities in multilingual contexts. The data reveals a dominant sentiment in favor of the communication benefits of code-switching in multilingual settings, with both "Agree" and "Strongly Agree" responses being prominent. The presence of both neutrality and disagreement, in relatively similar proportions, suggests that while many see the benefits of code-switching, not everyone shares this perception. The combined percentage of those who "Disagree" and "Strongly Disagree" indicates that there's a segment of respondents who either doesn't see the advantages or feels strongly against the use of code-switching in this context.

In summary, while many respondents recognize and value the benefits of code-switching for enhanced communication in multilingual environments, there's a diverse range of opinions, with a segment being neutral or not seeing its advantages.

Table (10): I perceive code-switching as a valuable coping mechanism for dealing with embarrassment in my daily life.

Response	Frequency	Percentage
Strongly Agree	2	5.88%
Agree	16	47.06%
Neither agree /disagree	9	26.47%
Disagree	7	20.59%
Strongly Disagree	0	0%

A significant portion (47.06%) of the respondents "Agree" with the statement, indicating that many perceive code-switching as a valuable tool for managing embarrassment in their daily life. A smaller segment (5.88%) "Strongly Agrees" with the sentiment. A substantial percentage (26.47%) of respondents neither agree nor disagree, indicating a level of uncertainty or ambivalence about this particular aspect of code-switching. A significant segment (20.59%) "Disagrees" with the statement. The mean of the responses for the statement "I perceive code-switching as a valuable coping mechanism for dealing with embarrassment in my daily life" is approximately 3.383.38. This value is closer to the "Agree" response (given a value of 4), indicating that, on average, respondents tend to agree with this sentiment. The standard deviation is approximately 0.870.87, suggesting a moderate spread of responses around the mean. Many respondents view code-switching as a useful strategy for coping with embarrassing situations in their daily lives. The combined percentage of those who "Agree" and "Strongly Agree" indicates a dominant sentiment in favor of the coping benefits of code-switching. The relatively high percentage of neutral responses suggests that this might be a topic where a portion of respondents hasn't formed a strong opinion or lacks personal experiences. The presence of disagreement, in a proportion similar to the "Strongly Agree", emphasizes that not everyone finds code-switching beneficial as a coping mechanism.

In conclusion, while many respondents see the benefits of code-switching as a coping strategy in daily life, there's a diverse range of opinions. The significant neutrality suggests that the topic might be more complex or subjective for many, with a notable segment not perceiving its advantages in this context. The poll offers a comprehensive understanding of the role and perception of code-switching about feelings of humiliation and its function as a coping mechanism in multilingual settings. While it is apparent that there is a general inclination towards recognizing the advantages of code-switching in numerous domains, it is important to acknowledge the existence of a significant range of perspectives and personal encounters.

Thematic Analysis

Structured interview was conducted with bilingual or multilingual individuals to examine their attitudes towards employing code-switching as a strategy to prevent or manage feelings of embarrassment in various contexts, such as daily life, professional settings, and recreational activities, among others. A thematic analysis was conducted on the transcribed recorded responses. The replies were classified based on thematic categories and language choices. Five categories have been analysed in the following manner:

Table no.1 provides insights into how multiple interviewees use code-switching in various ways, and it shows the frequency of each observed behaviour among the interviewees.

Ways of Using Code-Switching	Explanation	No. of Interviewees	Language Preference
1. Sensitivity	Code-switching in sensitive discussions like politics or emotionally charged issues to communicate effectively without causing emotional harm to others.	2	Urdu, English
2. Emotional Expression	Utilizing code-switching for emotional expression, such as narrating in Urdu to convey deep-rooted sentiments and a sense of connection to one's first language.	2	Urdu
3. Classroom Motivation	Using code-switching as a tool in educational settings to motivate and engage students, making complex concepts more understandable and convincing.	1	Urdu, Punjabi
4. Language Efficiency	Opting for code-switching in casual	2	Urdu, English

	gatherings to efficiently convey ideas, sometimes using a single English word when it suffices, influenced by the dominant language in social contexts.		
5. Respectful Swearing	Employing code-switching for swearing by using English, which is perceived as less offensive than Urdu, as a sign of respect and politeness in certain situations.	1	Urdu, English
6. Expressing Emotions	Distinguishing between languages for expressing emotions, with Urdu requiring more elaborate explanations and expressions, while English is more direct and to the point in conveying emotions.	2	Urdu, English
7. Pronoun Nuances	Highlighting the nuances of pronouns in English, such as "tu," "tum," and "aap," which represent different degrees of respect and affection, showcasing the complexities of linguistic politeness.	1	Urdu, English

Three interview participants indicated that they employ code-switching to effectively navigate difficult talks, such as those about politics or emotionally charged issues. The individuals in question are inclined to utilise Urdu and English as their preferred languages. This implies an inclination towards utilising languages that facilitate nuanced communication while also being cognizant of the potential for emotional injury. The selection of Urdu as their primary language is motivated by its capacity to evoke deep emotional responses, whilst English is employed to enhance clarity and demonstrate respect. Two participants in the interview employed code-switching as a means to convey their feelings with greater efficacy. Both respondents prefer Urdu as a means of emotional expression, emphasizing their profound emotional and sentimental attachment towards their native tongue. In educational contexts, it has been observed that one interviewee utilizes code-switching as a means to enhance motivation. The language

preferences observed in this context encompass Urdu and Punjabi, which serve as examples of utilizing indigenous or regional languages to engage and persuade pupils effectively. Two interviewees employ code-switching to enhance linguistic efficiency during informal social interactions. Urdu and English are commonly favoured, suggesting a proclivity for selecting languages most suitable for a certain setting, either driven by societal conventions or the desire for conciseness. One interviewee demonstrates respect and decency by switching to English when using swear words. The languages of Urdu and English have been designated as the preferred means of communication, with the inclusion of English being a deliberate choice made to mitigate the potential for inflicting any form of offence. Two interviewees discuss the distinction between languages regarding their ability to convey emotional expression. The individuals prefer to utilise both Urdu and English, which can be attributed to the intricate nature of effectively communicating emotions. Urdu is favoured for its ability to convey deeper emotional nuances, while English is favoured for its more direct approach to communication. One interviewed individual emphasizes the intricacies of pronouns within English, demonstrating the intricate nature of linguistic politeness. Urdu and English are employed as illustrative examples to showcase the divergence in pronoun usage.

In general, this investigation highlights multilingual individuals' inherent flexibility and adaptability in code-switching. Using language demonstrates a sophisticated and intricate strategy whereby several elements shape decisions, including emotional profundity, societal conventions, and the imperative for efficient conveyance. The individuals being interviewed strategically utilize the practice of code-switching in order to effectively navigate different social, emotional, and linguistic situations while also demonstrating respect and regard for the emotions of others. Furthermore, individuals' language preferences indicate the emotional and cultural value attributed to particular languages in their personal experiences.

Table no. 2 provides a clear overview of the interviewees' different code-switching practices, the reasons behind each, the number of interviewees employing each strategy, and their language preferences. It underscores the interviewees' adaptability in using multiple languages for emotional expression, respect, effective communication, and cultural sensitivity.

Ways of Code-Switching	Explanation	No. of Interviewees	Language Preferences
Emotional Expression	Switching from English to Punjabi when angry or embarrassed due to the strong emotional connection with Punjabi.	1	English, Punjabi
Respectful Communication	Code-switching to avoid disrespectful language (e.g., 'shut up') with her children, prioritizing respect.	1	English, Punjabi
Incorporating Arabic	Code-switching to include Arabic words in formal gatherings in Saudi Arabia to show solidarity and	2	English, Arabic

	understanding.		
Teaching and Understanding	Using code-switching to make communication clear, such as with secretaries and students, for better understanding.	2	English, Arabic
Avoiding Show-off	Choosing Punjabi over Urdu or English to avoid appearing arrogant or showing off when interacting with people from her village.	3	Punjabi, Urdu, English

The utilization of code-switching by the interviewee demonstrates their proficiency in many languages and their cognizance of the affective and cultural subtleties linked to each language. The code-switching patterns exhibited by the individual. The interviewees exhibit a linguistic shift from English to Punjabi while experiencing anger or embarrassment, as Punjabi is intricately linked to their emotional states. This suggests that Punjabi is a significant emotional support for individuals, enabling them to communicate their thoughts and feelings more genuinely and comfortably. The interviewee exhibits a linguistic code-switching behaviour, transitioning from English to Punjabi during heightened emotional states such as rage or embarrassment. This sentiment indicates a profound emotional attachment to the Punjabi language, enabling her to convey her thoughts and feelings more authentically. This style is employed by a single interviewee, suggesting a tailored approach to the presentation of emotions. In the present setting, the individual exhibits a predominant affinity for the English and Punjabi languages. Code-switching is employed to circumvent the use of impolite or offensive language, such as 'shut up' or 'go lost,' especially when communicating with her offspring. This exemplifies her dedication to sustaining a culture of respectful dialogue throughout their familial relationships. Once again, it is observed that only a single interviewee employs this particular strategy, suggesting a tailored approach to the practice of parenting. The individual exhibits a linguistic inclination towards both the English and Punjabi languages. During formal gatherings in Saudi Arabia, interviewees code-switch by including Arabic terms in their speech, promoting a sense of solidarity and mutual comprehension. This demonstrates their ability to adapt and display cultural awareness when engaging in a multicultural environment. The interviewee references this particular tactic; moreover, whether other individuals employ a similar approach remains to be seen. In this situation, the individuals' language preferences involve using English and Arabic. Code-switching is employed as a linguistic strategy to enhance communication clarity, specifically in interactions with secretaries and students, to facilitate greater comprehension. This proposal implies the adoption of a pragmatic methodology to enhance the efficacy of communication by adjusting to the linguistic requirements of the intended recipients. The utilization of this method by additional interviewees needs to be specified. The individual's linguistic preferences encompass English and Arabic for this objective. The interview participants opted for Punjabi as their preferred language of communication while engaging with individuals from their village to mitigate the perception of arrogance or ostentation. This demonstrates their cognizance of sociocultural factors within their local community. The individuals exhibit linguistic preferences encompassing Punjabi, Urdu, and English, contingent upon the specific contextual circumstances.

In brief, the code-switching patterns exhibited by the interviewees demonstrate a profound comprehension of the emotional and cultural subtleties linked to distinct languages. The decision-making process of individuals is frequently influenced by their inclination towards efficient communication, regard for others, and cultural awareness. Nevertheless, it is crucial to acknowledge that certain techniques revealed in the interview are attributed solely to the interviewee, leaving uncertainty regarding the adoption of similar strategies by others. In general, the observed phenomenon of code-switching exhibited by the individuals under study showcases their capacity to adapt and employ language in a sophisticated manner across different contextual settings.

Table no.3 succinctly presents the diverse scenarios in which the interviewee code-switches between Arabic and English, along with the reasons and contexts for doing so.

Ways of Code-switching	Explanation	No. of Interviewee	Language Preferences
Communication with Expats	Code-switches to ensure his message is understood by expats who can understand English.	2	English (with minimal Arabic)
Teaching Method	Intentionally code-switches to explain a teaching/learning point using the GTM method.	1	Both Arabic and English
Emotional Moments	Switches emotionally to show empathy to workers or during a colleague's unhappy experience.	1	First language (from English)
Avoiding Embarrassment (Women's Zone)	Used English to apologize and explain when he accidentally stepped into a women-only zone.	2	English
Avoiding Embarrassment (Personal Questions)	Asked a personal question about a friend's ex-wife during a casual evening conversation.	2	Both Arabic and English
Avoiding Embarrassment (Money Matters)	Switched to English to discuss a debt with a friend at a restaurant to reduce awkwardness.	1	English (from first language)

The respondents engage in code-switching to English to communicate with expatriates in the Kingdom of Saudi Arabia (KSA) to ensure effective comprehension of their message. This practice is adopted because around 20% of expatriates can understand English. This underscores the pragmatic dimension of code-switching. In a culturally diverse setting

such as the Kingdom of Saudi Arabia (KSA), characterized by a significant expatriate population, the English language frequently assumes the role of a linguistic intermediary. The use of the English language, even in its most rudimentary form, by the interviewee enhances the clarity of communication and reduces misconceptions. The interview participants deliberately engage in code-switching as a component of the pedagogical approach known as the Grammar Translation Method (GTM). Using code-switching as a pedagogical tool highlights the educational significance of bilingualism. The GTM process frequently entails converting linguistic expressions from one language to another. Through code-switching, the individuals being interviewed can elucidate complex ideas, rendering them more comprehensible to pupils who may exhibit greater comfort or familiarity with one language than the other. Language switching occurs during emotional contact, expressing empathy towards someone requiring assistance or providing consolation to a colleague following a terrible event. This statement emphasizes the profound emotional significance that languages can possess. Reverting to one's mother tongue during heightened emotions can communicate genuineness, credibility, and profound understanding. This approach facilitates a sincere connection with the listener's emotional state. The respondents used English to express their apologies and explain their inadvertent entry into a designated area exclusively for women. In situations that may be perceived as embarrassing or sensitive, interviewees may perceive English as a more "neutral" language within their specific context, potentially aiding in diffusing the situation. Another possible explanation is that the individuals in question believed that ladies residing in that particular area would exhibit greater receptiveness or comprehension when approached using the English language. During a social event held in the evening, the individual being interviewed made a linguistic transition to inquire about a personal matter about an acquaintance's marital history. Discussing personal or sensitive subjects can be challenging to approach. The interviewee may have employed code-switching to rephrase the question in a manner that appeared less intrusive or direct, utilizing the "distance" provided by the second language to alleviate potential discomfort. The interview participants chose to utilize the English language to converse regarding a financial obligation with acquaintances in a communal setting to reduce potential discomfort. Engaging in conversations about financial concerns, particularly debts, can often give rise to social discomfort. The interviewees may have employed the English language to enhance the level of discretion throughout the talk, particularly in situations where the predominant language spoken by individuals in their immediate vicinity was Arabic. Additionally, this implies a shared understanding between the two acquaintances, in which the utilization of the English language functions as a "secure" platform for engaging in such conversations.

In this analysis, we will comprehensively examine the subject matter at hand. The table provides a visual representation of an individual proficient in two languages and their experiences managing the intricacies of daily interactions within a multicultural environment. This exemplifies the multifaceted nature of language, which serves not just as a means of communication but also as a strategic weapon employed to traverse social intricacies, express emotions, and handle potentially delicate circumstances. The code-switching tendencies exhibited by the interviewee highlight the versatility and adaptability of bilingual individuals, as they effectively utilize their linguistic skills to accommodate different situations and requirements.

Table no.4 provides a summary of the code-switching habits of the interviewee based on various situations and reasons.

Ways of Code-Switching	Explanation	No. of Interviewee	Language Preferences
Life Situations	Rarely switches in everyday life situations.	1	Arabic to English

Work & Teaching	Sometimes switches in work and teaching contexts to make topics more approachable.	2	Arabic to English
Swearing	Prefers to swear in the second language as it feels less embarrassing.	1	Arabic to English
Cultural Sensitivities	Avoids certain terms with cultural connotations, e.g., the word for "camel".	1	Arabic to English

The interviewees hardly engage in language switching throughout their daily interactions. This observation implies that individuals prefer using their native language, most likely Arabic in this particular scenario, in informal or personal settings. In professional or educational contexts, such as work and teaching environments, it is not uncommon for interviewees to exhibit code-switching behaviour by alternating between several languages. There are several reasons why academic discourse often employs English as the communication medium. One possible explanation is the existence of individuals who are not native English speakers.

Additionally, using English may be necessary to clarify particular topics. Moreover, English terminologies may be more widely recognized and understood throughout different academic communities. Notably, the respondent opts to utilize English profanity despite Arabic being likely their mother tongue. This phenomenon may arise due to the perception that using profanity in a language, not one's native tongue might create a sense of reduced directness or offensiveness for the speaker, providing a certain level of emotional detachment. The particular instance being discussed pertains to using the term "camel". Within the context of Sudanese culture, it is observed that the Arabic term denoting a "camel" possesses certain meanings, particularly when utilized in the company of women. The decision made by the interviewee to utilize the English term instead demonstrates a cognizance of cultural subtleties and a willingness to circumvent potential misinterpretations or affronts. The elucidations offered for each category of code-switching provide insight into the underlying motivations driving these linguistic decisions. The various motivations for using language to make things more accessible, reduce personal embarrassment, or negotiate cultural sensitivities highlight the complex interplay between language, culture, and circumstance. The data presented in the table is derived from the perspectives provided by a sole interview participant. It is imperative to acknowledge that although the experiences and preferences of this individual offer interesting insights, they may not necessarily reflect the broader bilingual Arabic-English-speaking community. In each of the scenarios, as mentioned earlier, there is a prevailing inclination to transition from Arabic to English. The constant preference shown in this context may be subject to influence from many sources. English is commonly perceived as a worldwide lingua franca, particularly within professional and academic contexts. As previously said, it is worth noting that specific terminology or expressions may carry distinct connotations in Arabic compared to English, prompting a preference for substitution to prevent any potential cultural or social missteps. Using a second language can occasionally create an emotional or psychological detachment, resulting in a reduced sense of directness or personal connection while discussing specific subjects or conveying certain sentiments.

In summary, the table provides a concise representation of the intricate dynamics, including language, culture, emotion, and context, throughout the life of a bilingual individual. The rationales behind code-switching can be intrinsically subjective and shaped by various factors, exemplifying the intricate characteristics of bilingual discourse.

Table no.5 This table offers a structured overview of the interviewee's code-switching habits in various situations, explaining the reasons behind each choice and highlighting the languages involved.

Ways of Code-Switching	Explanation	No. of Interviewee	Language Preferences
Life Situations	Code-switches freely and unconsciously in everyday life situations.	2	Arabic, English, Spanish, Farsi (fluid switching depending on the context and interlocutor)
Work	Code-switches unconsciously in professional contexts.	1	Arabic, English, Spanish, Farsi (fluid switching depending on the context and interlocutor)
Teaching	Avoids code-switching and sticks to the student's language, viewing switching as pretentious.	1	Strictly the language of the student (no switching)
Receiving Compliments	Always responds in English, regardless of the language of the compliment.	1	English (consistent preference)
Discussing Sensitive Topics	Switches based on the topic's sensitivity and the listener's language proficiency.	2	Depends on the listener and the languages they speak, with consideration to cultural nuances of the topic

The interviewed individuals exhibit a natural and unrestricted tendency to code-switch in everyday interactions, indicating a profound assimilation of all four languages into their daily routines. The interviewees' excellent language capacities and adaptability in informal circumstances are demonstrated by their fluidity and ease of transitioning between Arabic, English, Spanish, and Farsi. Observing unconscious code-switching in professional contexts suggests that the individual being interviewed is likely engaged in a work environment characterized by multilingualism or a diversified clientele. The individual's proficiency in language switching demonstrates their aptitude for effectively navigating professional environments, potentially providing a competitive advantage in global or multicultural work contexts. The approach employed by the interviewee exhibits a notable divergence. The authors prioritize linguistic coherence by carefully keeping the language the learner uses. This statement expresses an educational

perspective that emphasizes the significance of a unified linguistic framework in facilitating effective learning. The notion that code-switching may be perceived as "pretentious" within this context implies that the interviewees prioritize clarity and recognize the possible danger of confusing or overwhelming the learner through different languages.

The intriguing aspect lies in the consistent inclination to react in English, irrespective of the initial language in which the compliment was expressed. This observation suggests a certain emotional or cultural affinity towards the English language. An alternative approach may involve maintaining a certain level of emotional detachment or adherence to formalities when expressing gratitude for compliments. The interviewees employ a strategic approach when discussing delicate topics. The selection of language is contingent upon the recipient's linguistic proficiency and the subject matter's characteristics. This observation implies an increased consciousness of the cultural and emotional subtleties inherent in each language, highlighting the interviewee's ability to adjust and demonstrate sensitivity. The explanations outlined in the table highlight the interviewee's capacity to adapt and strategically utilize languages in the given environment. Whether for pedagogical reasons, personal comfort, or cultural sensitivity, each explanation offers a window into the cognitive and emotional processes driving their linguistic choices. The insights stem from a singular interviewee. This individual's experiences and habits are rich in detail, but they reflect personal preferences and might not generalize to all multilingual speakers. It is always essential to recognize the uniqueness of individual linguistic journeys. Across different situations, the interviewee exhibits varying language preferences in casual and professional contexts. There is a fluid switch among all four languages. In teaching, there is a strict adherence to the student's language. English emerges as a consistent choice when receiving compliments. The choice becomes more strategic and audience-dependent when discussing sensitive topics.

In summary, this table provides a comprehensive representation of the complex dynamics involved in the phenomenon of multilingualism. The linguistic choices made by the interviewees are influenced by several factors, such as the environment in which they are communicating, the intended audience, and their values. These choices highlight the intricate and multifaceted nature of traversing numerous languages. The behaviours exhibited by individuals underscore the cognitive flexibility, cultural sensitivity, and emotional acumen inherent in multilingual communication.

Comments on the Findings Statistical and Thematic Analysis

In commenting on the findings of the survey and the interview. The survey provides a comprehensive insight into the role and perception of code-switching in the context of embarrassment and as a coping mechanism in multilingual environments. While a general positive trend towards the benefits of code-switching is evident across various facets, there's a noteworthy diversity in opinions and experiences.

The interview is evident that individuals employ code-switching to evade or regulate feelings of shame. Additionally, the study sheds light on how code-switching spontaneously manifests and the various functions it serves within individuals' conversational contexts across different settings. The structured interviews provided insights into the complex phenomenon of code-switching among bilingual or multilingual individuals. This research aimed to understand how and why individuals employ code-switching, especially in contexts where they might feel embarrassed or need to manage emotions across various settings. The research paper tries to answer the following questions:

1. What are the true motivations for employing code-switching as a coping strategy in instances of embarrassment within multilingual environments?

2.How does code-switching function as a coping mechanism in managing and navigating the experience of embarrassment?

3.What are the implications of code-switching for individuals' emotional well-being, self-expression, and identity negotiation in multilingual settings?

4.What cultural, social, and linguistic factors influence language choice during embarrassing moments and code-switching?

Findings:

1.Adaptive Communication Tool: The majority of respondents view code-switching as an adaptable linguistic strategy beneficial in navigating varied social contexts, especially during embarrassing situations.

2.Emotional and Social Benefits: Many respondents perceive code-switching as a tool for emotional regulation, fostering social acceptance, and managing awkward situations.

3.Cultural Affirmation: A dominant sentiment emerged regarding code-switching as a means to uphold and express cultural identity in multilingual contexts.

4.Varied Perceptions: While many respondents acknowledged the benefits of code-switching, there was a significant number of neutral and disagreeing responses, suggesting diverse experiences and perceptions.

5.Complexity and Ambivalence: Certain topics, particularly around social acceptance and daily coping, yielded higher neutral responses, hinting at the complex dynamics of code-switching in these areas.

6.Versatility in Communication: Most interviewees revealed that they instinctively and adaptively employ code-switching in daily life, work situations, and even pedagogical scenarios. This points to their linguistic agility across languages such as Arabic, English, Spanish, and Farsi.

7.Emotional & Cultural Layering: Certain languages, especially English, were chosen in specific contexts, like receiving compliments or discussing sensitive topics, indicating a mix of emotional detachment, standardization, or a desire to navigate cultural nuances.

Implications of the Study:

1.Universal Tool with Personal Experiences: While code-switching serves as a universal linguistic tool for many multilingual individuals, the experiences and benefits associated with it are deeply personal and can vary significantly.

2.Emotional and Social Dynamics: The emotional and social dynamics associated with code-switching are multifaceted, indicating its role beyond mere linguistic adaptability.

3.Cultural Significance: The role of code-switching in cultural preservation highlights its significance beyond communication, serving as a bridge between cultural expressions and linguistic contexts.

4.Cultural & Emotional Navigation: Code-switching isn't just a linguistic act but an intricate dance of emotion and culture. It signals a person's adaptability and strategic approach to communication.

5.Potential for Misunderstanding: While it offers flexibility, code-switching might also introduce potential misunderstandings, especially if the context isn't clear to all parties involved.

Conclusion and Recommendations

Based on the comments on the findings of the statistical and thematic analysis, it appears that the research paper focuses on code-switching as a coping mechanism in conversation situations and particular embarrassment. Code-switching, as illustrated, is a sophisticated linguistic tool that individuals use to navigate the intricate terrains of emotion, culture, and context and also as a necessary tool for multilingual individuals in avoiding or managing embarrassment. Understanding its underlying motivations and implications is vital for fostering effective and empathetic communication in our diverse global landscape. The analyses reveal the multifaceted role of code-switching in the lives of multilingual individuals. With its undeniable benefits in communication adaptability, emotional regulation, and cultural affirmation, code-switching emerges as a significant linguistic strategy. However, the diversity in perceptions underscores the deeply personal nature of these experiences. As our multilingual world continues to evolve, understanding and harnessing the power of code-switching will become increasingly important.

Recommendations

Based on the comments and findings of the statistical and thematic analysis, the following recommendations can be made:

1. **Educational Contexts:** Incorporate discussions and training on code-switching in educational settings, emphasizing its adaptive benefits and cultural significance.
2. **Further Research:** Conduct more in-depth qualitative research to explore the reasons behind neutrality and disagreement, providing a richer understanding of individual experiences.
3. **Multilingual Environments:** In multilingual settings, such as workplaces or educational institutions, encourage an understanding and appreciation of code-switching as a valuable linguistic tool and cultural expression.
4. **Training and Workshops:** Offer training sessions or workshops on effective code-switching techniques to help multilingual individuals navigate diverse linguistic settings more confidently.
5. **Promote Linguistic Awareness:** Institutions and workplaces in multilingual settings should invest in training that heightens awareness about code-switching. This would help in understanding the nuanced motivations behind such behaviours and in fostering effective communication.
6. **Encourage Research:** Further studies focusing on the emotional and psychological facets of code-switching can offer deeper insights into its pervasive use in multicultural societies.

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