

*Article**2025 2nd International Conference on Global Economics, Education
and the Arts (GEEA 2025)***Cross-Species Communication: An Exploration to Reduce Anxiety and Stress among Modern Youth****Yibo Meng**^{1,*}¹ Art and Design Academy, Tsinghua University, Beijing, China

* Correspondence: Yibo Meng, Art and Design Academy, Tsinghua University, Beijing, China

Abstract: Cross-species communication is a very complex and interesting area of research, which refers to the communication behavior that occurs between different species, and is generally common in humans and other species, because it may imply high ideological and social values. Since the transcendental perception channels of different species are different, it seems that the vast majority of species only have a good perception of the "language" and "emotion" of the same species, and it is very difficult to achieve real communication between species, at least until now, there is still no sufficient scientific research to fully communicate between humans and animals. But this does not affect our curiosity and exploration, and we believe that there are many personal and social values for such behavior, such as we can try to take more care of the physical and mental health of animals, so as to better protect them, and of course, perhaps more importantly, we get emotional relaxation and mental relaxation from this process, as we all know, comfort is mutual.

Keywords: cross-species; perceptual channels; communication; emotional values

1. Introduction

Generally speaking, we believe that the essence of design lies in the purposeful and active creative behaviors of human beings. At its core, design exists to serve humanity. All design endeavors ultimately aim to enhance human experience, whether through convenience, beauty, or functionality. This holds true for the topic of cross-species communication that we are about to explore. Regardless of whether the end result is spiritual fulfillment or social value, the central focus remains the betterment of human experience [1].

In today's world, young people face mounting pressures and pervasive anxiety, a phenomenon that is increasingly recognized as a multidimensional issue with a wide range of manifestations. Whether in the bustling cities of Beijing and Washington, D.C., or the more tranquil towns of India and rural Africa, the youth grapple with a variety of challenges. These include the high cost of living, the stress of fast-paced social environments, the pressure of urbanization, and the constant search for meaning and purpose in life. This struggle is not confined to any one culture or region; it is a universal concern.

While the role of cross-species communication in alleviating these problems remains unclear, there seems to be an intuitive understanding among humans that companionship and mutual understanding hold a profound and delicate value. It is interesting to note that, despite the often indifferent exterior many people may present, there is an undeniable, almost universal joy in the simple sight of animals like kittens and puppies. Whether it's the innocent playfulness of a puppy chasing its tail or the gentle gaze of a cat curling

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up for a nap, such moments of connection evoke a sense of warmth and happiness that transcends words.

This deep, inherent connection between humans and animals highlights the potential therapeutic benefits of cross-species communication. It is not merely the act of observing or interacting with animals, but the psychological and emotional effects that accompany such moments. Whether through reducing stress, promoting emotional healing, or fostering a sense of companionship, the bond between species offers a unique pathway for emotional relief in an increasingly complex and stressful world [2].

2. Influencing Factors

This section will delve into the potential impact of cross-species communication on both humans and animals. As we mentioned earlier, the influence on animals is often interwoven with its effects on people, creating a cyclical relationship where one leads to the other. For animals, cross-species communication can play a crucial role in conservation and stewardship. By fostering a better understanding of their needs, behaviors, and habitats, humans can become more equipped to protect vulnerable species and their environments. This kind of communication may enhance our ability to develop effective conservation strategies, ultimately benefiting the survival and thriving of animal populations.

For humans, the benefits of cross-species communication are often more personal, but no less significant. It can bring joy, comfort, and emotional relief. The companionship of animals has long been known to have therapeutic effects, whether through reducing stress, lowering blood pressure, or simply offering a sense of companionship and unconditional love. The simple act of interacting with an animal can help alleviate feelings of loneliness or anxiety, providing emotional support during challenging times [3].

Moreover, the exploration of cross-species communication also reflects the growth of our own understanding and the progress of human thought. It pushes the boundaries of what we know about both ourselves and other living beings, encouraging us to consider the intricacies of non-human languages and forms of communication. This journey of discovery is not just about learning to speak "animal", but about recognizing the deep connections that bind all life forms together. The more we explore this field, the more we come to realize how interconnected our well-being is with the well-being of the world around us.

In this light, the impact of cross-species communication can be seen as a two-way street: as we learn to communicate more effectively with animals, we enrich our own lives and broaden our understanding of the natural world. It offers a chance not only to relieve our own emotional burdens but also to contribute to the well-being of other creatures, fostering a more compassionate, empathetic world for all.

2.1. *The Impact of Cross-Species Communication on Animals*

Cross-species communication holds the potential to vastly improve our understanding of animals' physical and psychological states. This deeper understanding can significantly enhance our ability to protect animals, improve their welfare, and, more importantly, promote ecological conservation. Often, the challenges animals face — whether physical ailments, psychological distress, or environmental threats — are not ignored, but rather remain unnoticed. We might fail to perceive these problems until they have escalated to a point where the situation becomes dire, which could have been avoided with earlier intervention [4].

By developing the ability to communicate with animals, we would be able to detect signs of distress, illness, or discomfort more proactively, giving us the opportunity to address these issues before they become insurmountable. For example, understanding the mental and emotional needs of our pets or wild animals could prevent situations where their well-being deteriorates without our awareness. This would not only improve the quality of life for the animals but also foster a more compassionate society.

Moreover, the economic benefits of cross-species communication should not be overlooked. In modern farming, real-time monitoring of animal health and emotional states could allow farmers to prevent outbreaks of disease, reducing the costs associated with veterinary care and improving overall productivity [5]. This more efficient management of animal welfare can lead to significant economic benefits, while also ensuring that animals are treated with the care and respect they deserve.

2.2. The Impact of Cross-Species Communication on Humans

On a broader scale, cross-species communication can profoundly impact human well-being. At its core, it provides a means to reduce stress and anxiety, promote empathy, and foster a deeper sense of connection with all living beings. In today's fast-paced, often disconnected society, people increasingly feel isolated and estranged from one another. The rise of individualism has resulted in a "stranger society", where meaningful human connections are fewer, and loneliness is becoming an epidemic. In such a context, the companionship offered by pets and animals plays a vital role in mitigating negative emotions and providing emotional comfort.

By establishing communication with animals, we open ourselves up to a source of spiritual and emotional support that is unconditional and pure. The act of connecting with animals, understanding their needs and emotions, can also cultivate empathy, inspiring us to understand and empathize with the emotions of other people. This, in turn, can lead to more harmonious relationships and foster a greater sense of community [6].

Furthermore, cross-species communication can expand our intellectual horizons, encouraging us to explore new fields of knowledge and self-reflection. Engaging with animals on a deeper level can spark an interest in the mysteries of life, nature, and the universe. It can propel us toward greater philosophical inquiry, as we begin to question the very essence of life, consciousness, and our place in the natural world. This exploration offers not only intellectual enrichment but also spiritual fulfillment, as we connect with something greater than ourselves.

Through these interactions, we are also led to reconsider the nature of intelligence, emotions, and communication. By observing and understanding the cognitive abilities and social behaviors of animals, we challenge our assumptions about the hierarchy of life forms and the limits of our own perception. This exploration may inspire breakthroughs in our understanding of consciousness, potentially opening doors to profound philosophical and scientific discoveries.

3. Methodological Research

Cross-species communication is an interdisciplinary field that requires the integration of various disciplines, including biology, psychology, computer science, and even philosophy. To make significant progress in this area, several research domains must be prioritized [7]. These include animal cognition studies, voice recognition analysis, physiological state monitoring, and the development of artificial intelligence (AI) for translation purposes, among others.

Understanding animal cognition is a critical foundation for cross-species communication. By studying how different species process and respond to stimuli, we can gain insight into their emotional and cognitive states. As highlighted in the article *Animal Cognition and the Evolution of Human Language: Why we can't Focus Only on Communication*, "Because a defining feature of human language is its ability to flexibly represent and reorganize concepts, the forerunners of many important components of language should look in animals for cognition rather than animal communication." The communication systems of animals often represent only a fraction of the concepts they can comprehend. Therefore, the absence of a particular concept in an animal's communication system does

not necessarily mean that the animal lacks an understanding of that concept. Understanding the underlying cognition of animals is essential for deciphering the broader range of emotions and needs they may express.

Another key area is the study of animal vocalizations, particularly those of pets like cats and dogs. It is widely believed that animals use specific vocalizations to express their emotions or communicate certain needs. For example, research suggests that cats typically do not use vocalizations to communicate with other cats, but rather to interact with humans. Cats have a variety of meows — up to 19 distinct types — that correspond to different emotional or behavioral states. As one study of cat-human communication points out: "Each type of cat meow corresponds to a behavioral state, such as greeting humans with a trill, or expressing pain or distress with an 'opening sound'." Understanding these vocalizations can help us interpret the emotional needs of animals more accurately and effectively [8].

Finally, the integration of artificial intelligence (AI) and big data technologies can revolutionize the study of animal communication. While direct translation of animal language requires substantial cognitive and observational efforts, AI can assist by analyzing large datasets of animal sounds, behaviors, and environmental factors. AI algorithms can process vast amounts of data to identify patterns and associations, helping us decode the meanings behind animal vocalizations and behaviors. For instance, scientists have used AI to interpret animal conversations, revealing that human language is not unique in its complexity. This technological approach could offer groundbreaking insights into cross-species communication, advancing our understanding of animal languages.

4. Risk Assessment

While cross-species communication holds great potential, it is not without its risks. At least two significant challenges must be addressed: the possibility of mistranslation and the ethical and moral concerns that may arise.

First, the accuracy of translating animal communication is a major challenge. For example, if a pet is experiencing anger or fear, but the translation system interprets these emotions as happiness or relaxation, the owner may misinterpret the animal's needs, leading to inappropriate responses. Such mistranslations could not only hinder effective communication but also result in behavioral misunderstandings or even harm. Ensuring that translation systems are precise and reliable is crucial to preventing these kinds of errors.

Second, and perhaps more serious, issue concerns the ethical and moral implications of cross-species communication. One of the most pressing concerns is the potential for emotional dependency on animals. In modern society, people often turn to pets and therapeutic animals for emotional support, seeking comfort in the companionship of these creatures. While pets can certainly provide temporary relief from emotional or physiological stress, there is a risk that this reliance may mask deeper social and psychological issues. When humans become emotionally dependent on animals, it may provide short-term healing, but it does not necessarily address the root causes of social isolation or psychological distress. The question arises: are we using animals as a temporary solution to deeper societal problems, or are we truly improving our relationships with both animals and each other?

Moreover, ethical concerns about the treatment of animals in human society cannot be ignored. In the context of animal-assisted therapy, for instance, questions arise about whether all animals are suited for such roles, and whether their best interests are fully considered. The article *Animal-Assisted Therapy: The Power of Animal-Assisted Therapy* raises important questions about the ethical implications of using animals for human emotional or therapeutic purposes. As we move forward with cross-species communication, we must carefully weigh these ethical dilemmas and ensure that the well-being of animals is prioritized.

5. Conclusion

The emotional isolation and fast-paced life of modern society, particularly among young people, have contributed to widespread mental health challenges. Cross-species communication presents a promising solution, offering a potential way to alleviate emotional distress by fostering deeper connections with animals. This interdisciplinary field involves diverse areas of knowledge, from cognitive science to AI, and although it carries inherent risks, the potential rewards are substantial. Not only can cross-species communication provide emotional value, but it also presents an opportunity for intellectual and philosophical exploration. By gaining a deeper understanding of animals and their communication systems, we open new avenues for knowledge, personal growth, and empathy — benefiting both humans and animals alike.

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