

Anxiety in Public Speaking: A Case Study of Students' Paper Presentation in Learning

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ABSTRACT: *The communicator's ability to convey information in front of the public is something that needs attention. Style of speaking, body language, to the psychological condition of the communicator, are parts that need to be well prepared. Feelings of anxiety, worry, or commonly known as stage fright, often occur when the communicator is in front of an audience. This study tries to describe the difficulties faced by students in making presentations in lectures. The results of this study try to describe the psychological condition of students when making presentations in front of an audience who often experience anxiety in presentations, as well as what causes anxiety to occur and how to overcome it with various tips and tricks to relieve anxiety so that speaking skills can be improved.*

KEYWORDS: anxiety, public speaking, paper presentations, audiences

INTRODUCTION

"Speech Anxiety, the fear associated with delivering speech, is an important issue for many people", (West, 2018). When someone is given a mandate, whether it's a speaker, presenter or paper presenter, they are tasked with conveying messages to the communicant both in forums (lectures), symposiums, and in panel discussions. So many possibilities faced by the communicator. Such as experiencing anxiety, worry, fear of dealing directly with the communicant, (Riadi, 2022). In presentations, the communicator acts as a public speaker presenting papers in the forum (class). For this reason, he is required to be able to convey the material well, so that the message conveyed can be understood by the audience. However, what happens is that students often experience anxiety or nervousness when delivering learning material in front of the class (Mahmud, 2017).

There are many possibilities for students not being able to present their papers. In public speaking or speaking in front of the public, a person often experiences anxiety about failing to convey his message, so that the anxiety that arises can affect the ongoing process of communication.

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In the learning process, in this case the presentation of papers, students not only need to understand what will be conveyed, but also need to master the audience well so that they are interested in listening.

In communication science, the process of conveying messages from communicators to communicants aims to provide understanding, ideas, ideas and concepts, even some lecturers use lecture methods for students such as forming discussion groups, with the aim of providing space for freedom in the thinking process to make students/ i active in the learning process in class. Anxiety in communicating in public, indeed often occurs and is experienced by everyone in the communication process. "Anxiety is tension, insecurity and worry that arises because it is felt that something unpleasant is happening but the source is largely unknown and comes from within. "Anxiety can also hinder communication, namely difficulties in understanding and using language and difficulties in conducting conversations, articulation (speech sounds)", (Sendjaja, 2018).

"Anxiety (anxiety) is a disorder, a feeling (affective) which is characterized by feelings of fear or worry that is deep and continuous, does not experience interference in assessing reality (reality testing ability / RTA is still good), personality is still intact (not experience splitting of personality). Behavior can be disrupted but still within normal limits", (Sendjaja, 2019).

Furthermore, this paper wants to look deeper into the psychology of communicators and so that communicators can transform ideas in discussions, as well as create an interactive, creative, intuitive and innovative discussion atmosphere. Thus in this research, it is examined how anxiety in public speaking is focused on study.

The purpose of this study is to provide clarity about students who are experiencing psychological pressure (anxiety), so that the communication process does not experience interference in the process of transforming ideas, ideas and concepts. It is hoped that this research will provide a solution to overcome anxiety. The method used in this research is to use a qualitative approach with the case study method.

METHOD

This research is a qualitative research with a case study research design. The research was conducted at the Department of Indonesian Language and Literature Education, Teaching and Education Faculty, Sultan Ageng Tirtayasa University, Even Semester 2022/2023 Academic Year in Speaking Class II Semester II Students. This study illustrates the difficulties in speaking courses for students in presenting lecture material.

FINDINGS AND DISCUSSION

Anxiety in the general Indonesian dictionary, Badudu-Zein, is defined as worry, anxiety, fear of something that will happen. It also means a feeling of fear, worry that something unpleasant will happen. Sudarsono In the counseling dictionary, anxiety is defined as a chronic and complex emotional state with prominent trappings and fear.

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According to Meyer and Salmon defines "anxiety is classified as an emotional state physiological arousal", anxiety is classified as part of the emotion, including feelings of sadness, fear, concern and increased psychological feelings of a person. According to Freud's view, the ego (Psychological) must become the id (Biological). Thus, only the ego can produce anxiety, but the id, superego, and outside are involved in one of the three types of anxiety that Freud identified. "The ego's dependence on the id causes neurotic anxiety; its dependence on the superego causes moral anxiety; its dependence on the outside world causes realistic anxiety", (Suhendar, 2020). Neurotic anxiety, neurotic anxiety is the fear of some unknown danger. The feeling itself is in the ego, but its source is the id. For example, a seventh semester student who does not have (confidence) in presentation skills, will experience neurotic anxiety when presenting his paper in front of other students or against another power figure due to unconscious feelings.

Moral Anxiety, moral anxiety is due to conflict between ego and superego. After the superego is formed, which usually begins to develop from the age of 3-5, we experience anxiety because of the conflict between our realistic needs and the demands of our superego. Moral anxiety, for example, if you are fasting in the month of Ramadan, we suddenly see other people enjoying lunch in front of them, then someone who is practicing worship is tempted and if he gives in to this temptation, it will be morally wrong.

Realistic Anxiety, Realistic anxiety is commonly known as objective anxiety, this feeling is defined as an unpleasant and non-specific feeling about a danger that might be happening, for example, when a racer is riding a motorbike outside the racing track, he is piggybacking on a friend who has not taken part in the race. At one time when faced with a four-wheeled vehicle even though it is still tens of meters away, someone who is riding a passenger will feel anxiety "about that" or anxiety that "something like this" will happen. But realistic anxiety is different from fear. For example, two people were riding in a private car, one of them was in charge of driving the car, suddenly the driver died of a heart attack, then someone beside him could not drive the car and then their car slid down the main road.

Table 1. Kinds of Speaking Anxiety

No.	Items/Problems	Case
1.	a specific subtype of communication-based anxiety in which individuals experience physiological arousal, negative self-cognition and concomitant behavior in response to expected or actual presentations.	Individual
2.	the inability of individuals to actively participate in discussions, develop conversations, answer questions asked in class, which is not caused by a lack of knowledge but due to an inability to compose words and an inability to convey messages perfectly, even though they have been prepared beforehand.	Di depan forum/public
3.	individual inability to develop a conversation that is not caused by a lack of knowledge but due to an inability to convey a message.	Individual

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4.	negative reactions in the form of anxiety that occur in individuals in communication situations, both interpersonal communication and during presentations.	Individual
5.	the feeling of nervousness and discomfort experienced by individuals when making presentations, the fear of speaking and the difficulties experienced by someone when they have to speak in front of many people perfectly, which is marked by psychological and physiological reactions.	Di depan forum/public
6.	a specific subtype of communication-based anxiety in which individuals experience physiological arousal, negative self-cognition and concomitant behavior in response to expected or actual presentations.	Di depan forum/public
7.	the inability of individuals to actively participate in discussions, develop conversations, answer questions asked in class, which is not caused by a lack of knowledge but due to an inability to compose words and an inability to convey messages perfectly, even though they have been prepared beforehand.	Di depan forum/public

Thus, anxiety is a subjective feeling of disturbing mental tension and the inability to cope with a problem or lack of security. The feeling of uncertainty is generally unpleasant which will cause and be accompanied by physiological changes; shaking, sweating, increased heart rate and psychological; panic, tense, confused, unable to concentrate, uneasy, stutters in communication. In life, information is something that is very much needed, without information we know nothing about the world and everything in it. To obtain and obtain information in this era is very easy. Much information is widely spread everywhere either via the internet or print media. So it's no wonder reading is one of the most important skills in life.

Psychoanalytic Theory: 1) Anxiety is a signal addressed to the ego that there is an unacceptable urge to push out to enter the conscious realm; 2) As a signal; the anxiety awakens the ego to take an action to defend itself against pressure from within; 3) Anxiety is a symptom of unresolved subconscious conflicts, (Hermawan, 2018). The ego (Psychological) must become the id (Biological). Thus, only the ego can produce anxiety, but the id, superego, and beyond are involved in one of the three identified anxiety types. There are three types of anxiety: 1) The ego's dependence on the id causes neurotic anxiety, fear of himself if he makes a mistake and will get punished; 2) dependence on the superego causes moral anxiety, fear of conscience (super ego) feeling guilty or ashamed if you make a mistake or think something that is contrary to morality; 3) Dependence on the outside world causes realistic anxiety, namely fear of real threats or dangers that surround the environment, (Muhamad, 2018).

Table 2. The Strategies in Avoiding the Speaking Anxiety

No.	Strategies	Details
1.	Taking Deep Breaths Take deep breaths of the abdominal muscles to make the nervous system much more calm in preparing itself before speaking	Individual
2.	Accept and Believe That Being Anxious and Anxious Is Normal	Individual
3.	No Need To Try To Be Perfect	Individual
4.	Avoid Consumption of Alcoholic and Caffeinated Drinks	Individual
5.	Practice Speaking	Peer
6.	Pray	Individual
7.	Making Eye Contact	Peer
8.	Fighting Shame	Individual

CONCLUSION

In general, the researchers concluded, namely; 1) Psychologically, every individual who is undergoing and dealing directly with the audience, of course experiences anxiety, whether he is a beginner or a professional, it's just how we face it calmly; 2) Causes of communicators experiencing Down syndrome Public speaking is an activity that always accompanies someone who works in a field related to education, such as educators, instructors, motivators, consultants, lecturers, or guides from a tourist attraction.

Therefore, it is important for the owner of this profession to have the competence to speak in public, so that he can support the smooth running of his duties. Talking to one or two people is easy, but speaking in front of dozens of people requires special tips to do it. When speaking in front of many people, the material presented must be well structured and systematic. Because this can affect a person's mind, and a clear mind, good mood, and skill in composing sentences are the main capital for someone to be able to speak fluently and successfully in front of an audience. In addition, it also requires intelligence to think and dexterity to reason in order to be able to provide accurate and convincing arguments to the audience. In fact, communicators are often not equipped with good and interesting ways of speaking.

Thus, in becoming a reliable speaker, besides talent, it can also be developed by practicing continuously, because a lot of experience can influence how good someone is in public. There are six characteristics of a positive self-image that must be developed (Musaba, 2017), namely: 1) self-confidence; 2) oriented towards ambitions and goals; 3) well organized and efficient; 4) being capable; 5) have a pleasant personality; 6) able to control yourself.

Communication anxiety is a tendency to experience anxiety in a relatively long time and in a variety of different situations. Communication anxiety is part of a larger concept in psychological concepts, such as social avoidance, social anxiety, interaction anxiety, and

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shyness which are generally referred to as social and communication anxiety. (social and communication anxiety).

His research reveals several parameters that indicate communicators experience social and communication anxiety.” Social and communication anxiety has a physical aspect, such as a racing heart or blushing with embarrassment; behavior, such as avoidance and self-protection; as well as cognitive aspects, such as being too focused on yourself (self-thinking). Of the three parameters, the cognitive aspect is considered the most dominant.

This means that social and communication anxiety is mostly concerned with how we think about ourselves in relation to the communication situations we encounter. Regarding negative thinking, Patterson and Ritts stated: "negative thinking can lead to anxious self-preoccupation that keeps a person from considering all of the information and cues in the environment" (negative thinking causes a person to worry too much about himself so he has to take into account all the information and symptoms that arise from the surrounding environment). This causes normal information processing processes to be disrupted, which in turn encourages a person to withdraw from their environment (Oetomo, 2017). The lack of preparation, then the audience influences the self-concept (the communicator who experiences anxiety) so that the self-defense is "stressed" and has an impact, tension that makes the communicator feel anxious; 3) The way to overcome this communication apprehension is to prepare the material that will be presented before the D-day, face all forms of "attacking psychology", face it calmly by controlling your breathing.

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