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THE ANXIETY FACTORS IN DELIVERING SPEECHES FOR INFORMATICS ENGINEERING STUDENTS

Abstract

Anxiety is one of the issues that individuals frequently encounter at various times. Everyone has likely felt anxiety at some point. An example of anxiety we frequently come across is the fear of interacting with others or speaking in front of an audience, particularly during a speech presentation. Students of STMIK Pelita Nusantara are required to be able to do public speaking, they should deliver material well when giving a speech, this is proven by the existence of a Public Speaking course that must be taken by students, but there are some students are unable to deliver a speech well. /This is shown by the reality that 60% of students continue to receive scores below the top marks in the public speaking course. This research seeks to identify the elements that lead to anxiety during public speaking, focusing on a group of 50 Informatics Engineering students by employing total sampling and utilizing questionnaires and surveys for data collection. There are 22 elements that lead to anxiety when delivering public speeches, particularly speeches. The 22 factors were condensed into 5 factors that students most frequently identified as the causes of their anxiety. Factor 1 includes the variables: time of day, morning, evening, and indoor display. Factor 2 includes the variables: negative thoughts, low self-esteem, interference from tools, negative prior experiences, absence of self-confidence, limited experience, and outdoor performance. Factor 3 includes the variables: absence of dialogue with specialists, apprehension about assessment, consciousness of being under scrutiny, and audience size. Factor 4 includes variables such as insufficient preparation, inadequate understanding of the subject, age variations, and poor health. Factor 5 includes variables such as religious variance, ethnic diversity, and insufficient proximity to expert

Keywords:Anxiety, Factors, Speech, Engireneering, Students.

INTRODUCTION

Public speaking is an art of communication that should be applied by each individual. Not only does it show good language skills but it can also measure a person's intelligence. The better the public speaking performance, the higher the person's intelligence value. The students of STMIK Pelita Nusantara are required to be able to do public speaking, but there are still some students who do not have these skills. Judging from their daily lives when faced with tasks related to public speaking, very few can complete the task. Most of them do not have self-confidence due to inadequate skills, lack of mastery of vocabulary and grammatical rules, to the inability to read language texts (English). There are several reasons given regarding the causes of students' inability to speak in public, and one of the reasons is anxiety.

The aim of anxiety is explained as a discomfort thing or fear, where fear is caused by the anticipation of something threatening (Raja, 2017: 96). In Burgoon's research (in Muslimin, 2016: 43), it was found that 10-20% of the population in the United States experiences very high communication anxiety, and around 20% experience quite high communication anxiety.

Blackburn & Davidson stated that communication difficulties experienced by someone occur due to communication anxiety (communication apprehension). McCroskey & Richmond stated that communication apprehension is the fear or anxiety experienced by someone when communicating with other people and many people. The high level people of communication apprehension tend to avoid activities that require them to participate in communication situations.

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Public speaking according to Amy Slagel in book *21st Century Communication* by William F Eadie, explains that "Public Speaking is a form of communication that seeks an outcome: public speakers seek not simply to express themselves but to have an effect on their listener" (2009). In these words, Amy Slagel explains that Public Speaking is not just expressing oneself with words, but must also be able to influence the listener. This theory explains that Public Speaking is said to be successful if the content of the message delivered can influence the audience. This theory explains that Public Speaking is difficult because Public Speaking is not only speaking and performing in front of people, but also how to make the audience understand the content of the message delivered. According to Joseph A Devito in the book *Human Communication* stated that "one of the most important problems in public speaking is the speaker's anxiety or what is often called stage fright". Devito also said that there are 5 factors that cause a person's anxiety when speaking in public, namely: new things, low status, awareness, differences, and experience of the past (Devito, 2011:414).

These issues were being a focus by researcher to study the caused problem happened. Based on the criticism above, the research is interested to implement a research by the title "The Anxiety Factors in Delivering Speeches for Informatics Engineering Students".

METHODOLOGY

In this study, quantitative research with explanatory survey method had been applied as research methodology. The explanatory survey method is a method in quantitative research design that explains the cause and effect that occurs (causality research). (Kadji. 2016: 38)

The population that the researcher used in this research was the fourth semester students of STMIK Pelita Nusantara in English for Business class. The total population of this study was 50 students. The researcher took 30 students as sample for this research.

The technique of data collection was questioner. The researcher observed the students by giving them the speech task and found out some of the students who were unable to deliver speech well. Questioners were given to the students and also committed some interviews to the students related the reasons of their anxiety in delivering speech. The last, draw the conclusion.

RESULT AND DISCUSSION

Several stages had been done by researcher for getting the result of this study. Firstly, students were given a practical test like English speech to measure and decide which group they were into. Group A for students who have a good ability in delivering English speech. Group B students who have middle to low ability in delivering English speech. The researcher only took Group B as sample with number 30 students. There are some aspects to decide the suitable group for each student: 1. Mastering the topic of speech; The researcher had given the speech task 3 weeks before the due date and the topics were about daily activity and environment, 2. The pronunciation and grammatical used properly in delivering speech, and 3. Fluency and confidence during giving the speech. After carrying out a series of processes in determining the group, the researcher gave the questioners about the factors of their anxiety in delivering speech to the students and conducted interview to obtain the clear result of this study.

Overall, there are 22 factors that cause anxiety when delivering a speech to students of STMIK Pelita Nusantara. From the 22 factors, they have been extracted (separated or grouped into 5 factors, namely: The First Factor consists of the variables: time of day, morning, evening, and indoor presentation. Factor 2 consists of the variables: self-confidence, bad mind, tool interference, bad past experiences, lack of experience, and outdoor presentation. Factor 3 consists of the variables: lack of discussion with experts, awareness of being evaluated, worried of being cynosure, and many of audiences. Factor 4 consists of variables: lack of preparation, lack of mastery of the speech topic, age differences, and poor health. Factor 5 consists of variables: religious differences, ethnic differences, and lack of bond with experts.

CONCLUSION

This study attempted to find out factors of anxiety in delivering speech. Specifically investigates the reasons why the students got nervous when they were performing English speech in front of the class. Most of them stated that self-confidence became the biggest reason they got anxiety when delivering speech.

Therefore, it needed teamwork between teacher and students to train self-confidence by doing some performs in public like English speech. The better facility should be available to serve any kinds of training needs to practice the student public speaking.

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