

## PUBLIC SPEAKING AS A UNIQUE SKILL

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### ABSTRACT

*Ability speak in front of an audience is important and useful in a variety of contexts, such as business and the classroom. However, many people have difficulty speaking clearly in front of other people. Many strategies can be used to improve your public speaking skills, including knowing your audience, organizing your speech into key points, using comedic and rhetorical questions, and practicing in front of a mirror or with a close friend. Additionally, visual aids can increase interaction and public speaking engagement. Working on speech speed, articulation, body language, and intonation is also very important. One can start with an attention-grabbing start and keep the audience engaged throughout the presentation to leave a lasting impression. It takes time and effort to overcome the fear of public speaking, and it is very important to identify one's speaking style and acquire the necessary skills. Those who practice frequently and adhere to these guidelines can improve their public speaking skills and grow into more confident and proficient communicators.*

**Keywords:** Public Speaking, Fluency, Challenges, Strategy Coping.

### INTRODUCTION

Nara Setia (2021), Public speaking the ability to speak in public or public or public speaking means speaking in public. Dhea Anggriani, et al (2022), The ability to speak in front of the public or audience is also a skill that everyone, including children, must have. The main factor in successful public speaking is self-confidence. Girsang (2018), Public speaking is understood as a technique for conveying messages in public. Scientifically, public speaking itself is part of the science of communication. This is because communication is an interaction process to connect one party with another party. Then, In the book from Lucas (2015: 4, 5)

“Public speaking, as the name suggests, is a way to publicize your ideas—to share them with others and influence others.”

“Public speaking is an important means of community engagement. It's a way to express your ideas and make an impact on important issues in society. As a form of empowerment, it can—and often does—make a difference. Public speaking offers you the opportunity to make a difference in something you care deeply about.”

Smoothness speak become matter important moment We do activity speak in front of general. Several things that support We in smoothness speak that is Motivation. With Motivation can create an optimistic attitude in a person. An optimistic attitude can reduce the level of anxiety experienced by someone who is about to speak. This is because an optimistic attitude is the biggest contribution to fluency in public speaking (Fitri et al., 2018).

Smoothness speak also supported \_ by providing material on the basics of speaking. This material includes theoretical concepts and skills material. The theoretical concepts here contain an understanding of the basic concepts of speaking skills. Meanwhile, skills material contains the context of existing situations, such as formal, interpretive, formal and dramatic situations. These two types of material are used to adjust the speaker's condition and the

existing environment (Eriyanti, 2018).

Many factors can be detrimental to speaking. There are several things that can help increase the likelihood of reaching an agreement based on timeframe:

1. Speaking Practice: Tertiary style speaking practice can help improve a person's speaking fluency and comprehension.
2. Language Mastery: Here is more fluency in speaking by understanding both the structure of the language used, as well as grammar, comprehension, and pronunciation.
3. Reduces anxiety and helps a person speak more fluently by regulating breathing patterns well.
4. Anxiety Control: Anxiety often becomes a barrier when having a conversation. It may be helpful to measure anxiety using techniques such as positive visualization, breathing exercises, or relationship visualization.
5. Understanding Context: Understanding the context of a presentation or acclamation is also important for effective communication. A detailed explanation of the topic to be discussed can help a person become more self-aware.
6. Active Listening: Empathize with yourself to listen.

When it comes to public speaking activities, there will definitely be something called anxiety. Anxiety comes from self-efficacy factors. Self-efficacy is an individual's belief in his or her ability or competence to perform a given task, achieve a goal, or overcome an obstacle. Self-efficacy refers to an individual's belief about his capacity to exert control over events that affect his life. Self-confidence is also something that can be assumed to have a role in public speaking anxiety besides self-efficacy. Self-confidence is an individual's belief in taking appropriate and efficient action, even though it may seem difficult. Self-confidence is what a person does in the short term to achieve long-term goals, even though what he does in the short term will sometimes make a person feel uncomfortable. Self-confidence affects an individual's performance in speaking. There are several factors that influence an individual's performance in public speaking, namely self-confidence and anxiety. There is a significant and positive relationship between self-confidence and public speaking anxiety in a person. Apart from that, according to Yusuf (2019), the individual factor that influences his public speaking performance is feeling less confident in his abilities.

### **The Strategy Coping in Public in Speaking**

According to Lazarus and Folkman (Miranda, 2013) coping strategies are a way strategic with efforts to manage, accept, tolerate and reduce pressure or demands that create stress. In line with Lazarus and Folkman, Friedman (Miranda, 2013) states that coping strategies are individual behavior to can adapt in dealing with the conflict or pressure they experience. Lazarus and Folkman (Maryam, 2017) divide coping strategies into two ways, namely:

- 1) Coping strategies that focus on problems, namely: behavior that leads to and focus on problem solving. This strategy is usually used if there is a problem facing it can still be controlled and managed well. Apart from that, coping strategies which focuses on coping will be done if someone is confident in their abilities that he is able to solve the problem well,
- 2) Coping strategies focusing on emotions is to make efforts aimed at change emotions without changing the stressor directly. This coping is done if someone feels they do not have the ability to change a situation suppress and can only accept the situation.

Based on the statement above, it can be concluded that the coping strategy is a certain process accompanied by an effort made by an individual to face and anticipate adverse situations and conditions, inhibit, suppress or threaten, whether physically or

psychologically taxing an individual's abilities and resilience.

## **METHODS**

One type of research used to obtain data from survey participants is the use of Google Forms. Google Form is used to create online questionnaires. The speakers will be given a questionnaire using Google Form which contains questions related to fluency in public speaking. They will be asked to enter a password online so that data can be entered accurately and efficiently. Additionally, the use of Google Forms allows for discreet uploading of data to spreadsheets, facilitating more thorough data analysis. In this regard, it is hoped that the use of Google Form as a data collection tool can provide a valuable contribution to this research.

## **RESULTS**

From the results of this research we obtained the following information

1. Public speaking is the ability to speak and communicate in front of a general audience or many people with the aim of conveying messages, ideas and information effectively.
2. The obstacles faced by many people today are lack of self-confidence/confidence, not controlling the stage, fear and anxiety, nervousness and stuttering due to lack of experience, disturbing the audience's activities, resulting in loss of concentration.
3. The way to face problems at that time is to be brave and confident that we are able to speak in public, control ourselves, be confident, pray that we are able, remain calm, and remember that humans learn from experience.
4. What you need to pay attention to when speaking in public is to first prepare yourself, be confident, master the material and the stage, speak slowly but precisely, be confident and brave, stay calm, maintain eye contact. We also need to know that when speaking we need to pay attention to the volume of our voice, the rhythm of our speech, good articulation, good intonation, correct language and vocabulary. Also pay attention to ensure that the sentences delivered make sense and do not deviate from the topic. Gestures, appearance and delivery when speaking in public also need to be paid attention to. A strong character as a good speaker can also attract audience interest.
5. The challenges faced when dealing with an audience are fear of making mistakes, lack of confidence, fear that the audience will not be interested and what you can do when speaking in public is prepare yourself, understand what is being said, interact with the audience, speak while using body language.

## **CONCLUSION**

Public speaking ability is the capacity to communicate feelings, ideas and emotions effectively to others through language, intonation, facial expressions and body language. Speaking skills involve the ability to deal with information, acknowledge it and assign it to a specific purpose. There are several ways to improve your public speaking fluency and minimize general anxiety: Thorough preparation: Choose a topic to handle skillfully. Do research and gather relevant information so that when speaking in public you understand yourself better. Speaking practice: To increase your self-confidence and ability to communicate effectively, it is best to have conversations with peers or deaf people. Storytelling and relaxation: Relaxation techniques such as meditation and journaling can help reduce anxiety before and during public speaking. Understanding your audience: Know your audience.

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