

Conference Paper

The Influences of “Public Speaking-Attractive Training” to the Public Speaking Anxiety (PSA)

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Abstract

Public speaking is very important for nursing students because they are expected to become good health promoters in the future, such skills are therefore extremely helpful for career development prospects, though the act of public speaking can be daunting. The purpose of this study is to determine the effect of public speaking attractive training on Public Speaking Anxiety (PSA). The design of this research is pre-experimental, with one group pre- and post-test. The population of this study is comprised of 20 nursing students who were members of the College Collaboration Organization. The total sampling technique was used. Training focused on personal strength and public delivery. Pre- and post-training were measured using the Personal Report of Public Speaking Anxiety (PRPSA), instrument modified from McCroskey, J. C. (2013). Generally, there was a marked a decrease in the level anxiety displayed by participants. This study showed that public speaking training had a positive impact on reducing PSA.

Keywords: Public Speaking, Attractive training, Anxiety, Nursing Students.

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Published: 15 March 2021

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Selection and Peer-review under
the responsibility of the IVCN
Conference Committee.

1. Introduction

Nurses play an important role in managing the nation's health. Apart from being a health service provider in a hospital or clinic, nurses also have the main task of carrying out health promotion. For this reason, nurses should have good communication skills to explain ideas, solutions, action procedures and anything related to health to clients and the community. Communication plays a vital role in professional disciplines such as nursing. Usually, establishing an effective communication with patients is an essential aspect of nursing care [1].

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Nurses, through communication skills, can recognize the patient's healthcare needs, as a meaningful communication with patients enable nurses aspire to enhance a thorough knowledge of individual patients and their personal characteristics [2]. Methods of public speaking are very important to support activities for students. Public speaking can improve expertise in academic and careers, improve communication skills in general [3].

In fact, Public Speaking Anxiety (PSA) is often experienced by everyone, including students. Public speaking anxiety occurs up to the level of students who on average enter early adulthood [4]. Nursing students often face situations that require them to do public speaking, especially when they are carrying out their duties in a hospital or in the community and they are required to become health promoters. This causes high anxiety in most nursing students. The results of interviews with nursing students obtained data that they did not have the confidence to talk and were noticed by many people. They often feel nervous, anxious, heart beating fast, legs and hands are trembling, and the body feels hot and sweaty. So, it was necessary to cope Public Speaking Anxiety among nursing student, and public speaking training is one solution for it. The previous researchs was conducted by Colbeck (2011) conducted a study on the effect of a speech course on public speaking anxiety. She used McCroskey's Personal Report of Public Speaking Anxiety (PRPSA) questionnaire to record 161 students' speaking anxiety. The result showed that there was significant decrease of speaking anxiety after joining the course. Next, Chollet at al (2014) developed an interactive virtual audience platform for public speaking training. They wanted to notice that feedbacks during the training has big impact on the speaker. The results they said that there was a correlation between the audience feedback and the speaker performance. These studies did not focus on the importance of personal strength, which is the basic aspect of making a person able to overcome anxiety, which is why this study was conducted to complement previous studies.

2. Methods and Equipment

The design of this research is pre-experimental, with one group pre test – post test. This design allows the researchers to observe the effect of certain intervention on single individuals [5]. Experimental research is a way to find a causal relationship (causal relationship) between two factors that are deliberately caused by researchers by eliminating or reducing or setting aside other disturbing factors [6].

The population in this study were 20 nursing students who were members of the College Collaboration Organization. Because of the number is small, all populations were being sample in this study. The training was conducted using the attractive method and is guided by two experts. All participants were taught about personal strength and basic public speaking techniques. Anxiety data is measured before training (pre test) and after training (post test).

Pre and post test were measured using the Personal Report of Public Speaking Anxiety (PRPSA), instrument modified from McCroskey, J. C. (2013). This instruments consisted of items about anxiety of public speaking and used Likert Scale. The instrument is distributed via google form. The first is given before the training begins, and secondly after the training finished.

This study used method Homogeneity test, Normality test and T Test to analyze the effect of Public Speaking Training to Oublic Speaking Anxiety (PSA).

3. Results

3.1. Homogeinity Test

TABLE 1: Test of Homogeneity of Variances

Levene Statistics	df1	df2	Sig.
2.192	1	38	.147

The results of the data homogeneity test are shown in Table 1. The table shows that from the total data before treatment as many as 20 selected sample sizes and after treatment as many as 20 sample sizes were selected, the resulting 38 degrees of freedom (df), with a significance level or hypothesis test results with a value of 0.147, which indicates that the value is greater than alpha of 0.05. This means that the distribution of data from the respondents' answers in this study is homogeneous, so that the data can be used for the next test, namely the data normality test.

3.2. Normality Test

On table 2, the results of the hypothesis test in the sig column, with a significance level of data normality test results, amounting to 0.259 (pre) and 0.159 (post). Both of these results indicate a value greater than the alpha value of 0.05. These results explain that both data before treatment (pre) and data after treatment (post) are both included in the

TABLE 2: Tests of Normality

Tests of Normality						
1 = pre 2 = post	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
1	.184	20	.076	.942	20	.259
2	.244	20	.003	.930	20	.154

normal distribution data category, so that the data can be used for different tests, using parametric statistics, namely the T test.

3.3. T Test

TABLE 3

Paired Samples Test						
		Paired Differences				
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference	
					Lower	Upper
Pair 1	PRE - POST	-30.85000	9.44945	2.11296	-35.27248	-26.42752

Paired Samples Test			
	t	df	Sig. (2-tailed)
RE - POST	-14.600	19	.000

The different test results as shown in table 3 can be seen in the sig column (2-tailed), which is 0.000. This value is smaller than the alpha value of 0.05 which explains that the perception data of respondents before treatment (before training) and after treatment (after training) shows a significant level of difference, it is mean that the public speaking training to 20 nursing students is successful in having an effect on the decline anxiety.

4. Discussion

Interpersonal skills such as public speaking are essential assets for a large variety of professions and in everyday life. Nonverbal communication (affect, demeanor, posture, eye contact, speech tone and fluency) is a key aspect of successful public speaking and interpersonal communication [7].

Public speaking is the key to success that is really needed in the current era of globalization where everything is full of competition. When communication skills are low, the possibility of relationships, colleagues, and acquaintances is very minimal and

even distant. If it is like this, we will not have many opportunities and opportunities as well as information due to the lack of relationships because the communication we use is not accurate and not good [8].

In a communication process, public speaking is a form of elaboration in a one-way communication model where messages are conveyed in the same direction from a communicator to the communicant [9]. The need of public speaking skills is on the rise as well because as individuals excel in their career, they are more likely to present and speak in meetings, seminars and conferences and give their opinion regarding the issues in hand. However, due to public speaking anxiety, some people become restless and face sleeping disorders when they have to speak in front of an audience. Many authors have researched on the causes and reasons behind public speaking anxiety and have come up with numerous tips and strategies to deal with such situations and to overcome this fear. Whatever the methodology may be to overcome public speaking anxiety, this skill should be a part of curriculum right from school to university level [10]. Public speaking anxiety, also known as glossophobia, is one of the most commonly reported social fears [11].

Public speaking has commonly been perceived by many as a horrible experience especially for those who are introverts. The one of the major stressors that learners experience in language learning is performing in front of the class [12] Public speaking anxiety, in its most severe form, is a distinct subtype of social anxiety disorder, with a 12-month prevalence rate of approximately 7% [13].

The reasons why some speakers speak faster when they face the audience, because when a presenter comes in front of an audience, the pressure of the situation prompts adrenaline rush which produces time warp that causes the presenter to speak fast, this condition can be overcome by using pauses and lubricants, which allow more time to the audience to process the information and also gives the speaker enough time to phrase another sentence [14].

Anxiety is significant issues experienced for student nurses. Some studies showed that the stress experienced by nursing students is greater than that experienced by medical students, and other non-nursing healthcare students. Respondents who experience public speaking anxiety experience feelings of fear, confusion, trembling, tension, stiffness, heart racing, nervousness, making mistakes when delivering material [15]. The anxiety can affect body language. Body language and movement (non verbal communication) are key elements of public speaking [16]. Fear of public speaking is very real and can hold people back if they let it. fear of public speaking is a very

common fear. Many people may just be shy or introverted. For those reasons, many people avoid public speaking if they can [17].

Subject characteristics were proven to support the decrease in communication anxiety scores through training. The characteristics of the subject in question are having the enthusiasm to improve their abilities, the accuracy of the subject in conducting self-evaluation when speaking, and being able to determine realistic targets. Adolescents who were involved in this study did not meet the characteristics of the subject that could support the decrease in communication anxiety scores [18].

According to a survey on common phobias, fear of public speaking was found to be a more pressing concern than death. Actually, Everyone can perform well by practicing and rehearsing quite rigorously with learn to increase their public speaking skills and remedies of their anxiety. The instructors play a vital role in giving support and confidence to the students and can help them overcome public speaking anxiety [19]. Public speaking class had positive impact on lowering the anxiety of the students to speak [20]. This is in line with research conducted by Neelam (2018) which proves that public speaking training has a significant effect on anxiety. [21].

Training is an educational process that can help nursing students to gain insight, skills and experience so they can increase their abilities and self-confidence. This ability and self-confidence are expected to improve their performance in public speaking and overcome their anxiety.

5. Conclusion

The conclusion from the research is the Public Speaking-Attractive training for groups of nursing students effectively reduces the level of Public Speaking Anxiety (PSA).

Acknowledgement

The authors would like to thank their colleague for their contribution and support to the research. They are also thankful to all the reviewers who gave their valuable inputs to the manuscript and helped in completing the paper.

Conflict of Interest

The authors have no conflict of interest to declare.

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