

## The Influence of Self Confidence in Public Speaking

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#### Abstract

*This journal article discusses the influence of self-confidence on public speaking skills in adolescents. This article finds interesting facts that social interaction with the environment and even includes support from peers, family, and teachers, plays an important role of one's self in shaping and increasing one's self-confidence. From the results of the interviews and questionnaires that we distributed, it can be concluded that for someone to improve their public speaking skills, efforts are also needed to strengthen and increase their confidence through positive social interaction and also support from the surrounding environment. From this article, it is hoped that it can contribute even to the development of educational strategies as well as effective interventions to improve public speaking skills in everyone. The research methods used include interviews and questionnaire distribution. The questionnaire was distributed to collect quantitative data on the level of confidence and its influence on public speaking skills. The results of our study show that self-confidence has a significant role in determining a person's success in public speaking. A person with a high level of confidence tends to be better able to overcome fear and anxiety, and is more effective in conveying their message to the audience. The hope of the discussion in this article is that we can all learn and even understand that there are causes and effects experienced by others that are certainly different from what we experience. So that we can also learn to see someone's reasoning from another point of view.*

**Keywords:** *Self Confidence, Public Speaking, Environment*

#### Abstrak

Artikel jurnal ini membahas mengenai pengaruh kepercayaan diri (*self-confidence*) terhadap kemampuan berbicara di depan umum (*public speaking*) pada remaja. Artikel ini menemukan fakta menarik bahwa interaksi sosial dengan lingkungan dan bahkan termasuk dukungan dari teman sebaya, keluarga, dan guru, memainkan peran penting dari diri seseorang dalam membentuk dan meningkatkan kepercayaan dirinya. Dari hasil wawancara serta kuisioner yang kami sebar, dapat disimpulkan bahwa untuk seseorang meningkatkan kemampuan *public speaking*-nya, juga diperlukan upaya untuk memperkuat serta meningkatkan kepercayaan dirinya melalui interaksi sosial yang positif dan juga dukungan dari lingkungan sekitar. Dari artikel ini diharapkan dapat memberikan kontribusi bahkan terhadap pengembangan strategi pendidikan juga intervensi yang efektif untuk meningkatkan keterampilan *public speaking* pada setiap orang. Metode penelitian yang digunakan mencakup wawancara dan penyebaran kuisioner. Kuisioner disebar untuk mengumpulkan data kuantitatif mengenai tingkat kepercayaan diri dan pengaruhnya terhadap kemampuan *public speaking*. Hasil penelitian kami menunjukkan bahwa kepercayaan diri memiliki peran signifikan dalam menentukan keberhasilan seseorang dalam berbicara di depan umum. Seseorang dengan tingkat kepercayaan diri

yang tinggi cenderung lebih mampu mengatasi rasa takut dan cemas, serta lebih efektif dalam menyampaikan pesan mereka kepada audiens. Harapan dari pembahasan yang ada di artikel ini yaitu agar kita semua dapat belajar dan bahkan mengerti bahwasanya ada sebab dan akibat yang dialami oleh orang lain yang pastinya berbeda dari yang kita alami. Sehingga kita juga dapat belajar melihat alasan seseorang dari sudut pandang yang lain.

**Kata Kunci:** Peranan; Petani Wanita; Lingkungan

## PRELIMINARY

Self-confidence is a very valuable attribute in a person in people's lives, without confidence it will cause many problems in a person. Confidence is very much needed by a person to optimize every potential that an individual has because everyone has confidence with their own values (Abbas et al. 2023). Self-confidence is an attitude and feeling that is convincing with one's own abilities so that individuals do not have the urge to do things they like and have good interactions with others. Therefore, confidence in a *public relations* person is also very important. Because in this confidence, a public relations person can carry out his duties well (Berutu et al. 2023). Communication is not an easy thing to do, so public *relations* whose work is related to communication requires high trust in doing so. Because *public relations* is in charge of providing information or also receiving information for both individuals to individuals, individuals to the public, public to individuals, or public to the public, which requires communication in order to get a joint solution (Dina et al. 2023; Fitriani, Abbas, and Putra 2023). Communication is also one of the processes of achieving confidence in a person, it is likened to if we do not have a good communication we will be very unconfident and difficult to communicate with those around us so that we will only get a miss of communication and can become a noise when we communicate without confidence. Therefore, everyone's confidence is an important influence because, from that confidence, we can knowingly and easily make a communication, both for the public and for ourselves. (Triana, CC, Yulianti, A, Nuraeni, LA, & Sayyidah, USA (2022).

Some people do have problems communicating and it happens due to several factors. These factors will also be discussed in the discussion section of this article. To overcome these obstacles, communication itself certainly needs habits. Because as time goes by, habits that we may find difficult will become easier if we are determined to overcome them (Yurbani et al. 2023). But not everyone who is not proficient in *public speaking* does not have confidence because everyone has a different way of expressing their emotions which also involves confidence in themselves. One of the factors that is very dominant discussed in this article is the lack of confidence due to environmental factors. The environment greatly influences our growth. As taught in the field of education and teacher training, there are no naughty children, only children who need attention and affection (Handy 2024; Ilhami 2024; Jumriani et al. 2024).

From this sentence, a conclusion can be drawn about each environment being different, some create negative things and some create positive things because it is indeed such an influential environmental factor in our daily lives. If there is a quiet child who is included in the debate class, he will also be encouraged to learn to debate because he also gets a good response from his environment.

## **METHOD**

The research method we used was a qualitative and quantitative approach to analyze the influence of *self-confidence* in public *speaking skills* in adolescents. The data collection methods used include literature studies, interviews and finally the dissemination of questionnaires. Literature studies are conducted to collect and analyze various theories, concepts, and findings of previous research that are relevant to the topic we are taking. Literature sources include scientific journals and articles. The interview was conducted by inviting a number of teenagers who have experience in *public speaking*. This article aims to look from various perspectives regarding their personal experiences, challenges, and strategies they use to increase their confidence in public speaking. The questionnaire was distributed to a number of people to collect quantitative data on their confidence levels and how it affected their ability to *speak publicly*. Using a combination of these methods, the study is expected to provide a comprehensive picture of the influence of self-confidence in public speaking in adolescents and we also identify factors that can support the increase in self-confidence.

## **RESULTS AND DISCUSSION**

### **1.1) *Self Confidence***

The impact of confidence on the younger generation when speaking in public is huge. Previous research has shown that public speaking training can increase students' confidence, give them the courage to deliver a good message, and even give them the courage to think critically. Having a strong sense of self-confidence also helps teens feel valued by those around them, which can ultimately affect their ability to speak in public. Therefore, it is important for adolescents to have enough confidence to be able to speak confidently. (Hidayat, AN (2023). Previous research has also shown that high self-confidence can also affect adolescents' ability to communicate effectively with others, for example in public speaking situations (Aniah et al. 2024; Nurul Hasanah et al. 2024; Syarifuddin et al. 2024). Teenagers with strong confidence are better able to overcome nervousness and fear when speaking in public, so the message conveyed is clearer and more persuasive. Therefore, it is important to develop confidence in

adolescents so that they can become effective speakers and make a positive impact on their audience. (Tamelab, P, Ngongo, MHL, & Oetpah, D (2021).

The importance of confidence in public speaking for everyone cannot be ignored. Previous research has shown that confident teens tend to be more successful in public speaking. A person's confidence level greatly affects their ability to express ideas effectively, interact with the audience, and deliver persuasive speeches. Furthermore, self-confidence is closely related to the way a person views himself or herself towards the surrounding environment. Feeling valued and respected in this environment boosts your confidence and improves your public speaking skills. In addition, storytelling also has a very big influence on developing a person's confidence. Research shows that storytelling can also help you feel more confident when speaking in public, practice your speaking skills, and be able to tell your story more fluently and persuasively. (Subhan, YA, Sunardi, S, & Azis, K (2023).

However, the most common problem that we often encounter is a lack of self-confidence. Lack of self-confidence causes a person to neglect his life and also often develops a negative attitude. This is because confidence affects a person's emotions and can have serious consequences. Everyone must have problems that can certainly be helped by outsiders, for example how to increase confidence. Lack of self-confidence contributes to extreme causes that can lead to depression, suicide attempts, physical or mental illness, early pregnancy, and even violence against children. Communication is the most important key in the delivery of information and knowledge. Public speaking is a form of communication that requires skills. On the other hand, if you lack communication skills, you will not dare to speak in public because you feel incapable and afraid of making mistakes. Qualified educators must have the ability to speak in public, or speak well in public. (Hidayat, AN (2023).

We need to be confident when speaking in public because confidence allows us to express opinions clearly, have an optimistic attitude, and think objectively and rationally when speaking in public. Additionally, having a strong sense of confidence will help you better handle your emotions, gestures, and singing during presentations, thereby improving your overall public speaking skills. (Jalal, NM, Gaffar, SB, Syam, R, Syarif, KA, et al (2023).

Confidence is a very valuable trait for a person in living a social life, and lack of confidence causes many problems for a person. Confidence is indispensable for every individual to reach their maximum potential. Confidence in one's ability to do what we like without fear can foster good relationships between us and others. Therefore, the confidence of the spokesperson is very important. This confidence allows public relations professionals to carry out their duties well. Communication is not easy. *Public Relations*, a job that involves

communication, requires a very high level of confidence. The task of public relations is to provide information or obtain information between individuals and individuals, individuals and the public, public to individuals, or public to the public, and communication is necessary to achieve a common solution. Communication is also one of the processes that gives trust to the community. When we don't communicate well, we become very anxious and find it difficult to communicate with the people around us. Therefore, if you don't communicate well and communicate confidently without communication, it can become noise. Therefore, the confidence of the spokesperson is very important. This confidence allows them to interact directly or indirectly and easily communicate both with the community and themselves. (Triana, CC, Yulianti, A, Nuraeni, LA, & Sayyidah, USA (2022).

### **1.2) *Public Speaking***

Public speaking is the act of speaking in public or in front of an audience to inform, entertain, or even influence an audience. Public speaking is the ability to speak correctly in public so that a person can convey a message clearly and quickly achieve the purpose of speaking (Dunar, 2015: 16 in Putri, 2018). Maybe for some people public speaking is not important, but it is different for people who do work in the communication department. Public speaking is very important and can even affect your work. In addition, public relations professionals must be able to master public speaking. These skills will help public relations professionals build a positive image of themselves and their company, making it easier for them to gain trust from the public and corporate relationships. Self-confidence is a person's belief that he or she can act as necessary to achieve the expected results. Quoted from Rakhmat (1986) states that people who feel inferior will find it difficult to convey their ideas to people they respect and are afraid to speak in public for fear of being criticized by others. Lauster (2002) in Ardiyana, Akbar & Karnadi (2019) added that confident people have a caring, tolerant, independent and self-reliant attitude. Being a confident person does not only mean understanding yourself and ignoring others, but it also means respecting and caring for others. (Triana, CC, Yulianti, A, Nuraeni, LA, & Sayyidah, USA (2022).

The influence of self-confidence on relationships in a society. Self-confidence is one of the important aspects of a person's personality. Self-confidence is a very valuable quality for a person to live a social life, and a lack of self-confidence poses many problems for a person. Because self-confidence allows people to reach their maximum potential. Confidence is something that everyone absolutely has. Self-confidence is necessary for both children and parents, both individually and in groups. (Triana, CC, Yulianti, A, Nuraeni, LA, & Sayyidah,

USA (2022). Mistakes in communication can be caused by various factors, such as a person's lack of confidence when speaking in public. Hasyim (2014) stated that one of the causes is a lack of knowledge about speaking, practice and habituation. However, the ability to speak publicly is inevitable because basically people always communicate and often have to do it in front of many people expressing their personal opinions. (Jalal, NM, Gaffar, SB, Syam, R, Syarif, KA, et al (2023)

According to Adi Wibowo, self-confidence is confidence in one's ability to achieve goals. The characteristics of a confident person include: 1). Confidence in one's own abilities means that a person does not need praise, approval, or even respect from others. 2) Don't take a conformist attitude in order to be accepted by others. 3) Be yourself and be able to tolerate rejection. Four). Control your emotions well. Five). Don't get discouraged easily. 6). Have a positive attitude. 7). Be realistic about your expectations. (Fatimah, 2006: 149). According to Rakhmat Wahyuni, fear is caused by negative thoughts. Some people think that others cannot accept them due to differences in social status, economic circumstances, or education levels. This can make it difficult for a person to communicate their ideas, and may tend to avoid them. Confident students will view the presentation as a positive learning process and a challenge. Based on the explanation above, the researcher wanted to test the influence of confidence on public speaking skills, the influence of communication skills on public speaking skills, and the influence of confidence and skills. (Indraswati, D, et al. (2020).

### **1.3) Confidence Factor**

Based on the results of observations from interviews and data collection through google forms, we can conclude several important points regarding the influence of confidence in public speaking.

#### **a) New Environment**

The environment may be felt by everyone but with habits, it is not a serious thing. As we often encounter that humans have their own busyness. Human activity certainly makes an excuse for the person to move places. A small example is the MBKM program provided by the Indonesian Ministry of Education, which makes many students to register for the PMM, MSIB, IISMA program. The program makes students have the goal of studying outside the island. But in fact, what is also experienced is environmental differences and adjustments in the new environment. From our observations, the new environment is one of the factors of a person's confidence. Because we are also PMM children, and even some of the PMM children we interviewed also gave the same answer, namely that they in a new environment also need time

to no longer feel awkward in a new environment. It may be easy for some people to blend in in a new environment, but it can also be very difficult for others to blend in. Difficulties in blending in are one of the causes in seeking self-confidence. Meanwhile, confidence affects us in terms of *public speaking*.

From several respondents' answers, they are very confident that self-confidence has an effect on environmental factors. One example is factors that psychologically affect the overall process. Based on the opinion above, it can be concluded that self-confidence can be influenced by several things including self-concept, self-esteem, experience, education, appearance, and so on. This is because the environment often plays an important role in shaping and influencing a person's confidence. Experience, social interactions, cultural norms, and social support can all contribute to an individual's confidence level. Some are supported in the old environment and lack support in the new environment. This can make a difference in their confidence. Because it is indeed so influential that the support of the people around us for our confidence so that this confidence also makes us fluent in public speaking. The influence of the environment is huge in our confidence. Even when a person is in an environment in which people have good confidence, then he will indirectly become a confident person, why because in that environment he may be encouraged or taught to speak in front of a crowd, even though at first he feels forced or pressured, but over time this sense of confidence will be formed in that person. Apart from the environment, the people in the environment also affect a person's confidence. Because the people around us will certainly have a positive influence or vice versa. The importance of support from the people around us really encourages us to move forward or even settle down where we are based.

#### b) Social Interaction

From the results of our research, we also discuss social interaction factors. Social interaction includes various forms of relationships, such as with peers, family, and even teachers and other members of society. The positive and supportive relationships provided by this social environment greatly contribute to increasing self-confidence, especially the younger generation. What we encounter most often is interaction with peers. A teenager can even increase his confidence when he feels comfortable with the other person, therefore many people choose to hide problems rather than tell stories to others because they do not find comfort in the interaction. It's different from if we have trust in the interlocutor, it will be easier to communicate even if the thing told is a secret. A person's confidence is greatly influenced by the interaction in his environment because his environment brings him into terms of interaction

and even supports him in every endeavor. On the other hand, if you experience rejection or harmful criticism from people around you, it can weaken your confidence and make you reluctant to speak in public. The role of the family is no less important. Support from within the family also makes children learn to feel appreciated so that they feel confident. Meanwhile, teachers' involvement in activities involving public speaking, such as participation in children's presentations and speeches, can have a significant positive influence. In addition, interaction with teachers and leaders in schools and extracurricular activities also play an important role. Teachers who provide a supportive learning environment and provide opportunities for students to practice public speaking can help increase students' confidence.

Based on the results of the respondents we received, a person will feel different if placed in different environments. Just like the environment we need to adjust to, the people around us also make an influence on our confidence. Sometimes encouragement or expressions of encouragement from the people around us become very valuable even though we don't actually need it. *Support systems* are very important in our lives. Interaction with others who provide support and trust can increase our confidence. Especially if what we live in is a *supportive environment*. So other people who have faith and believe in themselves can also help us to increase our confidence by providing motivation. A mentor who provides constructive guidance and input can also help teens overcome their fear of public speaking. Social interactions in the wider community, such as participation in youth groups or community activities, also provide opportunities for young people to improve their public speaking skills in supportive situations. These experiences not only help build confidence, but also provide the younger generation with the skills they need to speak in front of a larger and more diverse group.

## **CONCLUSION**

The level of confidence and ability to communicate each individual in each matter is certainly different. Building and increasing confidence to communicate in public or in front of the classroom when learning for students cannot be obtained quickly, it is necessary to practice and learn to get used to it. One way to build confidence in communicating is to take public speaking training. The existence of public speaking training for students can increase students' confidence and communication skills, especially during classroom learning. This has been proven from several journals that with public speaking training for students, it can increase students' confidence to speak in front of the class. Efforts to improve students' communication skills by holding public speaking training, in the future students can be actively involved in



learning such as conducting discussions, giving opinions, and presentations in front of the class. (Kuntoro, tri, sentausa, yry, et al. (2022).

The effect of *self-confidence* on public *speaking* skills using literature study methods, interviews, and questionnaire distribution. From the results of data analysis, it can be concluded that confidence is the main factor. Self-confidence has a very significant role in the success of adolescents in *public speaking*. Teens with high self-confidence tend to be better able to overcome fear and anxiety, and are more effective in getting their message across to an audience. Support from Social Interaction: Positive social interaction with peers, family, and teachers plays an important role in building and strengthening adolescents' confidence. Emotional support, positive feedback, and recognition from the social environment greatly affect the level of confidence of adolescents. Environmental influence on skills development: A supportive environment, including involvement in school and community activities, provides opportunities for adolescents to practice and improve their public speaking skills. Participation in activities such as debate clubs, classroom presentations, or youth organizations helps teens feel more confident and ready to speak in public. This study shows that to improve public speaking skills in adolescents, a holistic approach is needed that includes strengthening self-confidence through positive social support and a supportive environment. These findings provide guidance for educators, parents, and policymakers to develop effective strategies and programs to support the development of *public speaking* skills in adolescents. Thus, the collective efforts of various parties can help adolescents overcome their fear of public speaking and improve their overall confidence.

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