CHAPTER II

LITERATURE REVIEW

Following the basic information in chapter one, this chapter discussed the literature review. This discussion is all about speaking, public speaking, characteristics of Public Speaking, benefits of Public Speaking, the problems in implementing Public Speaking, and research hypotheses. All the sections would be explained below:

A. Speaking

In his wonderful book, "Principles of Language Learning and Teaching," H. Douglas Brown (2000) describes speaking as "an interactive process of constructing meaning that involves producing and receiving and processing information."[22] He really emphasizes the dynamic and social nature of spoken communication. But in other perspectives, Lev Vygotsky (1934, translated 1962) a brilliant psychologist, believes that speaking is a cognitive activities that is closely related to thought. He said that "speech is a way of thinking out loud" and that "the development of speech is a process that goes hand in hand with the development of thought and higher mental functions.[23] Therefore, there are seven aspects of speaking skills which can improve this skills such as pronunciation, fluency, vocabulary, grammar, comprehension, coherence and cohesion also confidence. These aspects must be the basic during learning skills. Furthermore as the learner, some types of speaking can helps them to distinguish the speaking skills they learn. Here is the types of speaking skills:

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[22] Ikhtiyorovna, "MASTERING THE ART OF EFFECTIVE SPEAKING AND READING."

[23] Febriyani, Sri Astuti, and Syahadati, "AN ANALYSIS ON STUDENTS' SELF CONFIDENCE IN SPEAKING SKILL."

1. **Interpersonal Speaking**

   Interpersonal speaking is casual conversations in daily life (e.g., chatting with friends).

2. **Transactional Speaking**

   Transactional speaking is speaking with a purpose, such as asking for information or making requests (e.g., ordering food).

3. **Extemporaneous Speaking**

   Speaking with minimal preparation, often naturally and spontaneously.

4. **Impromptu Speaking**

   Impromptu speaking is speaking without prior preparation, typically on the spot.

5. **Manuscript Speaking**

   Manuscript speaking is for reading a speech or script word-for-word.

6. **Memorized Speaking**

   Delivering a speech from memory without notes.

7. **Persuasive Speaking**

   Speaking to influence or convince an audience (e.g., political speeches).

8. **Informative Speaking**

   Speaking to share knowledge or explain something (e.g., lectures, presentations).

9. **Entertainment Speaking**

   Speaking to amuse or engage an audience (e.g., storytelling, stand-up comedy).

B. **Public Speaking**

There are many definitions of Public Speaking according to the expert's perspective such as in his wonderful book, "The Art of Public Speaking", Stephen E. Lucas defines public speaking as "a process of

designing and delivering a message to an audience." It's a way of sharing your thoughts with a group of people, and it can be as big as you want it to be.[24] In their book, "An Introduction to Public Speaking," Judy C. Pearson and Paul E. Nelson describe public speaking as a process and an art. It involves preparing a message and delivering it to an audience, aiming to inform, influence, or entertain.

C. Characteristics of Public Speaking

Public speaking has several main characteristics, namely:

a. Structured: Has a clear opening, body, and closing so that the audience can easily follow.

b. Verbal and Non-Verbal Communication: Besides words, gestures, facial expressions, and eye contact also influence the message.[25]

c. Engaged Audience: The speaker must understand the needs and interests of the audience to make the delivery more effective.

d. Clear Purpose: Every speech has a specific purpose, such as informing, convincing, or entertaining.[26]

e. Adaptive: The speaker should be able to adjust to the situation and the audience's response while speaking.

f. Persuasive: Often, public speaking is used to influence the audience to make a decision or change a point of view.[27]

g. Practise and Repetition: Effective public speaking requires practice to reduce mistakes and increase confidence.

So, effective public speaking is characterized by a number of essential elements. To guarantee that the audience can understand the message, it

[24] Stephen Lucas, *The Art of Public Speaking*, 10th ed. (1221 Avenue of the Americas, New York, NY 10020: McGraw-Hill, an imprint of The McGraw-Hill Companies, 2009).

[25] Lucas.

[26] Sari and Salsabela, "Strategy for Increasing Public Speaking Skills through the News Anchor Method."

[27] Deny Hadi Siswanto et al., "Meningkatkan Kemampuan Berbicara Pengurus Ikatan Pelajar Muhammadiyah SMA Muhammadiyah Melati Melalui Pelatihan Public Speaking," *Jurnal Solusi Masyarakat Dikara* 4, no. 2 (July 24, 2024): 61–66, https://doi.org/10.5281/zenodo.13072328.

must first be organized with a distinct opening, body, and conclusion. It also includes nonverbal communication, in which eye contact, facial emotions, and gestures complement spoken words. The speaker must be aware of the audience's requirements and interests in order to maintain their interest. Every speech should also have a clear goal, be it to entertain, convince, or educate.

A competent public speaker must also be flexible, modifying their remarks according to the circumstances and the audience's reaction. Another crucial quality that is frequently employed to sway beliefs or behavior is persuasiveness. Finally, practice and repetition are necessary to improve confidence, refine delivery, and minimize errors. By mastering these characteristics, a speaker can effectively convey their message and leave a lasting impact on the audience.

D. Benefits of Public Speaking

Public speaking has various benefits, including:

a. Increased Self-Confidence: Through practice and experience of speaking in front of an audience, one can develop a higher sense of self-confidence.[28]

b. Better Communication Skills: Public speaking skills help one communicate ideas and opinions more clearly and effectively.

c. Better Career Opportunities: Public speaking is often considered an essential skill in the professional world, especially in leadership roles.

d. Expanding Social and Professional Networks: Speaking at public events or seminars opens up opportunities to meet new people, which can be helpful in career development and networking.[29]

e. Influencing Others: Public speaking is used to mobilise others, be it in the form of motivation, persuasion or educating an audience.

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[28] Juwito et al., "Public Speaking and Personal Branding Skills for Student Organization Managers at Dharma Wanita High School Surabaya."

[29] Mufanti, Nimasari, and Gestanti, *CAN I BE A PUBLIC SPEAKER*.

f. Ability to Overcome Fear: Facing and overcoming the fear of public speaking helps one become more resilient in dealing with stressful social situations.[30]

Therefore, Public speaking offers many benefits that contribute to personal and professional growth. It helps to build confidence as individuals gain experience of speaking in front of an audience, making them more comfortable in social and professional settings. It also improves communication skills, allowing speakers to express their ideas clearly and effectively. Strong public speaking skills also lead to better career opportunities, as they are highly valued in management and professional roles.

In addition, speaking at public events helps to expand social and professional networks, creating new connections that can be beneficial for career advancement. Another key benefit is the ability to influence others, whether through motivation, persuasion or education. Finally, public speaking helps individuals overcome fear, making them more resilient in stressful situations and increasing their overall confidence in social interactions.

E. Problems in Implementing Public Speaking

Some problems or challenges in implementing public speaking such as:

a. Technical issues such as rules that are seen as strict include the lack of opportunities to make speeches around the audience and focusing only on the rules of making speeches in front of the table without going around the audience. Then, it caused the students' limited expression in these activities.

b. The students' problems such as fear of Public Speaking (Glossophobia), this is a common problem that many people face

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[30] Putra, "Unveiling Audience Engagement in Public Speaking."

when it comes to speaking in front of an audience, often caused by excessive nervousness.[31] The next difficulty was a lack of confidence or motivation or difficulty attracting audience attention, then some audiences may be disengaged or uninterested, so the speaker has to work harder to keep their attention.

    c. Lack of guidance from the teacher and supervisor such as do not checking and correcting the speech text properly, not evaluating the students after each speech, and not providing good examples of speech activities as well as good feedback. They didn't guide these activities well because of unable for managing time or laziness.

Furthermore, these problems influnced the student's motivation for expressing their english speaking skill and building their confidence to speak in front of public. So, if they don't try to make a lot of practice they would be stucked in this situation with no more improvisation.

F. Public Speaking Activities in Class 3 Intensive

In the Class 3 Intensive at ITTC Darussalam Gontor for Girls Campus 3, public speaking activities play a crucial role in building students' confidence and communication skills. These activities are designed to help students master both Arabic and English, as language skills are a key focus in Gontor's educational system. Public speaking activities typically include speech practice (muhadharah), debates, storytelling, extemporaneous speaking, and group discussions. Students are encouraged to speak in front of their audience regularly, which helps them overcome stage fright and develop structured speech delivery. Through these exercises, they learn to express their ideas clearly, use appropriate body language, and engage their audience effectively.

Moreover, these activities are part of Gontor's character-building approach, where students not only improve their language skills, but also

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[31] Nadia, "The Effect of Public Speaking Training on Students' Speaking Anxiety and Skill."

develop leadership, critical thinking and persuasive skills. By participating in public speaking, students become more confident, articulate and prepared for future academic and professional challenges.

G. Relevant Previous Research

The relevant research comes from Rizky Luthfiana by the title "Speech Contest to Improve Students' Fluency in Speaking". This study is aimed at implementing speech contests to improve students' fluency in speaking. The subject of this research was 15 students of an intermediate-level speaking class. This technique is a real-world speaking task that requires students to deliver a speech on a stage in front of an audience individually.[32] Speech activities helps students to show their potential and directs students to work hard eliminating their negative feelings that might hinder their confidence to speak fluently.[33]This study employed classroom action research which consists of four stages namely planning, action, observation, and reflection (Latief, 2010: 86-88). The subject was 15 students of intermediate level speaking class. The plan was to assign students to join a speech contest that was conducted at the University. Students competed with other students from different classes and departments to deliver a speech under the theme "love" in 15 minutes.

From the result of this research is seeing from the result of students' scores, questionnaire, and interviews, it could be concluded that speech contests could improve students' fluency in speaking. 80% of students, 12 students, got a score of 80 or above, although none of them became the winner. Additionally, 84% of students, 13 students, showed positive responses toward the speech contest: Therefore, this technique met the criteria of success in 1 cycle.

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[32] Author removed at request of original Publisher, "14.1 Four Methods of Delivery," November 8, 2016, https://open.lib.umn.edu/publicspeaking/chapter/14-1-four-methods-of-delivery/.

[33] Lutviana., "SPEECH CONTEST TO IMPROVE STUDENTS' FLUENCY IN SPEAKING"

The next research comes from Hafizhatu Nadia and Yansyah from the University of Muhammadiyah Banjarmasin with the title " The Effect of Public Speaking Training on Students' Speaking Anxiety and Skill": This paper elaborates on what happened in the public speaking training classes conducted by Language Development and Service Centers at the University of Muhammadiyah Banjarmasin. This research employs a pre-experimental research design to measure the effect of the training on students' speaking anxiety and skill. It invites 40 students from the researchers' classes to join the research. A Personal Report of Public Speaking Anxiety (PRPSA) questionnaire and a speaking test are the two main instruments to collect the data.[34]

Speaking always becomes a demanding task to teach, it is a complex skill since it requires not only language ability but also related to psychological conditions, such as confidence, especially when the public speaking activities begins.[35] This skill can be trained in a fun way in the form of speaking games, speech competitions, and talking with native speakers. The present research showed that once-a-week public speaking training had successfully made the students have better speaking ability. Although the training did not have a significant effect on the students' speaking anxiety, this kind of training is still recommended.

Not enough two previous research, the next previous research comes from Karimova Go'zal Ikhtiyarovna titled " Mastering the Art of Effective Speaking and Reading: Strategies for Improving Speaking and Reading Skills". According to the title, this research discusses how the steps for mastering the strategies for improving speaking and reading skills. At the beginning of this study, the researcher explains reading and speaking skills

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[34] Nadia, "The Effect of Public Speaking Training on Students' Speaking Anxiety and Skill."

[35] Nurul Aini, Firdausi Amalia, and Ary Setya Budhi Ningrum, "Improving Students' Speaking Skill Using Hello English Application as a Medium of Learning from Home," *IDEAS: Journal on English Language Teaching and Learning, Linguistics and Literature* 10, no. 1 (July 7, 2022): 730–45, https://doi.org/10.24256/ideas.v10i1.2533.

and the strategies for mastering them. But actually, 4 skills in the English language have one way for mastering it, and practice is the one way for it. In this research, Karimova has some strategies for improving speaking and reading skills, especially to enhance public speaking abilities. Such as:

a. Regular practice is essential. Look for opportunities to deliver presentations, and speeches, or engage in debates. The more practice, the more comfortable and proficient you become.

b. Structure speeches. Organize thoughts coherently by using introductory statements, main ideas, supporting evidence, and a persuasive conclusion.

c. Learn from the experts. Observe and study the techniques of renowned speakers, including body language, tone, pausing, and the effective use of visuals. Incorporate these strategies into presentations.[36]

The result of this research is that improving speaking and reading skills requires dedication, commitment, and consistent practice. By implementing the strategies outlined in this article, it gradually witness tangible progress in the ability to express itself clearly and understand information more effectively. So, dive into active reading, expand the vocabulary, engage in active listening and speaking, and embrace public speaking.

The next previous research from Yovita Anastasya Aprilia and Minsih is titled by "Extracurricular Public Speaking Activities on the Development of Self-Confidence of Elementary School Students". This research discusses some extracurriculars that support the students' skills, one of them is Public Speaking. The data were subjected to analysis using the model proposed by Miles and Huberman.[37] This research was conducted at SD Muhammadiyah PK Baturan with the research subjects being students who participated in

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[36] Ikhtiyorovna, "MASTERING THE ART OF EFFECTIVE SPEAKING AND READING."

[37] Yovita Anastasya Aprilia and Minsih, "Extracurricular Public Speaking Activities on the Development of Self-Confidence of Elementary School Students."

extracurricular public speaking. This study's results demonstrate that students meet extracurricular public speaking activities with considerable enthusiasm. Despite the presence of certain obstacles, such as feelings of shyness and low levels of student confidence, extracurricular public speaking activities are recommended for implementation, as they have been shown to positively impact the development of students' self-confidence.

The next previous research comes from Deny Hadi Siswanto et.al titled "Meningkatkan Kemampuan Berbicara Pengurus Ikatan Pelajar Muhammadiyah SMA Muhammadiyah Melati melalui Pelatihan Public Speaking". This research was deliberately conducted as a form of community service involving 25 participants from Muhammadiyah Melati High School which aims to improve people's speaking skills through public speaking.[38] The improvements observed included enhanced confidence when speaking in public, the utilization of more appropriate attitudes through the incorporation of gestures, and the capacity to deliver effective material through the application of public speaking techniques. Overall, the training had a positive impact on the Muhammadiyah Student Association of SMA Muhammadiyah Melati, enhancing their competence in public speaking and preparedness to navigate diverse scenarios that necessitate proficient public speaking abilities.[39]

According to problems found by the researcher, it's also similar to research by Ahmad Taufik Hidayat, *et al.* Entitled "Difficulties Faced by Undergraduate Students in English Public Speaking at a Malaysian University", this research aims to analyze the difficulties faced by undergraduate students in English Public Speaking. Therefore, it seeks to explore the challenges and factors that hinder effective public speaking

[38] Siswanto et al., "Meningkatkan Kemampuan Berbicara Pengurus Ikatan Pelajar Muhammadiyah SMA Muhammadiyah Melati Melalui Pelatihan Public Speaking."

[39] Pramelani, Muherni Asri Utami, and Taqwa Sejati, "STRATEGI PUBLIC SPEAKING MENJADI KOMUNIKATOR HANDAL PADA PENGELOLA TPQ BAITURRAHMAH: Public Speaking Strategies To Become A Reliable Communicator In The Manager Of TPQ Baiturrahmah," *MESTAKA: Jurnal Pengabdian Kepada Masyarakat* 2, no. 5 (October 8, 2023): 211–15, https://doi.org/10.58184/mestaka.v2i5.129.

among undergraduate students at a Malaysian university. The study employed a qualitative method through face-to-face semi-structured interviews and gathered data from a purposive sample of 44 undergraduate students.[40] The findings showed that undergraduate students face various difficulties concerning English public speaking due to poor language skills in terms of grammar, vocabulary, pronunciation, and fluency. Additionally, the findings revealed several factors that hinder effective public speaking among students, including dislike for English, nervousness, low self-esteem, lack of confidence, shyness, eye contact, gender differences as well as lack of ideas, practice, and audience attention. [41]

It's also aligned with the research conducted by Lestari Budianto entitled "Muhadhoroh and English Public Speaking Skills: Benefits, Challenges, and Strategies". This study explores Muhadhoroh and English-speaking skills related to the benefits, challenges, and strategies for these activities. This study uses a descriptive qualitative method. The research data were obtained from interviews, observations, and documentation while the participants in this study were three English teachers who teach at Amanatul Ummah Islamic boarding school both Indonesian and foreign teachers.[42] The research data were analyzed in four stages, namely data collection, data display, data reduction, and conclusion. Related to challenges, this activities has challenges including preparation, time management, and facilities. Even so, several strategies could be taken to overcome these challenges, including arranging preparation and performance schedules, utilizing free time and

[40] Ahmad Taufik Hidayah Abdullahp, I Made Netra, and Isyaku Hassan, "Difficulties Faced by Undergraduate Students in English Public Speaking at a Malaysian University," *Arab World English Journal* 15, no. 1 (March 20, 2024): 269–82, https://doi.org/10.24093/awej/vol15no1.17.

[41] Tianxin Li, "Analysis on the Causes and Treatment of Public Speaking Anxiety" (2020 4th International Seminar on Education, Management and Social Sciences (ISEMSS 2020), Atlantis Press, 2020), 514–18, https://doi.org/10.2991/assehr.k.200826.103.

[42] Lestari Budianto, "Muhadhoroh and English Public Speaking Skills: Benefits, Challenges, and Strategies," *JET (JOURNAL OF ENGLISH TEACHING) ADI BUANA* 8, no. 01 (April 30, 2023): 43–58, https://doi.org/10.36456/jet.v8.n0 1.2023.7088.

shifting school schedules into preparation and performance schedules, as well as adding facilities by renting equipment to other parties during activities.43

In light of the preceding research, this study introduces new theoretical frameworks and empirical objects, namely the utilization of public speaking activities for English Speaking learning. Then, the theory underlying this research comes from **John Atkinson's Approach-Avoidance Theory, This theory emphasizes the role of the drive to seek success and avoid failure in student motivation**.[44] On the other hand, this object is taken from a real condition in which the researcher stayed now, that is ITTC Gontor for Girls Campus 3, as the institution that involves public speaking activities to increase students' ability to speak in front of the public. Indirectly, this activities also influences students to improve their speaking ability.

It is because basically, all activities in this institution are held to support students in practicing language better and greater. Public speaking plays a big role in improving students' skill in speaking because this activities includes other skills although indirectly. A student be required to learn writing, reading, and listening skills. So, these are the things that hone their skills in English. Without realizing it, learning English which is considered boring and uninteresting, can make students interested in it all. However, if we dig deeper, the importance of learning English must be instilled in them from an early age.

43 Riza Astriani et al., "AN ANALYSIS OF STUDENTS' SPEECH ABILITY AND DIFFICULTIES IN PUBLIC SPEAKING," *J-Shelves of Indragiri (JSI)* 5, no. 1 (November 28, 2023): 16–28, https://doi.org/10.61672/jsi.v5i1.2641.

44 Junnisa Alda Miranda and Achmad Yudi Wahyudin, "PRE-SERVICE TEACHERS' STRATEGIES IN IMPROVING STUDENTS' SPEAKING SKILLS," *Journal of English Language Teaching and Learning* 4, no. 1 (July 12, 2023): 40–47, https://doi.org/10.33365/jeltl.v4i1.3132.