CHAPTER I

INTRODUCTION

In this chapter, the researcher deals with a background, formulation, purpose, significant, scope and limitation of the research, and the definition of key term.

A. Background of Study

Public speaking is technique to communicate an idea and message in front of people in order to make them understand about the information or change someone's opinion (Sugiyati & Indriani, 2021). It is oral communication spoken in front of large people that combines the skill of speaking and art of speaking. The combination needs two important aspects, they are; the speaking itself and the way how to deliver the speech. Lucas stated that public speaking is a vital mean of civic commitment. Moreover, he stated public speaking is a way how to express ideas and it have a force on issues material in a democratic society.

Mastering public speaking requires first knowing the difference between the four main types of public speaking. They are ceremonial, demonstrative, informative and persuasive. Job interviews, presentations to potential clients, speaking to journalists and speaking to colleagues at trade conferences are forms of public speaking (Wahyuni, 2020). Public speaking has become a serious career choice, many people are signing up for public speaking classes where they are taught the skills and techniques to speak well and speak effectively before a meeting. These activities have been carried out by someone at least once in their life.

Public speaking provides benefits to the speaker. (Muhammad, 2019) gives some example about it like improving personal satisfaction and development, affecting your world and advancing your career. In addition, another advantage of public speaking is an upward your ability to think critically, as problem solving is definitely one of critical thinking skills you will engage when delivering a speech. For instance, when preparing persuasive speech, the speaker will have to think through real problems and provide

possible solutions to those problems. They also have to think about the positive and negative consequences of the solutions which are communicated to others. Delivering speech phase you will often have to think on your feet, especially if an audience member poses a difficult question. These skills will help you not only in the context of public speaking, but broadly in many areas of your life.

For the beginners, mastering public speaking is not very easy. It can be a bad experience for some people. Most of problems comes from nonnative students, which are three big problems. First is the language itself, second is delivering the speech, third is building the confidence. So that, giving a speech in front of others in formal condition for them is not an easy way. People needs more efforts to build up the confidence. (Restu Mufanti et al., 2016) states some factors that influenced students to communication are scare, shyness, worry, and uncomfortableness. In addition, (Tambunan, 2018) states public speaking is listed in ten things that people avoid. Naturally, they will be confused by rules, such as grammar, pronunciation, vocabulary, and fluency. This causes some students to be afraid to be active in public speaking class. It makes students gets low scores in English. As a matter of fact, even they were students majoring in English education, there were some students who did not have the enthusiasm to take part in public speaking class. It shows that speaking is still be a scourge for students in learning English.

Undeniable that the ability to speak in public is an ability that a must has for student. Especially to be a teacher, it takes the ability to teach in front of students. A teacher is required to have good public speaking skills to deliver subject matter and increase student's learning motivation. In general, student have a great immediate need to be motivated by the teacher or the materials in order to learn effectively (Astuti & Nurhayati, 2015). Most of the students who will make presentations sometimes feel nervous even though the material has been prepared in advance before or even some suddenly and the results are not appropriate with what is expected. To overcome these problems, researchers was found the strategy of self-talk to improve the public speaking achievement of English education students.

Self-talk is a conversation that a person carries a mentally about self, about other and environments (Paradewari, 2017). It can help students to

express their thoughts and feeling easy because self-talk has a good contribution for the students to explore their knowledge and it will make students be more creative one each day with greater confidence and assurance, accepting their limitations and recognizing their potential.

Self- talk is a person's ability to bring up an internal dialogue within oneself. It can be both negative and positive. If you're an optimist, your self-talk may be more hopeful and positive. The opposite is generally true if you tend to be a pessimist. This strategy changes the perception of negative self-talk into positive self-talk that is rational beliefs derived from positive utterances. Through the self-talk strategy, students can increase their confidence in speaking so that it can be used to improve their public speaking skills.

Self-talk strategy also has been implemented by Astri Nurianti entitled "The Application of Self Talk Strategy in Teaching Speaking Skill" in academic 2020/2021. The evidence shows self-talk strategy can improve the students' speaking accuracy regarding pronunciation and vocabulary at the seventh-grade students of SMP Unismuh Makassar. Another research has conducted by Hermansyah, entitled "Self-Talk Strategy in Improving the Eleventh Grade Students' Speaking Ability" 2021 academic year. The researcher finds out that teaching through self-talk strategy as one of the effective ways to teaching speaking skill to the students. Moreover, the students who were taught by using self-talk strategy tend to be braver and more confident.

Similar research is also obtained by researchers from Rudiarman Purba & Sotarduga Sihombing, entitled "The Effect of Self Talk Strategy in Public Speaking as EFL Classroom on the Third Year Students (Academic Year 2013) At English Department in FKIP Universitas HKBP Nommensen Pematangsiantar". The researcher finds that using Self-Talk Strategy has the influence to increase the students" confidence to be more focus and aware about themselves. In positive self-talk, the students can be confident in speaking skill in front of their classmates.

In this research, the researcher will focus on the effectiveness of self-talk strategy on students' public speaking achievement for English education students. The researcher focuses on public speaking because it is very essential

component. Then, the researcher is an English student of University so it will be more familiar with the research subject and the problems that occur. Moreover, the difference between previous studies and this research would be in the subject, approach of the research, and the specification on how to collect the data.

The evidence show that after conducting self-talk strategy can increase students' motivation to speak. The students will get self-confidence to speak in public although their English is not influence yet. Relying on the benefits and implemented of self-talk strategy, and according to researcher this strategy can be used in public speaking. Therefore, researcher is intended to conduct a research entitled **"The Effectiveness of Self -Talk Strategy on Students' Public Speaking Achievement of English Education Students at UIN Sayyid Ali Rahmatullah Tulungagung"**.

B. Formulation of Research Question

Based on the background of the study, the research problem on this research is formulated as follows:

1. How is the students' achievement in public speaking before being taught by using Self-Talk Strategy?

2. How is the students' achievement in public speaking after being taught by using Self-Talk Strategy?

3. Is there any significant difference of students' public speaking score before and after being taught by using Self-Talk Strategy?

C. Objectives of the Research

Based on the research questions that mentioned above, the objectives of the research are to find out whether or not:

1. The students' achievement in speaking before being taught by using Self-Talk Strategy.

2. The students' achievement in speaking after being taught by using Self-Talk Strategy.

3. There is significant difference score of students' speaking score before and after being taught by using Self-Talk Strategy.

D. Significant of Research

The results of this research are expected to provide benefits as a following:

1. Student

    Self-Talk strategy can be used as a simple way to improve confidence in speaking. So that in the development process learning will be more serious and get satisfactory result.

2. Lecturer

    It can add information as well as a reference in teaching English so that students can foster self-motivation and confidence through self-talk strategy. Which this will greatly impact during the learning process.

3. Researcher

    The result of the study can be used as additional reading material research in the field of education especially about the effectiveness of self-talk strategy on students' public speaking achievement as English education students.

E. Scope and Limitation of Research

This study will be carried out at Islamic State University of Sayyid Ali Rahmatullah Tulungagung. The subject of this study is the students of English Department in 4th Semester. Therefore, this study is limited in this research only students' speaking skill in form storytelling.

F. Definition of Key Terms

In order to clarify the key term used in this research, some definitions are put forward:

1. **Public Speaking**

    Public speaking is the process of speaking to a few or many people with the purpose of informing, motivating, persuading, educating or entertaining the listeners.

2. **Self-Talk**

    An inner monologue that makes you feel good about yourself and everything going on in your life. It's an optimistic voice in your head that encourages you to look at the bright side, pick yourself up when you fall and recognize when you fail.