

OVERCOMING THE FEAR OF PUBLIC SPEAKING FOR UNDERGRADUATE STUDENTS: A KEY TO SUCCESS***Rayimaliyeva Yoqutxon Zohidjon kizi****Scientific supervisor, English teacher at
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Abstract:Public speech is the key component of students' progress that can accelerate the developing process of their career since it helps them to have a high profile at their university and other top universities. Because the main goal of the research is assisting students in overcoming the fear of giving a public speech. The author used both the quantitative and qualitative research methods in this article. According to the survey, 30% of students found that giving a public speech in front of a great audience is hesitant, whereas in contrast 71% of them considered it as unbearable. Hence, the author explains, the advantageous strategies of giving speech, the role of public speech, and overcoming anxiety in this process. This article demonstrates some approaches in public speaking which 71% of students can utilize while they are attempting to give a powerful speech in the future. Additionally, this research is helpful enough not only for the students who have hesitation, but also for the other students who can speak fluently in front of a great audience.

Key words:Great audience, public speech, strategies of giving speech, role of public speech, overcoming anxiety.

Introduction

It is true that the person who wants to be a leader in the field that he/she has chosen, should have a strong communication skill or ability to speak in front of listeners. Whether people like or dislike they are estimated by their speech, the way they behave. The importance of this theme is discussed in the article. In terms of opinions of students, most of them are afraid of giving a speech when they face a great number of people. These undergraduates, not only they but also postgraduates, should learn speaking confidently in different places: Ceremonies, Project Conferences, Parties. Since it can open a variety of future opportunities to become a successful worker/manager in their sphere. If we think generally, the student who behaves like a person who knows more information than others and speaks surely, explains his/her notion openly is considered intelligent, even if they are unlike this version. Whereas other students who are knowledgeable are not considered as intelligent because they do not show their knowledge by speaking, because of their shyness or fear. This is a common situation mostly in lectures at the university. This is the real life experience of the author. Hence overcoming anxiety is also a crucial part of this research because this problem is globally accepted by the majority of students of universities. Significantly, the research tries to give clear explanations of speaking strategies, the importance of giving a speech. Dale Carnegie, who is a top writer and teacher of some courses, writes that "Practice, practice, PRACTISE in speaking before an audience will tend to

remove all fear of audiences, just as practice in swimming will lead to confidence and facility in the water. You must learn to speak by speaking." In his "The Art of Public Speaking" book. (Dale Carnegie's and J.Berg Esenwein, 2005 July 17 {EBook#16317}, ISO-8859-1. Chapter 1, page 7) Additionally, Debohar Ko, who is the head of research, PALO IT. Says that "The art of public speaking goes beyond delivering a message. As with storytelling, an effective speaker has the power to transmit emotions, create a connection, and influence their audience. Charismatic speakers can convey passion, commitment, and confidence in their delivery through emotional contagion — the ability for audiences to “catch” the emotions of those they are listening to. We know that with storytelling, the emotional journey is what audiences usually remember most. But unlike the personality trait of “charisma”, “charismatic speaking” can be learned by anyone — it is a way of training your voice." In her "Conquering the stage: The psychology of public speaking" article. (Deborah Ko, Meidum website, 2023 28 July)

Literature review

Understanding the importance, the role of public speaking is the first step of this research. How can people be well-known or create their career path successfully? The answer is simple. Through delivering their ideas and opinions through their active speech. As it assists people to grab the public attention. Moreover, they can also encounter their new fans. People who give an attractive public speech will also be famous and top speakers as Steve Harvey. They will not be able to succeed if they do not explain and inform their audience about their project, etc. When it comes to strategies of public speech, there are some of them that speakers can use in their public speaking. First, develop effective communications skills. Make the order of clarity-purpose, conciseness, coherence in your speech. Do not add extra and unnecessary sentences because it may seem like an immature person's speech. However, you can use some funny sentences to cheer up and interact with your audience. Second, structure and organize your speech: make a clear introduction, body, and conclusion. Try to use storytelling, examples, to engage the audience. Adding the coffee/tea breaks also makes an intriguing your speech process. Third, enhance your non-verbal communication since using body language, facial expressions, and gestures is also a key part of your demonstration. Do not freeze in one place, move to different spaces of the stage. Keeping eye contact is also a beneficial way to deliver the speech. The last one is utilizing technology. Digital tools such as PowerPoint, AI-based speech analysis, are also useful. It is clear that using visual aids is more lively to attract auditory attention. In the "Speak like a leader" speech, Simon Lancaster, who is a famous TED talk speaker, states that “ There are 6 techniques to become a leader in speaking: rhetorical device, three sentences in which the opening clause is repeated, balancing, metaphor, exaggeration, and rhyme.” (Simon Lancaster, TedxVerona, 2016 May 23) Overcoming anxiety is also the main solution for students who are struggling with giving a speech because of their fear, hesitation. There are some practical methods to build confidence, such as breathing exercises, visualization, and gradual exposure. Ted Talk speaker Doctor Justin Molosey in his "How to overcome my fear of public speaking" demonstration, claims that “Everyone has a fear of giving a speech. Have you ever been nervous or felt fear when you have had to speak in front of a public? Maybe you have been on a stage in front of a room full of people, or maybe you had a shared presentation in front of your coworkers. Or maybe you have been in a room full of strangers and they made you stand up and say who you are, where you are from, and what you do. Well, what is fear?. Fear is our body's natural response to danger. When our body feels danger, we go into the fight or flight response. And we get ready to run or fight for our lives.” (Dr. Justin Molosey, TedxWilmington, 2024, 10 June) [1]

Methodology

The author used some key research methods, especially qualitative and quantitative methods. The author conducted a survey among students who were studying in the linguistics field. According to the following survey, there is one question with some options that was given to the students: "Do you hesitate when you are giving a public speech?" The options: "Yes. Why? Because I forgot every single word and my body starts shaking because of anxiety". "No. Why? Because this is a common situation for me. I just go to the stage and speak what should I say?" Almost 200 students took part in this survey. In terms of the answers, students who chose "No" variant made up 30 %, while "Yes" option was accounted for 70% by the other students. 124 students chose "yes" variant, whereas 57 students preferred "no" option

Findings and discussions

According to the results of the survey, 126 students found that giving a speech is a pressing issue for them, while only 58 students found it easy. The main reasons for choosing these options are analyzed in this part

There are some causes why students chose these two options below. The cause of the first option can be several. People who have disobedience also struggle with speaking confidently, other reasons can be a lack of experience and practice. If people do not practise, they can not gain access to give public speech. In that case, the researcher completely agrees with Dale Carnegie's notion which is given below. The main reason is public phobia. The people who are faced with this problem, usually, are inactive in society, social events, etc. One of the respondents answers in here "For me I grew up with a tremendous fear of public speaking and my earliest memory having a fear to speak happened in the second grade." (Dr. Justin Molosey, TedxWilmington, 2024, 10 June)[2] The researcher gives some suggestions for these students who are afraid of giving a speech. Firstly, they should watch some TED Talk videos on YouTube and imitate the top speakers. Secondly, they should practise actively, they can do it with even a mirror. Finally, they should read more books than ever because reading books helps people express their ideas easily. All the notions you have start coming automatically while you are speaking, as a result you do not need to practise. When it comes to students who have chosen the second option, they are confident to give a speech in front of a great audience. Since they did it repeatedly. As James writes, if you accomplish one task over and over it will become your habit. They gave speeches several times because of this reason, they do not hesitate. This is a normal situation for them. Another reason can be their strong desire and ambition. Maybe, they have been dreaming about being a famous public speaker. It also tempts them to give clear and meaningful public speech. This is not a strange atmosphere for them, hence they can speak without hesitation even if there are millions of guests.

Conclusion

In conclusion, developing public speaking skills is essential for all students to secure future success in their professional lives. The research indicates that many students wrestle with the fear of addressing a large audience. Survey results reveal that a considerable portion of students—70%—experience anxiety and hesitation when required to deliver a speech, whereas only 30% feel at ease doing so. Nevertheless, by employing appropriate strategies such as effective communication, structuring speeches, improving non-verbal cues, and leveraging modern technology, students can conquer these obstacles. The study underscores that regular practice, exposure, and adopting methods to manage anxiety can aid students in cultivating the confidence necessary for public speaking. Moreover, it is vital to recognize the significance of storytelling, emotional connection, and personal charisma in enhancing a speech's impact. With

insights from experts like Dale Carnegie and Deborah Ko, students can learn to excel in public speaking, allowing them to communicate with assurance and effectively sway their audience. Ultimately, this research provides actionable advice for students dealing with speech anxiety, motivating them to take gradual steps toward becoming adept and self-assured public speakers. By implementing the recommended strategies and fostering a mindset of continual practice, students will be better prepared to tackle the challenges of public speaking, seize opportunities, and leave a lasting impression on their listeners. The ability to converse confidently and convincingly will not only enhance their academic results but also create pathways for prosperous careers in their respective fields.

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