



LEVEL OF ANXIETY REGARDING PUBLIC SPEAKING AMONG YOUNG ADULTS IN A SELECTED COLLEGE, MANGALORE

AUTHOR INFORMATION

Ms. Benita Selma Ferrao¹, Ms. Anju Andrews¹, Ms. Anitt Elsa Kurian¹, Ms. Anisha Preema Dsouza¹,
Ms. Sweety Josline Dsouza¹, Mrs. Sunitha Priya Menezes^{2*}

1 – Basic BSc Nursing Students, Father Muller College of Nursing

2 – Lecturer, Department of Medical Surgical Nursing, Father Muller College of Nursing

*- Corresponding Author

Correspondent Address :

Mrs. Sunitha Priya Menezes

Lecturer, Department of Medical Surgical Nursing, Father Muller College of Nursing, Kankanady, Mangaluru

Father muller college of nursing kankanady, Mangaluru, Karnataka, India

ABSTRACT

Background of the study

PUBLIC SPEAKING is an important aspect of daily life. We've all experienced public speaking anxiety at some point in our lives. Young adults, particularly nursing students, are exposed to public speaking on a variety of stages. Anxiety, if not managed, will have an impact on social behaviour. This study was conducted to assess the level of anxiety and to determine whether there is any relationship between demographic variables and the level of anxiety.

Statement of the problem

Level of anxiety regarding public speaking among young adults in a selected college Mangalore.

Objectives of the study

1. To assess the level of anxiety among young adults.
2. To associate the level of anxiety regarding public speaking with demographic variables.

Methodology

The design of the study is descriptive. The subjects are nursing college students between the ages of 18 and 22. Simple random sampling is used for sampling. Using the Personal Report of Public Speaking Anxiety scale, information was gathered from 272 participants.

Results

The study findings indicated that just 10% of participants had severe public speaking anxiety, while 32% reported mild anxiety and the other participants moderate anxiety. Also, this study demonstrates that there is no correlation between demographic factors and anxiety levels.

Analysis and recommendation

According to the study's findings, there is no correlation between anxiety levels and demographic factors such as age, gender, year of study, family structure, and place of living. The null hypothesis is therefore accepted.

Keywords

Anxiety, Public speaking, young adults

INTRODUCTION

Most of people are born with good speaking skills but when they are made to face the audience, they feel emotional distress called anxiety. We experience fear and mental disorientation as a result of anxiety. Anxiety does not have any age limit that means, it can be experienced by anyone and everyone at any point of age.¹ All of us ability to speak, but everyone have fear to speak in front of audience. They lack confidence and when they find themselves in such situations, they can't handle it properly and they start to encounter certain emotions such as fear and anxiety which leading to excessive sweating, shivering and stammering.² Various studies have been conducted in order to check student's level of anxiety, which showed that student with high level of anxiety had poor performance and students with low levels of anxiety had good performance in public speaking activities. In short it is clearly seen that student's level of anxiety inversely proportional to performance status. A little of strain or agitation before a presentation or talk can be felt by almost all the talkers and that produces an ability to give their best. For some they cannot even face the crowd because of the severity of the anxiety³. But the reality is that students and young adults fail to practice the quality of public speaking which ultimately affects their growth in various aspects. They tend to be shier and usually show less interest in public speaking activities Fear of public speaking or social engagement is seen as a phobia.⁴ Main common reason for the anxiety is the underlying fear of judgement or certain feedback or unwanted comments of people.

NEED FOR THE STUDY

One of the most common problems that individual facing is anxiety towards public speaking. Some individual may think they are the only one who suffer from this.

In another study which was conducted in Punjab to check the anxiety in relation to demographic factors by using public speaking anxiety scale And based on family type there will be high level of anxiety in nuclear family than joint family which is 43.89% and 42.89% accordingly. As like in another study which was conducted to evaluate anxiety of public speaking in young adults, the results were found as 8% of high level of anxiety in females than males who are having 2% of anxiety and in related to age there was 8% of anxiety shown in between the age of 18-20 than in 22-25 years of age who are having 2% of anxiety.

Methodology

Research Design

Non experimental descriptive research design was selected for the study.

Population

The study population comprises in this study was unregistered student nurses of 1st, 2nd, 3rd and 4th year Bsc nursing studying in Father Muller College of Nursing, Kankanady, Mangaluru.

Setting of the study

The study was carried out in selected classes such as 1st, 2nd and 4th year classrooms of Father Muller College of Nursing, Kankanady, Mangaluru.

Sample size and Sampling Technique.

The study sample comprises of 272 nursing students of 1st, 2nd, 3rd and 4th year Bsc nursing studying in Father Muller College of Nursing, Kankanady, Mangaluru. For this study Random sampling techniques was used.

Sampling Criteria

Inclusion Criteria

1. Young adults aged between 18 - 22 years in a nursing institution.
2. Both male and female students

Exclusion criteria

1. Students below the age of 18 and above the age of 22 years
2. Students suffering from anxiety depression disorder
3. Students who do not have any public speaking experience.

Instruments

Tool I: Base line Performa with six items.

Tool II: personal report of public speaking anxiety scale.

Tool I: Baseline Performa

This baseline performa consists of 6 items to get the information regarding age, Gender, Year of study, Stay, Previous knowledge, Source of knowledge.

Tool II :Personal Report of Public Speaking Anxiet Scale

There are 34 items in this section. The items were created as rating scales with 5 alternatives and 12 positive and 22 negative phrases for each. Each sentence received a score between 1 and 5. The minimum score would be 34 and the overall maximum would be 170.

Validity and reliability and scoring of instruments

Validity

The tool validation was done by 7 experts from medical surgical nursing and mental health department.

Reliability

The investigators obtained data from 25 student nurses to assess the internal consistency and subjected to split half method. The reliability was found by using Karl Pearson's correlation coefficient formula. The reliability was 0.7 which is reliable.

Data collection procedure

Researchers obtained informed consent from concerned authority . A total of 246 students of second, third, and fourth year Bachelor of Nursing students enrolled at Father Muller college of Nursing kankanady manglore, who met the inclusion criteria were selected, and the researchers introduced themselves to the participants. Data collection is scheduled from 25 July to 24 August 2021.

The subjects were selected according to the random sampling technique. After completing the questionnaire, data were collected and analyzed.

RESULTS

In order to determine the level of anxiety among young people, data from 272 subjects were analysed and interpreted in this chapter. Based on the goals and hypothesis developed for the study, the data is collated, analysed and interpreted using descriptive and inferential statistics

Organization of the findings:

The information gathered was arranged and presented using the following headings

Part 1: Subject's demographic information

Part 2: Evaluation of anxiety level

Part 3: Relationship between demographic factors and anxiety levels.

SECTION 1

The basic random sampling technique was used to choose a sample of 272 nursing students. Table 1 exhibit the results of an analysis of the sample characteristics data using descriptive statistics.

Table 1: Frequency and percentage distribution of sample characteristics – nursing students

SL NO.	VARIABLES	FREQUENCY	PERCENTAGE (%)
1	Gender		
	a) Male	22	8.1%
	b) Female	248	91.2%
	c) Others	2	0.7%
2	Age in years		
	a) 18	15	5.5%
	b) 19	75	27.6%
	c) 20	83	30.5%

	d)	21	68	25%
	e)	22	31	11.4%
3	Year of study			
	a)	1 st year	75	27.6%
	b)	2 nd year	101	37.1%
	c)	3 rd year	28	10.3%
	d)	4 th year	68	25%
4	Type of family			
	a)	Joint family	25	9.2%
	b)	Nuclear family	247	90.8%
5	Residence			
	a)	Rural	158	58.1%
	b)	Urban	114	41.9%

SECTION 2

Young adults' levels of public speaking anxiety are measured using a self reported rating scale.

The descriptive statistics were applied to the data analysis.

The level of anxiety was graded using the Personal Report of Public Speaking Anxiety scale, as shown in Table 2.

LEVEL OF ANXIETY	RANGE	FREQUENCY	PERCENTAGE
MILD	≤97	87	32.0%
MODERATE	98 - 131	157	57.7%
SEVERE	≥ 132	28	10.3%

SECTION 3

Association between the level of anxiety regarding public speaking with demographic variables.

The degree of public speaking dread is compared with demographic variables in this section. The following hypothesis was put forth to see if there is any correlation between the demographic characteristics and the degree of public speaking fear.

H₁: There will be a significant correlation between the demographic factors and the degree of public speaking fear.

To test the hypothesis, Fisher's exact values and chi square values were calculated. The results are shown in Table 3.

N=102.5

SL.NO.	VARIABLES	<MEDIAN (<102.5)	>MEDIAN (>102.5)	P VALUE
1	Gender a) Male b) Female c) Others	7 127 2	15 121 0	0.080
2	Age in years f) 18 g) 19 h) 20 i) 21 j) 22	9 31 38 37 21	6 44 45 31 10	0.054
3	Year of study e) 1 st year f) 2 nd year g) 3 rd year h) 4 th year	31 49 15 41	44 52 13 27	0.147
4	Type of family c) Joint family d) Nuclear family	9 127	16 120	0.142
5	Residence c) Rural d) Urban	81 54	77 59	0.623

The Fisher's exact value and Pearson's chi square value [P value] are both more than 0.05 in light of the information in Table 3.

Mean = $\text{summation } X \div N$

$$= \frac{28063}{272}$$

$$= 103.17$$

Mean difference = $M_E - M_C$

= 164-38

= 124

The mean is 104 and the mean difference is 124.

Discussion

The chapter presents the results of a study that aimed to assess public speaking anxiety among young adults in a college in Mangalore. They used a self-reported scale with 272 participants. Most participants reported moderate anxiety, while fewer experienced mild or severe anxiety. The study also looked into how anxiety levels related to demographic factors like gender, age, year of study, family type, and residence. However, the study found no significant relationship between these factors and anxiety levels.

A related study conducted on the level of anxiety on public speaking which also discussed the anxiety levels regarding public speaking were independent of sex, age, and ethnicity. Overall, the study's findings provide insight into the prevalence of public speaking anxiety among young adults in mangalore and suggest that demographic variables do not significantly impact anxiety levels. By understanding the level of anxiety and factors that contribute to it, educators and trainers can develop the strategies to help the young adults to manage their anxiety and become more confident speakers.

A study at St. Paul University Surigao assessed public speaking anxiety among 81 education students using a researcher-made questionnaire. The students' anxiety levels were measured in terms of trait anxiety, context anxiety, audience anxiety, and situation anxiety. The findings showed that students experienced very high levels of audience anxiety and high levels of trait, context, and situation anxiety. However, there was no significant difference in anxiety levels based on participants' profiles, including age, sex, and year level.¹⁰

Based on the results, the study recommends introducing public speaking as a subject in all degree programs, especially in teacher education programs. Additionally, the researcher suggests that school administrators should encourage more such activities within and outside the campus to provide students with opportunities to improve their skills and reduce public speaking anxieties.

The study found that the majority of adults in the selected college in mangalore experience moderate levels of anxiety when it come to public speaking. This is an important finding because public speaking is a common activity in both academics and professional settings, and anxiety can negatively impact one's ability to effectively communicate and succeed in these contexts. Overall, the study's finding highlights the need to address public speaking anxiety among young adults and to explore effective strategies for managing this anxiety.

CONCLUSION

A self-reported rating scale is used to assess the level of anxiety regarding public speaking among young adults. The investigators found that 57.5% of subjects experience moderate anxiety level 32% experience mild anxiety level and 10.3% experience acute range of fear. There is no notable relationship between the range of fear and chosen statistical subjects like gender, age, year of study, type of family and residence.

The data reveals that there is no notable relation between the range of fear and chosen statistical subject like gender, year, year of study, class of fam and residence. Hence null hypothesis is accepted and research hypothesis is rejected.

ACKNOWLEDGEMENT

We are grateful to our beloved principal Rev. Sr. Jacintha Dsouza for providing us this great opportunity. Our sincere thanks and appreciation to management and all the participants of the study. We express our sincere appreciation to experts of various departments for validating the tool and for their appropriate suggestions.

BIBLIOGRAPHY

1. Farhan Raja: Anxiety level in students of public speaking: causes and remedies.2017;4(1):94-96.
Available form: <https://eric.ed.gov/?id=EJ1161521.pdf>
2. Andrea Chen. Public Speaking Tips. Orai. 2020
Available form: <https://www.orai.com/blog/fear-of-public-speaking-statistics/amp/>
3. Mc Croskey J.c. Self-report measurement. In J.A Daly and J.C MC Croskey (eds): Avoiding communication, shyness, reticence and communication apprehension. 1984; 68-82.
Available form: <http://www.jamesmccroskey.com/publications/bookc.htm>
4. Bawinda Sri. Lertari, JoniartoParung, Frickson C Sinambela. Public Speaking anxiety reviewed from self-efficacy and audience response on students: systematic review. Advances in social science, Education and Humanities Research. Atlantis press; Indonesia: 2021. 530. 75-78.
Available form https://www.researchgate.net/publication/235287133_Communication_apprehension_and_perceptions_of_salesperson_performance_a_multinational_perspective
7. DR. Andrew Yan- HauTse : To be anxious or not to be anxious-that is the question in Public Speaking. Malaysia
Available form: http://umpir.ump.edu.my/2283/1/Andrew_Yau-hau_Tse.pdf
8. Dr. Pradeep Kumar, Jasgeet Kaur, Neha Thakur: Public Speaking Anxiety in Relation to Different Demographic Factors. Punjab India; The International Journal of Indian Psychology; 2017; 41-48
Available form: https://ijip.in/wp-content/uploads/ArticlesPDF/article_c8cddf276ca6ef302c1ba56a1334dabf.pdf
9. Huma Naz, Dr.Nazia Ali, Dr.Saba Aziz. A Study to Evaluate Anxiety of Public Speaking in Young Adults. 2021;7(8).
Available form: <https://ijseas.com/volume7/v7i8/IJSEAS202108113.pdf>
10. Ryan. G Plandano, Jhanna Mae. C Otagan, Maricar Moleta, Alvin J Sumampong Public Speaking Anxiety among College Students at St. Paul University Surigao; International Journal of Current Science Research and Review;2023;1443-1447
Available form:https://www.researchgate.net/publication/368635600_PUBLIC_SPEAKING_ANGXIETY_AMONG_COLLEGE_STUDENTS_AT_ST_PAUL_UNIVERSITY_SURIGAO#:~:text=The%20findings%20revealed%20that%20students,when%20grouped%20according%20to%20profile.