

Getting to Know Speech to Sharpen Speaking Skills and Train Self-Confidence in Students of History Education at STKIP PGRI Pacitan

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Abstract

In this globalization era, as a student, especially the STKIP PGRI Pacitan History Education Study Program students, faced with demands to have confidence and good speaking skills. This is based on the fact that in the learning process and their profession in the future is faced with conditions that require them to speak in front of the general public. The conditions they will face for example such as teaching, speech, MC, presentation and even filling seminars. This of course requires a learning and routine training to face these conditions. One way that students can apply is by learning or knowing Speech to hone the skill of speaking and practice self-confidence. Speech is the art of speaking in public that aims to convey information, ideas or invitations to the audience. At Speech students are invited to get to know what Speech is, the structure of speech or speech, types of speeches, tips for compiling speeches, the benefits of giving speeches, tips on practicing the ability of speech for students of history education, basic speech techniques, and recognizing effective speaking techniques in terms of articulation, intonation, body language and visual use. This article aims to introduce or provide information about Speech to help hone speaking skills and confidence in historical education students. This shows that knowing Speech is able to help students to improve their speaking skills and confidence.

Keyword:

Speech, speaking skills, self-confidence, historical education students

1. INTRODUCTION

Public Speaking is a very important role as a medium or means to convey information and communication techniques needed by everyone in carrying out various activities. Examples of public speaking include speeches, MCs, radio announcers, etc. Many people still have the view and opinion that public speaking is a difficult thing and can only be done by people who are already professionals. However, speaking skills and self-confidence can be done by everyone as long as the person likes to practice to master both skills. Students of History Education STKIP PGRI Pacitan are equipped with various knowledge and relevant skills to become reliable history educators. One of the important skills that needs to be honed is the ability to speak in public, this is very essential for prospective history educators because they will often be required to teach, deliver materials and lead discussions in front of the class. One of the public speaking is by Speech or giving a speech whose purpose is not only to convey information but also to build connections with the audience, inspire listeners, and bring them into the flow of the speech topic being delivered. Therefore, History Education students need to have Speech skills so that they can practice their speaking skills and increase their self-confidence. Speech can help history students build self-confidence, namely by practicing the ability to speak clearly, loudly and enthusiastically in front of others can increase self-confidence. This is important for prospective educators because they need to have high self-confidence in order to teach effectively and inspire their students. Speech is the art of public speaking to convey information, ideas, or ideas in an interesting, clear and convincing way. This article aims to introduce or provide information about Speech and help hone speaking skills and self-confidence in History Education students. Furthermore, this article will also discuss what Speech is, the structure of Speech or speech, types of speeches, tips for composing speeches, the benefits of giving speeches, tips for practicing Speech skills for

History Education students, basic Speech techniques, and recognizing effective speaking techniques in terms of articulation, intonation, body language and use of visuals.

2. RESEARCH METHODOLOGY

In this article, the author uses a qualitative research method. Based on Creswell's opinion (2008), qualitative research is an approach taken to understand and explore central symptoms through document analysis, direct observation or interviews. The focus of the research is centered on recognizing Speech to hone speaking skills and train self-confidence in History Education students. The data collection technique in compiling this article with secondary data is a study of documents or libraries in several written sources such as books, journals and websites or other sources related to Speech or speech. The steps in compiling an article using this method are by analyzing, classifying, selecting important data or sources and compiling data so that it is realized in a conclusion.

3. RESULT AND DISCUSSION

Getting to Know Speech

Speech or Speech is the delivery of ideas in the form of words to a number of people with the aim of providing information, entertaining, persuading or inspiring the public accompanied by certain methods. In addition, speech is one of the media for conveying messages that has an important role for both students and state officials. Speeches are usually delivered by someone who is considered important or knowledgeable about a particular topic. In addition to the function of speech as a message delivery and communication tool, there are many purposes of speech such as informative (to inform), persuasive (to influence), and recreational or entertaining. In modern times, the ability to speak in public has become one of the most sought-after soft skills, including among History students. This ability is useful not only in academics but in every other aspect of life. Good speech can help history students in various situations, such as:

- a. Presentation in class
History students are often required to present research results or papers in front of the class. Good speech skills can help them to deliver presentations clearly, interestingly, and convincingly.
- b. Seminars and Conferences
History students may have the opportunity to attend seminars or conferences to present their research results. Good speech skills can help them to appear confidently and convey their ideas effectively.
- c. Teaching
For History students who want to become teachers, speech skills are very important for teaching in class. Good speech skills can help them to deliver lesson materials clearly, interestingly, and easily understood by students.
- d. Other fields: Speech skills are also useful in various other fields, such as: journalism, politics, law, and business.

For history students, speech can also be a powerful tool for:

- a. Communicating research results and historical findings in an interesting and easy-to-understand way.
- b. Presenting new and creative ideas in class discussions or seminars.
- c. Teaching history in an interactive and inspiring way.
- d. Building self-confidence and charisma in various social situations.
- e. Improving interpersonal and communication skills.

Speech Structure

In general, speeches have the following structure:

- a. Introduction
This section contains an opening greeting, self-introduction of the speech topic, and attracts the attention of the audience.
- b. Content
This section contains the main description of the speech, which is divided into several important points. Each point must be explained clearly and logically, and supported by data and examples.
- c. Closing
This section contains the conclusion of the speech, a call to action, and gratitude to the audience.

A structure or benchmark is very necessary in making a speech text. This aims to ensure that the speech text has a clear structure and the message to be conveyed can be conveyed properly. In addition, the structure of the speech text also makes it easier for listeners to understand the purpose of the speech being delivered.

Elements of Speech

A speech is an activity where someone discusses something that is conveyed to a large audience. Therefore, every speech consists of a speaker, listener and content of the speech. The following are the elements of a speech according to Aristotle in his book *Rhetorica*, namely:

- a. Speaker, namely a person who delivers a message verbally. He not only uses his voice, but is also assisted by his body parts, for example hand movements, gestures, changes in facial expression so that the person he is talking to and the listener pay attention to the speaker.
- b. The person he is talking to is the listener. They must be paid attention to by the speaker.
- c. Speaker's material or message. The mandate or message should be organized as well as possible so that it can arouse the imagination and feelings of the listener.

Types of Speech

Types of Speech or speeches in general there are two types of speeches, namely formal speeches and informal speeches.

- a. Formal speech

Formal speeches are given at formal events and the audience present is not an ordinary listener, for example officials, prominent people and other important people. Preparation in addition to mature speech skills is dress ethics. It is highly recommended to wear formal clothing and in accordance with the characteristics of the event. If the event is an inauguration of an official, it is better to wear batik or formal clothes, for example a jacket or shirt. Speeches at formal events are not required to contain too many jokes because jokes are usually made at informal events, although there are also those who do it at formal events.

- b. Informal or casual speech

In a casual speech, it is not too demanding to behave or dress formally, but in any case as a speaker it is appropriate to wear clothes that are polite and pleasing to the audience. Speeches at informal events usually the speaker will entertain the audience but contain messages. Examples of informal speeches are giving a speech at a small wedding, a child's birthday, a seminar that is not too formal, etc. While there are various types of Speech or speech based on their respective purposes and characteristics. Here are some examples of types of speeches based on their purpose:

1. Informative speech. The purpose of this speech is to convey information to the audience about a topic. Informative speeches are usually objective and impartial.
2. Persuasive speech. The purpose of this speech is to persuade the audience to take action or agree with a point of view. Persuasive speeches usually use emotional and logical language to convince the audience.
3. Inspirational speech. The purpose of this speech is to motivate and inspire the audience. Inspirational speeches usually use strong and enthusiastic language to raise the audience's spirits.
4. Entertainment speech. The purpose of this speech is to entertain the audience. Entertainment speeches usually use humor, stories, or anecdotes to make the audience laugh.

Speech Method

There are four known methods in delivering Speech or speech, namely:

- a. Impromptu

The impromptu method is a method of delivering a speech without preparation or it can be said that the speech is done spontaneously or suddenly, so that there is no thorough preparation and only relies on one's own experience and insight. In this method, the speaker uses improvisation or spontaneity. Speeches with the impromptu method are usually used at events that are sudden in nature and are presented according to the needs of the moment. The advantages of the impromptu speech method are that the language used is short and tends to be free, as if the speaker is telling his life story, this results in the audience not feeling bored. Likewise, the speaker is not fixated on the

speech text, he is free to choose the topic or discussion that he thinks he can deliver. However, even though he is free in choosing a topic, it should still be in accordance with the conditions or theme of the event. The weakness of this speech method lies in the speaker tending to forget or trying to think about what he should say next, because this type of method is unprepared or sudden. In addition, the content of the speech is convoluted, unconceptualized and unsystematic.

b. Extemporaneous

The extemporaneous speech method is a speech technique by describing patterned material. The meaning of patterned is that the material to be delivered must be prepared in outline by writing down only the things that are considered important. The speaker may use bullet points or write important words on a small piece of paper. For example, if you take a speech topic with the theme of Education, then in this method you take some outlines that will be conveyed regarding the topic without making a complete speech script, but only in the form of small notes containing the outlines that will be conveyed.

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This type of speech method can be classified as an easy method, this is because the person who will give the speech only needs to read the text of the script that has been prepared in advance. This method is usually widely used in official speeches where the speaker always reads a script that has been prepared in advance. The method of speech using a script is done to avoid mistakes, because every word spoken in an official situation will be disseminated and made a public figure and quoted by the mass media. An example of a speech using the script method is a presidential speech where the person giving the speech usually has prepared a script related to the event. The advantages of a scripted speech are that it is more planned, systematic, and complete, but the disadvantages are that the audience will get bored more quickly and the interaction with the listener is lacking and looks stiff because the speaker's eyes often look at the script. The way to overcome this so that the audience does not get bored is to not always be fixated on the text. The person giving the speech must maintain eye contact with the listener and align reading the text with their attention to the audience.

Memorizing (Without Text)

This method can be done by memorizing the text or speech script that has been made in advance. For those who like to memorize, this method may be easy. He just makes a speech script then memorizes it and delivers it when giving a speech. However, not everyone has the talent to memorize, even though he can memorize, when giving a speech he often forgets and tries to remember what he has memorized, as a result the speech seems unnatural. The solution is, try to memorize the speech script often while practicing body movements and appropriate facial expressions so that the speech looks natural and the listener will be fascinated.

How to Give a Good Speech

First, a speech that has a purpose. A speech must have a goal to be achieved and this goal must be conceptualized in one or two main ideas. In delivering a speech, this goal should be repeated often in different formulations, so that the audience does not lose the common thread in listening to the speech. In one speech, too many goals and main ideas should not be presented, it is better to show one clear idea and goal so that it is easy to remember, rather than ten unclear ideas but easily forgotten. Second, a clear speech. A good speech is a speech that is clear and can be understood well by the audience. People who often fail in their speeches usually do not have any prior preparation, while they are presented with a script to be delivered. This means that there is not enough opportunity to understand the content or problems in the speech and do not include their own ideas or opinions. How can the audience understand if the speaker himself does not understand what he is reading. Third, a lively speech. A good speech is a lively speech, not a speech that is delivered in a boring, gloomy, weak and graceful manner as if there is no passion for life and makes the audience bored. The way to bring a speech to life can be done by delivering a firm and enthusiastic speech so that it attracts the attention of the audience. However, it must be adjusted to the conditions of the event. Fourth, a clear speech. A good speech is a clear speech, namely a speech that sounds good because there is harmony between the content of the speech and the way it is delivered and the speaker's opinion itself, so that there is no conflict. A good way of delivering does not mean having to use a

lot of figurative words. Fifth, a speech that has a climax. Try to create a peak in the speech to increase the tension and curiosity of the audience. During the preparation period, the peak must be formulated as well and as clearly as possible. Usually this tension and curiosity of the audience can be created at the opening or at the closing of the speech. Sixth, a speech that has repetition. Repetition is important because it can strengthen the content of the speech and clarify the listener's understanding. Repetition also causes the main points of the speech not to be forgotten. A well-conceived repetition will have a big effect on the listener's memory. But what needs to be noted is that the repetition applies to the repetition of the message content, not the repetition of the formulation.

Tips for Composing a Speech

Here are some tips for composing a good speech:

- a. Choose a topic that you master: It will be easier for you to deliver a speech with enthusiasm if you master the topic.
- b. Do research: Do in-depth research on the topic of your speech. Collect information from various credible sources.
- c. Create a speech outline: Create a speech outline to help you organize the contents of your speech logically and systematically.
- d. Practice your speech: Practice your speech several times before you deliver it in front of the audience. This will help you to be more fluent and confident when delivering the speech.
- e. Use visual aids: visual aids such as presentation slides or pictures can help you to convey the main points of the speech more clearly.
- f. Speak clearly and loudly: Make sure you speak clearly and loudly so that the audience can hear you well.
- g. Use eye contact: Use eye contact with the audience to make them feel involved in your speech.
- h. Use body language: Use positive and open body language to make you look more confident and attractive.
- i. Be enthusiastic: Deliver your speech with enthusiasm so that the audience is interested in listening to you.

Basic Speech Techniques

Here are the basic techniques in giving a speech:

- a. Thorough Preparation. Before you speak in front of a crowd, prepare your presentation material thoroughly. Study the topic well, create a presentation outline, and prepare interesting visual aids. With thorough preparation, you will be more confident.
- b. Voice Intonation Practice. Try playing with your tone of voice, don't be monotonous. This will make your presentation more interesting and make it easier for the audience to understand what you are saying.
- c. Anxiety Control. This basic technique is to control anxiety. Do breathing exercises, make small movements, and remind yourself that you have prepared your presentation well.
- d. Speak Clearly and Firmly. Don't rush in speaking, but don't be too slow either. Speak clearly and firmly. Use simple words that are easy for your audience to understand.
- e. Body Language Control. Your body language style is also important, don't be too stiff, but don't overdo it with your movements. Make sure your posture is straight and look the audience in the eye with confidence.
- f. Interaction with the Audience. Interaction with the audience is fun. Ask questions, get them involved in your speech. This will make the atmosphere more intimate and interactive.

Understanding Effective Speaking Techniques in Terms of Articulation, Intonation, Body Language and Use of Visuals

Effective speaking based on articulation intonation and articulation is as follows:

- a. Intonation is the high and low of a voice, the rhythm of speech, or a tone. In public speaking, good intonation is the intonation of the voice when we speak normally to other people. The use of intonation that should be avoided is intonation that tends to be monotonous or flat so that it makes the listener feel bored. Therefore, when giving a speech, make sure the tone of voice used is the

usual everyday tone when having a conversation so that the listener or audience feels like they are being invited to communicate intensely.

- b. Articulation is the clarity in pronouncing words. When giving a presentation, the pronunciation of words in sentences must be clear, there is no need to rush in conveying something, so that our explanation is easily understood by the audience.

Effective speaking based on body language and use of visuals, namely:

- a. Straight Posture. Straight posture does not mean that we have to stand in a perfect position like in a line. Effective body language in a public presentation is to stand up straight with relaxed shoulders. Raise your chin slightly to give the impression of confidence, not raising your head in an arrogant sense. In essence, avoid postures that tend to bow or fold your arms in front of your body because they can give the impression of being uncertain, protective, or even afraid.
- b. Eye Contact. Eye contact is one of the important body languages in a presentation. Maintain eye contact with the audience regularly to show that we can relate to them. Eye contact also shows that we have good self-confidence. Eye contact should not only be done with one or two people, but do it to many people.
- c. Facial Expression. When speaking in public, such as a presentation, maintain a controlled facial expression. We can adjust our expression to the message we want to convey, but don't overdo it.
- d. Hand and Arm Movements. When excited to convey something or want to emphasize important points in a presentation, we sometimes get excited or even uncontrollable with various hand movements. The use of this body language is allowed as long as the movements are not excessive or distracting. Remember, hand or arm movements must be relevant and support the message we want to convey.
- e. Body Movements. When giving a speech, we often encounter people who are busy walking here and there when speaking. This could be if the person is too excited, it could also indicate that he is feeling nervous. This situation sometimes makes the audience dizzy, seeing people walking back and forth even though the audience must digest the information being conveyed by the person giving the speech. Therefore, we must be careful with this one body language. Body movements function only to strengthen our message. Control yourself, don't move too often so that the audience doesn't feel confused like they are watching a pantomime.
- f. Voice Intonation. Body language is important in giving a Speech. This is so that the audience does not fall asleep or get bored quickly. As an audience, sometimes we get bored quickly and end up falling asleep. This situation is sometimes supported by the boring content of the conversation and sometimes the monotonous tone of voice. Therefore, when speaking in front of many people, we must vary the intonation of our voice so that the audience remains interested in what we are saying. Also pay attention to the speed of speaking, not too fast and not too slow.

Comparison of Speech with Other Communications

Speech or public speaking or speech is different from ordinary conversations in everyday life, although in essence it is an effort to discuss and convey ideas to others. In everyday conversations, casual conversations, and so on, there is always a reciprocal relationship. The listener can temporarily interrupt the speaker to ask questions or answer a statement. In addition, the place where the conversation takes place is not too specific and can be at home, in the room, on the terrace, in a restaurant, and so on (Brown, 1984: 5). Speech is also different from speaking in a forum. In discussions, a reciprocal communication process also occurs, but it is more orderly and pays more attention to the material and how it is delivered. Although speeches are delivered in front of many people, speeches are also different from performances on stage. Speech is also different from singing that is performed on stage and heard and witnessed by many people. As stated by J.W. Brown (1984: 7), a speaker is more independent and has a greater influence on his audience than a singer. The singer divides his impact on the audience into several parts. The audience's attention or attention is divided into aspects such as the beautifully decorated stage, the music heard, and the singer's movements. Thus a singer has greater freedom of movement. If there is a mistake in words or vocalization, a singer can hide behind the music and the things mentioned above. The audience will not care much about the mistake. Unlike a person giving a speech, one mistake will be immediately known by many people and can easily cause further nervousness.

Speeches must be heard clearly and seen directly by the audience. Therefore, speakers are usually placed in a special place in the form of a podium, pulpit, stage and so on with the help of a loudspeaker that can be heard from a distance. Many eyes will be intently focused on him. Many pairs of ears will also listen to it solemnly. Therefore, sentence after sentence for the speech must be well prepared and can be spoken fluently, without interruption, the attitude and style of the speech must also be an honorable and convincing attitude. The slightest mistake will be immediately known by the listener and this will cause the speaker to lose further appreciation. Judging from the audience he faces, once again comparing the speaker and the singer, the audience faced by the singer is a group of people looking for entertainment, relaxation, and release of daily tension and boredom, so they are not ready. yet. Be critical. However, in a lecture event, the audience tends to be critical and does not just gather to seek entertainment. Instead, they receive and respond critically to the speech they receive. Therefore, speaking requires certain skills. "Public speaking is not just opening your mouth and speaking. In addition, there are many things that accompany it. So, if we consider public speaking as an art, it is not wrong, now it has become a science. " (Brown, 1984: 10).

Effectiveness of Speech Communication

According to T.A Lathief Rousydy (1989: 91), effective communication is communication that succeeds in achieving its target with positive feedback. The communicator succeeds in effectively providing understanding to the communicant, so that he has the same understanding as the communicator about the message conveyed. Next, the communicator successfully changes the behavior of the communicant according to the original plan. For the effectiveness of the communication, Wilbur Schramm formulated several things that must be done, namely:

1. The message must be planned and arranged in such a way that it can attract the attention of the communicant.
2. The message must use symbols that are directed at the same experience between the communicator and the communicant, so that they are both understood.
3. The message must arouse the personal needs of the communicant and suggest several ways to obtain those needs.
4. The message must contain ways to obtain those needs according to the group situation in which the communicant is at the time he is moved to provide the desired response.

All of the above analyzes the effects of communication from the perspective of the message. Schramm's proposal still attracts the attention of communication experts. Therefore, experts greatly emphasize serious and in-depth studies of the purpose of communication and why the principle of understanding the audience is the main rule of communication. If the effectiveness of communication is reviewed in terms of the message, then complete knowledge of the characteristics of the speaker regarding the interlocutor is very necessary to determine several very important things in verbal communication, namely:

1. The right time to convey a message.
2. Choosing the best language so that the message can be understood properly and correctly.
3. Attitudes and values that must be displayed.
4. Type of communicant group or recipient of the speech (Rousydy, 1989: 91).

Tips for Practicing Speech Skills for History Education Students

There are various tips for practicing Speech skills that can be done by History Education students, namely:

- a. Make sure the topic is relevant to the target audience. The topic presented must be in accordance with the theme of the event or activity and relevant to the target audience. This means that if the listeners are teachers, students, educators or education personnel, then the topic presented and relevant to be discussed is the topic of education.
- b. Make sure you master the material well. Before going up to the podium to give a speech, you must prepare your speech well in advance, namely by mastering the material well. A person who is going to give a speech must know and master the speech material that will be delivered to minimize mistakes in giving a speech.
- c. Learning and reading are the keys. In order for a speech to be successful, we must learn and read a lot by looking for references regarding tips for giving a good speech. Reading opens up our

knowledge so that we have broad insight.

- d. Cultivate self-confidence. People who give a speech must have self-confidence, self-confidence can be cultivated by practicing giving a speech continuously or routinely. If you have practiced well, then self-confidence will automatically appear.
- e. Practice in front of a mirror. Practicing in front of a mirror is very important, this aims to find out how our gestures, facial expressions, body language style, etc. How to determine the expression and body style that suits the speech that will be delivered.
- f. Note the outline of the material, avoid reading while giving a speech. Before giving a speech, we should make an outline of the material or note down important points so that we don't read too much while giving a speech. A speech will be very boring for the listener if we only focus on the speech script without paying attention to the surroundings including the audience.

Benefits of Studying Speech for History Education Students

Learning Speech can provide benefits, especially for students of the History Education Study Program such as:

- a. Improving the quality of presentations: History students are often faced with presentation assignments in class, seminars, and conferences. Speech can help them put together interesting, informative, and persuasive presentations.
- b. Preparing for the world of work: Many professions require public speaking skills, such as lecturers, researchers, museum curators, and journalists. Speech can help history students prepare themselves to enter the world of work.
- c. Increasing participation in student activities: Public speaking skills can help history students to be more active in student activities, such as participating in debates, discussions, and organizational leadership.
- d. Developing self-potential: Speech can help history students to develop various self-potentials, such as critical thinking skills, creativity, and problem solving.

Making a speech is an activity that is beneficial for both the speaker and the listener. Making a speech can help the speaker to develop various important skills, such as communication, persuasion, and leadership. For listeners, making a speech can provide new information and knowledge, help them understand different perspectives, and inspire them to take action.

4. CONCLUSION

Getting to know Speech is one effective way to hone speaking skills and train self-confidence. History Education students can use Speech to improve their ability to speak in public, this is to prepare themselves to become professional and competent prospective educators. Students can get to know Speech, what Speech is, Speech structure, Speech elements, types of Speech, how to make a good speech, Speech methods, basic techniques, tips for training speech skills for History Education students, etc.

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