ANALISIS KECEMASAN BERBICARA CADET DALAM KINERJA PIDATO PAGI

THE ANALYSIS OF CADETS' SPEAKING ANXIETY IN MORNING SPEECH PERFORMANCE

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui bagaimana tingkat kecemasan taruna dalam berbicara bahasa inggris saat berpidato, apa saja kendala yang dihadapi taruna dalam berbicara bahasa inggris saat berpidato, bagaimana taruna menyelesaikan kendala dalam berbicara bahasa inggris saat berpidato pagi. Penelitian ini dilakukan di Politeknik Kelautan Pedagang Malahayati. Peserta penelitian adalah 40 taruna dari berbagai jurusan, bahari, teknik, dan ETO. Pengumpulan data dalam penelitian ini adalah deskriptif kuantitatif dengan menyebarkan kuesioner dan wawancara dengan taruna yang telah melaksanakan Ujian Pagi. Hasil penelitian menunjukkan bahwa dari 40 responden dalam penelitian ini yang tertinggi berada pada tingkat sedang dengan 35%. Pada tingkat kedua tingkat kecemasan cukup tinggi yaitu 25%. Level rendah dan tinggi memiliki skor setara dengan 17,5%. Hal ini dibuktikan dengan modifikasi penilaian angket dari McCroskey, JC. Selain itu, kendala yang dihadapi Kadet dalam berbicara bahasa Inggris selama Morning Speech adalah rasa cemas, berdebar-debar, nafas tidak teratur, gugup saat mengucapkan pidato pagi di depan teman, tidak sering berbicara di depan umum. , demam panggung, takut akan pendapat teman atau dosen, tidak menguasai materi, dan hasil terakhir adalah bagaimana para taruna menyelesaikan kendala yang dihadapi dalam berbicara bahasa inggris saat berpidato di pagi hari. Ada yang meyakinkan diri dengan percaya diri, berusaha untuk menenangkan diri dan mengontrol diri, dengan mengulang sebelum menyampaikan pidato pagi bersama teman-teman di asrama, mencari materi dan memahami materi yang akan disampaikan saat pidato pagi, tidak menunjukkan kepada teman bahwa mereka sedang gugup. , menatap mata pemirsa dengan meyakinkan diri secara psikologis bahwa saya bisa mengalahkan mereka, bahwa saya lebih baik dari mereka, meminta bantuan kepada Nona / Ibu dalam bahasa Inggris untuk melatih pengucapan yang benar, mengulang materi sampai saya ingat, dan berpikir positif.

Kata kunci: Analisis taruna, Kecemasan Berbicara, Pertunjukan Pidato Pagi

ABSTRACT

This study aims to determine how the level of anxiety of Cadets in speaking English during Morning Speech, what are the obstacles faced by Cadets in speaking English during Morning Speech, How the cadets solve the obstacles in speaking English during Morning Speech. This research was conducted at the Malahayati Merchant Marine Polytechnic. The participants of the study were 40 cadets from various majors, nautical, technical, and ETO. Data collection in this study was descriptive quantitative by distributing questionnaires and interviews with cadets who had carried out Morning Speech. The results showed that from 40 respondents in this study the highest is in moderate level with 35%. At the second level of anxiety is moderately high level with 25%. The low and high levels have an equal score with 17.5%. This is evidenced by a modified questionnaire assessment from McCroskey, J.C. In addition, the obstacles faced by Cadets in speaking English during the Morning Speech were anxiety, pounding, irregular breathing, nervousness when saying morning speech in front of friends, not often speaking in public, stage fright, fear of friends' opinions or lecturers, do not master the material, and the last result was how the cadets solve the obstacles faced in speaking English during the Morning Speech. There was convincing themselves confidently, trying to calm down and control themselves, by repeating before presenting a morning speech with friends at the

dormitory, looking for materials and understanding the material that will be delivered during the morning speech, not showing friends that they are nervous, staring at the viewers' eyes by convincing myself psychologically that I can beat them, that I am better than them, asking for help to Miss / Mam in English to practice correct pronunciation, repeating the material until I can remember, and thinking positively.

Keywords: Analysis cadets', Speaking Anxiety, Morning Speech Performance

1. Pendahuluan

Language is very important for people all over the world because language is used to communicate with other people. Language is also used to convey the message, express, and interprets anything. So, language is very important for our daily activities. Everyone needs to interconnect with others. Today, speaking can be a challenging task for many students because it needs interaction. The other four skills can be practiced alone, but for speaking, the students cannot speak alone, that is why students should make every effort possible to find somebody to speak with.

In line with this point, Nunan (2000) states that speaking is one of the key aspects of learning a second or foreign language. Moreover, he further notes that the success of learning the language is measured in terms of the ability to carry out a conversation in the target language. It can be said that being able to speak fluently is essential in student's "language learning to communicate both inside and outside the classroom".

Emotion is important in the speech since it has an impact on speaking. Brown (2000) said that the most foundation of learning strategies and techniques is emotions. One of the emotional states that make such a process difficult is anxiety. Emotional states such as anxiety can distract students in the language learning process. Feeling worried, nervous, uncomfortable will impact students in speaking especially when they speak.

It makes students worry, doubts themselves, and reduces participation. Being able to speak English well is important. Every student has a different psychological condition, some students can speak confidently in front of the class while some cannot. One of the problems students face is whenever they try to speak English, they feel nervous. They also feel Burke and Ellison state that out of anxiety arise hatred and violence. Oxford state that anxiety and performance have a negative relationship. It makes students worry, doubt their selves, and reducing participation. Being able to speak English well is important. Every student has a different psychological condition, some students can speak confidently in

front of the class while some cannot. One of the problems the students face is whenever they try to speak English, they feel nervous. They also feel fear whenever they are going to perform their ability in speaking English especially when they are joining the competition where every eye is looking at them.

Likewise, with the cadets at Malahayati Merchant Marine Polytechnic, cadets are required to be able to speak English and be proficient in speaking English. Because being able to speak English is very important for cadets when sailing. Therefore, various programs are designed to improve the quality of English for cadets. One of them is morning speech. Morning speech is an activity every morning cadets should do to increase their courage and proficiency in speaking English. This activity is usually done after the morning apple. They have to speak in English for about 3-5 minutes in the apple field in front of all their batches, their trainers, staff, and lecturers. They will be given a title related to their respective majors and then they have to develop an idea from that topic. After that, cadets must explain the topic in front of the field and be witnessed by everyone in the field. When observing in the field, some cadets admit to being nervous and anxious when standing in front of the field. As a result, they sometimes forget what they want to say. Therefore, the researcher wanted to know at what level the nervousness or anxiety of the cadets during the morning speech and what actions were taken by cadets to reduce their anxiety.

Thus, the purpose of this study is first to measure the level of anxiety of cadets during the morning speech in front of the field and secondly what are the things/actions that can reduce the anxiety level of cadets during the morning speech.

2. Metode Penelitian

This research method using quantitative descriptive. This method is used to describe and measure the PSA level of cadets during the morning speech. Based on the research objectives, as many as 40 cadets from various majors, namely nautical, technical and ETO at Malahayati, were selected as research subjects.

Table 1. The research Respondents

No	Major	Respondents
1	Nautical	26 Cadets
2	Technical	10 Cadets
3	ETO	4 Cadets
	Total	**40 Cadets**

The questionnaire was used to obtain data about the PSA level of cadets during the morning speech. The questionnaire must be filled in by the research subject. The questionnaire is the Personal Report of Public Speaking Anxiety (PRPSA), which is used to measure the level of PSA anxiety in cadets adopted from McCroskey. In addition, the questionnaire consisted of 34 statements, positive and negative statements, and given 5 scale choices based on the Likert scale. Furthermore, to determine the PSA level, McCroskey formulated PRPSA = (72 - Total score for negative statements) + Total score for positive statements. There are 5 levels of public speaking anxiety.

Table 2. The level and score of speaking anxiety in morning speech.

The level of speaking anxiety	Score
Low	34-84
Moderately Low	85-92
Moderate	93-110
Moderately High	111-119
High	120-170

Interviews were used to interview cadets about what things can reduce their level of anxiety during the morning speech. The interview consists of 6 questions that will be asked of cadets.

3. Hasil dan Pembahasan

After distributing the questionnaire, researchers found results with various measures of the cadets' anxiety levels. 40 respondents from various majors were selected to fill out a questionnaire from the PRPSA instrument to measure the level of anxiety when speaking morning speech. The following is the table of results of the acquisition of an assessment of cadets' anxiety levels during the morning speech.

Table 3. Statistical results on the level of speaking anxiety during the morning speech.

Level of PSA	Number	Mean	Percentage
Low	7	53,28	17,5 %
Moderately Low	2	86	5 %
Moderate	14	100,28	35 %
Moderately High	10	116,5	25 %
High	7	124,28	17,5 %
Total Score	40	96,06	100 %

Based on the PRPSA score, all respondents have been categorized and have experienced different levels of anxiety when speaking in public. Half of the total respondents were mostly at the level of anxiety "medium" when speaking in front of the field during the morning speech, then continued with PSA with low levels and quite low, high enough, and at high levels. This result is evidenced by the total average score of all respondents. It was found that the total average score of speaking anxiety level during the morning speech was 96.06. According to McCroskey, the range of scores in the "medium" category is a score of 93-110. And the data obtained is 96.06, which can be categorized as a "moderate" anxiety level. In short, respondents generally belonged to the level of anxiety during the morning speech in the "medium" category with a total average score of 96.06.
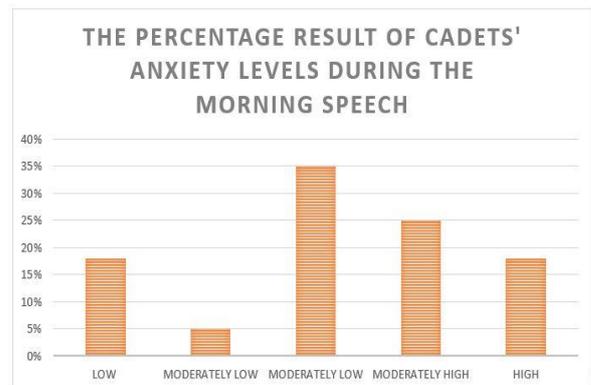
Fig. 1. (Graph of the percentage of cadets' anxiety levels during the morning speech)

The graph shows that the level of speaking anxiety can be classified into five levels of anxiety, namely low, moderate, moderate, high and high levels of anxiety. There are significant differences between them. There were 2 cadets at a fairly low level with an average score of 86 as much as 5%. In a fairly high level with the second highest score has 10 cadets with an average score of 116.5 as much as 25%. In addition, low level has the same level as high level which both have 7 cadets as many as 17.5% with an average value of low level is 53.28 and high level with an average of 124.48. And the last is the highest score where cadets are 14 people with an average of 100.28 with a

percentage of 35%. The lowest score is quite low with a value of 5% and the highest score is the moderate level with a value of 35%. Through the total value based on the level above, from the data above it can be concluded that the dominant level of speaking anxiety faced by Malahayati Merchant Marine Polytechnic cadets is at a moderate level with a percentage of 35%.

Data from interviews about what things/actions can reduce the level of anxiety of cadets during the morning speech and how do cadets deal with this. The data shows that the obstacles faced by cadets during morning speech are anxiety, pounding, irregular breathing, nervousness when saying morning speech in front of friends, nervous, not often speaking in public, stage fright, fear of friends' opinions or lecturers, do not master the material, do not dare to stand in front of many people, do not prepare optimally before morning speech, feel that their English is not good enough and so on. They also said that other things they felt before doing the morning speech were the feeling of wanting to go to the toilet, cold hands, hype, not stopping moving, there must be something like a pen in the hand, sweaty hands, and etc.

The data also shows that the way or strategy to overcome the obstacles mentioned above, cadets provide several answers, namely convincing themselves confidently, trying to calm down and control themselves, by repeating before presenting a morning speech with friends at the dormitory, looking for materials and understanding the material that will be delivered during the morning speech, not showing friends that they are nervous, staring at the viewers' eyes by convincing myself psychologically that I can beat them, that I am better than them, asking for help to Miss / Mam in English to practice correct pronunciation that has not been understood so that I understand and repeat it in the dormitory so that it makes me less nervous, repeating the material until I can and remember, thinking positively that I can, thinking that what is in the head will all be issued, and Java the last tire is "just break through it only 5 minutes anyway".

This shows that the cadets must need more preparation for everything related to their appearance. After the preparation is good and good, they will be ready and feel comfortable and appear confident without caring about other people's worries and opinions on their appearance during the morning speech. Therefore the key method/strategy that can help cadets deal with their anxiety/nervousness during the morning speech is preparation for their performance.

As reported in the findings, Malahayati merchant marine polytechnic cadets experienced have a moderate level of speaking anxiety during the morning speech. It can be seen that 35% of respondents, namely 14 cadets out of 40 respondents, experienced moderate PSA. As stated by respondents from various departments. From the results of the interview, the key method/strategy that can help cadets deal with their anxiety/nervousness during the morning speech is a more mature preparation for their appearance.

Additionally, Pribly, Keaten, and Sakamoto (2001) found that there was no correlation between public speaking anxiety and English language skills. This was proven when he researched PSA levels in American and Japanese students. Americans and Japanese both have low, moderate, and high levels of anxiety, whereas Japanese students have more moderate anxiety and American students have more moderate anxiety. English proficiency in the English debate can be related to the academic year of the respondent from the English major. It is assumed that respondents in 2014, 2015, 2016, and 2017 have differences in English proficiency in terms of academic goals. Thus, English proficiency in terms of academic year level does not determine PSA level in English debate.

This study is in line with Tse (2011) who conducted a comparative study of the level of public speaking anxiety between the first and last semester of male and female students. The results showed that at the beginning of the semester students experienced moderate anxiety levels. Unfortunately, it was found that there were quite a lot of students in the medium and high categories. To compare levels, Tse (2011) treated respondents by teaching affective strategies to manage feelings of anxiety. As a result, at the end of the semester, students also experience moderate anxiety, and the number that is quite high and high is decreasing.

Conversely, the study of PSA levels is different because Richmond and McCroskey (1998) show that 5% of the total respondents experienced low anxiety, 5% of the total respondents experienced moderate anxiety, 20% of the total respondents experienced moderate anxiety, 30% of the total respondents experienced moderate anxiety. High, and 40% of the total respondents experienced high anxiety in the context of speech.

The results of the different PSA levels can be accepted because students have different cognitive vision levels in public speaking. In terms of cognitive vision, he added that "self-confidence" and knowledge were related to PSA levels. It was noted that students with high, medium and low PSA levels had different knowledge and self-confidence when facing an English debate. Therefore, when respondents get PSA at a moderate level of English debate, it is understandable because they have different knowledge and experiences before the English debate.

4. Simpulan

Based on the findings discussed, it can be concluded that Malahayati cadets are at a moderate level of anxiety speaking during the morning speech. Among the five levels of speaking anxiety, the highest level is the medium level where the overall mean score is 95.06.

After interviewing the obstacles to speaking anxiety when morning speech is anxiety, pounding, irregular breathing, nervousness when saying morning speech in front of friends, nervous, not often speaking in public, stage fright, fear of the opinion of friends or lecturers, did not master the material, did not dare to stand in front of many people, did not prepare well before the morning speech, felt that his English was not good enough and so on. They also said that other things they felt before doing the morning speech were the feeling of wanting to go to the toilet, cold hands, the hype, not stopping moving, there must be something like a pen in the hand, sweaty hands.

This shows that the cadets must need more preparation for everything related to their appearance. After the preparation is good and good, they will be ready and feel comfortable and appear confident without caring about other people's worries and opinions on their appearance during the morning speech. Therefore the key method/strategy that can help cadets deal with their anxiety/nervousness during the morning speech is preparation for their performance. I hope this research can help the students or lecturers as references to help the students more confidents when performing speaking in the public.

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