

# Public Speaking Training for Students and Teachers of MAN 1 Rembang

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**Abstract:** This problem concerns the need for understanding public speaking at Madrasah Aliyah Negeri 1 Rembang. The purpose of this study is first for self-development in self-confidence, second to train courage in public speaking. The method used in this study uses a qualitative method. The approach used in this study uses a narrative approach. The data in this study were obtained from the results of observations, interviews, and documentation at Madrasah Aliyah Negeri 1 Rembang. Data collection techniques in this study used observation techniques, interview techniques, and documentation techniques. Data analysis in this study used reduction techniques, data presentation, and drawing conclusions. The results of this study, first, increased student understanding with public speaking training, second students understand and are equipped with self-development and courage.

**Keywords:** Public Speaking, Research, Development, Self-Confidence

## 1. Introduction

The teaching and learning process is the core of education. It depends on how the teacher teaches the material in such a way that it helps them achieve the learning objectives. In the teaching and learning process, teachers, students, curriculum, and other variables are systematically arranged to achieve several predetermined goals, (Oktaviani et al., 2020); Ahsin, et. al (2020); Ahsin, et. al (2020); Al Mabruroh, et. al (2020); Angelia, et. al (2020); Arukah, et. al (2020); Arukah, et. al (2020). Communication ability is an important skill for a person to be able to communicate orally on any topic, (Darmuki, 2019); Devi, et. al (2020); Fathurohman, et. al (2020); Fathurohman, et. al (2020); Kara, et. al (2020); Kara, et. al (2020); Lestari, et. al (2020); Nisa, et. al (2020). Communicating orally with friends, attending lectures, discussions, seminars, presentations, MCs and debates requires a person's proficiency in speaking, Nugraheni, et. al (2020); Nugraheni, et. al (2020); Nurhadi, et. al (2020); Prayogo, et. al (2020); Purnaningtyas, et. al (2020); Purnaningtyas, et. al (2020). Public speaking is one way to express thoughts and opinions, address important social issues, and propose alternatives. It is a way of expressing thoughts and opinions, addressing important social issues, and proposing alternative solutions to the problems at hand. It is also a type of training to improve your oral skills. By acquiring these skills, anyone can become a better communicator in various situations, such as debates, class discussions, business meetings and interviews. Everyone, including students, needs to know speaking communication skills, (Darmuki, 2019); Rodli, et. al (2019); Roysa, et. al (2020); Satria, et. al (2020); Sofia, et. al (2020); Sulistyowati, et. al (2020); Tamarudin, et. al (2020).

Speaking is a person's ability to convey information or messages to others through spoken language, (Darmuki, 2019); Umah, et. al (2020); Widiyanto, et. al (2019); Ahsin, et. al (2019); Ahsin, et. al (2019); Cahyono, et. al (2020); Kurniasih, et. al (2020); Ristiyani, et. al (2019). Public speaking is a form of expression to convey ideas, opinions, and solutions to relevant issues in society. It is not just a speaking skill, but also an ability to influence, inspire, and motivate the audience. With public speaking, one can be an effective agent of change in a variety of contexts, including debates, class discussions, business meetings, and interviews, Wanabuliandari, et. al (2019); Wanabuliandari, et. al (2019); Fathurohman, (2013); Fathurohman, (2014); Fathurohman, et.al (2014); Fathurohman, et. al (2015); Fathurohman, et. al (2017). In today's dynamic digital age, public speaking remains an important aspect of communication science. This is because communication remains the main foundation of human interaction. Despite the rapidly evolving dynamics of

digital communication, the ability to speak in public remains a highly valuable skill, Fathurohman, et. al (2018); Fathurohman, et.al (2019); Fathurohman, et.al (2015); Fathurohman, et.al (2017); Fathurohman, et.al (2018); Fathurohman, et. al. (2019); Hartani, et.al (2018).

Many factors can hinder a person's public speaking ability, such as anxiety, nervousness and lack of confidence, especially in demanding social situations, Hanif, et. al (2018); Ristiyani, et.al (2018); Wibowo, et.al (2018); Roysa, (2017); Ristiyani, et.al (2017); Fakhriyah, et.al (2017). However, with the right public speaking training program, such as the one conducted by Indonesian language and literature education at MAN 1 Rembang, students and teachers can gain the necessary skills and confidence to overcome these obstacles. In an educational context, public speaking is important because it allows students to develop their speaking skills and become more confident in conveying ideas and opinions in public. By understanding public speaking techniques, students can learn to structure their messages effectively and ensure that they are well understood and received by their audience.

People who are ready and willing to speak to convey messages/information to others will know whether they have the same thoughts or not. So public speaking can be understood as the art of delivering messages to the masses, Hadiprayitno, et. al (2024); (Darmuki & Hidayati, 2019); Fakhriyah et.al (2016); Pujiati, et.al (2018); Kanzunnudin, et.al (2018); Yuliani et.al (2018); Kanzunnudin, (2017). Scientifically, public speaking is part of the science of communication. This is because communication is an interactive process that involves the establishment of relationships between parties, Ardianti, et. al (2017); Kanzunnudin, (2017); Ristiyani et. al (2017); Ristiyani, et. al (2017). The communication process is very simple, starting from a set of ideas or abstract thoughts in a person, searching for data or transferring information, and turning it into a message, Ahsin, et.al (2018); Ahsin, et.al (2017); Rodli, et.al (2019); Darmuki, et.al (2019); Darmuki, et.al (2019). Messages can be sent directly or indirectly. One way is by communicating in front of a large audience, which is called public speaking, Darmuki, et.al (2019); Hidayati, et.al (2018); Darmuki, et.al (2017); (Darmuki, et al., 2020).

A person's ability to speak well stems from the ability to listen and read well. Because listening to words is obtained by speaking, it is obtained by listening and reading. The dynamics of digital communication are growing rapidly today, one of which is public speaking. Public speaking itself is part of communication science. This is because communication is an interactive process that involves the establishment of relationships between parties. There are so many situations that can hinder public speaking that it can be considered a deadly and scary thing. Conditions that can make it difficult to speak fluently in public so that it can be considered a deadly and frightening thing. Conditions that can make it difficult to speak fluently in public include fear, nervousness, and lack of confidence (such as social anxiety). For this reason, the Indonesian language and literature education program will launch a social evidence activity related to public speaking training for students and teachers of Madrasah Aliyah Negeri 1 Rembang.

In the world of education, understanding and confidence in public speaking is necessary to build students' abilities, and public speaking is very helpful in expressing opinions in public. Presenting ideas to the public requires the communicator's ability to formulate every sentence that comes out. Lack of preparation and lack of confidence in what you want to say often hinder success in public speaking. At the senior high school level, high school students have higher levels of confidence and anxiety, especially when speaking in public. This will be a big challenge for Dharma Wanita Surabaya High School students. The training will be conducted online and offline. It can improve the public speaking skills of high school students so that the results are satisfactory.

Public speaking skills need to be further developed and practiced. Failure to do this can lead to a permanent fear of public speaking. To feel confident about speaking in front of an audience, practice is required. There is no quick event to acquire public speaking skills. Public speaking requires a great deal of confidence, as not everyone is able to speak in front of a large audience. The thing that can relate to substandard public speaking is not only that there is considerable psychological (internal) fear, but it could be that it is just an excuse due to lack of training, or there is no motivation to actually realize the fear in the future. This makes us think that perhaps only people with leadership skills are able to master good public speaking.

Therefore, public speaking needs to be continuously observed and practiced in all conditions or forms of activity from an early age so that it becomes a habit. Therefore, we are advised to look for schools that have no public speaking exposure and no public speaking materials at all. Public speaking has now become a very important soft skill in the socio-political and professional world. The need for training to mitigate the problems raised by partners is the basis for our activities using poetry reading media. Therefore, the method of implementing community service activities is a proposed solution to overcome these problems. After that, this community service also aims to find solutions so that religious activities in the mosque can continue to run. In carrying out this process, the activities carried out in mosques in the East Jakarta area went through three stages, namely: planning, implementation, and evaluation.

## 2. Research Methods

The method used in this research uses qualitative methods. The approach used in this study uses an objective approach. The data in this study were obtained from observations, interviews, and documentation at Madrasah Aliah Negeri 1 Rembang. Data collection techniques in this study used observation techniques, interview techniques, and documentation techniques. Data analysis in this study used reduction techniques, data presentation, and conclusion drawing.

Training and mentoring to introduce podcasts took place over four days, starting from October 12 to 14, 2023. The event was attended by 50 teachers and students from MAN 1 Rembang. The community service program with the title "Public Speaking Training for Students and Teachers of MAN 1 Rembang" has been successfully implemented according to the planned schedule. Positive responses were received from teachers, principals, and students at MAN 1 Rembang regarding this activity. From this training, teachers and students have improved their understanding and skills in public speaking, as well as gained in-depth knowledge about effective practices in public speaking.

The implementation of this service took place at MAN 1 Rembang, with results that included several main stages. These stages include data collection, program preparation, program introduction and apperception, joint mentoring, story correlation, reflection, follow-up, and activity evaluation. Each stage is designed to provide maximum benefits for participants, with the ultimate goal being to improve their overall public speaking skills.

## Implementation Stage

This service was carried out at MAN 1 Rembang by following a series of detailed stages. The first stage was data collection, where the service team collected information from the principal about teachers and students at MAN 1 Rembang. Then, program preparation was carried out, which included making materials, coordinating with the school, teachers, and students, and preparing event details such as the background of the event. Students prepare for the implementation stage of the program. Mentors also prepare what will be consulted to students.

After that, the introduction of the program, materials, and apperception stage was conducted, where the participants were introduced to the concept of public speaking and its advantages. Mentors gave an introduction to the importance of public speaking training and gave examples of good practice in public speaking. The next stage was joint mentoring, where participants and mentors held discussions to identify problems faced by teachers and students, and find solutions together.



**Fig. 1 - Image of public speaking training.**

Then, there is a social correlation stage, where mentors and participants have a discussion to find solutions to the problems that arise. The next stage is joint mentoring in small groups, where participants are divided into groups and identify problems and design improvement plans with mentors. After that, the reflection stage is conducted, where participants practice and provide feedback and statements about the training. The follow-up stage was conducted before the training was completed, where participants were given monitoring guidelines and guidelines for good public speaking. The last stage is the evaluation of the activity, which is carried out through two stages of evaluation: evaluation by fellow mentoring participants, and evaluation of training and mentoring results by the service team.

From the evaluation results, it was found that the mentoring and public speaking training activities at MAN 1 Rembang went smoothly, actively, creatively, effectively, and fun. Teachers and students gained knowledge and direct

practice in public speaking, as well as getting an overview of the practice and application of public speaking in schools. The discussion above is that the service carried out at MAN 1 Rembang in the form of public speaking training has had a positive and sustainable impact. Through a series of detailed stages, both teachers and students have gained knowledge, skills, and a deeper understanding of public speaking techniques.

In this training, active participation from all participants, both teachers and students, was seen in every stage of the activity. Starting from data collection to the final evaluation, the collaboration between the service team and the school was well established, ensuring the success of the program implementation. From the evaluation results, it can be seen that this training not only succeeded in improving the participants' public speaking skills, but also had a wider impact. The participants, both teachers and students, were able to apply the skills they learned in real situations at school, thus creating a more interactive and dynamic learning environment.

Overall, this training not only provided direct benefits for the participants, but also made a positive contribution in improving the quality of learning at MAN 1 Rembang. It is expected that the results of this service will continue to have a positive impact in the personal and professional development of the participants, and contribute to improving the quality of education in the school. It is also, beneficial in the future for the students to train their truthfulness and self-confidence. Of course, the younger generation needs activities like this in order to create an ideal generation. In the future, this activity is expected to develop even better.

### 3. Results and Discussion

The service team also followed a proven digital presentation method to maximize learning outcomes, some of the things that were done, as follows:

- a. When creating a digital broadcast, it is important to determine the topic or content. The service team, students and teachers can participate in this process. For example, in our project, we chose the topic of writing and reading news texts. We chose news about natural disasters as the topic. We will also choose one student as the news presentation model, according to the topic presented.
- b. Prepare a recording device such as a cell phone, microphone, or headphones to create a quality digital broadcast. The use of a good recording device can produce clear and quality sound. It is recommended that students and teachers use these tools to record the digital broadcast for better results. Be sure to monitor the recording using headphones or earphones to check the quality of the recorded audio. Also, make sure that the sound produced is of good quality so that the digital broadcast becomes more professional.
- c. After recording the sound, it is important to set up sound editing tools before publishing it. This is done to improve the audio quality and edit the editable content. Some of the most commonly used programs for audio editing are Adobe Audition, GarageBand, LogicX and Audacity.
- d. Once the recording is ready, students can upload it to free or paid podcast apps. The team recommends using the V-Mix app to download student recordings, so that students can choose whether to use free or paid podcasts.

The training and coaching of podcast implementation took 4 days for teachers and students of Madrasah Aliyah Negeri 1 Rembang. The event "Public Speaking Training for Students and Teachers of Madrasah Aliyah Negeri 1 Rembang" was attended by 50 people and went according to plan. Positive responses were obtained from teachers, principals, and students. After this activity they will better understand good and correct public speaking techniques. Madrasah Aliyah Negeri 1 Rembang The following results were obtained from communication training activities for students and teachers. Teachers and students of Madrasah Aliyah Negeri 1 Rembang will have knowledge of public speaking at school. Teachers and students foster creativity through creativity and public speaking at school.

Students' creativity development is able to have creativity in public speaking. Creative is the ability to create something new different from before. Student creativity in creating content themes and creative in their own confidence. This ability makes it more advanced in socialization and then becomes good at speaking in front of the general public. Therefore, students and teachers must understand the current learning model or be diligent in speaking to the wider public.

### 4. Conclusion

The results obtained from the Public Speaking Training activities for students and teachers of MAN 1 Rembang showed a significant impact in improving the ability and creativity in public speaking. Through this training, teachers and students at MAN 1 Rembang not only gained knowledge about basic techniques in public speaking, but also developed skills that enable them to perform creatively and interestingly in front of the public. Teachers became more skillful in presenting their subject matter in a more dynamic and engaging way, thus increasing students' interest and understanding of the material taught. They learn how to use various techniques such as voice intonation, body movements, and the use of visual aids to attract and maintain students' attention and interest during learning sessions.

Meanwhile, MAN 1 Rembang students also experienced a significant improvement in their public speaking skills. They learned how to organize and deliver speeches or presentations in a more persuasive and convincing manner. The

training also provided an opportunity for students to explore their creativity in choosing topics, designing presentation structures, and using language that is interesting and easily understood by their audience. Overall, this training activity succeeded in creating a supportive learning environment and motivating the teachers and students of MAN 1 Rembang to develop their public speaking skills. With the new knowledge and skills gained, they are expected to become more effective and confident communicators, both inside and outside the school environment. Thus, this training activity not only provides direct benefits in improving the quality of learning at MAN 1 Rembang, but also has the potential to have a positive impact on their personal and professional development in the future.

Through the Public Speaking Training activities for MAN 1 Rembang students and teachers, there was a significant impact on public speaking skills and increased creativity in delivering subject matter. Teachers from MAN 1 Rembang managed to improve their skills in delivering subject matter in a more dynamic and interesting manner. They gained an in-depth understanding of public speaking techniques, such as the use of proper voice intonation, body movements that reinforce the message, and the use of visual aids to enhance the attractiveness of the presentation. Meanwhile, the students of MAN 1 Rembang also experienced significant development in their public speaking skills. They not only learned how to put together persuasive presentations, but also explored their creativity in choosing interesting topics and designing mesmerizing presentations. With guidance from trained teachers, the students were able to hone their public speaking skills with confidence.

In addition, these training activities create a positive and supportive learning environment, where students and teachers feel open to experiment and learn from mistakes. This creates an atmosphere that spurs continuous growth and development in public speaking skills. As such, the results of this training are not only seen in direct progress in public speaking skills, but also in increased self-confidence and the ability to communicate effectively among participants. It is hoped that this success will bring a sustainable positive impact within the educational environment of MAN 1 Rembang, as well as assist students and teachers in achieving their full potential in the world of communication.

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## Conflict of Interest

The authors declare no conflicts of interest.

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