

The silent struggle: investigating students' anxiety levels in impromptu speech situations

ABSTRACT

This study investigates speaking anxiety among students after their impromptu presentations. Speaking anxiety, characterized by discomfort and excessive worry, it can impact students' well-being and necessitate social support. The research investigates students' experiences and influencing factors using a quantitative approach. Data was collected from 32 undergraduate students at Universiti Malaysia Sabah through questionnaires. Results reveal that most students experience anxiety during impromptu presentations, manifesting as nervousness, mental withdrawal, and fear of making mistakes or negative judgments. To alleviate speaking anxiety, teachers can employ strategies such as improving body language and eye contact. The study emphasizes the importance of teacher support and motivation in helping students overcome anxiety. For students, the findings underscore the commonality of speaking anxiety and the need for more practice and more preparation time when facing spontaneous presentations. Teachers' sensitivity and patience are key to addressing this issue effectively.