

FINAL REPORT

**STUDENTS' SELF-CONFIDENCE FACTORS IN
PUBLIC SPEAKING: ANXIETY AND PRACTICE
OPPORTUNITIES**



**To fulfill one of the graduation requirements for the D-III English Study
Program Politeknik Negeri Sriwijaya**

Prepared By:

Nafizsha Donna Rienvillia

NIM 062330901789

Advisors:

Sri Gustiani, S. Pd., M.TESOL., Ed.D.

NIP 197108252005012001

Ahmad Khoirul Akhir Tanjung, M.Hum.

NIP 198609292022031004

**D-III ENGLISH STUDY PROGRAM
POLITEKNIK NEGERI SRIWIJAYA**

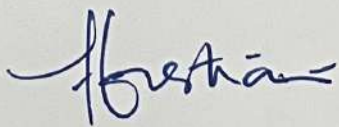
2026

APPROVAL PAGE

The Final Report titled:

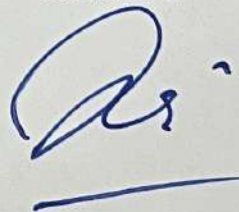
**STUDENTS' SELF-CONFIDENCE FACTORS IN PUBLIC SPEAKING:
ANXIETY AND PRACTICE OPPORTUNITIES** prepared by Nafizsha
Donna Rienvillia (NIM 062330901789) has been approved by the advisors for
defense in the Final Report Examination.

Advisor 1



Sri Gustiani, S. Pd., M.TESOL., Ed.D.
NIP 197108252005012001

Advisor 2

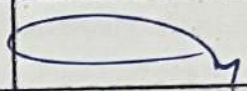
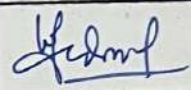
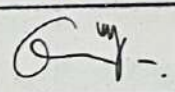


Ahmad Khoirul Akhir Tanjung, M.Hum.
NIP 198609292022031004

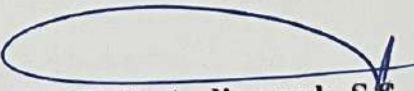
VALIDATION PAGE

The Final Report titled:

**STUDENTS' SELF-CONFIDENCE FACTORS IN PUBLIC SPEAKING:
ANXIETY AND PRACTICE OPPORTUNITIES** prepared by Nafizsha
Donna Rienvillia (NIM 062330901789) has been defended in the Final Report
Examination before the Examination Committee on Monday, 29th June 2026.

	Examination Committee	Signature
Chairperson	Dr. Welly Ardiansyah, S.S., M.Pd. NIP 197408172006041001	
Member 1	Koryati, S.Pd., M.Pd. NIP 198108312005012003	
Member 2	Wirda Ningsih, S.Pd., M.A. NIP 198812012022032001	
Member 3	Genta Ulina Hutagalung, S.Pd., M.Pd. NIP 198907072022032007	

Acknowledged By:
Head of the Department of Language and Tourism
Politeknik Negeri Sriwijaya


Dr. Welly Ardiansyah, S.S., M.Pd.
NIP 197408172006041001

PLAGIARISM FREE DECLARATION

I the undersigned,

Name : Nafizsha Donna Rienvillia

NIM : 062330901789

Year of Enrollment : 2023

Study Program : DIII English Study Program

Declare that this scientific document Final Report does not contain any parts of other scientific works that have been submitted to obtain an academic degree at any Higher Education Institution. Additionally, there are no works or opinions written or published by others/institutions, except those properly cited and listed in the references.

I hereby declare that this scientific document is free from any elements of plagiarism. Should this Final Report later be proven to be plagiarism of another author's work and/or deliberately submit others' work or opinions as my own, I am willing to accept academic and/or legal sanctions in accordance with applicable regulations.

Palembang, 22 April 2026



Nafizsha Donna Rienvillia
NPM 062330901789

PREFACE

First of all, the writer would like to express sincere gratitude to God Almighty for His blessings, guidance, and strength throughout the process of completing this Final Report. Without His grace and support, this report could not have been completed successfully. This Final Report is submitted as one of the requirements for completing the Diploma Program at Politeknik Negeri Sriwijaya. The study discusses students' experiences of speaking anxiety and practice opportunities in public speaking, as well as how these factors influence their self-confidence. The writer would like to express sincere appreciation to the lecturers, supervisors, participants, family members, friends, and all those who have provided support, guidance, encouragement, and assistance during the preparation of this report. Their contributions have been invaluable to the completion of this study. The writer realizes that this Final Report is still not perfect. Therefore, constructive suggestions and feedback are highly appreciated for future improvement. Finally, the writer hopes that this report will be useful for readers, especially those who are interested in public speaking, communication skills, and self-confidence, and that it may serve as a reference for future studies in related fields.

Palembang, 2026

The Writer

ABSTRACT

This study was aimed to explore students' experiences of speaking anxiety and practice opportunities in public speaking and how these factors influence their self-confidence. Public speaking is an important skill for students, especially in higher education, because they need to present ideas clearly and confidently. However, many students still feel anxious when speaking in front of others, which can reduce their confidence and performance. This study used a qualitative research design to understand students' experiences in depth. The participants were diploma students from the English Study Program at Politeknik Negeri Sriwijaya. The data were collected through semi-structured interviews and direct observation in the classroom. The interviews helped the researcher understand students' feelings and experiences, while observation showed students' real behavior during speaking activities. The data were analyzed using thematic analysis, including data reduction, coding, categorizing, and interpretation. Triangulation was also used to compare data from interviews and observation to make the results more valid. The findings showed that many students feel anxious because they are afraid of making mistakes, being judged by others, and not being well prepared. This anxiety affects their confidence and participation in speaking activities. However, practice opportunities such as presentations and class discussions help students feel more comfortable. Regular practice can reduce anxiety and improve students' self-confidence step by step. Based on these findings, lecturers are suggested to give more regular and supportive speaking activities to help students become more confident and reduce anxiety in public speaking.

Keywords: *anxiety, factors, opportunities, public speaking, self-confidence*

ACKNOWLEDGEMENT

This report is not completed without the support, guidance, and help from many people. Therefore, the writer would like to express sincere gratitude to:

1. Mrs. Sri Gustiani, S.Pd., M.TESOL., Ed.D. as the writer's first advisor, for her support, guidance, advice, great motivation, and encouragement throughout the development of this final report.
2. Mr. Ahmad Khoirul Akhir Tanjung, M.Hum. as the writer's second advisor, for his support, guidance, advice, great motivation, and encouragement throughout the development of this final report.
3. Dr. Welly Ardiansyah, S.S., M.Pd, as the Head of the Language and Tourism Department, for his support and guidance throughout the writers' academic journey.
4. Beloved parents, Mr. Ahmad Thamrin AF and Mrs. Msy. Ida Asmarani, for their endless love, prayers, sacrifices, and support, both morally and financially.
5. The participants, lecturers, and administrative staff of the English Department at Politeknik Negeri Sriwijaya, who have provided invaluable experiences and knowledge from the first to the sixth semester.
6. The examiners of this Final Project Report, thank you for giving valuable constructive feedback.
7. The writer's sister, Yasmine Kafi Rienthanian, for her support, encouragement, and prayers.
8. The writer's cousins, Putri Natasya Agustina, Ms. Laila Fauziah, Tiara Ayu Dewi, and Nyayu Dela Anggraini, for their suggestions and input during the preparation of this final report.
9. The writer's friends, Elvira Putri Felicia, Siti Nayla Syakira, Laila Zahira, Badria Indah Damayanti, and Nisa Kamila, for their support, encouragement, and togetherness during the process of writing this thesis, especially for struggling together during the sixth semester.

TABLE OF CONTENTS

COVER	i
APPROVAL PAGE	ii
VALIDATION PAGE.....	iii
PLAGIARISM FREE DECLARATION	iv
PREFACE	v
ABSTRACT	v
ACKNOWLEDGEMENT	vi
TABLE OF CONTENTS.....	viii
LIST OF FIGURES.....	xi
LIST OF TABLES.....	xi
LIST OF APPENDICES	

CHAPTER I INTRODUCTION

1.1 Background of the Research	1
1.2 Focus of the Research.....	2
1.3 Research Questions.....	2
1.4 Research Objectives.....	3
1.5 Research Significance.....	3

CHAPTER II LITERATURE REVIEW

2.1 The Concept under Investigation	4
2.1.1 Public Speaking	4
2.1.2 Public Speaking Anxiety.....	5
2.1.3 Practice Opportunities	7
2.1.4 Self-Confidence in Public Speaking	8
2.2 Review of Previous Research Literature.....	11
2.3 Conceptual Framework.....	15

CHAPTER III RESEARCH METHODOLOGY

3.1 Research Design	17
3.2 Research Site	18
3.3 Participants	18
3.3.1 Students as Primary Participants.....	19
3.3.2 Participant Criteria	19
3.4 Data Collection Techniques	20
3.4.1 Semi-Structured Interviews	20
3.4.2 Observation.....	23
3.5 Trustworthiness of Data	25
3.6 Data Analysis Techniques	26
3.6.1 Semi-Structured Interview.....	26
3.6.2 Observation.....	28

CHAPTER IV RESULTS AND DISCUSSION

4.1 Results.....	29
4.1.1 How do students experience speaking anxiety in relation to their self-confidence in public speaking situations?	29
4.1.1.1 Theme 1. Fear of Making Mistakes Reduces Students' Self-Confidence	29
4.1.2 How do students experience practice opportunities in relation to their self-confidence in public speaking situations?	40
4.1.3 Summary or Results	52
4.2 Discussion	54
4.2.1 Speaking Anxiety and Students' Self-Confidence in Public Speaking.....	54
4.2.2 Practice Opportunities and Students' Self-Confidence in Public Speaking	55
4.2.3 Interconnection between Anxiety, Practice Opportunities, and Self-Confidence	56

4.2.4. Comparison with Previous Studies and Research Gap ...	58
--	----

CHAPTER V CONCLUSION

5.1 Conclusion	59
5.2 Implications.....	60
5.2.1 Theoretical Implications.....	60
5.2.2 Practical Implications.....	60
5.3 Research Limitations	61
5.4 Recommendations for Future Research.....	61

REFERENCES

APPENDICES

LIST OF FIGURES

Figure 2.1 Conceptual Framework of Study	16
Figure 3.1 Interview Journal	21
Figure 3.2 Observation Journal.....	25
Figure 4.1 Conceptual Framework of the Study	54

LIST OF TABLES

Table 2.1 Summary of Previous Studies and Research Gap	13
Table 3.1 List of Interview Questions	22
Table 4.1 Summarized of the Result	53

LIST OF APPENDICES

Appendix 1	<i>Surat Permohonan Surat Pengantar Pengambilan Data</i>
Appendix 2	<i>Surat Permohonan Surat Pengantar Expert</i>
Appendix 3	Final Report Supervision Agreement (Advisor 1)
Appendix 4	Final Report Supervision Agreement (Advisor 2)
Appendix 5	Final Report Supervision Form
Appendix 6	Recommendation for Final Report Examination
Appendix 7	Final Report Exam Revision
Appendix 8	Implementation of Final Report Revision