

## IMPROVING STUDENTS' PUBLIC SPEAKING SKILL

**Qurbonova Sevinchoy Ergash qizi**

*student, Faculty of English Philology and Translation Studies, Samarkand State  
Institute of Foreign Languages, Samarkand, Uzbekistan*

**Abstract:** *The purpose of this article is to identify the factors that cause public speaking problems among students. It also provides ideas on how to overcome their public speaking challenges.*

**Key words:** *Public speaking, orator, content, delivery, communication, non - verbal communication, glossophobia*

### INTRODUCTION

Public speaking has been existing for 2500 years and it has a long history dating back to ancient Greece and ancient Rome. The founder of public speaking is Aristotle. He created the three modes of persuading an audience. They are: Logos, Ethos, and Pathos. From the time of Aristotle to the present, public speaking has developed and has not lost its importance until today. Before discussing this topic, I will briefly consider what public speaking is. "Public speaking is a tool used for conveying information. The purpose of public speaking can vary and may include simply sharing information. Other purposes of public speaking include motivating, celebrating, and persuading others [1]". Today, great importance is attached to learning and teaching public speaking, because it is a powerful weapon in society. Winston Churchill once said "Of all talents bestowed upon men, none is so precious as the gift of oratory. He who enjoys it wields a power more durable than that of a great king". Churchill is indisputably correct because orators can convince, lead, inspire, and invite the people, and with these qualities, they are considered more powerful than the power of kings. According to these aspects of public speaking, the demand for it is increasing day by day. Of course, having such strong public speaking skills requires effort and hard work. That is why many people struggle with it. We will discuss the problems during this research. In this case we should first select the age category. Because public speaking problems can be observed in all people regardless of their age, position, and language. And of course, the factors that cause are different. If we study it in detail, it will be appropriate. That is why I chose the category of students who often encounter public speaking issues. A number of reasons can be given for these difficulties among students, for example:

1. Fear of judgment (stage fright): students often worry about how others will perceive them. Fear of making mistakes, being criticized, or appearing incompetent can lead to anxiety.

2. Lack of confidence: Many of them may doubt their abilities, leading to nervousness and hesitation when speaking in front of others.

3. Inadequate preparation: Without sufficient preparation, students may struggle to organize their thoughts, remember key points, or feel ready, which increases anxiety during their presentations.

4. Limited Experience: Public speaking is a skill that improves with practice. Students who have not had much exposure to speaking in front of groups may feel overwhelmed by the experience.

5. Fear of forgetting: The fear of forgetting their speech or losing track of what they are saying is a significant source of anxiety, leading to performance issues.

6. Social anxiety: Some students have a general fear of social interactions or being the center of attention which can make public speaking particularly challenging.

7. Perfectionism: Students who set excessively high standards for their performance may become paralyzed by the fear of not delivering a "perfect" speech, which affects their overall delivery.

8. Cultural or language Barriers: For students speaking in a non-native language public speaking can be intimidating due to concerns about pronunciation, fluency, or cultural nuances.

9. Peer pressure: Speaking in front of peers can heighten anxiety, especially if students feel their classmates or group mates are more skilled or knowledgeable.

10. Physical symptoms of anxiety: Nervousness can manifest physically in the form of shaking, sweating, or rapid heartbeat, making it harder for students to focus on their speech. These are the main factors that discourage students when they are speaking to an audience. In spite of these difficulties there are possible solutions to these problems. Dale Carnegie and J. Berg Esenwein explains this process "Students of public speaking continually ask, "How can I overcome self-consciousness and the fear that paralyzes me before an audience?" Did you ever notice in the train window that some horses feed near the track and never even pause to look up at the thundering cars, while just ahead at the next railroad crossing a farmer's wife will be nervously trying to quiet her scared horse as the train goes by? How would you cure a horse that is afraid of cars grazing him in a back-woods lot where he would never see steam-engines or automobiles, or drive or pasture him where he would frequently see the machines? Apply horse-sense to rid yourself of self-consciousness and fear: face an audience as frequently as you can, and you will soon stop shying. You can never attain freedom from stage-fright by reading a treatise. A book may give you excellent suggestions on how best to conduct yourself in the water, but sooner or later you must get wet, perhaps even strangle and be "half scared to death". There are a great many "wetless" bathing suits worn at the seashore, but no one ever learns to swim in them. To plunge is the only way. The Apostle Paul tells us that every man must work out his own salvation. All we can do here is to offer you suggestions as to how best to prepare for your plunge. The real plunge no one can

take for you. A doctor may prescribe, but you must take the medicine [2]". Therefore, the first measure arising from the above thoughts and considerations is practice. By practicing we can master every skill as well as public speaking. This is one of the first and most effective measures. It is natural to have problems in public speaking, we are deeply emotional creatures, but most people get discouraged in front of such difficulties and give up. But imagine that communication problems are not only happening to you, everyone has such kinds of issues. Even the Prime Minister of the United Kingdom, Winston Churchill was not effective while talking; he spoke in a monotone, without much change in pitch, or volume. He also suffered from speech impairment, he had difficulty pronouncing the letter "s". However he changed himself into a great speaker. This is because he understood the power that words hold. Now the world knows Churchill as one of the best orators. All this is the result of hard work and practice. In this case, we will explore a number of ways to effectively communicate with an audience.

1. "Nonverbal communication plays a vital role in interacting and connecting with others. It is conveying information without using words. This might involve using certain facial expressions or hand gestures to make a specific point, or it could involve the use of eye contact, physical proximity, and other nonverbal cues to get a message across. A substantial portion of our communication is nonverbal[3]".

2. Before going on the stage, prepare thoroughly, familiarize yourself with the text.

3. Your content must be clear . Content is the information which you are giving to the audience. Moreover, your delivery must be smooth without language hesitation.

4. Your voice tone also carries an important role while you are explaining a new theme to your listeners. It is also essential for you to sound enthusiastic and motivated. Holding a positive tone shows you are excited about this. This will serve as the boost your listeners need to get a head start on the new project.

5. One of the most important aspect is appearance. Your attire is formal and suitable for the occasion. By dressing up in formals, you indicate that you are motivated and come to the workplace enthusiastically every morning. The color of your dress sends out a silent message of your mood. If the above are part of effective communication, it is based on experience and practice. Yes, you will not get an audience every time you practice. Many orators did it with cabbages, they just used cabbages as an audience, not people, to escape from glossophobia. Glassophobia is the fear of the stage. Many orators advise to speak looking at the mirror, that is "the mirror method". If we continue these tips, it will never end. The most important thing is to follow them.



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