

ABSTRAK**TINGKAT KECEMASAN MAHASISWA BERBICARA DI DEPAN UMUM
DAN IMPLIKASINYA TERHADAP PENGEMBANGAN PROGRAM
BIMBINGAN PENINGKATAN KEPERCAYAAN DIRI BERBICARA
DI DEPAN KELAS****(Studi Deskriptif pada Mahasiswa Angkatan 2016 Program Studi Bimbingan
dan Konseling Universitas Sanata Dharma)**

Katerina Mangampang

Universitas Sanata Dharma

2017

Penelitian ini bertujuan untuk: (1) mendeskripsikan tingkat kecemasan mahasiswa dan mahasiswi berbicara di depan umum, (2) mengidentifikasi item pengukuran kecemasan mahasiswa berbicara di depan umum yang memiliki capaian skor tinggi sebagai dasar penyusunan program bimbingan peningkatan kepercayaan diri berbicara di depan kelas.

Jenis penelitian ini adalah penelitian deskriptif kuantitatif. Subjek penelitian adalah mahasiswa angkatan 2016 Program Studi Bimbingan dan Konseling Universitas Sanata Dharma yang berjumlah 84 orang. Instrumen penelitian yang digunakan adalah Kuesioner Kecemasan Mahasiswa Berbicara di Depan Umum dengan 38 item. Reliabilitas instrumen diukur menggunakan Alpha Cronbach dengan reliabilitas 0,915. Teknik analisis data yang digunakan adalah norma kategorisasi Azwar yang terdiri atas 5 kategori yakni sangat tinggi, tinggi, sedang, rendah, dan sangat rendah.

Hasil penelitian ini menunjukkan bahwa tingkat kecemasan mahasiswa berbicara di depan umum angkatan 2016 Program Studi Bimbingan dan konseling Universitas Sanata Dharma sebagai berikut: 1 (1,19%) mahasiswa berada di kategori sangat tinggi, 9 (10,71%) mahasiswa berada di kategori tinggi, 35 (41,67%) mahasiswa berada di kategori sedang, 35 (41,67%) mahasiswa berada di kategori rendah, 4 (4,76%) mahasiswa berada di kategori sangat rendah. Hasil penelitian ini juga memperlihatkan bahwa tingkat kecemasan berbicara di depan umum antara mahasiswa dan mahasiswi sebagai berikut: tidak ada mahasiswa dan 1 (1,96%) mahasiswi berada di kategori sangat tinggi, 1 (3,03%) mahasiswa dan 8 (15,69%) mahasiswi berada di kategori tinggi, 9 (27,27%) mahasiswa dan 26 (50,98%) mahasiswi berada di kategori sedang, 21 (63,64%) mahasiswa dan 14 (27,45%) mahasiswi berada di kategori rendah, 2 (6,06%) mahasiswa dan 2 (3,92%) mahasiswi berada di kategori sangat rendah. Melalui hasil perhitungan skor item menunjukkan 8 item yang berada pada kategori tinggi sebagai dasar penyusunan program bimbingan peningkatan kepercayaan diri berbicara di depan kelas.

Kata Kunci: Kecemasan berbicara di depan umum, mahasiswa, mahasiswi, program bimbingan.

ABSTRACT

**ANXIETY LEVEL OF UNIVERSITY STUDENTS WHEN SPEAKING IN PUBLIC AND ITS IMPLICATION FOR THE GUIDANCE PROGRAM OF IN-CLASS PRESENTATION SELF-CONFIDENCE DEVELOPMENT
(Descriptive Study on Students of Guidance and Counseling Departement Batch 2016 Sanata Dharma University)**

Katerina Mangampang

Sanata Dharma University

2017

This research was aimed at: (1) describing the level of anxiety of university students when speaking in public, (2) identifying items on anxiety measurement of students speaking in public having high scores as a basis of compiling the guidance program of in-class presentation self-confidence development.

This was a descriptive quantitative research. The subjects were 84 students of batch 2016 of Guidance and Counseling Departement. Research instrument used was 38 items of a Students' Anxiety when Speaking in Public Questionnaire. Instrument reliability was measured by Alpha Cronbach, with reliability of 0,915. Data analysis technique used was Azwar categorization norm consisting of 5 categories namely very high, high, medium, low, and very low.

The result of this research showed that anxiety level of students of Guidance and Counseling Departement of Sanata Dharma University batch 2016 when speaking in public was as follows: 1 (1,19%) student was categorized as very high, 9 (10,71%) students were categorized as high, 35 (41,67%) students were categorized as medium, 35 (41,67%) students were categorized as low, 4 (4,76%) students were categorized as very low. This research result also showed that anxiety level when speaking in public between female and male students is as follows: no male student and 1 (1,96%) female student was categorized as very high, 1 (3,03%) male student and 8 (15,69%) female students were categorized as high, 9 (27,27%) male students and 26 (50,98%) female students were categorized as medium, 21 (63,64%) male students and 14 (27,45%) female students were categorized as low, 2 (6,06%) male students and 2 (3,92%) female students were categorized as very low. Item score calculation result showed 8 items which were categorized as high were used as the basic of the compilation of the guidance program of in-class presentation self-confidence development.

Keyword: Public speaking anxiety, male Students, female Students, guidance program.