

Factors affecting Glossophobia syndrome in students of Hanoi University of Industry.

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Abstract

Glossophobia is a fear of public speaking, a fear of having to speak in front of many people. Glossophobia syndrome is increasingly common, especially in the developed modern world, where presenting in front of a crowd, and presenting between people, people, and organizations is extremely necessary. The topic "Factors affecting Glossophobia - fear of public speaking" focuses on studying the factors affecting this syndrome of Hanoi University of Industry students. Research methods such as surveys, interviews, and change tracking will be used to collect data and analyze the results. This study hopes to contribute to finding solutions to address Glossophobia for those affected by it. In addition, the study clearly states the research methods, building models, proposed models, and synthesizing research hypotheses.

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I. Introduction

In a "flat" world like today - when we humans can connect, collaborate, and chat over the Internet with smartphones, Ipad, ... That helps us to solve a lot of problems. many problems, every story is easy and quick. There is no denying the benefits that the 4.0 period brings, but besides that, it also leaves consequences, first of all, for individuals. When people only work hard to connect with each other through "flat" screens, they gradually forget about having to go outside to exchange, make friends, and participate in collective activities, extracurricular activities, ... That makes today's young people gradually tend to live in isolation, which will greatly affect the development of their skills.

Thanks to that, the task of the scientific apparatus is more and more advanced than ever. It is studying all aspects of internationalism. Scientific research achievements have been applied to all service industries of life. Realizing that our group also found a hidden corner of today's youth. It is Glossophobia - fear of public speaking.

II. Literature review and background theories

Literature review

Glossophobia or public speaking skills is an essential skill for anyone. According to an American article that once mentioned this issue, about 75% of those surveyed admitted to having this fear. Statistics in the United States alone show that 4 out of 10 Americans express that they are afraid to give presentations in public. In fact, according to some studies on Google Scholar, Researchgate, and Booksc.org, ... shows that many university students are also afraid of public speaking exercises. in subjects, schools, and classes. Here are some studies abroad: Research "Fear of public speaking: perception of college students and correlations" Speech-language Pathology and Audiology, Universidade Federal de Minas Gerais (UFMG), Belo Horizonte, Minas Gerais: This study determined the prevalence of fear of public speaking among university students and evaluated its association with variables. sociological numbers and variables related to voice and oral communication. The study was based on a survey of 1135 undergraduate students aged 17-58. The study provides specific, easy-to-understand data, sampled from a large number. However, the study only stopped at undergraduate students.Or "I Speak Not": Accounts of English Language Learners With Glossophobia by Fhajema M. Kuso and Harper Jay R. Santos: This qualitative study used phenomenological research methods to identify learners' experiences of English in public speaking and their coping mechanisms for overcoming such experiences: Results suggest that English learners' prior speaking anxiety stems from perceived fear or negative judgment, the effects of unpleasant experiences and pressure from competitiveness. Participants used four coping mechanisms to deal with anxiety and improve themselves in the process - remedial, positive thinking, positive teacher attitude, and peer seeking Five: 16/12/2021 The good and the bad: Many objective and subjective reasons have been given for this phenomenon and the solutions have solved the problem. can use the aforementioned coping mechanisms to reduce or improve their speaking skills. Not to mention the study "Glossophobia: The Fear of Public Speaking in ESL Students in Ghana" by Solomon Ali Dansieh, Edward Owusu, and Gordon Abudu Seidu: Current research explores factors

associated with Glossophs ESL member of a tertiary institution in upper Ghana, Dr. Hilla Limann Technical University, WA and offers recommendations for improving public speaking skills. The study combined both quantitative and qualitative research methods in a poll involving 46 participants from the 300 classes of Ministers and Management Studies at the School of Business. Participants acknowledged the importance of public speaking but admitted that at some point in their student lives, when they had to speak in public, Glossophobia prevented them from making a good impression on audiences. Year: 2021 Positive side: Many solutions have been given to students so that they can confidently speak in public The study recommends that lecturers adopt an interactive approach combined with communication strategies Appropriate communication to promote positive attitudes creates the desired atmosphere to boost student confidence. Instructors should also organize seminars on public speaking skills and encourage frequent individual oral presentations in class so that students can practice developing a positive attitude toward speaking. general public.

Next is the study "Glossophobia: The Fear of Public Speaking In Female And Male Students Of the University Of Karachi" by Kausar Perveden, Yama Hasan Abdur Rahman Aleemi, Abstract: This is a 2018 study on phobias public speaking about male and female students at Karachi University in Pakistan. From there, conclusions on this issue and methods of dealing with presentation anxiety of male and female marine students are drawn. A detailed study, with very specific data and tables, to show the factors affecting the fear of public speaking and propose some urgent solutions to help students in the school be more confident in their work. public speaking and presentations. However, in the research, there are quite a few solutions. This is suitable for certain groups of students but has not been fully applied to all students in the school. Finally, "Why Are We Scared of Public Speaking?" was researched by Gary Dorevitch in 2017. The study clearly and in detail shows 4 main groups of factors affecting the fear of public speaking. These are the main causes that make us start to fear this syndrome namely physiology, thoughts, situations, and skills. Although the study was divided into 4 main groups of influencing factors, there was no specific data and large research subjects, so the scope of application was not really true for each group of subjects. Research helps people understand the root of this common fear, which can help us conquer it faster.

Here are some typical national research topics:

The first is the scientific research paper "Communication status of students at the Industrial University of Ho Chi Minh City, Thanh Hoa campus". The article is the research result of a group of students from the Faculty of Economics, Industrial University of Ho Chi Minh City. The article studies the importance of communication with students at the faculties of the Industrial University. The material researched and systematized the arguments about communication. From the theoretical research results, the basic framework, process-oriented methods, and research methods have been identified. The content of the research paper consists of 3 parts: Theoretical basis, the Current situation of communication, from which to propose some measures to improve students' communication so that they have good learning conditions and communication skills. with the community. and do well in the field of research. The second research paper is "Research on factors affecting presentation skills of UEH students" of a group of students. The study identifies the factors affecting the presentation skills of students studying at the university and offers some suggestions on solutions for students to overcome their fear of public speaking and expressive presentation. attract listeners. In this study, presentation skills were assessed through human factors, presentation content, and some external factors. Research methods help assess the situation more accurately through methods that help researchers collect complete variables, remove unnecessary ones, and add content that everyone includes. Let the people within the scope of the research present the problem themselves. Thereby interviewing other students and having enough survey data (80-160 data processing copies to assess the influence of variables). Finally, the study "Presentation skills and teamwork" by MSc Lai The Luyen - Applied Economic Research Institute of soft skills. This study, it helps students in particular, and people, in general, understand and present the concepts of presentation, explains the benefits of giving presentations, and the importance of learning presentation skills. Understand the requirements of an effective presentation and the basic steps to building an effective presentation. At the same time, it shows the relevant skills that need to be practiced for a successful presentation

Background theories

Glossophobia is a type of fear of public speaking or public presentation and is considered one of the most common types of fear. The symptoms of this syndrome can make it very difficult for the affected person to participate in communication activities or give public speeches.

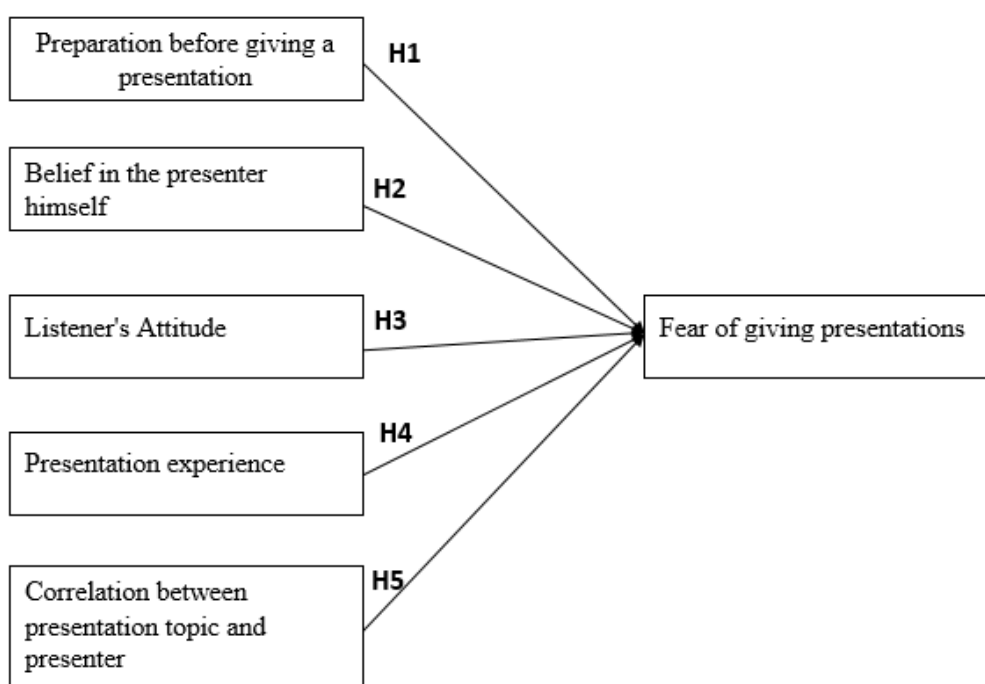
After reading the above research articles, my group found 5 factors affecting Glossophobia syndrome including preparation before giving a presentation, self-belief of the presenter, and attitude of listeners. Presentation experience, and the speaker's correlation with the presentation topic. These factors can affect students' confidence, communication, and skills in public speaking.

Based on this reasoning, research on factors affecting Glossophobia syndrome in students at Hanoi University of Industry will help us better understand the problem and apply skills and methods to reduce Reduce stress and deal with the fear of public speaking.

Research model and hypothesis

Research model

From the above research hypotheses, our group has built a research model of factors affecting Glossophobia syndrome:



Hypothesis

Hypothesis	Influencing factors	Affected factors
H1	Preparation before giving a presentation (CB)	Fear of giving presentations
H2	Belief in the presenter himself (NT)	Fear of giving presentations
H3	Listener's Attitude (TD)	Fear of giving presentations
H4	Presentation experience (KN)	Fear of giving presentations
H5	Correlation between presentation topic and presenter (TQ)	Fear of giving presentations

Research Methods

- o Methods of analysis and synthesis of theories
- o The method of classification and systematization of the theory
- o Methods of investigation and survey

Overall study and sample selection

All students at the University of Industry

Sampling by random method

The method of data collection:

- Qualitative research: The group set up a number of questions to interview students in Hanoi University of Industry.
- Quantitative research: survey for 400 subjects including 5 elements with all observed variables given to survey subjects

Information processing method:

- Evaluation of scale reliability
- EFA. exploratory factor analysis
- Hypothesis testing

Research results

Cronbach's Alpha scale reliability

	Cronbach's Alpha	N of Items
CB	.925	7
NT	.860	7
TD	.891	6
KN	.916	6
TQ	.930	6
SH	.891	7

Cronbach's Alpha reliability coefficient $>0 \Rightarrow$ The scale has a high level of reliability.

EFA exploratory factor analysis

Exploratory factor analysis (EFA) for the independent variable

Kaiser- Meyer- Olkin Measure of Sampling Adequacy		.861
Bartlett's Test of Sphericity	Approx. Chi-Square	10508.632
	DF	496
	Sig.	.000

The coefficient $KMO > 0.5$ and $sig < 0.05$, so the factor analysis is suitable and the variables are correlated with each other. After analysis, observed variables were extracted into 6 main groups of variables with all variables have load factor > 0.5

Exploratory factor analysis EFA for the dependent variable

Kaiser- Meyer- Olkin Measure of Sampling Adequacy		.875
Bartlett's Test of Sphericity	Approx. Chi-Square	1426.501
	DF	21
	Sig.	.000

KMO coefficient > 0.5 means the model is suitable factor of analysis
 $Sig < 0.05$ means the observed variables are correlated with each other

Check the correlation coefficient

Based on the correlation coefficient during the implementation, the research team found the Sig value of factors CB, NT, TD, TQ, and KN are all less than 0.05, this shows that these factors all have a linear relationship with variable SH.

We see the Sig value. of factors CB, NT, TD, TQ, and KN are all less than 0.05, this shows that these factors all have a linear relationship with variable SH.

Linear regression model

The corrected R2 value is 0.650. This result shows that the independent variables in the model explain 65 % of the variation of the dependent variable, and the remaining 35% of the variation of the dependent variable is explained by the variables outside the model and random error...

Durbin – Watson value is equal to 1,901, this value is greater than 1 and less than 3. It follows that there is no autocorrelation between variables.

From the obtained results, we can build the following regression model:

$$\text{SH} = -0.100\text{CB} - 0.153\text{NT} - 0.212\text{TD} - 0.199\text{TQ} - 0.172\text{KN} + e$$

In summary, the fear of public speaking is negatively affected by correlation, belief, experience, preparation, and attitude variables in descending order.

Hypothesis test results

On the basis of the regression model on factors affecting the fear of presentations of students at Hanoi University of Industry, the results of testing the model's hypotheses are identified as follows:

Hypothesis (H1): Preparation before giving a presentation has a negative effect on fear of public speaking.

Hypothesis (H2): The presenter's self-confidence has a negative effect on the fear of public speaking.

Hypothesis (H3): The correlation between the presenter and the presentation topic has a negative effect on the fear of public speaking.

Hypothesis (H4): listener's attitude has a negative effect on fear of public speaking.

Hypothesis (H5): a negative influence on fear of public speaking.

III. Discussion

Preparation

Independent variable CB - Preparation before presentation refers to the presenter's preparation and readiness for the necessary things for the presentation, for example, presentation content, and appearance before coming up. the presentation, ... This independent variable has an important contribution to the model and also has a certain influence on the dependent variable SH – Fear of public speaking with the Beta value of the correlation variable $|-0.100|=0.100$.

As predicted before the research results, the independent variable CB was predicted by the research team to be the variable that has the most influence on the dependent variable SH. Thorough preparation will reduce the fear of giving a presentation. Because through the actual interviews of the individuals who participated in the interviews, most of them said that the preparation before the presentation was a big influence on turning fear.

This is also a new variable found compared to previous studies, and a new point of the study. Therefore, after the research results, CB independent customization is not the most influential variable. to the SH variable, but also a very important independent variable that affects the dependent variable.

Faith

The presenter's self-belief is a very important factor in achieving a good presentation. The observed variables of the mentioned trust factor all contribute positively to the results of the study

The beta of the variable is $|-0.153|=0.153$

Compared with previous studies, this argument is consistent with the implications of trust for the presentation process. Factors such as emotional control, psychological well-being, the ability to speak, and belief in one's own abilities have been listed by other studies as essential factors for good performance in theory. submit.

Attitude

Looking at the multivariate regression analysis table above, we see that the Beta value of the variable is $|-0.212|=0.212$. Thus, the correlation variable has the highest influence on the dependent variable SH - the fear of public speaking. This means that the less focused the audience is, the higher the fear of public speaking. Compared with previous studies, or studies with similar content, this result is consistent with those studies.

Initially, when conducting the actual survey, which was a personal interview, the majority of interviewees believed that preparation was a major factor influencing the variable fear when giving public presentations. Therefore, the research team had predicted CB - Preparation before giving a presentation will have the most influence on the dependent variable SH - fear of public speaking.

However, when completing the survey results, it was found that the variable TD - Attitude of the listener is the factor that has the greatest influence on the dependent variable SH - Fear of public speaking.

Experience

Presenter experience is an important factor in presenting professionalism and making a positive impression on the audience. This variable refers to the speaker's level of knowledge, skill, and experience in the field in which they are presenting. From the above analysis, we can see that the Beta value of the variable is $|-0.172|=0.172$, so the variable Experience has an impact on the third-ranked influence on fear of public speaking.

The independent variable presenter experience is an important factor in presenting professionalism and making a positive impression on the audience. This variable refers to the speaker's level of knowledge, skill, and experience in the field in which they are presenting.

Correlation

Looking at the multivariate regression analysis table above, we see that the Beta value of the correlated variable is $|-0.199|=0.199$. Thus, the correlation variable has the second level of influence on the dependent variable SH - the fear of public speaking, after the TD variable (0.212). This means that the less correlation between the presenter and the subject of the presentation, the greater the fear of public speaking. There is a mutual impact between them

IV. Conclusions

From the research results, it can be seen that the student's Glossophobia or fear of public speaking is affected by 5 factors including preparation before giving a presentation, and belief in the person himself. presentation, listener attitude, presentation experience, and the relationship between the topic of the presentation and the presenter. Specifically, all these five factors have the opposite effect on the fear of public speaking among students of Hanoi University of Industry. Therefore, in order to increase the confidence and presentation ability of students, not only the students themselves but also the lecturers, the school as well as the surrounding environment need to focus on investing in promoting students, the core force. of the country to improve this important skill. This can be considered as one of the strategies to promote the development of the young Vietnamese generation at universities as well as the quality of soft skills education and presentation skills of students in the educational environment. university.

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