

**PUBLIC SPEAKING ANXIETY OF THIRD YEAR AB ENGLISH
AND MASS COMMUNICATION STUDENTS AT
CENTRAL PHILIPPINE UNIVERSITY**

**A Research Paper Presented to
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By

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ABSTRACT

This study aimed to find out the Public Speaking Anxiety (PRPSA) of the Third Year AB English and Mass Communication students at Central Philippine University. Specifically, this study aimed to determine the public speaking anxiety level of the third year AB English and Mass Communication students at Central Philippine University according to age, sex, nationality, and course; analyze; discuss the characteristics that indicate their anxiety level; and find out ways on how to become an effective and confident speaker. The purposive sampling design was used in this study to determine the respondents and adapted the (PRPSA) questionnaire to determine the public speaking anxiety level of the 25 students. It was found out that more than half of the respondents belong to the 'moderate level' of public speaking anxiety because of their varied speaking exposures and opportunities in and outside the classroom, only the respondents who belong to the 18 to 20 age group got 'high level' of public speaking anxiety which shows that the younger the respondents are, the more they feel nervous and most of the respondents feel nervous before they start their speech. It is recommended that since not all of the respondents feel confident, they need more public speaking opportunities and experiences to build and improve their level confidence which they really need for their future career and preparation such as reading and practicing a lot is needed before giving a speech.