



Public Speaking Training In Building Self-Confidence As Optimal Preparation For The World Of Work For Students Of SMK Budi Asih, Jakarta

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Abstract: SMK Budi Asih as one of the secondary education institutions in Jakarta has the responsibility to produce graduates who not only have technical skills, but also good communication skills. Through speaking skills, students will be able to express ideas, thoughts, and information in the right way in public and not cause misunderstandings as optimal preparation for the world of work. This training is designed to improve students' speaking skills, self-expression, and effective communication so that they are able to face competitive challenges in the increasingly complex world of work. Involving interactive training methods, this activity not only focuses on the technical aspects of public speaking, but also strengthens the psychological aspects to overcome the fear of speaking in public. The results of this training can have a positive impact on increasing self-confidence and preparing SMK Budi Asih students to face challenges in the dynamic world of work. The success of this training is expected to be measured through participant evaluation and monitoring the development of public speaking skills and increasing students' self-confidence.

Keywords: World of Work, Self-Confidence, Public Speaking, SMK Budi Asih, Students

INTRODUCTION

In the era of globalization and tight competition in the job market, soft skills, including public speaking skills, are very crucial and important, especially for Vocational High School (SMK) students in preparation for the world of work (Mandasari et al., 2021). Through speaking skills, students will be able to express ideas, thoughts, and information in the right way in public and not cause misunderstandings (Suryantara et al., 2023).

SMK Budi Asih in Jakarta as one of the secondary educational institutions has the responsibility to produce graduates who not only have technical skills, but also good communication skills. Public speaking is not only about the ability to speak in public, but also



includes self-expression, presentation skills, and persuasive communication skills (Tyas et al., 2023).

Although SMK Budi Asih has produced graduates who have qualified technical skills, there are still shortcomings in emphasizing the development of non-technical communication skills, especially in terms of public speaking. Lack of preparation in speaking skills can be a serious obstacle for students in facing the demands of the world of work that requires the ability to convey ideas and concepts effectively (Gatra, 2018). Therefore, an initiative is needed to provide public speaking training to build self-confidence and communication skills of SMK Budi Asih students.

The lack of self-confidence that arises from students is partly due to anxiety (Romadhon et al., 2021). Anxiety is a subjective feeling of disturbing mental tension and the inability to overcome a problem or a lack of security. This feeling of anxiety can cause several negative effects including tension, confusion, inability to concentrate, restlessness, and stuttering in communicating, trembling, sweating, increased heart rate and psychological; panic (Aryadillah, 2017).

Along with the development of an increasingly dynamic world of work, public speaking skills are not only seen as additional skills, but as an essential need in facing professional challenges. The role of effective communication, both verbally and presentationally, is increasingly appreciated in every field of work. Therefore, public speaking training is a strategic step in increasing the competitiveness and readiness of SMK Budi Asih students to face an increasingly competitive world of work.

The level of lack of self-confidence when speaking in public is one of the main problems faced by students today (Hasanah & Saugi, 2021), including for SMK Budi Asih. This high level of self-doubt can hinder students' potential to appear confident and convincing in front of an audience (Juwita et al., 2010). With this lack of self-doubt, students tend to be reluctant to actively participate in presentation activities in class, seminars, or even in job interviews.

Lack of access to public speaking training is also an obstacle. There are limited resources and inadequate training programs in the school environment. In many cases, students do not get enough coaching or practice to hone their public speaking skills. Therefore, it is important to



overcome this problem by organizing a public speaking training program that can be accessed by all students of SMK Budi Asih.

Overcoming this problem is not only the responsibility of the school alone, but also a joint commitment between the school, teachers, students, and the community. In this context, community service is carried out by designing and implementing a holistic and integrated public speaking training program. This program not only focuses on public speaking techniques, but also on psychological aspects that can increase students' self-confidence.

METHOD

Training on the importance of public speaking skills for the younger generation in building self-confidence as optimal preparation for the world of work for students of SMK Budi Asih Jakarta, is carried out face-to-face and will be held in May 2024.

A. Time and Location of Community Service

This community service will be held at Budi Asih Vocational High School, South Jakarta. Held on Thursday, May 16, 2024.

The implementers of the Public Speaking Training activity in Building Self-Confidence as Optimal Preparation for the World of Work for Students of SMK Budi Asih, Jakarta are lecturers and students from the Communication Science Study Program, National University.

B. Materials and Tools/Instruments for Community Service

The materials and instruments to support Community Service activities are as follows:

1. Banner
2. Materials
3. Mic
4. Sound System
5. Stationery
6. Pre-Test Questions
7. Post-Test Questions

C. How it Works



The material is delivered to the target audience, namely students of SMK Budi Asih Jakarta, after the speaker gives questions on the Pre-Test questions regarding public speaking and its benefits in facing the world of work which will later become an understanding for students of SMK Budi Asih Jakarta regarding the importance of understanding and mastering public speaking to prepare themselves in facing the world of work and how to grow confidence in doing public speaking. The material that will be provided is material that is in accordance with public speaking and its benefits and techniques in Power Point format. The material is delivered directly in front of students of SMK Budi Asih majoring in Office and after that provides training on how to do public speaking well and does direct practice in front of the class to see the results of this community service.

After the delivery of the material, it was continued with a Post-Test which was useful for finding out how deeply the target audience, namely the students of SMK Budi Asih majoring in Office Administration, absorbed the material that had been presented.

RESULT AND DISCUSSION

Community Service Activities carried out by lecturers are part of the lecturers' obligations in fulfilling the Tri Dharma of Higher Education, namely Teaching, Research, and Community Service. Before the start of training on public speaking skills and how it can build self-confidence as preparation for entering the workforce, students of SMK Budi Asih Jakarta were asked to fill out a pre-test to determine their level of understanding of public speaking and its important role in the workforce.

The results of the pre-test showed that some students of SMK Budi Asih Jakarta still do not understand how important public speaking is in increasing self-confidence and how this skill is needed when facing job interviews or presentations at work.

This results in a lack of awareness among students of the importance of effective communication as one of the soft skills in the workforce. Many of them feel less confident in speaking in public, which can hinder their preparation for entering the workforce.

The arrival of the Community Service team from the National University Communication Studies Program was greeted with high enthusiasm from the students and teachers of SMK Budi

Asih Jakarta. They arrived on time according to the predetermined schedule. This PKM activity is carried out in the school hall, which is a gathering place for students for various academic and non-academic activities. The activity was started and opened by the Head of Budi Asih Jakarta Vocational School, Iryanis, S.E., S.Pd who was very happy to welcome the Community Service team and hoped that this activity would be carried out every semester



Figure 1. Welcome and opening

After the opening and welcoming speech, the activity continued with a group photo. The photo session was attended by the principal, the ranks of vice principals, several teachers and all participants of the activity, namely students of SMK Budi Asih Jakarta majoring in Office.



Figure 2. Group photo before the activity

After the group photo, participants were asked to fill out a pre-test regarding their knowledge and understanding of public speaking. Then continued with the delivery of material by the Lecturer of the Communication Science Study Program, National University, Yudha Pradhana, S.I.Kom., M.Si. In his presentation, Yudha explained the importance of public speaking skills as basic capital to build self-confidence, especially when facing the world of work. Public speaking is explained as a skill that can not only help someone in conveying ideas or opinions effectively, but also as a means to build a positive self-image in front of others, be it colleagues, superiors, or clients. This skill can help participants in facing job interviews, leading meetings, and even giving presentations in front of a larger audience.



Figure 3. Delivery of material

The material was delivered alternately by the team, Lecturers of the Communication Science Study Program of the National University, namely Vivitri Endah Andriani S.I.Kom., M.I.Kom and Mira Adita Widiarti, S.I.Kom., M.I.Kom in public speaking skills training for students of SMK Budi Asih Jakarta. The content of the material not only emphasizes the importance of the role of public speaking in building self-confidence, but also how this skill can be one of the main assets in entering the world of work. The focus of this training is to equip students with effective strategies for public speaking, which are very necessary when facing job interviews, presentations, or other professional situations. This is so important because most students do not have enough confidence to speak in public, and this is a challenge for them in developing their careers in the future.



Figure 4. Delivery of material

The PKM team also provided several important strategies in improving public speaking skills. First, is to practice breathing and regulating voice intonation. The speaker explained that mastering breathing techniques is very important to maintain voice stability while speaking, so that messages can be delivered clearly and confidently. In addition, good intonation can

emphasize important points in a presentation, making the audience more interested and focused on what is being conveyed.

The next strategy is to regulate eye contact and body language. The speaker emphasized that non-verbal communication, such as eye contact and body language, plays an important role in giving a positive impression to the audience. By maintaining eye contact, the speaker can build a connection with the audience, making them feel cared for, and this indirectly increases students' confidence when speaking in public.



Figure 5. Atmosphere of the activity

In addition, the speaker also explained the importance of thorough preparation. Before appearing in public, students are expected to understand the material that will be presented, and train themselves to speak fluently. And finally, the speaker emphasized the importance of consistency in practicing public speaking. Although at first speaking in public feels difficult and scary, with consistent practice, students will become more confident and proficient in public speaking. This skill is not only useful for academic needs, but also in life in the world of work in the future.



Figure 6. Question and answer session

After the presentation of the material, the session continued with questions and answers and discussions about the difficulties faced by students in public speaking. This session was very interactive because the students' responses were positive. Many of them asked about how to overcome nervousness when speaking in public and how to improve their communication skills.



Figure 7. Participant practice

The most awaited session in this service is the direct practice session in front of the class, the service participants are given the challenge to do public speaking directly in front of the class. This is done with the aim of providing experience to students on how to overcome nervousness and grow their courage to speak in front of a crowd.



Figure 8. Participant practice

The practice carried out can not only help participants overcome nervousness and build self-confidence, but can also hone their speaking skills such as intonation and facial expression management, as well as how they can control the audience and the stage when they do public speaking.



Figure 9. The excitement of the activities

The training session was closed with a post-test to measure the increase in students'



understanding. From the post-test results, there was a significant increase in participants' understanding of the importance of public speaking and how the strategies taught can help them increase their self-confidence and readiness to face the world of work.

The results of the public speaking skills training activity in building self-confidence as optimal preparation for the world of work for SMK Budi Asih Jakarta students went well and in accordance with the previously determined plan. The expected results of this activity are to increase students' understanding of the importance of public speaking and how to use it to build self-confidence, especially as the main capital in facing the world of work.

This training can also help SMK Budi Asih students master strategies in public speaking, including techniques for regulating intonation, body language, maintaining eye contact, and preparing materials before presentations. In addition, they are also taught how to overcome nervousness when speaking in front of an audience, which is one of the main obstacles often faced by students. With these skills, students are expected to be better prepared to face communication challenges in the world of work, such as job interviews or presentations at work.

In addition, this training also aims to increase students' understanding of the importance of effective communication. Most of them may not be used to speaking in front of many people, so through this training, they learn how to convey messages clearly and confidently. Seen from the question and answer session conducted after the presentation of the material, students gave a positive response to understand how public speaking skills can help them in dealing with various situations in the workplace.

CONCLUSION

The public speaking skills training held at SMK Budi Asih Jakarta in an effort to improve students' understanding of the importance of public speaking as optimal preparation for the world of work has been carried out well and smoothly as expected in accordance with the target of this Community Service activity.

The students managed to understand various important strategies in public speaking, such as intonation techniques, use of body language, eye contact, and how to overcome nervousness. Positive responses from participants indicate that this training is very useful in improving their

communication skills. The expected results of this training are increased student awareness of the importance of public speaking in the world of work, both during interviews, leading meetings, and giving presentations. This training also helps build their confidence in communicating, which is an important aspect in preparing themselves for the world of work. Overall, this activity has a positive impact on the readiness of SMK Budi Asih students to face various challenges in the world of work in the future.

The PKM activities that have been held are expected to continue to be applied gradually so that they can be passed on to the next generation of students so that public speaking training like this can continue to practice and develop their skills sustainably. For teachers, it is expected to accompany and provide extra support in honing their public speaking skills. In addition, it is necessary to hold simulations of work situations such as job interviews or project presentations, so that students can be better prepared to face real communication challenges after graduation. By implementing these suggestions, it is hoped that SMK Budi Asih students will be better prepared to face the world of work.

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