

## CHAPTER II

### REVIEW RELATED LITERATURE

#### A. Theoretical Study

##### 1. Self Confidence

###### a. Definition of Self Confidence

Bandura state that Self Confidence like self efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives.<sup>1</sup>

It means that Self Confidence is self-belief about their abilities and it affected their performance in their life. Another hand Willis state that Self Confidence is self-belief to solve problems in the best situation and can provide fun to others.

Zakiah belief that Self Confidence based on their experience through when they child. People who has Self Confidence they can resolve all of factor, situation and frustating. Even the lower frustating may not be realize.<sup>2</sup> Zakiah statement is same with Loekmono, according to Loekmono Self Confidence is related with personality. Self Confidence affected from internal factor, such as norm, family experience, tradition and social.

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<sup>1</sup> AlbertBandura, "Self Efficacy" 4. Accessed <http://www.des.emory.edu/mfp/BanEncy.html>. on March 3, 2020

<sup>2</sup>E-theses.uin-malang.ac.id by Rosyida accessed on Tuesday, 15 September 2020 at 20.22 pm p.19

From the explanation above we agree that Self Confidence got from external and internal factor. External factor affected the students belief so it will change how they face their problem. If their experience as external factor can change their mind to be positive they will confidence to solve their problem.

According to Maslow Self Confidence is basic capital someone to growth their self-actualization. Using Self Confidence people know and understand theirself. While lack of Self Confidence can hinder the development of self-potential. It means that Self Confidence can make the people to realize their abilities and can use it quickly.<sup>3</sup>

Based on the explanation above we can conclude that Self Confidence is self-belief with the abilities so it can use the abilities quickly to resolve the problem with the good situation. Also Self Confidence affected from external factor there are norm, family experience, traditon and social.

#### **b. Definition of UnSelf Confident**

Unconfident is contrastly of Self Confidence. The word confidence adding by prefix un the meaning will contrastly or the antonym of the word. The definition of unconfident is lack of self-belief with the abilities.

Unconfident might make you feel full of self-doubt, be passive or submissive, or have difficulty trusting others. You

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<sup>3</sup>Ibid p.20

may feel inferior, unloved, or be sensitive to criticism. Feeling Self Confidence in yourself might depend on the situation. For instance, you can feel very Self Confidence in some areas, such as academics, but lack confidence in others, like relationships.<sup>4</sup>

### **c. Aspects of Self Confidence**

Lauster state there are some aspect of Self Confidence<sup>5</sup>

- 1) Self Confidence is positive attitude that the people know and understand what he did.
- 2) Optimistic and good looking anything about them selves, their hope and abilities
- 3) Objective
- 4) Responsible
- 5) Rational and realistic

In another way researcher describe that some aspect of Self Confidence are when someone feel Self Confidence they will believe their ability. So they will do anything that they fell it is good and they can do it. Someone who has Self Confidence they will do something using their knowledge and objective or their purpose. So when they do they will good looking enjoy purposeful optimistic at doing it.

### **d. Sources of Self Confidence**

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<sup>4</sup><https://www.usf.edu/student-affairs/counseling-center/top-concerns/what-is-confident.aspx> accessed on 10 may 2021 at 21:34

<sup>5</sup>Etheses.uin-malang.ac.id by Rosyida

The people can increase their Self Confidence or their self-efficacy by fourth steps:<sup>6</sup>

- 1) Mastery their experiences
- 2) Vicarious experiences provided by social models
- 3) Social persuasion
- 4) Reduce people's stress reaction and alter their negative emotional proclivities and misinterpretation of their physical states

We can conclude from the sources of self confidence above when someone want to increase their Self Confidence they must mastery their experience. For example when someone want to perform confidently on the stage of public speaking they must mastery their experience. They must training their ability by using their experience and learn how to solve their weakness when they perform on public speaking stage. In another way someone can learn by using the model.

Other references give some steps how to increase their Self Confidence:<sup>7</sup>

- 1) Start from performance. In performance here include some aspect such as use good, clean and neat clothes, the way people walk and also grooming.

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<sup>6</sup>Bandura, p. 2-3.

<sup>7</sup>Peter Abelard, *Secrets To Help You Boost Confident*, (Nurkforme: 2015) p. 2-6

- 2) Try to speake slowly because speake slowly will give the time to think what will you are going to say. It also help to reduce the number of filler words such as um and ah that you use
- 3) Try to make eye contact with people when you speak to them

By three ways above it can replace and complete the four ways before.

#### **e. Factor of Self Confidence**

There are two factors of Self Confidence :<sup>8</sup>

##### 1) Internal factors

There are internal factors of Self Confidence. First is concept that get from social around the people. It gives positive affect for people to get Self Confidence. Second is self-esteem. Self-esteem get by the people who always look their self rationally. So it makes the people easy to make relation with other people. Physical condition is the third internal factors of Self Confidence. People who have good physical condition will easier to get and developing their Self Confidence. The last is experience that make the people frustate so it

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<sup>8</sup>MeriAndayani, and Zubaidah Amir, "Membangun Confident Siswa Melalui Pembelajaran Matematika." *Jurnal Matematika*, 2 (2019): 147–53. P.151

affected people to rumble and it makes high Self Confidence.

## 2) External factor

Education, job, environment and experience in family and society become external factor of Self Confidence because it affected as a support to get high Self Confidence.

Two factors above influence the students' self-confidence. From internal factor Self Confidence can get by theirself. Replace unconfident with optimistic and positive thinking with they do it can get Self Confidence easily. While the external factor influence Self Confidence by they environment. If they environment give positive thinking and good experience it will give support someone to get Self Confidence.

### **f. Factors of Unconfident**

There are four factors of unconfident:<sup>9</sup>

#### 1) Physiology

Fear and anxiety involve the arousal of the autonomic nervous system in response to a potentially threatening stimulus. When confronted with a threat, our bodies prepare for battle. This hyperarousal leads

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<sup>9</sup><https://www.psychologytoday.com/us/blog/smashing-the-brainblocks/201711/why-are-we-scared-public-speaking>, by Theo tsaousides accessed on Monday 10 May 2021 at 21:46

to the emotional experience of fear, and it interferes with our ability to perform comfortably in front of audiences. Eventually, it prevents people from pursuing opportunities for public speaking.

Some researchers suggest that there are people who generally experience higher anxiety across different situations, and are therefore more prone to feel anxious about speaking in public as well. People who are predisposed to feeling anxious find it more challenging to master their anxiety and conquer their fear of public speaking and will opt to avoid it. For other people, the anxiety is limited to public speaking situations, but the physiological signs of fear they experience as they anticipate, prepare, and perform in public are similar. Moreover, some people experience what researchers call anxiety sensitivity, or the fear of fear.<sup>10</sup>

Anxiety sensitivity means that in addition to being worried and unconfident about public speaking, people are worried about their anxiety about public speaking and how their anxiety will affect their ability to perform in challenging communication situations. So, along with worrying about whether they will

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<sup>10</sup>ibid

accomplish their objectives with their speech, people with high anxiety sensitivity also worry and feel unconfident that they will be overwhelmingly anxious in front of their audience, and they will come across as a shaky speaker.<sup>11</sup>

## 2) Thought

Another factor involves unconfident about public speaking and about themselves as speakers. The fear often arises when people overestimate the stakes of communicating their ideas in front of others, viewing the speaking event as a potential threat to their credibility, image, and chance to reach an audience. Negative views of oneself as a speaker (I am not good at speaking in front of crowds, I am not a good public speaker, I am boring, etc.) can also raise anxiety and augment the fear of speaking in public. Some theories make the distinction between a performance orientation and a communication orientation. Performance orientation means you view public speaking as something that requires special skills, and you see the role of the audience as judges who are evaluating how good of a presenter you are. In contrast, communication orientation means that the

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<sup>11</sup>ibid



main focus is on expressing your ideas, presenting information, or telling your story. For people with this orientation, the objective is to get through to their audience the same way they get through to people during everyday conversations.<sup>12</sup>

### 3) Situation

While there are people who by nature tend to be more unconfident, or people who don't think they are good at public speaking, there are certain situations that are likely to make most of us more unconfident when presenting in a public forum.

Lack of experience, degree of evaluation, status difference, new ideas and new audiences are five situations that make the people feel unconfident when perform on public speaking.

### 4) Skill

Finally, another factor that contributes to unconfident of public speaking is how skilled you are in this area. While many people consider themselves naturally good speakers, there is always room for growth. The people who work on their skills, instead of relying on natural talent, are the speakers who stand out the most. Contrastly, people who naturally

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<sup>12</sup>ibid

not good speaker usually it will make the people feel unconfident.

#### **g. Effects of Self Confidence**

Self Confidence or self-efficacy beliefs influence motivational and self-regulatory process in several ways. They influence some aspect there are :<sup>13</sup>

- 1) The choices people make and course of action they pursue
- 2) Determine how much effort people will expend on an activity
- 3) How long they will persevere when confronting obstacles
- 4) How resilient they will prove in the face of adverse situation
- 5) The amount of stress and an anxiety individual experience.

#### **h. Characteristics of Self Confidence and Unconfident**

According to Copra divides some characteristics of people's Self Confidence as follow :<sup>14</sup>

- 1) Very positive
- 2) Don't care about mistakes
- 3) Very sociable
- 4) Very competitive

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<sup>13</sup>Frank Pajares "Currente Directions in Self-Efficacy Research." *Grenwich,CT:JAI Press* 10 (n.d.): 1-49. P. 22-23

<sup>14</sup>Verawati, p. 12-13.

5) Very ambitious

6) Hard working

From six characteristics above we can know someone who has Self Confidence looks like someone that always hard working to get something what their purpose, competitive, and when they want they will do anything to get this without care about the mistakes they through, but they very positive and sociable, so they can learn by their environment.

The characteristics of people' unconfidentare :<sup>15</sup>

1) Governing your behavior based on what other people think

2) Not speak fluently

3) Do not brave to staring on

4) Low voice

5) Nothing participation

6) Always staying in comfort zone, fearing failure, and so avoid taking risks

7) Always avoid mistakes

In contrast, someone who feel unconfident will always negative thinking about they do. They are not sure what they do so they always listen and doing something by their environment said, and someone who feel unconfident not participate in some program, also they can not speak fluently,

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<sup>15</sup>Verawati, 10–11.

and they did not want to get challenge that may be they will fail on the challenge, so they will always avoid mistakes.

#### **i. Theori of Getting Self Confidence**

Hakim state that someone who wants to getting self confidence it begin from theirself. They must do positive thinking in theirlife. There are some tips how to getting Self Confidence from theirself.<sup>16</sup>

- 1) Generate a strong will
- 2) Get used to being Self Confidence
- 3) Get used to always taking the initiative
- 4) Always be independent
- 5) Learn from failure
- 6) Never give up
- 7) Build strong establishments
- 8) Be critical and objective
- 9) Good at reading situation
- 10) Good to put one self
- 11) Make adjusments and get closer to others

Hakim expalanations' someone who want to get Self Confidence they must belief their self first. By belief their self they will always positive thinking to do anything. When they face the problem otomatically they will find the initiative to solve the problem. If they

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<sup>16</sup>E-theses.uin-malang.ac.id by M. Mufarrohah accessed on Tuesday 15 September 2020 at 21.04

are fail they never stop to doing it but they will learn from failure and build strong will to solve their problem.

## 2. Speech Contest

Public speaking is the science of speaking in public, brief to speak in public.<sup>17</sup> Public speaking is an activity that based on communicate. Formerly, public speaking called by rethoric it is like the art and ability to speech. The aims of rethoric or public speaking here are delivered idea and feel each people to followed what the speaker said.

The history of public speaking begin from the first period, Romawi build up rethoric or public speaking because they realize that public speaking is the one of science that very important and have big contribution to dominatepublic. There are some figure in romawi era Marcus Talius Cicero, Gaius Julius Caesar and Quintilianus. In medium era public speaking develope by Nasrani. Many people learn rethoric or public speaking but, it incorrectlyused because it used to spreadNasranireligius in Salib fight. Savonarola is the figure of rethoric in this era. Renaisans and Humanisme rethoric or public speaking is develope again. In this era some book about rethoric, dialect, literature, and education published more. The last in modern era, it determine by three city. There are Franch, England and America. Humanism movement give birthpoet, author, that famousup to franch resolution. There are Mirabeaus, Napoleon Banoparte and Charles de Gaule. England develope rethoric in kingdoms such as Elizabeth, Oliver

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<sup>17</sup>Saifuddin Zuhri, *public Speaking*, (Yogyakarta: Graha ilmu, 2010) p.1

Cromwell, William Pitt Sr., Victoria, David Lloyd and George Winston. While in America it begin from the sixth president of America, Henry Clay as congress, and John Calhoun who help Henry. Other figures of Rethoric or speaking public are Theodore Roosevelt, Franklin Delano Roosevelt, John F. Kennedy, Robert Francis Kennedy and Martin.<sup>18</sup>

Public speaking or rethoric is different with speech. Public speaking is an activity of communication in large audience so it formed mass. For example presentation, seminar and others. Whereas speech only in mini group communication or large group but it do not form mass. For example speech in front of class and others.<sup>19</sup>

#### **a. Definition of Speech Contest**

Speech have explain before that speech is an activity of communication in mini or large group but it does not form mass. Contest it is like competition that all of the participant hope to become winner in the contest. So it can conculde that speech contest is an activity speaking in public in front of mini or large group and all of the participant hope to become a winner in the contest.

#### **b. Aims of Speech Contest**

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<sup>18</sup>Zuhri, p. 2–5.

<sup>19</sup>Zuhri, p. 21.

in speech contest usually talk about social problem that occurs in daily life. The aims of speech contest is to influence the audiences and make them realize with the social and the solution also.<sup>20</sup>

### **c. Problems on Speech Contest**

Public speaking like speech contest must use skills by speaker participant but, not all participant can get their skills to speak in front of many people like in speech contest. There are some problems that occurs in speech contest based on Zuhri.<sup>21</sup>

#### 1) Social phobia

Many people have social phobia in their life. The characteristics of social phobia like afraid to speak in public and afraid if facing the people who have power, position and influence.

#### 2) The audiences not listen what the speaker said

Some factor influence this such as the articulation of speaker bad, the voice of speaker low, and trouble with the microphone.

#### 3) The audiences not understand what the speaker said

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<sup>20</sup>Zuhri, p. 21.

<sup>21</sup>Zuhri, p. 6.

Arranging bad materials and the speaker using difficult words are some factors that make the audiences not understand what the speaker said.

- 4) What the speaker said can not be accepted by the audiences.

#### **d. Guiding to Win the Speech Contest**

There are some tips by Donovan to win the speech contest.<sup>22</sup>

- 1) Take the stage with confidence bridging the audience's energy to the tone of your content
- 2) When selecting the topic choose a single, inspirational core theme rooted in an eternal truth
- 3) Tease them with what you are going to tell them
- 4) Open with a personal story, a compelling question and shocking statement
- 5) Build a logical narrative structure start from background introduction, problems, climax and resolution
- 6) Bring your characters to life with dialogue, physical presence and voice.

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<sup>22</sup>Jeremy Donovan, "How to Win the World Championship of Public Speaking 2012 International Speech Contest." Kushi Pasquale, 2012. P.5-6



- 7) Bring your audiences into your setting
- 8) Choose message with universal audiences
- 9) Get the first laugh fast and crank up the laughs per minute surprises
- 10) Amplify humor with vocal, physical and facial expressiveness but do not forget to add some message in humor
- 11) Use the smallest and simplest possible words
- 12) Sing if it suits with you
- 13) Gesture naturally and frequently to reinforce your words
- 14) Maintain three second of eye contact with individuals in random pattern
- 15) Train like a champion, practice
- 16) Deliver the best speech you can
- 17) Then exit confidently

**e. Relationship of Students' Self Confidence and Speech Contest**

Research findings over the past 20 years have generally supported by Bandura. It contain that Self Confidence or self-efficacy beliefs mediate the effect of skills or other self-beliefs on subsequent performance attainments. Self Confidence also have explain before that Self

Confidence influence these attainments by influencing effort, persistence and perseverance.<sup>23</sup>

The relationship between students' self confidence and speech contest it can explain that students' Self Confidence have big contribution to speech contest in their performance. Because people who have high Self Confidence will take choice to brief in their speech contest performance, because they can reduce their anxiety and can solve their problems by believing their capabilities. Usually, the speech contest assesment are contains and language feature, the arguments of Al-quran and Hadith, rethoric and delivery material method.

Speech contest assesment first is based on Contains and language feature there are weight description and coverage, systematics of the description, language and grammatical expressions also language style. Second, based on the dalil of alquran and hadith there are the thruth of reading, translated truth, the suitability of the argument with the topic description, the last assesment based on rethoric field or method of delivery there are vowels, intonation, accentuation, expressions, and attitude.

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<sup>23</sup>Pajares, p. 33.

One of assessments the most related with Self Confidence is the last assessments. Rethoric field and method of delivering speech need Self Confidence to success in delivering speech also expressing well their explanation about the topic of speech.

## **B. Previous Study**

Some previous study have searched and publicated in internet. The research by Roy Mardiansyah with the title “A Correlation between Self Confidence and Essay Writing Achievement” have research to know is there Self Confidence influence the students’ achievement on essay writing of undergraduate english education program students of one University in Palembang. The research objective it different with my thesis because in my thesis the research objective is to draw how are the students’ of MA Al-amin Bugih Pamekasan get their Self Confidence. The variable also different, in my thesis one of the variable is speech contest wether in Mardiansyah research the variable is essay writing achievement but the similarity the other variable is using students Self Confidence. Other differencess is the research of Mardiansyah design is using quantitative research. The method of Mardiansyah using correlational method with the descriptive statistic analysis while in my research using descriptive analysis. The result of Mardiansyah research there is positive influenced that significant from both of variable as much as 38,5 %.<sup>24</sup> The concluding of the result of Mardiansyah research there is positive influenced between

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<sup>24</sup>Roy Mardiansyah, “A Correlation between confident and Essay Writing Achievement” *Jurnal Pendidikan dan Pengajaran*, no.2 (December, 2018), 162

Self Confidence on essay writing achievement. So the students who want to have good in essay writing achievement they have to be aware and explore themselves because Self Confidence is very dominant to students' achievement not only in essay writing achievement only.

Other research by Nisha Hafeez Quraishi with the title "self-confidence, inside and out : exploring the antecedents of internal and external Self Confidence in woman leaders" has research to examine self Confidence in woman leaders. The research objective is different with my thesis because in my thesis the research objective is to draw how are the students' of MA Al-amin Bugih Pamekasan get their Self Confidence and in her research the research objective is woman leaders. Other difference is the research method of Nisha using correlational method while in my research using descriptive method. So this research using different technique of analysing the data while in my research using descriptive analysis and in Nisha research using exploratory research. The result of Nisha research after using a sample as much as 150 women leaders or supervisor. It was found that benevolent sexism may not have a relationship with Self Confidence but, hostile sexism does. In specifically hostile sexism has a relationship with external Self Confidence. Overall explain why women leaders have lower confidence levels in workplace. It cause detrimental effects such as emotional strain and slow career growth.<sup>25</sup>

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<sup>25</sup>Nisha Hafeez Quraishi, "self-confident, inside and out : exploring the antecedents of internal and external confident in woman leaders"(thesis Florida Institute of Technology, Melbourne, 2019)

