THE EFFECTIVENESS OF HYPNO-EFT IN INCREASING SELF CONFIDENCE AND REDUCING PUBLIC SPEAKING ANXIETY IN CLASS 10 STUDENTS DEPARTMENT OF OFFICE ADMINISTRATION AT CYBER MEDIA VOCATIONAL HIGHSCHOOL, JAKARTA.

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ABSTRACT

In career and study competition, self-confidence and public speaking will be an added value to someone, but it is still a frightening specter. Lack of self-confidence and public speaking anxiety are experienced by many students, especially grade 10 students majoring in office administration at Cyber Media Jakarta Vocational School. Easy interventions are needed to increase self-confidence and overcome public speaking anxiety. The purpose of this study was to see the effectiveness of hypno-EFT in increasing self-confidence and reducing public speaking anxiety in grade 10 students majoring in office administration at Cyber Media Vocational School, Jakarta. This study uses an experimental method with a pretest-posttest control group design. The sample in this study was grade 10 students majoring in office administration, Cyber Media Jakarta Vocational School with a total of 40 students. Self-confidence is measured using a self-confidence scale. Public speaking anxiety was measured using the public speaking anxiety scale (PSAS). The data analysis technique used in this study was the independent sample t-test. Based on the results of the analysis, it is known that there is a significant difference before and after giving hypno-EFT with significant values for self-confidence and public speaking anxiety of 0.000 and 0.000, respectively (<0.01). These results indicate that the hypothesis that hypno-EFT is effective in increasing self-confidence and reducing public speaking anxiety is accepted.

Keywords: Self confidence, Public speaking anxiety, hypno-EFT