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## Public Speaking Skills as a Prerequisite to Implementation Field Experience Practice of Physical Education Sport & Health Teachers

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### Abstract

The purpose of this study is to analyze the role of public speaking skills in preparation for field experience practice programme especially prospective of Physical Education Sport & Health teachers. The field experience practices is the programme expecting to form the prospective teachers who have the competencies required to become professional Physical Education Sport & Health teachers. The method used is descriptive qualitative by conducting a study of earlier research literature with the criteria for selecting articles based on PICOT (population, intervention, comparison, outcome, time). The results of the study show that public speaking skills play an important role on implementation of field experience practice for mastering the class with vocals and manage the class from the opening of the lesson to the closing activity. In addition, public speaking skills are useful for other incidental activities at school. For example are leading a meeting, being an MC (master of ceremonies) at special events at school, art performances, sports championships, etc. This research concluded that the mastery of public speaking skills is very important as a prerequisite for field experience practice prospective of Physical Education Sport & Health teachers before being sent to practice school.

### How to Cite

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## INTRODUCTION

Higher education is a level of education after secondary education which includes diploma programs, undergraduate programs, master programs, doctoral programs, and professional programs, as well as specialist programs, organized by universities based on the Indonesian culture as stated in the UU RI Nomor 12 Tahun 2012 tentang Pendidikan Tinggi. In order to increase the nation's competitiveness in facing globalization in all fields, need higher education that able to develop science and technology and produce intellectuals, scientists, and/or professionals who are holding on culture and creative, tolerant, democratic, have strong character, and dare to defend the truth for the benefit of the nation.

Higher education quality assurance is the process of planning, fulfilling, controlling, and developing higher education standards consistently and continuously, so that the internal and external stakeholders of the university, namely students, lecturers, employees, the community, the business world, professional associations, government get satisfaction with the performance and output of higher education (Muhlisa 2018). Students as the output of higher education are expects to become quality graduates. Quality graduates of a university are graduates who are ready to enter the field and quickly adapt to the world of work.

The field experience practice Program is an applied program at Higher Education Institutions and Education Personnel (LPTK), and emphasizes the mastery of field practice on the competencies that students must master in mastering certain disciplines. Through these field experience practice lectures, students can get to know work opportunities and gain real experience about teaching practices in schools; as well as internships in educational institutions (Mada Sutapa, Agus Timan 2020). The strengthening of the field experience practice program which is important in preparing qualified teacher candidates is also a concern for quality improvement (Rosyidah and Fauzi 2016).

Improving the teachers quality have an impact on improving the Indonesia education quality. One of the ways to improve teachers quality is to hone prospective teachers competence. Increased competence could be obtained by students through field experience practice. In every prospective teacher education, it is necessary to organize teaching practices that are package in field experience practices. Field experience practice is a way to prepare successful prospective teachers

in teacher competency tests (Pratama, Lutfiyani, and Nugrahaini 2015).

One of the programs at teacher universities in Indonesia for students in the Bachelor of Education program is apprenticeship in schools called School Field Introduction (PLP). This field experience practice is a process of observation/ observation and apprenticeship conducted by students of the Bachelor of Education program to study aspects of learning and management of education in educational units. In addition, it also strengthens characteristic of prospective educators and to form readiness as prospective professional educators.

Field experience practice is one of the curricular activities carried out by students, which includes both teaching exercises and educational tasks outside of teaching in a guided and integrated way to fulfil the requirements for the form of the educational profession (Yusuf and Dwijayanti 2019). The field experience practice program for higher education is a practical program that provides valuable learning experiences for students as prospective education staff when they do teaching practices or internships in educational institutions. They can practice the skills they have acquired on campus; recognize and adapt to the work culture in practice institutions; and interacting with practitioners in educational institutions (Mada Sutapa, Agus Timan 2020).

Physical, sports, and health education is the media to encourage physical growth, physical development, motor skill, knowledge, and appreciation of values. Physical Education Sport & Health activities is also the habituation of a healthy lifestyle to stimulate the growth and development of a balanced physical and psychological quality (Agustin, Rizki, and Setyawati 2020).

Physical Education Sport & Health is a favorite subject for students. The prospective Physical Education Sport & Health Teachers must adapt and practice in order to communicate as closely as possible with any body especially students. Physical Education Sport & Health teachers is a fun person, humble figure and eagerly awaited by students. Physical Education Sport & Health lessons are very fun and most students like it.

Communication skills of a teacher having significant role in the academic success of the students. Therefore it is necessary for a teacher to adopt good communication skills while teaching to the students (Khan et al. 2017). One of the characteristics of professional teachers is their ability to engage in effective, meaningful and purposeful relationship with educators. In case a teacher is

scientifically competent but is not able to communicate effectively with the learners, he/she is not able to teach satisfactorily; thus, the teaching-learning process (Bambaeroo and Shokrpour 2017).

Researchers want to know the role and importance of public speaking skills for students who will take part in the Field Experience Practice program. The purpose of this study was to analyze the role of public speaking skills in preparation for Field Experience Practice programme especially prospective of Physical Education Sport & Health teachers.

## METHODS

This research is a qualitative descriptive study by conducted a literature study. Several stages are; (a) compilation of articles, (b) data reduction, (c) data analysis, (d) data presentation, and (e) drawing conclusions. Researchers compile articles from journals, both national and international journals. Then the researcher reduced and analyzed data from the selected articles, to get the information as a reference to strengthen the argument.

The researcher compiled an instrument of article selection criteria based on the PICOT criteria (Population, Intervention, Comparison, Outcome, Time). Population criteria in this study are articles containing the population, namely students, teachers, principal or lecturers who involved in field experience practice activities. The Intervention Criteria in this study are articles that cover the planning, implementation and evaluation of the field experience practice program. Comparison criteria in this study is the comparison of existing resources with the planned demands or expectations of the field experience practice program. Outcome criteria in this study are the impact of the field experience practice program for students or campuses and partner agencies. Time criteria in this study is the time of planning and implementing the field experience practice program especially for prospective of Physical Education Sport & Health teachers. The articles selected by the researcher were 5 articles out of a total of 10 articles compiled by the researcher with criteria according to these criteria.

Data analysis in this study is descriptive qualitative, namely analyzing, describing, and summarizing various conditions, situations from various data collected about the researched problems that occur in the field.

## RESULTS AND DISCUSSION

Field Experience Practice activities are include preparation, implementation and program implementation evaluation. This activity is expects to form student teacher candidates who have the competencies required to become professional teachers. These competencies are pedagogic, professional, personality and social competencies. Pedagogic competence is the ability to understand students, design and implementation learning, evaluation learning outcomes, and develop students to increase their various potentials. Personal competence is a personal ability that reflects a personality that is steady, stable, mature, wise and authoritative, being a role model for students, and having noble character. Professional competence is mastery of learning materials broadly and deeply, which includes mastery of curriculum material for school subjects and the scientific substance that overshadows the material, as well as mastery of the structure and scientific method. And social competence is teachers ability to communicate and interact effectively with students, especially when teaching, to interact with education staff, parents/guardians of students, and the surrounding community.

Social competence is a key competency that supports the process of socialization and interaction in the school environment where students will gain experience and learn to teach directly. This socialization is a lifelong learning process where students can learn the habits and culture at school which includes manners, values, and social norms applied at school so that students can blend in, be accepted and participate actively in it. Communication is an important capital for a Field Experience Practice student to socialization early with people at school. And then communication will be the main capital for interacting when teaching practice conveys material in front of students in class. Communication skills or also known as public speaking skills become a fundamental skill for students.

Public speaking is a type of public communication which early has become a basic need for everyone to socialization with the environment and get their life goals. This is because most of the activities and interests use verbal (oral) communication media. Public speaking is very important to prepare for students who take part in the Field Experience Practice program. Those who are have effective speaking skills are able to handle their interpersonal communication problems well during their working life. As future leaders, students will find themselves in situations where

they have to carry out interpersonal communication. Generally, people judge and judge the speaker by the way he speaks. The first impression will usually be a lasting impression that would be etched in the minds of those who come into contact with the speaker. Good public speaking skills will increase job opportunities and marketing. Therefore, there is an urgent need for students to improve their public speaking skills (Al-Tamimi 2014). Humans' ability to communicate using formal language systems sets us apart from other living things on earth. Whether these language conventions make us superior to other creatures is debatable, but there is no doubt that overall, the most successful and most powerful people over the centuries have mastered the ability to communicate effectively (Ettner and Utterback 2017). Currently, public speaking is one of the absolute skills needed in the global era. The demands of the times and technology that exist today forces individual to compete and improve their self quality (Girsang 2018).

Public speaking etymologically means speaking in public. Public has a general meaning while speaking has the meaning of speaking. Public speaking is conveying ideas and ideas in public with good delivery techniques. Public speaking ability is the ability to speak in public to convey ideas and ideas well. For students, public speaking is very important on teaching and learning process, they are also faced with lecture assignment presentations (Wariyati, 2018:12). Public speaking is the delivery of a speech, topic, or material in front of audience with the aim of providing information to the audience. With public speaking, the audience will know the topic or material, and the audience would be interested in the material that has been given by the speaker (Nadiyah, Arina, 2019).

Public speaking is the process, action and art of making a speech in front of an audience. There are key elements that form the basis of every successful public speaking. First, a speaker must have a certain level of authority and knowledge about the chosen topic (ethos). Second, to make sure that the message could be received and understood correctly by the audience, the message must be conveyed clearly, informative and logic (logos). And thirdly to capture and keep up the audience's attention, the speaker must first build an emotional connection with the listener (pathos) (Nikitina 2011). Public speaking is a form of oral communication in the form of presentations, lectures, speeches or other types of public speaking to convey ideas, ideas, thoughts, and feelings in a coherent, systematic, and logical way with the aim of providing information,

influencing and even entertaining the audience (Asiyah 2017)

Public speaking skills need to trained and practiced because someone does not necessarily have good public speaking skills and abilities without being trained. Important things that need to considered to improve public speaking skills are self-confidence, concept preparation, use of media and appreciation with gestures and trained with practice.

### **Confident**

One thing necessary to increase confidence in public speaking is practice. Speakers can practice with speech, perhaps their own speech or certain models of others, but the speaker must speak aloud. They must stand correctly with right cues and give a good voice in their speech. Speakers can imagine audience with any imagination such as turning the audience into a statue or believing that there is no one in front of them (Nadiyah, Arina 2019). A speaker must show confidence, be attractive, control the situation, and at the same time cover up his fears and anxieties that usually arise (Apriyanti and Ramadhan 2018).

Everyone certainly wants be a public speaker who knows no fear and confidently acts to give presentations in a relaxed manner, breaking the rigid atmosphere and at the same time stunning the audience hear an interesting stories and answering various questions from the audience. Mastering the material or theme is one thing that is important to increase self-confidence. By mastering the material, someone will be able to master the stage or field and deliver steadily. Focusing on breathing is also important, so the sound produced could be more resonant so you could be more relaxed. Try to breathe calmly and focus on the rhythm. Doing the exercises often will go a long way in reducing stress and increasing clarity when speaking in public.

A good appearance will also increase confidence in front of the audience. The better a person's appearance, the higher the self-confidence. Appearance for prospective of Physical Education Sport & Health teachers in terms of the colour of clothes, hair, make-up shoes and others need to considered and adjusted to the theme of the activity, the conditions of space and the time/moment of the activity.

### **Concept preparation**

Public speaking is an art, where in addition to the ability to understand the purpose and mastery of the material, it is also necessary to increase the speaker ability to mastery over the audience. Public speaking is a comprehensive skill. Communication as an ontological study,

an epistemological area, as well as an axiology pattern in a practical form. To get to the good practice communication, need knowledge, attitudes, and supportive communication behaviors (Rakhmawati 2019). In the context of leading an open event with many audiences, such as teacher council meetings, school committee meetings, regular briefings, and so on, the concept of the event needs to prepare in advance. So that in its implementation the activities run according to the rundown. The event and duration are right on target and certainly not boring to the audience.

Concept preparation is doing for the delivery of material could be directed and conical according to the theme. In face-to-face learning activities, concept creation begins with the opening, content and closing. In teaching practice, prepare concepts designed so that when teaching practice in the field a teacher (prospective teacher) can convey directed and coherently structured sentences according to learning objectives.

Preliminary activities are basic activities that done by teachers and students every time in lesson process. The function of preliminary activities is primarily to create an early learning atmosphere that creates the mood of students to follow the learning process well. Create a comfortable atmosphere for students with greeting sentences, questions with light weight, example about material and stories about up-to-date things that are trending at that time.

The core activity in learning is the main activity in the learning process or in the process of mastering the learning experience of students. The core activity in learning is a programmatic process of forming students' experiences and abilities which are carrying out within a certain time duration. In the core activity, the teacher composes meaningful sentences that are deliver interactively to direct the students to focus and be actively involved in the learning process.

In the closing activity, the teacher and students summarizes the conclusions of the lesson. The teacher conducts an assessment and or reflection on the activities with consistently and accordance with the planned. Persuasive motivational words from the teacher will give some impressions to the essence of the learning has passed. Express appreciation in the style of each teacher to students who have played an active role in learning.

### **Body language and Gesture**

Correct and right gestures are needs to support speakers confidence of and a good impression for the audience's side (Girsang 2018).

Human cues to add emphasis to our words when conveying something. For emphasis, add some visual presentation skills such as effective eye contact, tone of voice and gesture (Templeton 2010). Various psychological findings show that non-verbal communication and especially body language account for as much as 55% of messages received by the audience. While words are mostly understood and interpreted by our rational mind, our gestures and facial expressions and interpretative on a much deeper subconscious level. Encourages gestures and movements of the speaker which makes it easier to connect with the audience (Nikitina 2011).

Gesture is the various movement of body parts such as eyes, shoulders, hands and feet when communicating. Naturally, body language is a reflex action that occurs as a form of strengthening messages about ongoing communication. Audience will be more able to appreciate the sentences delivered with more gestures.

### **Media utilization**

Media is a tool to facilitate the audience's understanding of the material and information that would be conveyed. This media is very helpful for a guide when conveying material and information so that it does not spread. In addition to using prepared media, a speaker can also take advantage of unprepared media. This media is in the form of objects or goods or anything that passes and seen at around spontaneously. For example, trees, buildings, rooms and even one of the designated audiences can become a model as a medium.

Media helps visualize things that the audience may not have known before. A teacher in planning a learning process needs to prepare media. Media could be in the form of PPT presentations, images, tools, models, or other products. Media apart from being a visual medium can also attract the focus of the audience's attention.

### **Practice**

Practicing with hands-on practice is the last preparation to train independently. This independent practice will be a form of rehearsal that could be done and it is known where one's shortcomings lie.

Another important thing to note is the direct feedback from the audience. Feedback response for audiences who ask questions or give respond is a form of two-way interaction that can improve communication. Interesting interactions will stimulate interactive and interesting communication with the audience.

Proper communication between the teacher and students is the most important skills in teaching. If this relationship is well established, educational goals will be more easily realized with a high quality (Bambaerero and Shokrpour 2017). So, to be professional Physical Education Sport & Health teachers, the communication must be properly trained. Important things be properly trained to improve public speaking skills are self-confidence, concept preparation, use of media and appreciation with gestures and being trained with practice.

## CONCLUSION

The researcher concludes that mastery of speaking skills is very important as a prerequisite for prospective of Physical Education Sport & Health teachers when participating in the Field Experience Practice program.

Public speaking skills need to trains and practiced because someone does not necessarily have good public speaking skills and abilities without being trained. Important things to improve public speaking skills are self-confidence, concept preparation, use of media and appreciation with gestures and being trained with practice.

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