

ABSTRAK

AMELIA, ALDA. 2026. **PELATIHAN PUBLIC SPEAKING DALAM MEMBANGUN RASA PERCAYA DIRI** (Studi Pada Peserta Di Sekolah Komunikasi Miracle Tamanjaya Kota Tasikmalaya). Jurusan Pendidikan Masyarakat, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Kota Tasikmalaya.

Banyak individu masih mengalami kesulitan dalam berbicara di depan umum, seperti rasa gugup, kecemasan, kurang percaya diri. permasalahan tersebut sering menjadi hambatan individu dalam berkomunikasi. Oleh karena itu, diperlukan program pelatihan public speaking yang terstruktur dan sistematis untuk membantu mengatasi permasalahan tersebut. Penelitian ini bertujuan untuk mengetahui pelaksanaan pelatihan public speaking dalam membangun rasa percaya diri peserta di Sekolah Komunikasi Miracle. Metode penelitian yang digunakan yaitu fenomenologi dengan pendekatan kualitatif dengan teknik pengumpulan data melalui wawancara, observasi, dan dokumentasi. Informan penelitian terdiri dari pimpinan, instruktur, dan peserta pelatihan. Hasil penelitian menunjukkan bahwa pelatihan public speaking dilaksanakan secara sistematis melalui perencanaan yang terstruktur, pelaksanaan berbasis praktik langsung, serta evaluasi yang berorientasi pada proses dan hasil. Proses pelatihan dirancang secara bertahap dengan menekankan pada pengalaman langsung, pemberian afirmasi positif, serta penciptaan lingkungan belajar yang nyaman dan suportif. Evaluasi dilakukan melalui pengamatan perkembangan peserta, penilaian praktik, dan tindak lanjut berupa pendampingan lanjutan. Dampak pelatihan terlihat dari meningkatnya keberanian peserta untuk tampil di depan umum, kemampuan mengelola rasa gugup, keterampilan menyampaikan pendapat, serta membangun rasa percaya diri secara bertahap. Selain itu, peserta menunjukkan perubahan positif dalam sikap, motivasi, dan kesiapan mental dalam menghadapi situasi komunikasi. Simpulan penelitian pelatihan *public speaking* di Sekolah Komunikasi Miracle memberikan kontribusi dalam membangun rasa percaya diri peserta melalui proses pembelajaran yang terencana, partisipatif, dan berkelanjutan.

Kata Kunci: Pelatihan, *Public Speaking*, Rasa Percaya Diri.

ABSTRACT

AMELIA, ALDA. 2026. PUBLIC SPEAKING TRAINING IN BUILDING SELF-CONFIDENCE (A Study of Participants at Miracle Communication School, Tamanjaya, Tasikmalaya City). Department of Community Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya City.

Many individuals still experience difficulties in speaking in public, such as nervousness, anxiety, and lack of self-confidence. These problems often become obstacles for individuals in communicating effectively. Therefore, a structured and systematic public speaking training program is needed to help overcome these issues. This study aims to examine the implementation of public speaking training in building participants' self-confidence at Miracle Communication School. The research employed a phenomenological method with a qualitative approach. Data were collected through interviews, observations, and documentation. The research informants consisted of the school leader, instructors, and training participants. The results of the study indicate that public speaking training is conducted systematically through structured planning, practice-based implementation, and evaluations oriented toward both process and outcomes. The training process is designed gradually, emphasizing direct experience, positive affirmation, and the creation of a comfortable and supportive learning environment. Evaluation is carried out through observation of participants' development, assessment of practice performance, and follow-up activities in the form of continued mentoring. The impact of the training is reflected in increased courage to speak in public, improved ability to manage nervousness, enhanced skills in expressing opinions, and the gradual development of self-confidence. In addition, participants demonstrate positive changes in attitudes, motivation, and mental readiness in facing communication situations. The conclusion of this study shows that the public speaking training at the Miracle Communication School contributes to building participants self-confidence through a planned, participatory, and sustainable learning process.

Keywords: *Training, Public Speaking, Self-Confidence.*