ABSTRACT

Khasanah, Uswatun. 2012. Relationship between Self Efficacy with Anxiety of Public Speaking, Case Study in Islamic Education UIN MMI Malang

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Key words: *self efficacy*, **Anxiety of public speaking**

Anxiety of public speaking based on several researched mostly experienced by students, proven by many students come to counseling service sub unit with complaint of anxiety in public speaking (Salim.2004). Not only in Indonesia, in America even categorizes public speaking as the biggest anxiety. This anxiety produces a negative impact on various aspect of life, even in academic. Anxiety treatment among one individual with the others could be different, depending on the individual personal assessment to their ability which is called as self efficacy (Safarino). Self-efficacy will influence the way individuals react to stressful situations (Bandura, 1997). The problem of this study is the level of self efficacy level, anxiety of Islamic Education student's public speaking and is there a relationship between self efficacies with anxiety of Islamic Education student's public speaking. So the purpose of this research is to know self efficacy level, anxiety of Islamic Education student's public speaking and relationship between self efficacies with anxiety of Islamic Education student's public speaking.

This research is a quantitative correlation with self-efficacy as an independent variable and anxiety to speak as a dependent variable. Product-Moment Correlation Techniques is used to test-negative relationship between self-efficacy levels and anxiety of public speaking. Then categorizes level of self-efficacy and anxiety of public speaking by determining the mean and standard deviation is notified first, than do the analysis of the percentage. The study subjects were students of PAI generation of 2008-2010 MMI UIN Malang, amounting to 804, and samples were taken 10% which are 80 students by using purposive sampling technique. This research is using two scales as a measurement tool, namely self-efficacy scale and the anxiety of public speaking scale arranged by the researchers in the form of Likert scale, amounting to 30 item based on the aspects of self-efficacy and the anxiety of public speaking components, amounting to 30 item are based on the theory of Atkinson et al.

The results shows amount 55% or 44 students have self-efficacy in high category, 45% or 36 averages and 0% low. Then there is 55% or 44 students have anxiety speaking in average category, 36.25% or 29 high and 8.75% or 7 low category, based on the Product Moment analysis found that there is a negative relationship between self-efficacy with the anxiety of public speaking with $r = -.610$ $p = .000$, meaning that the higher levels of student self efficacy the lower level of anxiety in public speaking, and in contrary the lower the self efficacy students the higher level of anxiety in public speaking.