SELF-CONFIDENCE ANDGOOD PAPER PRESENTATION BYTHE STUDENTS STUDYING ENGLISH LANGUAGE ANDMASS COMMUNICATION IN TERTIARY INSTITUTIONS

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ABSTRACT

Oral presentations are one of the most common assignments in college courses. Scholars, professionals, and students in all fields desire to disseminate the new knowledge they produce, and this is often accomplished by delivering oral presentations in class, at conferences, in public lectures, or in company meetings. The purpose of a paper presentation is to enhance a particular student's ability in the art of academic writing or making papers in English and to present them. It also helps broaden the minds of the participants a little more. The study sought to assess the effect of self-confidence in paper presentations on English-class students in the tertiary institutions of Akwa Ibom State. It was concluded from the study that self-confidence is an essential feature in producing good oral performances in class. Confidence also helps speakers speak slowly so they are understood and answer audience questions like pros. The causes of lack of self-confidence is seen to mostly stem up from childhood of a person from issues like less show of love to the individual during childhood. One of the recommendations was that teachers should create effective and enjoyable teaching strategies in order to enhance the students' self-confidence.

KEYWORDS: Self-confidence, Paper presentation/Oral Presentation and, English Class Students

Introduction

Self-confidence and its role in allowing people to persuade others to undertake actions, including purchase decisions, has been an area of research interest for several decades in the social psychology, marketing, and

management literatures (Chemers et al., 2000). Self-confidence has long been used as an important influencing factor in the fields of business and marketing. Self-confidence is defined as "individuals' performance expectations and their self-evaluations of ability and completed performances" (Lenney, 1981: 905) and confidence in one's ability (Stajkovic, 2006). Moreover, Eccles and Harold (1991) identified self-confidence as a self-concept of abilities. Self-confidence includes two key constructs, which are (a) perceived competence and (b) a lack of anxiety (Clement, 1980). Specifically, individuals feel confident when they recognise that they have the needed abilities to complete the task in question successfully. Subsequently, anxiety is the antonym of self-confidence. Thus, to reiterate, a lack of anxiety enhances the self-confidence of an individual (Hanton et al., 2004). Self-confidence has been further distinguished into "general" and "specific" (Locander and Hermann, 1979).

According to Teachmint (2022), "paper presentation" is an event where the participants are required to make a paper about a certain topic or area and then present it in front of a jury, following which it will be rated and judged based on their performance. The purpose of a paper presentation is to enhance a particular student's ability in the art of academic writing or making papers in English and to present them. It also helps broaden the minds of the participants a little more. Paper presentations can also be referred to as oral presentations. Oral presentations are one of the most common assignments in college courses. Scholars, professionals, and students in all fields desire to disseminate the new knowledge they produce, and this is often accomplished by delivering oral presentations in class, at conferences, in public lectures, or in company meetings. Therefore, learning to deliver effective presentations is a necessary skill to master both for college and future endeavors.

A student is someone who studies. not someone who is taught or someone who drinks lattes and plays computer games, but rather someone who studies. We must bear in mind the active component of studying that is required by this model of what it means to be a student. After a secondary education in the UK, it would be reasonable to suppose that being a "student" means "being taught," but the passivity inherent in this model is entirely inappropriate. A student is not someone who receives teaching and merely vomits it back; rather, a student is someone who is responsible for her own learning and study. The English language plays an essential role in our lives as it helps with communication. It is the main language for studying any subject all over the world. English is important for students as it broadens their minds, develops emotional skills, and improves the quality of life by providing job opportunities.

Concept of Self-Confidence

Self-confidence has been defined in a number of ways throughout the literature. These definitions generally involve belief in one's own abilities to

perform (Clark et al., 2008). The more generalised form of self-confidence, where there is a generalised belief in one's ability, is theoretically distinct from the specific form of self-confidence as used in this research; general self-confidence is better defined as self-esteem. Self-esteem is an emotion-based assessment of one's self-worth or value (Erol and Orth, 2011). The value judgement is self-directed; that is, one feels oneself to be of value, but the personal judgement is often externally driven (Park and Crocker, 2005). Self-esteem is believed to have a basis in genetics and experiences during key phases of personal and physical development (Erol and Orth, 2011). Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weaknesses well and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism.

The self-confidence of interest in this study is task-specific, with self-confidence being a belief in one's ability to undertake a specific action to achieve an outcome (Chemers et al., 2000). For example, having the belief that one can search for information to support a purchase decision would be described as "information search self-confidence." This specific form of self-confidence is believed to have a relationship with self-esteem but can also develop independently as a consequence of experiences related to that specific task (Park and Crocker, 2005). As people learn and undertake decisions, they gain specific feedback about their abilities and thus develop beliefs in those abilities, with those beliefs described as "self-confidence" (Park et al., 2007).

Concept of mass communication

Mass communication is the process of imparting and exchanging information through mass media to large segments of the population. It is usually understood as relating to various forms of media as its technologies are used for the dissemination of information, of which journalism and advertising are parts (Campbell, 2015). Mass communication differs from other types of communication, such as interpersonal communication and organizational communication, because it focuses on particular resources transmitting information to numerous receivers. The study of mass communication is chiefly concerned with how the content of mass communication persuades or otherwise affects the behavior, attitude, opinion, or emotion of the people receiving the information. Normally, the transmission of messages to many recipients at a time is called mass communication. The following are some types of mass communication:

> *Advertising;* which consists of communications attempting to induce purchasing behavior.
> *Journalism;* such as news

➢ *Public relations*; which is communication intended to influence behavior, public opinion on a product or organization

➢ *Broadcasting;* which the channels offer informative and entertaining content of general and specific interest audience.

Through mass communication, information can be transmitted quickly to many people who generally stay far away from the sources of information (Myers, 2016). Mass communication is practised through multiple mediums, such as radio, television, social networking, billboards, newspapers, magazines, books, film, and the Internet. In this modern era, mass communication is being used to disseminate information at an accelerated rate, often about politics and other charged topics. According to Michelle (2016), mass communication is possible only in the presence of technology. In many remote corners of India or the world at large, where there is no permeation of electricity, let alone technology, mass communication cannot happen. However, for those who have access to it, mass communication has made communication easier and simpler for ordinary individuals, in spite of a complex organization behind the scenes. Mass communication differs from the studies of other forms of communication, such as interpersonal communication or organizational communication, in that it focuses on a single source transmitting information to a large number of receivers. Mass communication is an expensive process, unlike interpersonal communication. The main functions of mass communication are to inform, educate, entertain, and persuade.

Concept of mass communication student

Mass communication is the fastest-growing sector in recent decades, and the media and communication industry comprises various segments such as film, television, advertising, print media, music, and digital, the industry is seeing phenomenal growth.

Mass communication student to travel to a diverse range of places, student of mass communication explores the world from the new perspective of a journalist or filmmaker and cover different events and stories (Susma, 2022). It also gives the student the freedom to use their creative skills to their full capacity. This course helps students develop their skills of thinking on their feet, solving dilemmas, resolving conflicts quickly, working in a team, and public speaking.

Studying mass communication can help students succeed professionally. Creating strong oral and written messages, working well with others, managing their image, researching, analyzing, and solving problems are key abilities employers look for. As soon as you are sure about your key interest area in mass media, you can apply for internships in newspapers, magazines, FM channels, production houses, and PR firms and kick-start your career from there. Having multiple skills and vast knowledge could help you go really far in this field. Mass

communication gives students the privilege of meeting great and famous personalities. For example, if you are a reporter, you can easily meet the country's Prime Minister. Mass communication students can really earn a hefty amount because it is one of the most highly paid professions.

Concept of English language

The English language is an Indo-European language in the West Germanic language group. English is a standard language in a wide variety of fields, including computer coding, international business, and higher education (Larry, 2012). It's an official language in several African countries as well, such as Liberia, Nigeria, and South Africa, and is spoken worldwide in more than 100 countries. It's learned around the world by children in school as a foreign language and often becomes a common denominator between people of different nationalities when they meet while traveling, doing business, or in other contexts (Lehohla, 2012). English is the world's most widely used language in newspaper publishing, book publishing, international telecommunications, scientific publishing, international trade, mass entertainment, and diplomacy. English is also recognized as the leading language in many fields such as business, media, tourism, science, and higher education. So, learning English is often viewed by many as a way to improve their employability and economic prospects. Many people learn English to help them get a job or work in other countries. English is also a key language used in international diplomacy. One importance of the English language is to help create peace in the world. English language helps connect friends and families from all over the world, and even meet new people! So the importance of the English language can't be underestimated, as it helps bring people closer together.

English is not the only language used for international communication, but it is the one most frequently used. Although it is not universal, English is the principal language used in international commerce, shipping, popular music, and sports. It is the most commonly used language at international conferences, in the United Nations, and at meetings of other international organizations dealing with such matters as diplomacy, science, trade, aviation, tourism, and the military (Watts, 2011). The percentage of English publications in science, mathematics, medicine, and engineering is dominant and continues to grow. A large majority of the world's international mail is written in English. Perhaps most important, it is the predominant language used in cyberspace.

Concept of English Students

A student is someone who is enrolled in a degree-granting program (either undergraduate or graduate) at an institution of higher learning and registered full-time according to the definition of his or her respective academic institution and who is not employed full-time. According to IAEE (2022), students must submit written verification from a professor or other verifiable school authority

at their institution attesting to their full-time student status when making an application (Oxford Dictionary, 2020). In the United Kingdom and most commonwealth countries, the term "student" denotes those enrolled in secondary schools and higher (e.g., college or university); those enrolled in primary or elementary schools are called "pupils" (Cambridge Dictionary, 2020).

According to Nordquist (2020), the term "English" is derived from Anglisc, the language of the Angles, one of the three Germanic tribes that invaded England during the fifth century. The English language is the primary language of several countries, including Australia, Canada, New Zealand, the United Kingdom and many of its former colonies, and the United States; it is also the second language in a number of multilingual countries, including India, Singapore, and the Philippines. It's an official language in several African countries as well, such as Liberia, Nigeria, and South Africa, and is spoken worldwide in more than 100 countries. It's learned around the world by children in school as a foreign language and often becomes a common denominator between people of different nationalities when they meet while traveling, doing business, or in other contexts.

An English class student is a learner who undergoes English tutorials to master the core skills of the language, such as listening skills, speaking skills, reading skills, and also writing skills. Students undergoing English classes stand to gain advantages like perfect communication, confidence in good communication skills, advances in achieving career goals faster, and many career prospects and opportunities.

Concept of Paper Presentation/Oral Presentation

An oral presentation is a short talk on a set topic given to a tutorial or seminar group. In an oral presentation, one (or more) students give a talk to a tutorial group and present views on a topic based on their readings or research. According to The Learning Centre, (2010), the rest of the group then joins in a discussion of the topic. Oral presentation competence comprises knowledge, skills, and attitudes that are required in order to speak in public, where the goals may include informing or persuading the audience or expressing oneself (De Grez, 2009). Such competence has not only become the basis of essential skills across disciplines within the academic fields, including the humanities and social sciences, but has also turned into a must-have skill for all university graduates (Heron, 2019; Waluyo, 2019b). Oral presentation or paper presentation requires major steps like planning, practicing, and presenting.

Oral presentations require a good deal of planning. Scholars estimate that approximately 50% of all mistakes in an oral presentation actually occur in the planning stage (or rather, the lack thereof). Several factors must be considered during the planning process. Focusing the presentation on the audience, the presentation is not about how much is said, but how much the audience can

understand. Creating an effective opening that will interest the audience can include posing a question, giving an amazing fact, or telling a short, interesting story as an introduction, explaining points, Give clear explanations. Provide sufficient evidence to be convincing. Summarize the points.

Effect of Self-Confidence on Good Paper Presentation

Problems such as stage fear and nervousness disappear when you have confidence in yourself (Prachi, 2015). There must be something in you, and that is the reason why your superiors have asked you to address a large audience. Self-confidence comes only when you know the agenda well and the purpose of the presentation is clear. Why do you think people would believe you if you are not sure of your content? Remember, convincing people is definitely not a cakewalk. But yes, the situation becomes easier when you are confident enough to not only convince others but also make them listen to you with rapt attention and also act accordingly.

Positive attitude helps you concentrate and also stay calm. Keep a smile on your face. Positive attitude plays an essential role in helping you connect with your audience. Even if someone asks you a silly question, why do you have to be rude with him? Never find faults in others. You need to understand that if an individual has invested his time or probably money in attending your session, he /she has full rights to clear all doubts and go back home happy and satisfied. People with a negative attitude generally find it difficult to adjust with fellow workers (Prachi, 2015). Learn to accept your mistakes. Do not feel bad if someone points out your mistake. Instead make sure you do not repeat them in future. Positive attitude helps you deal with criticism and face critics.

Focus on Helping Your Audience. The number one reason many public speakers lack confidence when stepping on stage is because they are focused on whether or not they will somehow "screw up." The thing is, you shouldn't really be focused on yourself at all. According to Ashish, (2019), having confidence comes from focusing on your audience, their needs, their problems, and how you can help them solve them. A confident speaker knows the audience members see him as an authority and want him to be successful. His success ultimately means their success.

Confidence allows public speakers to speak with clarity. When you are calm and focused, you can manage your thoughts better. Confidence also helps speakers speak slowly so they are understood and answer audience questions like pros. Speakers can create content in one of two ways: they can create content that makes them look smart, or they can create content that is 100% relevant to their particular audience and addresses their needs and concerns in an authentic way. When you lack confidence, you tend to create the first kind of content. When you are filled with confidence, you are able to create relevant content (Ashish, 2019).

Confidence breeds charisma, and charisma is something we are all attracted to. When a speaker who lacks confidence takes the stage, we instantly sense it and tune out because we don't want to watch the inevitable car wreck. But when a confident speaker takes the stage, we are instantly captivated and engaged. We sit forward in our seats and listen to every word she says. Confidence grabs and holds the audience's attention.

A major benefit of public speaking is that it helps you build trust with the audience, giving them a reason to check out your products and services further. But what happens when a speaker lacks confidence? They come across as being a bit shady or having something to hide. Confidence projects not only authority but also a sense of transparency. Since you seem like you have nothing to hide, an audience is far more likely to begin to trust you and want to find out more about what you have to offer.

Problems that associate with Lack of Self-Confidence

Lack of self-confidence is a negative state of mind, nourished by a sense of worthlessness and inadequacy. This may sometimes be due to a family and home experience marked by harsh criticism and may manifest itself in symptoms like vulnerability to anxiety or failure at school and work.

Motivation Less

Whatever the reason, if you are experiencing a lack of self-confidence, this will have direct repercussions in your career. You will not feel comfortable in a work environment; you will get cold feet about doing work and projects that may help with your personal development, and as a result, you will be constantly exposed to stress. All this can lead to you losing your motivation over time, losing your willingness to work, and eventually failing.

Hostility

For someone with low self-esteem, lashing out or becoming aggressive towards others is a defense mechanism. If you feel that you are about to be exposed or criticized, attacking whoever might criticize you can be a sign of low self-esteem (WebMD Editorial Contributors, 2020).

Failed social relationships

People with low self-confidence may find it a daunting prospect to speak before their superiors or hold presentations. It is so because they have negative perceptions about themselves, and they think people around them feel the same way. All these negative sentiments further aggravate what is already an unpleasant situation, leading to warped social relationships in work life. Declining invitations to go to a party or meet up with friends, canceling scheduled plans at the last minute, and generally not wanting to be around

others are signs of low self-esteem. You may not have any desire to hold a conversation or talk about your life because it will only reinforce the depression and anxiety you are already experiencing (WebMD Editorial Contributors, 2020).

Feeling of exhaustion

People with low self-confidence always feel they are not really cut out for the job. This, in turn, makes them think that other people have superior qualities compared to them. And on that basis, they cannot draw the line in the sand when it comes to personal relationships or just cannot bring themselves to say "no." In the end, they end up feeling exhausted and worn out.

Difficulties with reaching objectives

In cases of low self-confidence, people constantly draw negative conclusions about themselves and create scenarios in their minds driven by a feeling of worthlessness. This may lead to people not being able to fully express what they really need. And that creates a vicious cycle, where one spirals down into a pit of negativity, feeling exhausted and failing to achieve any objectives. so much so that low self-confidence can even lead people to give up their careers.

Physical Symptoms

According to WebMD Editorial Contributors (2020), low self-esteem has been shown to lead to mental and physical health issues like depression, anxiety, and anorexia. It can also lead to unhealthy habits like smoking tobacco, alcohol abuse, or drug use.

Not taking risks

People with low self-confidence may miss the opportunity to advance their careers because they are afraid of taking risks. They refrain from taking responsibility because they fear they may not be up to the task. This can cause one to lose important opportunities and avoid risks constantly engulfed in stress.

Factors that cause Lack of Self Confidence

Your base level of self-esteem forms primarily during your developmental years, from early childhood into young adulthood. This is the time in your life when you develop your identity and start to form an understanding of how you fit into the larger world.

Child abuse

Causes of low self-esteem may stem from childhood. If a person does not receive love, affection, and positive interactions in childhood but rather is exposed to physical, emotional, and psychological abuse, they may lack a sense of worth or inner value. If people grow up experiencing a high level of pain or hurt, this may

have a negative effect on their self-esteem. Constant criticism may harm self-esteem and a person's negative self-talk.

Parental deprivation/up-bringing

The experiences you have in your young life can have a lasting effect on how you view yourself. If you did not receive enough care or attention as a child from parents or guardians, that may translate into feelings of worthlessness as an adult. If your parents had low self-esteem, you may unconsciously mimic the way they feel about themselves. Biology also plays a part; some of us are simply wired to feel things more intensely. Because of this, we may remember or hold on to experiences in our lives that other people would more easily brush off.

Some other factors that can affect our self-confidence include frequent criticism from parents, teachers, or other important adults during childhood, inattentive or uninvolved caregivers or parents, bullying, medical and mental health conditions, adverse life events, and trauma or abuse.

Cultural factors

Cultural forces like racism, classism, sexism, and ableism can also influence how we think about ourselves. These power systems touch us from all sides, from poor representation in the media to bullying on the playground to micro-aggressions from teachers and neighbors. While many of us can soldier through these forms of discrimination with our self-esteem intact, that isn't the case for everyone.

Failure/stigma

Other factors could be results at work or school, the media and social media, body image and feelings about appearance, the level of support people have around them, achievements or skill levels, feeling the need to conform or fit in with peers, perfectionism, comparison to others, a pressure to achieve or excel in certain areas, stigma or discrimination, moving away from a safe or familiar area or loved ones, and even family or relationship problems.

Conclusion

It is therefore concluded from the study that students' oral presentation skills improve when they are more confident. Meanwhile, students who have low self-confidence tend to have low academic achievement in their oral presentations. Confidence breeds charisma, and charisma is something we are all attracted to. When a speaker who lacks confidence takes the stage, we instantly sense it and tune out. But when a confident speaker takes the stage, we are instantly captivated and engaged. This means that confidence influences the students' performance on an oral presentation. Self-confidence is an essential feature in producing good oral performances in class. Confidence also helps speakers speak

slowly so they are understood and answer audience questions like pros. The causes of lack of self-confidence is seen to mostly stem up from childhood of a person from issues like less show of love to the individual during childhood. It is also seen in the study that a lack of self-confidence causes more problems, such as an inability to take risks, failed relationships, hostility, and also difficulty reaching objectives.

Recommendation

From the study is it therefore recommended that

1. Students should engage in different activities that will help boost their self-confidence.

2. Teachers should create effective and enjoyable teaching strategies in order to enhance the students' self-confidence.

3. Parents should monitor their children's weaknesses when it comes to self-esteemand try to find the best way to improve it in order to build them up with good oral communication.

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