

# Public Speaking Anxiety Reviewed from Self-Efficacy and Audience Response on Students: Systematic Review

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## ABSTRACT

Students are required to be able to speak publicly. The ability to speak in public will make it easier for students to convey ideas, or suggestions and become a value-added skill for them. Based on literature studies there are several factors that influence public speaking anxiety, including self-efficacy and audience. The study aims to systematically review the relationship between self-efficacy and audience response with public speaking anxiety. The study is expected to enrich previous studies to prevent and address the anxiety of public speaking. Literature searches based on the topic of public speaking anxiety were associated with self-efficacy and audience response, conducted in four electronic databases, Google Scholar, Garuda Portal, ScienceDirect, and SSCI. The search year was from 2009 to 2019; obtained 4,870 articles. Furthermore, selection is carried out using criteria, the time range of publication of articles up to 10 years, quantitative methods, and student subjects. The results obtained 12 quantitative articles that meet the criteria. There were 9 articles stating there was a significant negative correlation between self-efficacy and public speaking anxiety and 3 articles stating there was a significant negative correlation between audience response and public speaking anxiety. This study concluded that to overcome the anxiety of public speaking a person needs high self-efficacy, because the higher a person's self-efficacy, the lower the anxiety. As for the audience response factor, it can be concluded that if the audience response is friendly, pleasant and does not respond negatively, then a speaker will not experience the anxiety of speaking in public, and vice versa.

**Keywords:** *Self-efficacy, Audience, Public Speaking Anxiety.*

## 1. INTRODUCTION

The ability to speak in public does not belong mainly to public speakers. Everyone has equal opportunity to speak in public, such as Master of Ceremony (MC), Presenter or Moderator, that includes students [1]. Students are required to be able to speak in public, because this will help them to convey ideas, or make suggestions; giving a value-added skill for those concerned. The reality is that many students tend to shy away when asked to speak in public. Bandura [2] mentioned that a person who experiences anxiety would raise concerns and evasive behaviours that affect their performance and academic situation. As much as 73% of the world's population experiences public speaking

anxiety, according to data from The National Institute of Mental Health San Francisco [3].

Research conducted by Spijck [4] in Portugal found that 80% of students experience anxiety of public speaking on a small or large scale. Meanwhile, research conducted in Malaysia by Raja [5] stated that 75% of students experience public speaking anxiety. Students tend to avoid and feel anxious when they get the chance to speak in public. Research conducted in Indonesia by Asmidir and Marjohan [6] stated that 42.65% of students experience anxiety when speaking in public.

Study by Aryadillah [7] found that in Indonesia psychologically both beginners and professionals, who are undergoing and dealing directly with the audience,

experience speech anxiety. The presence of an audience influences speaker's self-concept who experience anxiety, resulting in the speaker feeling depressed and having an impact on the anxiety of speaking in public. From the data above it shows that public speaking anxiety occurs in all countries, experienced by beginners and professionals on different levels.

Many people shy when asked to speak publicly due to feelings of anxiety. According to McCroskey, Richmond and Gorham [8] individuals who are always evasive, not responsive, and not communicative are considered negative and unprofessional. The anxiety of public speaking will negatively affect aspects of a person's life, from the social, economic, political and academic level. An uncontrolled public speaking anxiety will have an impact on a person's quality of life, stunted career, lack of ability to demonstrate critical thinking skills, while for students the anxiety of public speaking has an impact on academic [8]. According to Griffith and Brossing [9] students who experience anxiety speaking in public will impair their performance in conveying ideas, suggestions, and information as well as during presentations.

### **1.1. Public Speaking Anxiety**

According to Leary and Kowalsky [10] public speaking anxiety is one of the most common social anxieties and it is part of social anxiety. McCroskey [11] stated that public speaking anxiety is part of communication apprehension or communication anxiety. The communication in question is public speaking. When a person who experiences anxiety speaks in public, when asked to speak publicly, the reaction that arises is nervous, anxious, worried, and afraid of making mistakes. According to McCroskey [11] public speaking anxiety has several characteristics: a. Internal discomfort. b. Avoidance of communication. c. Withdrawal. d. Excessive communication.

Anxiety is distinguished into 2 categories: state anxiety and trait anxiety [12]. State anxiety is temporary, which is anxiety that occurs when an individual receives a stimulus that is potentially threatening to him or her. Trait anxiety is innate, which is the trait inherent in a person's personality. Public speaking anxiety is a state of anxiety [13], anxiety that occurs in certain situations when speaking in public.

Public speaking anxiety occurs when a person thinks that he or she is not sure capable of controlling the situation he or she is facing, and as a result of it, unable to focus and feeling restless. A person with high self-confidence and a low level of public speaking anxiety is so opposite, as shown in many studies [6][14][15][16][17][18][19][20].

### **1.2. Self-Efficacy**

According to Bandura, self-efficacy [2] is a person's belief that he or she is capable of thinking, driving motivation and being able to control the situation in order to achieve success. Research conducted by Seri [14], states that self-efficacy has an influence on the anxiety of public speaking of a person. An individual with high self-efficacy the level of anxiety to speak in public is generally low, so vice versa. Research by Deviyanthi [15] showed that a person with high self-efficacy, the lower his or her anxiety of public speaking. This means that self-efficacy has a high influence on a person's anxiety of public speaking.

### **1.3 Audience Responses**

Research on audience response results indicate that, negative audience responses to speakers resulted in anxiety rather than positive audience responses [21]. According to the presence of the audience that causes people to experience public speaking anxiety is: 1) the level of formal assessment or evaluation, 2) the audience's attention to the topic and the audience's response to the speaker. It is these three sources of audience attitude that influence a person when speaking in public [21]. Hsu's study [22] showed that a person, who received a negative non-verbal response from the audience, experienced a higher level of anxiety than those who received a positive non-verbal response from the audience. Based on the description above, the anxiety level of public speaking is influenced by self-efficacy and audience. Uncontrolled public speaking anxiety will have an impact on a person's career, and social interaction, incapable of showing his or her abilities as well as for students impacting academic performance.

The purpose of this study is to identify the influence of self-efficacy and audience response with public speaking anxiety. The focus is on reviewing literature article search on student respondents.

## **2. METHOD**

The purpose of this literature review is to present findings related to factors that influence public speaking anxiety in students from some of the countries studied. This research is a systematic review using PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analysis) method, conducted systematically according to the research stage. The steps taken in this Systematic Review are a) Background and Purpose, b) Research Question, c) Searching for the literature, d) Selection Criteria, e) Practical Screen, f) Quality Checklist and Procedures, g) Data Extraction Strategy, h) Data Synthesis Strategy.

An e-database search was conducted in May 2019; to acquire articles that fit the research needed namely public speaking anxiety. The researcher identified peer review articles in Indonesian and English published in the last 10 years (2009-2019) that can be downloaded in full version, and relevant to anxiety of public speaking. For limitation purposes on articles that the researcher uses in this study are self-efficacy with public speaking anxiety and audience response with public speaking anxiety.

The goal of electronic database search was to get data articles that suit the need, using Google Scholar, Portal Garuda, ScienceDirect, and SSCI. While the keywords used to search for data in this study are "Self-Efficacy" and "Public Speaking Anxiety"; "Audience" and "Public Speaking Anxiety"; "Self-Efficacy" and "Communication Apprehension"; "Self-Efficacy" and "Audience" and "Public Speaking Anxiety"; "Audience" and "Communication Apprehension"; "Self-Efficacy" and "Public Speaking Anxiety"; "Audience" and "Public Speaking Anxiety"; "Self-Efficacy" and "Public Speaking Anxiety"; "Trait Anxiety" and "State Anxiety"; "Positive Thinking" and "Anxiety of Public Speaking" In finding these articles there are no restrictions on the country of origin, only limited by the year of publication, since there has not been any recent research on audience, in the search for data of this article, the data obtained the researcher usage. The articles found were double-checked whether they fit the purpose of the review by reading the abstract. Abstract that has not provided complete information in accordance with the purpose of the study then carry out a more detailed examination of the article, suitable or not with the needs of the study. The inclusion criteria that the researcher set out in this review are articles that already provide appropriate information, with the results of self-efficacy measurements with public speaking anxiety and audiences with public speaking anxiety, whose research subjects are students.

While the application of selection criteria in the article refers to the criteria of inclusion:

- a. Peer-reviewed studies (journal articles),
- b. Study that focuses on self-efficacy with public speaking anxiety and audience response with public speaking anxiety,
- c. The subjects of this study were students.

### 3. RESULT

#### 3.1 Number and Source of Articles, which include Inclusion Criteria

Based on search results using Google Scholar, Portal Garuda, ScienceDirect, SSCI, obtained 4,870 articles of public speaking anxiety. An article search was conducted in May 2019. The population in this study was articles published in national and international journals. The samples in the study were articles published in national and international journals that discussed self-efficacy with public speaking anxiety, audience responses to public speaking anxiety that met inclusion criteria. The inclusion criteria in this study are: 1) Research articles published in 2009-2019, 2) Types of research are quantitative, 3) Research studies that discuss self-efficacy with anxiety of public speaking and audience response with public speaking anxiety, 4) Research study conducted in Indonesia and Outside Indonesia, 5) Independent variables are self-efficacy and audience response, 6) Dependent variables is public speaking anxiety, 7) The research subjects are students, 8) Respondents to the research article showed that there were 1,860 articles. A total of 89 articles were selected based on the researcher's objectives, namely those that discussed self-efficacy with public speaking anxiety obtained 89 articles and which discussed audience responses with public speaking anxiety obtained 58 articles. The next step is conducting an abstract review of the 147 articles selected, 112 articles issued because they do not include quantitative, and 35 articles entered for the next step, which is full text. Full text search of 35 selected articles, 23 articles issued because they do not fall under inclusion criteria. A total of 12 selected articles were entered for analysis. There are 9 self-efficacy articles with public speaking anxiety, 3 articles of audience response with anxiety in public, as summarised in Figure 1.

#### 3.2 Self-Efficacy with Public Speaking Anxiety

Research linking self-efficacy to public speaking anxiety, and student subjects conducted by a number of studies [14][15][16][17][18][19][23][24], obtained different correlation results. From several journal articles obtained findings that self-efficacy there is a negative relationship that significant anxiety with public speaking. Studies conducted in Indonesia and America had the highest correlation with values ( $r = -0.725$ ,  $p = .01$ ) and the lowest ( $r = -0.252$ ,  $p = .01$ ). Research conducted by Deviyanthi [15] obtained correlation value  $r = -0.725$ , [16]  $r = -0.513$ , [23]  $r = -0.41$ , [19],  $r = -0.658$ , [20]  $r = -0.509$ , [24]  $r = -0.224$ , [17]  $r = -0.456$ , [18]  $r = -0.162$ , [14]  $r = 0.203$ . From the correlation values obtained showed a difference in correlation results between researchers with each other, there are high correlation values, yet there are low correlation

values, even the results of the research conducted by Seri [14] found there was no relationship between self-efficacy and anxiety public speaking.

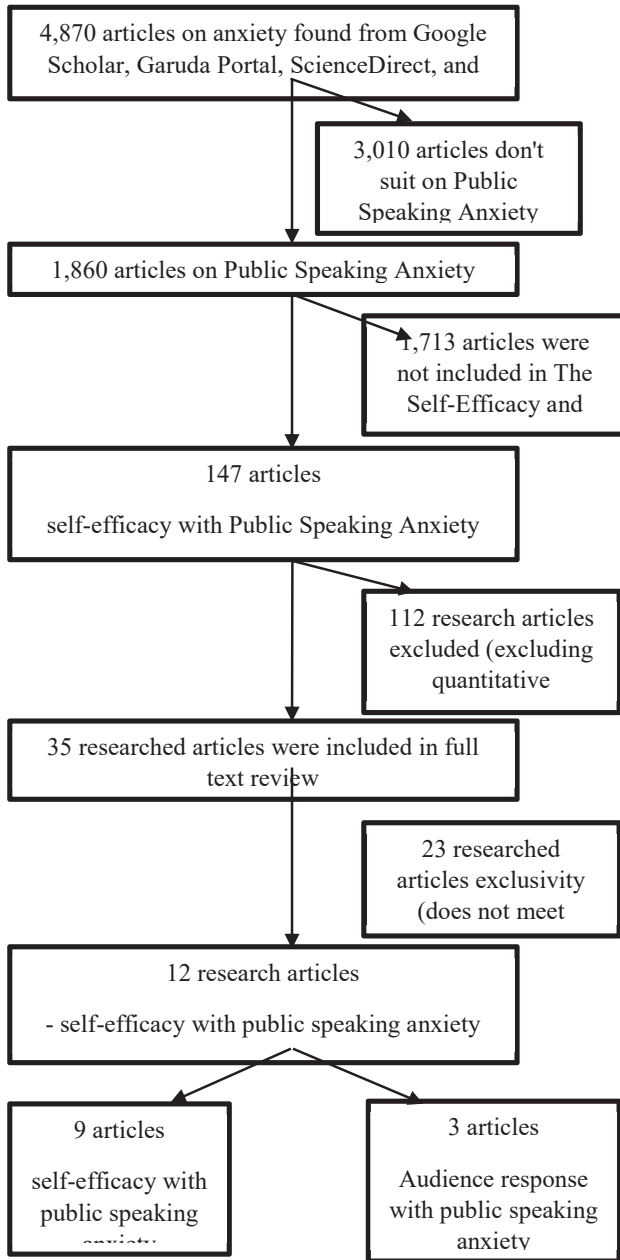


Figure 1. Article selection flowchart

### 3.3 Audience Response to Public Speaking Anxiety

Several studies [21][22] showed that audience and anxiety of public speaking from 3 countries: Canada, America and London showed there was a significant negative relationship between audiences with public speaking anxiety. Research conducted by Peter et al.

[21] in Canada found that speaker was more anxious in front of a low-interest audience, with a value (M = 30.05), than a high-interest audience with a value (M = 27.99). Speakers are more anxious when they get a formal evaluation from the audience, with a value (M = 27.24) than those who do not get an evaluation from the audience with a value (M = 25.75). Audiences who are not responsive to speakers are more anxious about the value (M = 31, 45), while a responsive audience obtained a value (M = 24, 03) that is not to worry the speaker. Hsu's [10] research conducted in America, negative audience response with public speaking anxiety correlation value  $r = -0.27$ .

Another finding that influences public speaking anxiety is self-efficacy, positive thinking with public speaking anxiety, with a value (f = 12,492 R = 0.188). Mindset is very helpful for a person in overcoming mood-related problems, such as depression, anxiety, anger, panic, jealousy, guilt and shame. A positive mindset (positive thinking) was helpful in overcoming the anxiety of public speaking.

Another study that was also obtained was an article that analysed the perception of communication competence with public speaking anxiety, with a value (r = -0.66, p = .01) meaning that a person who has a perception of competence towards him, then the level of anxiety in public speaking is generally lower than that of the not. The perception of competence in question is the perception of communication competence, which is related to public speaking. The summary was described in Table 1.

### 3.4. Conclusion

Self-efficacy has a significant negative influence on public speaking anxiety, (internal factors), from external factors the audience response has a significant negative influence on public speaking anxiety, low-interest audiences, low responsiveness and high evaluation that trigger anxiety in the speaker, while a pleasant, friendly and familiar audience makes the speaker calmer and does not experience anxiety. To overcome the anxiety of public speaking it takes high self-efficacy and a positive response of the audience to the speaker.

Two factors influence public speaking anxiety, from internal and external. This study only limited to articles about public speaking anxiety and communication apprehension, anxiety of public speaking, self-efficacy, audience. This study showed that the majority of articles are still limited to linking individual factors with public speaking anxiety, external factors with public speaking anxiety.

Further research, preferably should combine individual and external factors with public speaking

anxiety. Measurement on self-efficacy variables should focus on positive thinking, communication competency perception and audience response. Limited studies in Indonesia addressing external factors of audiences with public speaking anxiety call on further studies that

should not limit articles to specific language, public speaking anxiety, communication apprehension, self-efficacy and audience as researchers want to know the extent of the relationship between variable to anxiety speaking in public. It is important to expand further

**Table 1.** Table Review

Researcher	Country of origin	Sample (n)	Purpose
[21]	Indonesia	52 students of D-IV study program	Looking for the relationship between self-efficacy and anxiety when providing counseling
[15]	Indonesia	175 people (33 men and 142 women)	Looking for the relationship between self-efficacy and communication anxiety in presenting assignments in front of the class.
[16]	Indonesia	Psychology faculty students of the Muhammadiyah University of Aceh semesters I, III, and V.	Looking for the relationship between self-efficacy and public speaking in students
[17]	Indonesia	136 students of class 2012	Looking for the relationship between self-efficacy and speaking anxiety experienced by students in the Biology seminar course.
[18]	Indonesia	136 second semester students from four speaking classes for the 2012/2013 school year.	Observe the interaction and its effect between speaking self-efficacy and gender in speaking activities (speaking)
[23]	Washington	837 undergraduate students in Western University's basic communications course.	To find out the relationship between interpersonal communication apprehension (ICA) is more related to self-efficacy
[25]	Indonesia	100 new students	Looking for differences in the degree of anxiety between new students at FIKES and Non-FIKES / FEISHum and the difference in degrees of depression between new students at FIKES and Non-FIKES / FEISHum.
[19]	Indonesia	Bunda Mulia University Psychology Student, class of 2008-2011.	Knowing the relationship between self-efficacy and public speaking anxiety among students of the Psychology Study Program at Bunda Mulia University in North Jakarta.
[20]	Indonesia	222 students from all faculties at Esa Unggul University, class 2011-2013 (160 students and 62 students).	This is to determine the relationship between self-efficacy and anxiety at the time of presentation to students
[26]	Turkey	95 level 1 students taking communication science courses and level 2 students taking psychology courses.	This is to determine the relationship between public speaking anxiety and who is the audience (audience).
[21]	Canada	121 second year University psychology class students	To research potential sources of audience-derived public speaking anxiety.
[27]	America	196 Students (85 male, 109 female, and 2 who did not indicate their gender), ranged in age from 18 to 64 years	Examining the relationship between public speaking anxiety, perceived competence, and audience perceptions before and after the speech.
[24]	Indonesia	90 students of the study program of communication science at the University of X in Jakarta, class of 2014-2015	Look for the relationship between positive thinking and self-efficacy and public speaking anxiety.

studies to gain insights about fear of public speaking, fear communication.

### AUTHORS' CONTRIBUTIONS

BSL determines the idea and writes this scientific work from start to end. She also conducts referral searches according to the directions and topics that become the basic idea of the research. JP and FCS play an important role in providing inputs, as well as providing references, evaluating the results, reviewing and writing the manuscript.

### ACKNOWLEDGMENTS

The researcher would like to convey her highest appreciation for the cooperation, ideas, and suggestions of all professors, colleagues, friends and the students of interest.

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[The Effect Size of Forgiveness in Hope and Life Satisfaction Among Adolescents Living with Imperfect Family Structure: Taking Anxiety Levels and Sex into Consideration](#)

Amalia Rahmandani, Yohanis Franz La Kahija, Lusi Nur Ardhiani

This study aimed to describe the differences in correlation of forgiveness and hope as well as life satisfaction according to anxiety levels and sex among adolescents living with the imperfect family structure. A total of 171 Indonesian teenagers

involved were students of a state vocational school in...

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Janice Valencia, Frikson Christian Sinambela

Children who are separate from one or both of their parents (parental separation) have a higher tendency to experience stress, mental health problems, and self-harm behavior. Self-harm behavior is the practice of deliberately injuring body tissue generally carried out by oneself without the intention...

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### An Initial Development of Smile: A Self-Regulation Based Mobile Mental Health's Application for Adolescents

Dian Veronika Sakti Kaloeti, Annastasia Ediati, W Syafei, J Ariati, A Prasetijo, A Kurnia, V Tahamata

Adolescents have shown significantly higher rates of mental health problems than the general public. Research has found the self-regulation is vital in preventing psychopathology. Further, the involvement of digital technology as one health support form is recognized as a promising alternative, especially...

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### Blood Pressure Control and Heart Rate: Effectiveness Brief Hypnotic Induction Methods on Adults

S Ayu Kurnia, Dian Veronika Sakti Kaloeti, Kwartarini Wahyu Yuniarti, Nanda Erfani Saputri

Hypertension is a major public health problem and the key risk factor for cardiovascular diseases in adults. This study aims to determine the effect of brief hypnotic induction methods on lowering hypertension in adults. The intervention method utilized in this study involved brief hypnotic induction....

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Online Cognitive-Behavioral Group Therapy to Enhance Self-Esteem in Romantic Relationship for Emerging Adult Women  
Diajeng Tri Padya, Lathifah Hanum

Emerging adulthood is often linked with the development task to explore an intimate relationship with people around them, including establishing romantic relationships. However, individuals sometimes are hesitant to start a romantic relationship because of various reasons, and one of them is low self-esteem....

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The Effectiveness of Online Group Cognitive and Behavioral Therapy on Self-Esteem and Forgiveness in Young Adult Women after Romantic Relationship Break Up  
Prawestri Bayu Utari Krisnamurthi, Lathifah Hanum

The end of a romantic relationship may impact an individual, one of which is low self-esteem that causes the individual to feel difficult, hesitant, and reluctant to start another relationship with a new partner. It also can affect the psychological well-being of the individual. Self-esteem is one crucial...

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The Impact of Self -Affirmation Towards Stress and Anxiety Levels

## of Pregnant Women

Runjati Runjati, Annisa Septy Nurcahyani

Stress and anxiety during pregnancy has an impact on the risk of pregnancy, baby and birth. There is a need holistic care to cope with psychological adaptation during pregnancy. Self-affirmation by love card and deep breathing sounds to be part of holistic care but none of the study. This research aims...

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## Psychological Distress Among Freshmen University Students

Alvin Alfiyan, Ishma Najya Zafira Purnama, Wyke Youlanda, Dian Veronika Sakti Kaloeti, Hastaning Sakti

Psychological distress is negative mental health, which can affect a person directly or indirectly over time. The psychological distress that emerges to the new students was related to the transition period, academic, and non-academic burdens experienced. The sample of this research was 3819 first-year...

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## Measuring Acculturative Stress and General Self-Rated Health of Internal Migrant Students in Indonesia: Considering Social Identity Theory

Nugraha Arif Karyanta

Ethnic identity and national identity are aspects of social identity that bring with them pros and cons in relation to acculturative stress and individual health more generally. As a multicultural country made up of various ethnic groups, Indonesia places a high importance on the concepts of ethnic identity...

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## Self-efficacy, Emotional Regulation, Communication Competence and Public Speaking Anxiety Towards Students

Zefanya Relita Trisnaningati, Frikson Christian Sinambela

Public speaking anxiety (PSA) is one of the most common forms of anxiety disorder, with about one in five individuals experiencing this level of anxiety. Students undergoing the learning process, especially before the final examination period, can experience this anxiety disorder. The factors mentioned...

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## Public Speaking Anxiety Reviewed from Self-Efficacy and Audience Response on Students: Systematic Review

Bawinda Sri Lestari, Joniarto Parung, Frikson C. Sinambela

Students are required to be able to speak publicly. The ability to speak in public will make it easier for students to convey ideas, or suggestions and become a value-added skill for them. Based on literature studies there are several factors that influence public speaking anxiety, including self-efficacy...

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## Effects of Neurofeedback Training on Anxiety Symptoms Among University Students

Jasmine Adela Mutang, Chua Bee Seok, Guan Teik Ee

Previous studies reported that university students are a population at risk of that mental health problems. The most common intervention for anxiety disorders are pharmacological and/or nonpharmacological strategies such as psychotherapies. Besides that, there is a growing interest neurofeedback training...

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## Character Strengths of Student and College Student Undergoing Learning Activities During the Covid-19 Pandemic

Hetti Sari Ramadhani, Jatie K. Pudjibudojo, Lena N. Panjaitan

Youth character strengths becomes the front line for the nation's future generations to face future challenges, including during the Covid-19 pandemic. Previous research has shown character strengths in helping people and the nation cope the vicissitudes of Covid-19 pandemic. This research aims to identify...

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## Models of Career Maturity in Adolescents

Novi Qonitatin, Erin Ratna Kustanti

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Shinta Wisyaningrum, Ignasia Epifani, Annastasia Ediaty

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### Marital Distress and Satisfaction During the COVID-19 Pandemic: A Systematic Review

Ignasia Epifani, Shinta Wisyaningrum, Annastasia Ediati

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### Risk Factors of Domestic Violence Reported Before and During the Covid-19 Pandemic: A Systematic Review

Fawwaz Mishbah Syibulhuda, Annastasia Ediati

The presence of COVID-19 as a global pandemic has triggered the implementation of several policies such as lockdowns to limit public interactions and controlling the spread of the virus. Meanwhile, pandemic also impacts business and jobs resulted in downsizing and reduced income, leading to increased...

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### Divorce Decision-Making in Javanese Women: A Review from Social, Cultural, and Gender Perspective

Devi Puspitasari, Jatie. K. Pudjibudojo, Hartanti

Divorce phenomenon all across the globe has shown significant increases, which also happens in Indonesia. Based on records from the Supreme Court, there were 480.618 divorces cases in 2019, with 25% cases filed by the husbands and 75% cases

filed by the wives. This study aims to identify divorce decision...

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Dewi Widiastuti

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### The Implementation of Life-Review Intervention to Increase the Quality of Life on Elderly Widows

Venty Ratnasari Telaumbanua, Srisiuni Sugoto

Quality of Life is the viewpoint or perspective of individuals regarding how good their currently experienced life is. In later adulthood (old age), there are many changes, such as changes in physical and cognitive abilities, and also changes in social roles and emotional conditions, especially on elderly...

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Ika Febrian Kristiana, Ermida Simanjuntak

Engaged Teachers Scale (ETS) is currently the only scale measuring teacher engagement. Although it has good validity when it was developed by Klassen et al



(2013) in the UK, but there were not many have reported its validity when used in different cultural settings. Therefore, the ETS adaptation process...

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Madihah Shukri

Despite the importance of traffic violations in relation to road safety, little is known, however, about the link between stress particularly work-family conflict and violations behaviors. This study assessed the predictive effect of the theory of planned behavior (TPB) constructs and additional predictors...

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T N E D Soeharto, M W Kuncoro, S A Prahara

This study aims to determine the effect of family support on work-family conflict in mothers who work through communal sharing social relations. The formulation of the problem in this study is whether the effect of family support on work-family conflict in mothers who work through communal sharing social...

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Rusmalia Dewi, Joniarto Parung, Artiawati

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Pan Lee Ching, Chua Bee Seok, Rosnah Ismail

Excessive workload is appraised as hindrance stressor because it obstructs teachers' achievement in the workplace and then to a negative response like distress, the response would harm the work-life balance. Hence, this study aims to examine the relationship between hindrance stressor and work-life balance...

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Ifrah Harun, Rosli Mahmood

Drawing from a Job-Demand and Resource (J-DR) model and Conservation of Resources theory (COR), this study aims to examine the moderating role of affective commitment in relation to work-family interface (WFI), emotional exhaustion (EE), and turnover intention. Particularly, this study examines how the...

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Tri Muji Ingarianti, Fendy Suhariadi, Fajrianthi

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### The Role of Parents in Teaching Community Engagement to the Children: An Exploration Study Among Balinese Family

Wyke Youlanda, Dian Veronika Sakti Kaloeti, S Ayu Kurnia

Parents are required to introduce traditions to their children and effectively instill local wisdom values in the next generation according to the culture of the area where they live. The role of Balinese parents as the first promotional agent to teach Balinese culture to their children, which involves...

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Ferdi Sapan Alextian, Sri Muliati Abdullah

Every year senior high school students are confronted with the career decision associated with college majors. Many senior students are unsure of the selected college choices because of the lack of social support from parents. This study aims to determine the effect of parental support on career decision...

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Samita Karunaharan, Charles Ganaprakasam, Tinagaran Selvarajah

Since parents are the prime source of a child's mental health development, the practice of inappropriate and impertinent parenting can lead to various psychological problems. Very few studies have been conducted to investigate the relationship between parenting styles and suicidal ideation among Malaysian...

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## The Influence of Personal Growth Initiative and Self-Regulated Learning on Victims of Bullying and the Differences in Terms of Parental Educational Background

Putri Saraswati

Bullying victims have greater desire to develop themselves into a better person than the bully. In psychological terms, efforts to become a better person are called Personal Growth Initiatives (PGI). Individuals with good PGI will continue to strive to develop themselves. In this context, the PGI is...

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Yosika Pramangara Admadeli, Pascalis Muritegar Embu-Worho

Families often face extremely challenging experiences or crises caused by various factors. It is important to understand how family members give each other support when problems occur in the family, how one solve the problems, and how one rebuild their lives after the transition. Therefore it is crucial...

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## Unearthing the Role of Female Breadwinners in Family Resilience During a Crisis:

A Case Study in Artisanal and Small-Scale Gold Mining Community in Tewang Pajangan, Central Kalimantan, Indonesia

Safura Intan Herlusia, Tannia Paramita, Vovia Witni, Budi Susilorini

COVID-19 can negatively impact family resilience as the pandemic causes social disruptions and mental distress, whether due to financial insecurity, physical distancing or confinement. Based on previous studies, such impacts were disproportionately felt by vulnerable families, including those with female...

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## Understanding the Step-sibling Relationship Through Bibliometric-visualization and Narrative Analysis

Devina Ratna Anggita, Costrie Ganes Widayanti, Kartika Sari Dewi

The study aims to reveal the dynamics of step-sibling relationship and its acceptance in families whose parents remarried after divorce. The study implemented qualitative systematic review research method to study on step-siblings from 2000 to 2020 (n =19 corpus; range of participants =11-33 years old)....

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Ni Luh Kade Nadia Rastafary, Marselius Sampe Tondok

Schizophrenia is a psychotic mental disorder that causes psychiatric symptoms, such as confusion in thinking, emotions, perceptions, and deviant behaviour. The prevalence of schizophrenia/ psychosis in Indonesia was 6.7 per 1000 households. The highest prevalence distribution was in Bali and Yogyakarta...

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Afifah Chusna Az Zahra, Jainul Mukhaimin Nurofik, Mochammad Sa'id

The relationship between parents and millennial children is an example of inter-generational interaction that can raise communication problems in-between. One of its factors is the development of technology. The relentless globalization, along with the rapid technology innovation, creates something called...

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### Caregivers Feeding Styles for Children 6-20 Months of Age in Rural Areas Wonosobo District Central Java Indonesia

Hadi Ashar, Ina Kusriani, Leny Latifah, Dyah Yunitawati

Caregivers feeding style is one of the efforts in preventing malnutrition. It not only fills the nutrition needs to grow but also, psychologically, fills the affection that will support the child's growth and development. The purpose of this study is to know the feeding style to the children and the...

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Abdi Winarni Wahid, Fuad Nashori

The objective of this study was to examine the effectiveness of the listening training on Al-Qurán Surah Ar-Rahman murottal in increasing positive emotions in informal

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Dinie Ratri Desiningrum, Dewi Retno Suminar, Endang Retno Surjaningrum

Parents of children with autism spectrum disorder (ASD) experience greater levels of stress, anxiety, and depression than parents of children with other developmental disorders. Mothers experience stress in caring, while loving care is needed, which in this study defined as compassionate love, to optimize...

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Sri Asih Andayani, Jatie K. Pudjibudojo, Evy Tjahjono

Subjective well-being (SWB) is a key to a prosperous life. All married couples expect to deliver physically-normal babies. Unfortunately, some families have special need children. In general, the number SWB parents of children with special needs are lower than SWB parents with typical children. Factors...

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### Relationship Between Husband Social Support and the Resilience of Mother of Children with Autism Spectrum Disorder (ASD)

Sarah Aurelia Saragih, Marisa Fransiska Moeliono

Mothers with ASD children face daily adversity that translates into a high level of stress due to the symptoms the child has. Mothers must overcome all the challenges and adversity by having resilience. Resilience held by mothers is formed from external factors, namely social support from their spouse....

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Ellya Rakhmawati, Noor Rochman Hadjam, Dita Permata Aditya, Adhitya Riska Yunita

Sexual education in Indonesia is remained Taboo, so many parents and schools do not have the awareness to provide sexual education to the children. However, some families tried to educate their children about sexuality. This study answers questions raised which how parents are involved in providing sexual...

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Hon Kai Yee, Ezzah Nurhazimah Husin, Norafifah Bali, Wanda Kiyah Albert George

As the coronavirus (COVID-19) pandemic sweeps across the world, it has a profound effect on human psychological and daily life. However, fewer studies are focusing on children's psychological states. The purpose of the present study aimed to examine the children's psychological state and their emotions...

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### Family Resilience: Prisoner's Perspective (A Phenomenology Study in Kedungpane Correctional Institution Semarang)



Nailul Fauziah, Endang Sri Indrawati, Adi Dinardinata, Achmad Mujab Masykur

Incarceration is an experience that is torturous, severe, full of suffering, frightening, worrying and full of pressure for both the prisoner and the whole family. Good adaptability is needed to face the dynamic changes that are stressful and challenging so that they can recover quickly and can maintain...

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### Maintaining Marriage Behind the Prison: A Qualitative Study Through Incarcerated Husband Perception

Kholifah Umi Sholihah, Dian Veronika Sakti Kaloeti, Adi Dinardinata, Rahmadian S Laksmi

The relationship between husband and wife is an essential thing in marriage. However, there is a special circumstances that have significant effect in marriage, such as imprisonment. The relationship will face many quandaries. This study explores the perception of prisoners toward their marriage and...

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Talitha Lintang Pertiwi, Dian Veronika Sakti Kaloeti

It is known that incarcerated women have problems that affect their psychological condition, such as experiencing depression and anxiety. Based on previous studies, the resilience and quality of life can minimize the depression and anxiety experience of the inmates in correctional institutions. This...

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Achmad Mujab Masykur, Adi Dinardinata

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Julia Suleeman

As a country located between two rings of fire, Indonesia experiences lots of natural disaster: earthquake, tsunami and eruption. It is expected that people in areas often affected have an ability to live with disasters that can happen anytime. This article reports a series of study aiming to identify...

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## The Risk and Protective Factor in the Resilience Development of Indonesian Navy Soldier's Wives

Wiwik Triwidiyanti, R Yusti Probowati, Andrian Pramadi

One of the stressors for soldier's wife that potentially affect their mental health is the deployment or assignment of their husband for 3-12 months apart from his wife and children. Wives of soldiers must have resilience, the ability to survive or bounce back from the stresses of life. The aim of this...

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## Leadership Style & Management System in Family Business for Z Generation Workers

Aulia Risky

In Indonesia, family businesses still dominate the industrial world, based on the results of a survey by Price Waterhouse Cooper (PwC) in 2014, more than 95% of businesses in Indonesia are family owned. Family businesses usually adopt and maintain the initial values set by the owner who acts as the founder...

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## Perceptions of Communication Organizational - Family and Authentic Leadership

Paulus Eddy Suhartanto, Markus Hartono, Frikson Sinambela

Research on authentic leadership antecedents is still limited. Several studies have shown that the role of psychological capital, self-knowledge and self-consistency is not consistent as antecedents of authentic leadership. Likewise related to the role perceptions of organizational and family communication...

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Mirwan Surya Perdhana, Dian Ratna Sawitri, Danang Edmirendy Surya Permana

The aim of this study is to investigate employee's perceptions of job relocation in Alpha Corp, a government organization with representative office located in all provinces in Indonesia. Despite the utilization of job relocation to improve employee's work quality and achieving organizational goals,...

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Devietha Kurnia Sari, Ananta Yudianto, Frikson Christian Sinambela

Work Engagement is referred to as the motivation employees have in involving and being enthusiastic about their work. An engaged employee will positively involve and strive to contribute to the organization through higher productivity, efficiency, and vast innovation. A motivational condition such as...

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### Employee's Perception of Voicing: Does the Organization Really Provide Voice Channels?

Unika Prihatsanti, Seger Handoyo, Rahkman Ardi

This study aims to explore the employee voice in organizations based on the channel chosen. 151 employees from various companies in Indonesia who volunteered to be involved in this research (43,7% Male, 56,3% Female; 17,9% secondary-diploma, 59.6% Bachelor, 22,5% Master; Mean age=30,41, SD=7,68) answered...

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