

## **HOW TO TURN FEAR INTO STRENGTH**

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### ***Abstract***

*Fear of speaking in public (public speaking) is a common obstacle faced by many people. Nervousness, anxiety, and fear of being judged can prevent someone from appearing and conveying their ideas.*

**Keywords:** *Public speaking, Fear, Nervousness, Anxiety, Judgement, Failure, Lack of self-confidence, Thorough Preparation, Change Perspective, Breathing Exercises, Focus on The Audience.*

## **INTRODUCTION**

Fear of public speaking often arises from several factors, namely fear of being judged, worry about judgment and criticism from others, fear of failure, anxiety about performing poorly and making mistakes, self-distrust, lack of confidence in one's own abilities and knowledge, Strategies for Turning Fear into Strength. Here are some strategies for turning your fear of public speaking into a strength. First, thorough preparation. The more prepared you are, the less afraid you will feel. Do your research, organize your presentation materials well, and practice your delivery. Second, change perspective. View public speaking as an opportunity to share knowledge and connect with others, not as a threat. Third, breathing exercises. Do deep breathing exercises to calm yourself before and during your presentation. Fourth, focus on the audience. Instead of focusing on your fears, focus on the message you want to convey to your audience. Fifth, accept imperfection. Nothing is perfect, and the audience understands that. Accept that you may make mistakes, and don't let that stop you. It can be concluded that fear of public speaking is normal. However, with the right strategy and practice, this fear can be turned into strength. By changing your perspective, preparing well, and focusing on your audience, you can appear confident and deliver your message effectively.

## **METHODS**

In creating this article, we used several methods to solve it. The first is the interview method. We use this method in the form of direct observation. Where this aims to find the results of what has happened. We include the results that we have obtained in this project as proof that the title we have taken is in accordance with what they are doing. Both data collection methods. We use this method in the form of looking for several sources as references that are closely related to the title we are completing. This is the basis for creating the article.

## **RESULT AND DISCUSSION**

### **Identifying Fear**

#### **1. Types of fear**

Fears can be categorized into several parts, namely, learned fears are fears that are acquired through experience or learning. This fear can be triggered by various factors, such as traumatic experiences, inaccurate information, or environmental influences. Social fears are fears related to social interactions. This fear can be a fear of rejection, a fear of judgment, or a fear of public speaking. Specific fears are fears that are focused on a specific object or situation. This fear can be a fear of spiders, a fear of a phobia, or a fear of crowds.

#### **2. The root of fear**

Genetic factors. Some people may have a tendency to experience fear to a greater extent than others. This can be caused by genetic factors inherited from parents. Personality factors. People who have a perfectionist personality or who worry easily may be more prone to experiencing fear. Past experience factor. Traumatic experiences experienced in the past can cause fears that persist into adulthood.

### **Impact of fear**

Physical disorders. Fear can cause various physical disorders, such as headaches, nausea, shortness of breath, or cold sweats. Psychological disorder. Fear can cause various psychological disorders, such as anxiety, depression, or obsessive compulsive disorder. Behavioral disorders. Fear can cause a person to avoid situations or activities

that trigger their fear. This can limit a person's life and cause various losses.

### **Change your perspective on fear**

#### **1. Fear as a motivator**

Fear is a natural emotion that everyone can feel. Fear can appear in various forms, such as fear of failure, fear of rejection, or fear of the unknown. Fear is often seen as a negative thing, but actually fear can also be a powerful motivator. Fear can be a motivator when we use it to push ourselves to achieve something we want. For example, if we are afraid of failure, that fear can push us to work harder and prepare better. Or, if we are afraid of rejection, that fear can encourage us to become more confident and willing to take risks.

#### **2. Fear as opportunity**

Fear can also be an opportunity to learn and grow. When we face fear, we have to think creatively and find ways to overcome it. This process can help us to become stronger and more resilient. Therefore we can do it like seeing fear as a challenge. Instead of avoiding fear, see it as a challenge that must be faced. Challenges will help you to grow and develop. Dare to take risks. If you want to overcome fear, you have to be willing to take risks. Don't be afraid to try new things and get out of your comfort zone. Get support from others. Having other people support you can help you overcome your fears. Talk to friends, family, or a therapist about your fears.

#### **3. Change your frame of mind**

One way to overcome fear is to change our frame of mind. We can change the way we view fear in the following ways. Focus on the positive side. Every fear must have a positive side. For example, fear of failure can drive us to work harder and become more successful. Be realistic. Don't be too afraid of something that isn't actually that dangerous. Know that you have the ability to overcome your fears. Be patient. Changing your frame of mind takes time and effort. Don't give up if you don't succeed in a short time.

### **Strategies for Overcoming Fear**

#### **1. Relaxation techniques**

Relaxation techniques can help reduce the anxiety and tension experienced by someone who is afraid of public speaking. Some relaxation techniques that can be used include: Deep breathing, Meditation, Yoga, and Massage.

#### **2. Mindfulness practice**

Mindfulness practices can help a person focus on the present moment and become aware of their thoughts and feelings without judgment. Mindfulness training can be done in various ways, such as: Meditation, walking while paying attention to the environment and listening to music.

#### **3. Gradual confrontation**

Gradual confrontation is a strategy that involves a gradual process of confronting fears. In the case of public speaking, gradual confrontation can be done by: Start by speaking in front of people you know and trust. Then, gradually increase the number of people you face. You can also start by speaking in front of a small number of people, then increase the number of people gradually.

### **Building Self-Confidence**

Self-confidence is one of the important keys to becoming an effective public speaker. A confident speaker will appear more convincing and attract the attention of the audience. One way to build confidence in public speaking is to identify your own strengths and advantages. Each person has their own strengths and advantages. It is important to recognize these strengths and advantages so that they can be utilized optimally in public speaking. There are several ways to identify your own strengths and

strengths, namely, self-reflection. Take time to reflect on yourself and what you like and are good at. Second, ask for feedback from others. Ask friends, family, or coworkers to provide feedback about your strengths and strengths. Lastly, take a personality test. There are several personality tests that can help you identify your own strengths and strengths. Examples of this are, we are able to speak, think critically, argue, tell stories, humor, and the ability to use body language.

Next is, setting realistic goals. What you need to do to set realistic goals in public speaking is, start with small goals. Don't immediately set goals that are too big and difficult to achieve. Start with small, realistic goals and increase them gradually. Make specific goals. Specific goals will be easier to measure and achieve. For example, instead of setting the goal of "becoming a great public speaker," you might set the goal of "being able to deliver a 15-minute presentation without stuttering."

Make measurable goals. Measurable goals will help you to monitor progress and provide feedback. For example, instead of setting the goal of "becoming a more confident public speaker," you might set the goal of "being able to make eye contact with the audience for 75% of the presentation time."

### **Inspire Others**

#### **1. Sharing Success Stories**

One of the most effective ways to inspire others is to share success stories. A success story is a true story about someone who has achieved a goal or experienced positive changes in their life. Success stories can be a source of motivation and inspiration for other people, because they show that the things you dream of can be achieved. When sharing success stories, it's important to choose stories that are relevant to your audience. Stories that are too general or abstract may not have a significant impact. Instead, stories that are specific and relatable to your audience will be more likely to inspire them.

#### **2. Provide Tips and Suggestions**

Tips and suggestions can also be an effective way to inspire others. Tips and suggestions can provide new insights and knowledge that can help others to achieve their goals. When providing tips and advice, it is important to do so in a positive and constructive manner. Avoid criticizing or judging. Instead, focus on things other people can do to improve themselves.

### **Become a Role Model**

Becoming a role model is also an effective way to inspire others. A role model is someone who is admired and imitated by others. When someone sees someone they admire achieve success, they will feel more motivated to achieve success as well. To be an inspirational role model, it is important to have positive values and behavior. You must also be consistent with these values and behaviors. Others will see you as a role model if they believe that you are a good and trustworthy person.

## **CONCLUSION**

Fear of public speaking is normal. This fear can be caused by various factors, such as fear of being judged, fear of failure, lack of self-confidence, and lack of knowledge about public speaking. With the right strategy and practice, public speaking fears can be turned into strengths. A confident speaker will appear more convincing and attract the audience's attention. In simple terms, public speaking is something that can be learned and practiced. With careful preparation and regular practice, the fear of public speaking can be overcome and you can become an effective public speaker.

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