

Appendix 2 Transcription of the Interview

Semi-Structured Interview Questions

Interview with Participant A

Speaker	Indonesian Version	English Version
Researcher	1. Bisa ceritain gimana perasaan kamu sebelum melakukan public speaking atau presentasi di kelas?	Can you describe how you feel before doing public speaking or a presentation in class?
Participant A	Biasanya kalau saya mau presentasi itu ngerasa nervous dulu sebelum masuk kelas. Apalagi kalau tahu hari ini itu presentasi, itu kadang-kadang suka kepikiran dan takut salah juga kalau ngomong. Nanti takut juga kalau misalkan salah atau nggak bisa jawab pertanyaan dari teman-teman gitu.	Usually, before entering the classroom for a presentation, I feel nervous. Especially when I know that there will be a presentation that day, I keep thinking about it and become afraid of making mistakes. I am also afraid that I will not be able to answer questions from my classmates.
Researcher	2. Hal apa yang paling bikin kamu merasa cemas atau takut saat berbicara di depan orang lain?	What makes you feel most anxious or afraid when speaking in front of others?
Participant A	Takutnya kalau misalkan salah ngomong terus dinilai jelek juga sama orang lain, sama teman-teman, atau mungkin sama dosen gitu ya. Misalkan teman-teman itu nganggep aku ih kok nggak bisa ngomong, atau presentasinya itu kok kayak ngomongnya belibet-belibet gitu. Jadinya agak overthinking.	I am afraid of saying something wrong and being judged negatively by other people, such as my classmates or lecturer. I worry that my classmates may think that I cannot speak well or that my presentation is confusing and unclear. As a result, I often overthink.
Researcher	3. Waktu public speaking, biasanya kamu ngerasain apa secara emosional maupun fisik?	During public speaking, what do you usually feel emotionally and physically?

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Participant A	Kalau pas lagi presentasi biasanya deg-degan banget sih kak, apalagi itu kan dilihat sama temen-temen loh terus tangannya juga dingin, kadang kalau ngerasa dilihatin jadi suaranya tuh kayak gemeter gitu nah jadi aku panik dan kepikiran juga, overthinking takut salah gitu kalau ngomong di depan temen-temen.	During presentations, I usually feel very nervous because my classmates are watching me. My hands become cold, and sometimes my voice trembles. I become panicked and overthink because I am afraid of making mistakes in front of my classmates.
Researcher	4. Pernah gak rasa cemas itu bikin kamu jadi blank, kehilangan fokus, atau sulit ngomong? Ceritain pengalamannya dong.	Has anxiety ever made you go blank, lose focus, or struggle to speak? Please share the experience.
Participant A	Sering sih sebenarnya kalau misalkan cemas gitu ya, jadinya kalau pas lagi overthinking terus kan nge-blank gitu. Nah pas presentasi itu pernah tiba-tiba tuh lupa sama materi yang sebenarnya udah dipelajarin. Meskipun awalnya udah dipelajarin itu pas maju, pas presentasi tuh tiba-tiba tuh jadi lupa, terus juga kadang pas lupa itu sempat diem juga, sempat diem beberapa detik dan mikirkan, aduh mau ngomong apa nih, soalnya kan bingung mau ngomong apa.	I often experience this when I feel anxious. When I overthink, I suddenly go blank. During one presentation, I forgot the material that I had already studied. Even though I had prepared it before, I suddenly forgot everything while presenting. I remained silent for a few seconds because I did not know what to say.
Researcher	5. Pikiran apa yang biasanya muncul di kepala kamu saat sedang presentasi?	What thoughts usually come to your mind during a presentation?
Participant A	Aku kan tipikal orang yang gampang terpengaruhi ya, jadinya kalau misalkan aku pas di depan kelas atau pas presentasi gitu, aku sering	I am the type of person who is easily affected by others' opinions, so when I am presenting in front of the class, I often think about whether

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	mikir orang lain tuh notice nggak sih kalau pas aku lagi gugup, aku lagi nervous gitu, kadang juga takut juga, karena aku overthinking juga kadang takut kalau dosen apa teman-teman tuh ngejudge secara aku ngomong soalnya kan dari aku ngomong juga itu kadang-kadang masih suka belibet jadinya takut.	other people notice that I am nervous. I also worry that the lecturer or my classmates might judge the way I speak, since I sometimes still sound unclear.
Researcher	6. Gimana perasaan kamu setelah selesai public speaking?	How do you feel after finishing public speaking?
Participant A	Pas lagi presentasi kan kepikiran nah terus pas udah selesai tuh lega tapi ya ada kepikiran juga tadi presentasiku gimana ya itu takut jelek apa ada salah ngomong gitu lega.	After the presentation, I feel relieved. However, I still think about how my presentation went and whether I made mistakes. I feel relieved, but I also worry about whether my presentation was good enough.
Researcher	7. Biasanya apa yang kamu lakukan buat ngurangin rasa gugup sebelum presentasi?	What do you usually do to reduce nervousness before a presentation?
Participant A	Kalau itu biasanya sih sebelum presentasi itu latihan dulu ya. Sebelum presentasi atau malamnya itu latihan sendiri dulu. Terus juga ya dibaca materinya, diulang-ulang dulu biar lebih siap, biar nantinya tuh nggak ngeblank gitu dan lebih mateng presentasinya.	Usually, I practice at home, review the material before presenting, and write down the important points of the presentation. I also practice the presentation at home and reorganize the language so that it can be easily understood.
Researcher	8. Pas rasa nervous muncul saat public speaking, gimana cara kamu nenangin diri?	When nervousness arises during public speaking, how do you calm yourself down?
Participant A	Kalau aku sih biasanya tarik nafas dalam-dalam dulu, terus	If I start to feel nervous, I usually take a deep breath first.

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	juga ngomongnya pelan-pelan biar nggak terlalu panik gitu.	Then I try to speak slowly so that I do not panic too much.
Researcher	9. Strategi apa yang paling membantu kamu menghadapi public speaking? Bisa kasih contohnya?	What strategy helps you most in facing public speaking? Can you give an example?
Participant A	Strategi aku sih paling latihan sebelum presentasi. Jadi latihan dulu biar nggak terlalu cemas gitu, biar nggak salah-salah ngomong juga. Jadi minimal latihan dulu sebelum presentasi, biar lebih tahu juga apa yang nantinya akan disampaikan.	My strategy is mainly to practice before the presentation. Practicing helps me feel less anxious and reduces the chance of making mistakes when speaking, and it also helps me know what I am going to say.
Researcher	10. Pernah gak cara yang kamu pakai buat ngatasi rasa cemas ternyata gak terlalu berhasil? Ceritain dong.	Has a strategy you used to cope with anxiety ever not worked well? Please share.
Participant A	Pernah sih, Kak. Soalnya kadang-kadang meskipun udah tetap latihan nih, udah latihan malamnya, tetap aja nervous pas lihat temen-temen di depan kelas. Soalnya kan ngerasa deg-degan gitu, jadi tetap aja panik.	Yes, it has. Sometimes, even though I had practiced the night before, I still felt nervous when I saw my classmates in front of the class. I still felt my heart racing, so I still panicked.
Researcher	11. Apakah ada dukungan dari teman, dosen, atau lingkungan yang membantu kamu lebih percaya diri saat public speaking?	Is there support from friends, lecturers, or the environment that helps you feel more confident during public speaking?
Participant A	Ada, biasanya sih dari teman-temanku yang teman-teman dekat itu biasanya pada support dan Mereka nggak pernah ngetawain aku juga, jadi kayak lebih tenang aja pas presentasi gitu. Kalau dosen itu	There is support from my friends, especially my close friends. They usually support me and they never laugh at me, so I feel calmer during presentations.

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	sebenarnya nggak nge-judge juga.	
Researcher	12. Kalau dibanding sebelumnya, apakah sekarang ada perubahan dalam cara kamu menghadapi public speaking dan rasa cemas itu? Gimana perubahannya?	Compared to before, has there been any change in how you face public speaking and anxiety now? What kind of change?
Participant A	Kalau sekarang sih masih nervous, tapi udah mending bisa ngontrol daripada yang pas awal banget masuk kuliah. Soalnya kalau dulu itu pengen banget menghindari presentasi ya, tapi kalau sekarang karena udah sering juga jadinya lebih sedikit berani lah daripada sebelumnya meskipun masih tetap ada rasa takut tapi setidaknya karena udah mulai terbiasa jadi sudah lebih berani kayak gitu sih kak jadi udah mending lah ada progresnya.	Now I am still nervous, but I can control it better than when I first entered college. I used to really avoid presentations, but now I have become more brave even though I still feel afraid.

Interview with Participant B

Speaker	Indonesian Version	English Version
Researcher	1. Bisa ceritain gimana perasaan kamu sebelum melakukan public speaking atau presentasi di kelas?	Can you describe how you feel before doing public speaking or a presentation in class?
Participant B	Pada saat public speaking atau presentasi di kelas itu biasanya saya merasa nervous, terus takut, dan juga biasanya tidak percaya diri. Nah, saya takutnya itu karena takut lupa materi yang akan saya sampaikan nantinya atau ngeblank. Terus kalau nervousnya itu karena saya gugup karena banyak audience yang menonton, dan tidak percaya dirinya itu karena harus dilihat banyak orang dan takut penampilan saya itu dinilai orang lain.	During public speaking or presentations in class, I usually feel nervous, afraid, and lack confidence. I am afraid of forgetting the material and going blank. I also feel nervous because many audiences are watching me.
Researcher	2. Hal apa yang paling bikin kamu merasa cemas atau takut saat berbicara di depan orang lain?	What makes you feel most anxious or afraid when speaking in front of others?
Participant B	Adalah takut orang lain itu menjudge saya dari penyampaian, terus mungkin penyampaian saya yang tidak mudah dipahami dan dari bahasa yang tidak memahami. Kemudian selain itu, saya juga cemas dan takut karena saya takut lupa materi yang akan saya sampaikan dan saya juga takut melihat mata audience yang tertuju pada saya semua. Karena saya tidak suka menjadi pusat perhatian orang lain.	I am afraid that other people will judge my presentation. I worry that my explanation will not be easy to understand and that my language may confuse the audience. I am also afraid because I do not like being the center of attention.

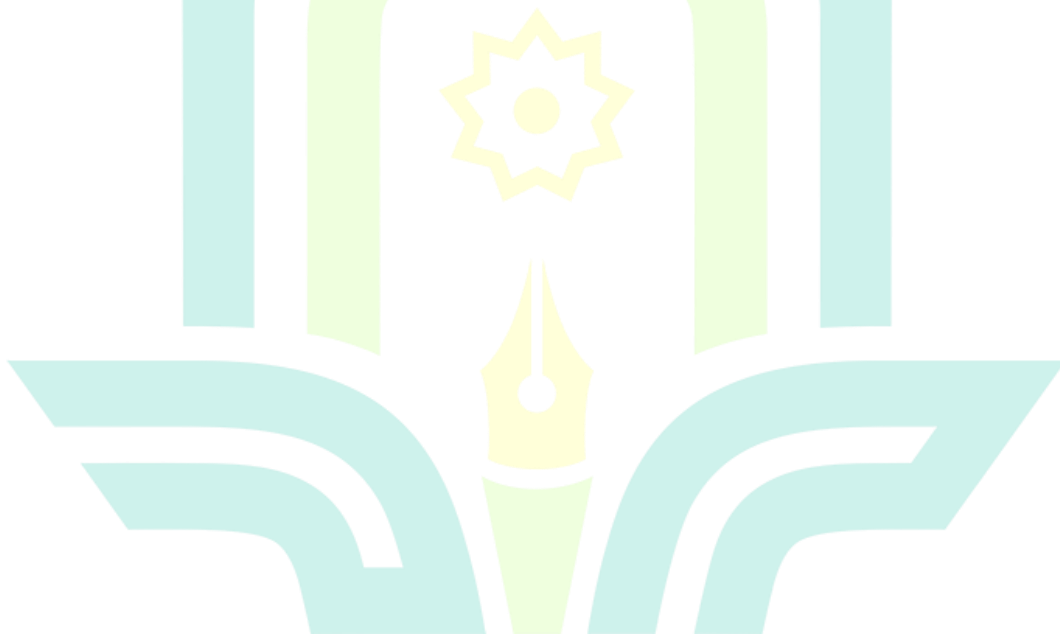
Speaker	Indonesian Version	English Version
Researcher	3. Waktu public speaking, biasanya kamu ngerasain apa secara emosional maupun fisik?	During public speaking, what do you usually feel emotionally and physically?
Participant B	Merasa tidak tenang merasa overthinking sih biasanya karena saya sangat nervous sekali dan sebelum public speaking saya tuh terlalu memikirkan nantinya penampilan saya itu bagaimana nanti saya itu pas public speakingnya itu gimana dan untuk secara fisik pada saat sebelum maju itu saya sudah mulai deg-degan apalagi saat detik-detik mau maju itu biasanya keringatan juga dan suara saya juga biasanya getar, karena pada saat itu kan harus keras menjelaskannya ke audiens.	Before speaking in public, I usually feel very nervous. Physically, I begin to feel my heart beating fast, I sweat, and my voice trembles because I have to speak loudly in front of the audience.
Researcher	4. Pernah gak rasa cemas itu bikin kamu jadi blank, kehilangan fokus, atau sulit ngomong? Ceritain pengalamannya dong.	Has anxiety ever made you go blank, lose focus, or struggle to speak? Please share the experience.
Participant B	Pernah, saya pas itu ngeblank dan lupa apa yang saya sampaikan. Jadi sebelumnya itu saya sudah belajar dari rumah dan saya sudah latihan mengulang-ulang materi dan bahkan saya juga menghafalkan inti-inti materinya. Tapi pada saat berdiri di hadapan audiens yang banyak, Saya itu tiba-tiba nge-blank dan materi yang sudah saya pelajari, siapkan, dan dihafalkan itu tiba-tiba	I had studied the material at home, practiced repeatedly, and even memorized the important points. However, when I stood in front of many audiences, I suddenly went blank. Everything that I had prepared disappeared because I felt too nervous and lacked confidence.

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	hilang semua karena saya terlalu nervous dan tidak percaya diri.	
Researcher	5. Pikiran apa yang biasanya muncul di kepala kamu saat sedang presentasi?	What thoughts usually come to your mind during a presentation?
Participant B	Kalau pada saat presentasi saya memikirkan apakah penjelasan saya itu sudah dipahami oleh orang lain. Terus juga apakah bahasa saya itu terlalu bertele-tele saat menjelaskan. Jadi saya takut audiens itu tidak memahami apa yang saya sampaikan.	During presentations, I think about whether my explanation can be understood by others, and whether my language is too long-winded. I am afraid that the audience does not understand what I am saying.
Researcher	6. Gimana perasaan kamu setelah selesai public speaking?	How do you feel after finishing public speaking?
Participant B	Pada saat public speaking selesai, saya itu merasa lega. Dan semua deg-degan yang saya alami itu, hilang. Biasanya tidak langsung, tapi nanti lama-lama hilang deg-degannya. Tapi kan enggak langsung hilang semua. Karena kan biasanya setelah itu ada sesi tanya jawab. Dan saya itu juga biasanya kalau belum ada sesi tanya jawab itu, masih ditekan karena kan takut kalau ada yang audience yang tanya dan saya juga takut kalau misal tidak bisa menjawab pertanyaan dari mereka.	After public speaking, I feel relieved. The nervousness gradually disappears, although it does not disappear immediately because there is usually a question-and-answer session afterward. I still worry that I may not be able to answer the questions.
Researcher	7. Biasanya apa yang kamu lakukan buat ngurangin rasa gugup sebelum presentasi?	What do you usually do to reduce nervousness before a presentation?

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Participant B	Biasanya saya itu dari rumah itu udah latihan, terus melihat materi lagi pada saat sebelum maju menjelaskan terus saya juga mencatat inti dari materinya itu apa. Agar tidak lupa nanti materinya dan juga saya latihan presentasi dulu di rumah terkadang seperti itu dan saya susun lagi bahasanya agar mudah dipahami.	I usually study the material repeatedly and practice several times before the presentation. By doing that, I feel more prepared and less nervous.
Researcher	8. Pas rasa nervous muncul saat public speaking, gimana cara kamu nenangin diri?	When nervousness arises during public speaking, how do you calm yourself down?
Participant B	Biasanya pada saat public speaking itu, kalau udah merasa terlalu nervous itu, berhenti dulu, terus tarik nafas, terus ya itu dalam pikiran itu sudah menanamkan, kayak tenang nanti bakal berjalan. Terus saya juga biasanya tidak melihat ke mata audiens, jadi kadang saya melihat ke slide PPT, kalau tidak melihat ke tembok.	When I become too nervous during public speaking, I usually stop for a moment and take a deep breath. In my mind, I tell myself to stay calm because everything will be okay. I also avoid looking directly at the audience and focus on the slides or the wall.
Researcher	9. Strategi apa yang paling membantu kamu menghadapi public speaking? Bisa kasih contohnya?	What strategy helps you most in facing public speaking? Can you give an example?
Participant B	Kalau strategi yang paling membantu mungkin kalau public speaking itu latihan terus menerus ya. Mungkin bisa latihan terus diulang-ulang. Dan kalau saya juga biasanya dihafalkan agar nanti pas public speaking itu misal nervous paling tidak masih ada ingatan walaupun itu tidak	The strategy that helps me most is repeated practice. I also try to memorize the material so that even if I get nervous, I can still remember at least some of it.

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	banyak ya, maksudnya adalah ingat kalau itu materinya gitu.	
Researcher	10. Pernah gak cara yang kamu pakai buat ngatasi rasa cemas ternyata gak terlalu berhasil? Ceritain dong.	Has a strategy you used to cope with anxiety ever not worked well? Please share.
Participant B	Pernah, menurut saya yang menghafal itu juga nggak selalu berhasil juga sih. Pada saat kita melakukan public speaking di depan audiens itu, seringkali saya itu nervous, jadi apa yang sudah saya hafalkan itu hilang. Biasanya jadi nge-blank materinya tuh, jadi lupa.	Yes, it has. Memorizing does not always work. When I face the audience, I often get nervous, and what I had memorized disappears. I usually go blank and forget the material.
Researcher	11. Apakah ada dukungan dari teman, dosen, atau lingkungan yang membantu kamu lebih percaya diri saat public speaking?	Is there support from friends, lecturers, or the environment that helps you feel more confident during public speaking?
Participant B	Kalau saya sih yang mendukung itu paling dari teman ya. Dari teman-teman dekat saya, pada saat sebelum saya presentasi, saya kadang minta saran mereka. Menurut kalian ini udah bisa dipahami oleh audiens apa belum? Dan mereka pun memberi feedback yang bermanfaat untuk saya dan mengurangi overthinking saya.	My friends usually support me. Before I present, I sometimes ask for their opinion, like whether my explanation is understandable or not. They give me useful feedback that helps reduce my overthinking.
Researcher	12. Kalau dibanding sebelumnya, apakah sekarang ada perubahan dalam cara kamu menghadapi public speaking dan rasa cemas itu? Gimana perubahannya?	Compared to before, has there been any change in how you face public speaking and anxiety now? What kind of change?

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Participant B	Ada sih, kalau sekarang itu. Kalau dulu kan saya terlalu nervous, terlalu takut yang berlebihan gitu ya pada saat sebelum public speaking. Kalau sekarang mungkin saya sudah tidak terlalu takut berlebihan seperti dulu. Dan saya sudah sedikit lebih tenang dan juga bisa memandang mata audiens. Kalau dulu kan saya agak takut memandang mata audiens. Jadi saya lebih memandang ke slide PPT atau ke tembok seperti itu. Kalau sekarang sedikit-sedikit sudah bisa melihat ke mata audiens.	Compared to before, I am now not as nervous as I used to be. I feel calmer and I can also look at the audience more often than before.



Interview with Participant C

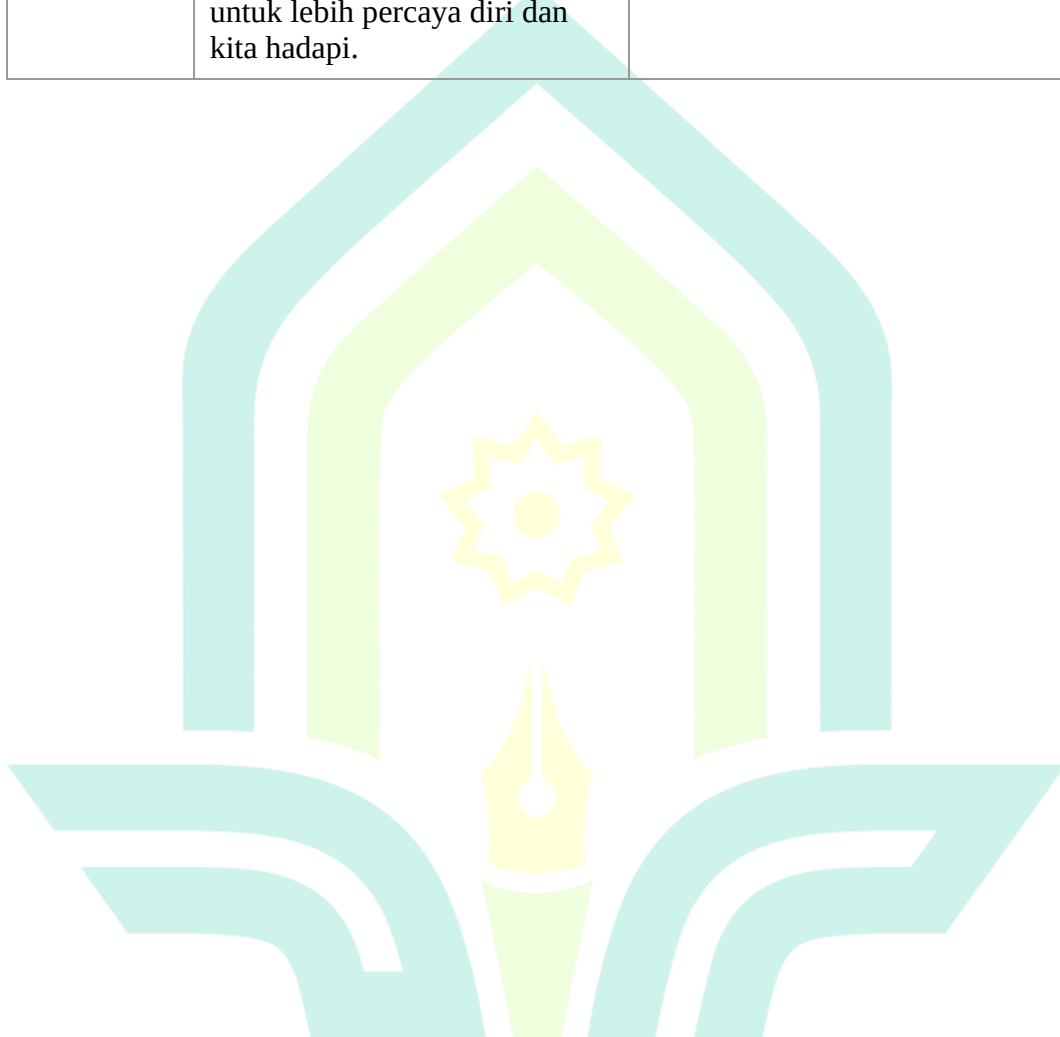
Speaker	Indonesian Version	English Version
Researcher	1. Bisa ceritain gimana perasaan kamu sebelum melakukan public speaking atau presentasi di kelas?	Can you describe how you feel before doing public speaking or a presentation in class?
Participant C	Sebelum melakukan public speaking atau presentasi di kelas, biasanya saya merasa gugup dan overthinking. Saya sering takut kalau nanti saya salah ngomong, lupa materi, atau tidak bisa menjawab pertanyaan dari audiens. Semakin dekat waktu presentasi, biasanya saya merasa cemas dan jadi mual.	Before giving a presentation, I usually feel nervous and tend to overthink. I am afraid of making mistakes, forgetting the material, or being unable to answer questions from the audience. As the presentation time gets closer, I become more anxious and sometimes even feel nauseous.
Researcher	2. Hal apa yang paling bikin kamu merasa cemas atau takut saat berbicara di depan orang lain?	What makes you feel most anxious or afraid when speaking in front of others?
Participant C	Hal yang paling membuat saya cemas adalah takut dinilai negatif oleh orang lain. Saya khawatir kalau presentasi saya itu jelek, terus saya juga takut jika teman-teman saya itu melihat kayak timbul rasa kurang percaya diri gitu.	The thing that makes me most anxious is being negatively judged by other people. I worry that my presentation will be bad, and I become less confident because of what my friends may think about me.
Researcher	3. Waktu public speaking, biasanya kamu ngerasain apa secara emosional maupun fisik?	During public speaking, what do you usually feel emotionally and physically?
Participant C	Biasanya itu saya merasa tegang dan panik, terus saya merasa mual, lepas itu tangan saya dingin, jantungnya berdebar lebih cepat, dan kadang suara saya menjadi bergetar.	I usually feel tense and panicked. I feel nauseous, my hands become cold, my heart beats faster, and sometimes my voice trembles.

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Researcher	4. Pernah gak rasa cemas itu bikin kamu jadi blank, kehilangan fokus, atau sulit ngomong? Ceritain pengalamannya dong.	Has anxiety ever made you go blank, lose focus, or struggle to speak? Please share the experience.
Participant C	Tentu saja pernah. Waktu saya presentasi di kelas, saya sempat blank beberapa detik karena terlalu fokus memikirkan apakah teman-teman memperhatikan kesalahan saya, akibatnya saya menjadi sulit fokus gitu. Habis itu saya harus melirik catatan dulu supaya mengingat apa aja yang harus saya sampaikan untuk presentasi.	I once went blank for a few seconds because I was too focused on whether my classmates noticed my mistakes. As a result, I lost my concentration and had to look at my notes to remember what I wanted to say.
Researcher	5. Pikiran apa yang biasanya muncul di kepala kamu saat sedang presentasi?	What thoughts usually come to your mind during a presentation?
Participant C	Saya takut kalau penyampaian materi saya itu kurang sesuai iya gak nyampe terus gak gampang dipahami betul terus saya juga takut kalau ditertawakan padahal saya berpikir apakah audiens itu bosan dengan presentasi saya gitu.	I worry that my delivery is not clear or easy to understand. I am also afraid of being laughed at, and I often wonder whether the audience is bored with my presentation.
Researcher	6. Gimana perasaan kamu setelah selesai public speaking?	How do you feel after finishing public speaking?
Participant C	Setelah selesai public speaking, tentunya saya merasa sangat lega ya. Karena presentasinya itu selesai. Dan kalau presentasinya berjalan lancar, saya merasa lebih percaya diri dan bangga terhadap diri saya sendiri gitu.	After finishing the presentation, I feel very relieved. If the presentation goes well, I become more confident and proud of myself. However, if I make mistakes, I continue thinking about them even after I go home.

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	Tapi kalau ada kesalahan, saya sering kepikiran. Masih overthinking sampai di rumah tuh kayak, ya kok aku tadi gitu ya, jawabnya ya gitu.	
Researcher	7. Biasanya apa yang kamu lakukan buat ngurangin rasa gugup sebelum presentasi?	What do you usually do to reduce nervousness before a presentation?
Participant C	Untuk mengurangi rasa cemas, biasanya saya mempersiapkan materi dengan lebih matang dan latihan berbicara. Saya juga coba datang lebih awal gitu supaya lebih kayak relax, gak terlalu kaku.	To reduce my anxiety, I usually prepare the material more carefully and practice speaking. I also try to come earlier before the presentation so that I can feel more relaxed and not too nervous.
Researcher	8. Pas rasa nervous muncul saat public speaking, gimana cara kamu nenangin diri?	When nervousness arises during public speaking, how do you calm yourself down?
Participant C	Biasanya kalau pas nervous-nya muncul, saya mencoba menarik nafas dalam-dalam dan berbicara kepada diri saya kayak, it's okay, tenang-tenang, bisa kok bisa gitu dan berpikir positif terlebih dahulu.	When I start to feel nervous, I try to take a deep breath and tell myself, 'It's okay, stay calm, you can do it.' I also try to think positively before continuing the presentation.
Researcher	9. Strategi apa yang paling membantu kamu menghadapi public speaking? Bisa kasih contohnya?	What strategy helps you most in facing public speaking? Can you give an example?
Participant C	Biasanya saya mencoba menjelaskan materi sendiri di depan cermin. Kalau enggak, saya meminta bantuan teman saya. Kayak, yuk bantuin aku. Ini aku mau presentasi ini udah bagus dan oke belum ya sama bisa dipahami ga?	I usually try to practice explaining the material in front of a mirror. If not, I ask for help from a friend, asking them whether my presentation is already good and easy to understand.

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Researcher	10. Pernah gak cara yang kamu pakai buat ngatasi rasa cemas ternyata gak terlalu berhasil? Ceritain dong.	Has a strategy you used to cope with anxiety ever not worked well? Please share.
Participant C	Pernah saya mencoba menghafalkan seluruh isi presentasi perkataan, tapi saya lupa. Jadi saya semakin panik dan blank. Dari pengalaman itu saya lebih belajar kayak memahami inti-intinya aja. Nggak harus semua kata tuh sama kayak teks gitu loh yang penting paham sama intinya.	Yes, I once tried to memorize the entire presentation word for word, but I forgot it, which made me even more panicked and blank. From that experience, I learned to focus on understanding the main points instead.
Researcher	11. Apakah ada dukungan dari teman, dosen, atau lingkungan yang membantu kamu lebih percaya diri saat public speaking?	Is there support from friends, lecturers, or the environment that helps you feel more confident during public speaking?
Participant C	Tentu, dukungan dari teman-teman saya dan dosen cukup membantu. Misalnya ketika teman saya memberi semangat atau dosen memberikan respon yang positif, saya jadi lebih percaya diri dan tidak terlalu takut berbicara di depan kelas.	Support from my friends and lecturers really helps. When my friends give encouragement or the lecturer responds positively, I feel more confident and less afraid to speak in front of the class.
Researcher	12. Kalau dibanding sebelumnya, apakah sekarang ada perubahan dalam cara kamu menghadapi public speaking dan rasa cemas itu? Gimana perubahannya?	Compared to before, has there been any change in how you face public speaking and anxiety now? What kind of change?
Participant C	Tentu banyak perubahan kak. Sekarang saya merasa sedikit lebih mampu menghadapi public speaking walaupun masih merasa gugup. Saya sudah lebih bisa mengontrol rasa cemas dan mencoba tetap	Now I feel a bit more capable of handling public speaking even though I am still nervous. The more often I do it, the more confident I become.

Speaker	Indonesian Version	English Version
	tenang saat presentasi. Pengalaman yang semakin sering juga kayak presentasi di kelas terus kayak ada lihat sidang-sidang gitu. Intinya semakin banyak pengalaman jadi semakin membantu saya untuk lebih percaya diri dan kita hadapi.	



Interview with Participant D

Speaker	Indonesian Version	English Version
Researcher	1. Bisa ceritain gimana perasaan kamu sebelum melakukan public speaking atau presentasi di kelas?	Can you describe how you feel before doing public speaking or a presentation in class?
Participant D	Biasanya sih aku sebelum presentasi merasa gugup, apalagi malamnya itu aku pasti overthinking banget, karena aku gak tau nanti besok aku harus ngomong apa di depan banyak orang kan. Nah itu pas malamnya aku pasti kepikiran takut salah ngomong, atau misal tiba-tiba aku blank pas presentasinya, atau misal aku gak bisa jawab pertanyaan dari temen-temen aku.	Before presentations, I usually feel nervous and often overthink. I worry about making mistakes, forgetting the material, or being unable to answer questions from my classmates.
Researcher	2. Hal apa yang paling bikin kamu merasa cemas atau takut saat berbicara di depan orang lain?	What makes you feel most anxious or afraid when speaking in front of others?
Participant D	Yang paling bikin aku cemas sih kayak tadi ya, misal aku takut gak bisa jawab pertanyaan dari temen-temenku. Atau misal jawabanku itu salah atau menurut temen-temenku itu jawabanku masih kurang. Nah, terus aku biasanya pas presentasinya itu aku takut kurang jelas atau temen-temenku itu belum terlalu paham.	I often worry that my classmates will judge my presentation negatively. I am afraid of giving the wrong answer or making mistakes during the presentation. Sometimes, I become anxious because I think other people may consider my presentation poor.
Researcher	3. Waktu public speaking, biasanya kamu ngerasain apa secara emosional maupun fisik?	During public speaking, what do you usually feel emotionally and physically?

Speaker	Indonesian Version	English Version
Participant D	Biasanya sih aku ngerasain tegang sama panik ya pasti. Terus biasanya tanganku itu gemeter sama keringat dingin gitu kak. Nah terus deg-degan juga kayak kok ini waktunya lama banget ngerasanya gitu sih.	My hands usually tremble, and sometimes I sweat while waiting for my turn to present. I also feel nervous because everyone is looking at me.
Researcher	4. Pernah gak rasa cemas itu bikin kamu jadi blank, kehilangan fokus, atau sulit ngomong? Ceritain pengalamannya dong.	Has anxiety ever made you go blank, lose focus, or struggle to speak? Please share the experience.
Participant D	Waktu itu aku pernah ngerasa blank jadi kayak malamnya itu aku Latihannya cuma satu kali gitu, dan aku kayak udah yakin banget nih besok kayaknya aman-aman aja, gak ada apa-apa. Tapi pas besoknya aku baca, tiba-tiba aku kayak lupa, terus terlalu nervous. Nah itu biasanya aku diem dulu, atau enggak ngomong kayak, ee, ee, gitu-gitu kan. Atau biasanya aku lihat slide, atau misal nulis catatan gitu, biar tau aku harus ngomong apa selanjutnya.	Sometimes I suddenly forget what I want to say. I become silent for a moment and need to look at my notes because I lose my concentration during the presentation.
Researcher	5. Pikiran apa yang biasanya muncul di kepala kamu saat sedang presentasi?	What thoughts usually come to your mind during a presentation?
Participant D	Biasanya sih aku mikirnya itu, jangan sampai salah. Atau misalnya, ini nanti akan cepat selesai gitu. Terus, biasanya aku lebih ke takut sih kalau misalnya orang lain mikirnya kok presentasiku jelek banget.	I usually think about not making mistakes, and I hope the presentation will end quickly. I am also afraid that other people might think my presentation is bad.

Speaker	Indonesian Version	English Version
Researcher	6. Gimana perasaan kamu setelah selesai public speaking?	How do you feel after finishing public speaking?
Participant D	Biasanya sih setelah selesai presentasi atau public speaking, itu aku merasanya lega banget pasti. Kayak akhirnya selesai juga. Walaupun mungkin presentasinya menurut aku itu masih kurang, tapi biasanya aku tenang banget sih habis melewati itu.	After the presentation ends, I feel relieved because the situation that made me nervous is finally over. Even though I still think about my performance, I feel calmer than before.
Researcher	7. Biasanya apa yang kamu lakukan buat ngurangin rasa gugup sebelum presentasi?	What do you usually do to reduce nervousness before a presentation?
Participant D	Biasanya yang paling membantu aku sih, malemnya sih, Kak. Malemnya itu aku biasanya baca dua kali atau berkali-kali dulu. Kalau misalnya aku merasa kayaknya aku masih kurang di ini nih, atau apa gitu. Biasanya aku tulis di catatan, biar besoknya aku bisa ngeliat catatan itu.	Usually, I read the material several times before the presentation. If there is something that I still do not understand, I write it in my notes so that I can review it again before presenting.
Researcher	8. Pas rasa nervous muncul saat public speaking, gimana cara kamu nenangin diri?	When nervousness arises during public speaking, how do you calm yourself down?
Participant D	Biasanya sih kalau aku mulai nervous, aku coba tarik nafas dulu. Atau enggak, aku biasanya mainin barang yang ada di sekitarku. Kayak pen, atau mungkin cincin yang aku pakai. Biasanya buat ngurangin rasa cemas dan mulai rasa tenang aja.	When I become nervous, I usually take a deep breath. Sometimes I also play with objects around me, such as a pen or a ring, to reduce my anxiety and make myself feel calmer.

Speaker	Indonesian Version	English Version
Researcher	9. Strategi apa yang paling membantu kamu menghadapi public speaking? Bisa kasih contohnya?	What strategy helps you most in facing public speaking? Can you give an example?
Participant D	Biasanya yang paling membantu aku sih, malemnya sih, Kak. Malemnya itu aku biasanya baca dua kali atau berkali-kali dulu, biar aku bisa lebih siap dan gak lupa pas presentasinya besok.	What helps me most is reading the material repeatedly the night before, so that I feel more prepared and do not forget it during the presentation.
Researcher	10. Pernah gak cara yang kamu pakai buat ngatasi rasa cemas ternyata gak terlalu berhasil? Ceritain dong.	Has a strategy you used to cope with anxiety ever not worked well? Please share.
Participant D	Ternyata waktu itu aku baca materinya itu sekali. Nah, tapi ternyata pas presentasi itu aku merasa bubuk banget tuh kak. Jadi, waktu pas presentasi itu aku merasa nyesel kok kemarin malam aku cuma baca-baca aja, kok gak bikin catetan ya, gitu-gitu sih kak.	One time I only read the material once, and during the presentation I felt completely blank. I regretted not making notes the night before instead of just reading.
Researcher	11. Apakah ada dukungan dari teman, dosen, atau lingkungan yang membantu kamu lebih percaya diri saat public speaking?	Is there support from friends, lecturers, or the environment that helps you feel more confident during public speaking?
Participant D	Biasanya sih cuma dari teman terdekat aja sih, kak. Kayak aku nanya, menurut kamu ini materiku ada yang kurang nggak ya? Atau mungkin nadaku nanti kayak gini, kurang nggak ya? Keras nggak ya? Atau gimana-gimana gitu, minta pendapat aja.	I usually ask my close friends about my presentation, like whether my material is clear or not, or how my speaking sounds. I just ask for their opinion.

Speaker	Indonesian Version	English Version
Researcher	12. Kalau dibanding sebelumnya, apakah sekarang ada perubahan dalam cara kamu menghadapi public speaking dan rasa cemas itu? Gimana perubahannya?	Compared to before, has there been any change in how you face public speaking and anxiety now? What kind of change?
Participant D	Kalau dibanding dulu-dulu itu ada banget perubahannya karena kan semakin lama semakin mudah terbiasa dengan presentasi. Jadi aku merasa aku bisa kontrol atau aku punya cara buat kontrol biar nggak terlalu nervous dan biar aku bisa lebih tenang lagi. Biasanya sih pakai pikiran sih, kayak, ya nggak apa-apa, paling kalau misalnya ditanyain itu paling berapa menit doang.	Now I can control my nervousness better. I feel like I already have ways to calm myself, so I am not as nervous as before.

Appendix 3 Coding Table of Thematic Analysis

CODING TABLE OF THEMATIC ANALYSIS

This table presents the coding process of the interview data, following the six-phase thematic analysis proposed by Braun and Clarke (2006). Data extracts (Phase 1: familiarization) were assigned initial codes (Phase 2), which were then grouped and reviewed to form candidate themes (Phase 3 and 4), and finally defined and named as the themes reported in Chapter IV (Phase 5). All quotations below are the researcher's English translations of the original Indonesian interview responses; the complete original transcripts are presented in Appendix 2.

A. Emotional Experiences Related to Social Anxiety During Public Speaking

No	P	Data Extract (Interview Quote)	Initial Code	Theme
1	A	Usually, before entering the classroom for a presentation, I feel nervous. Especially when I know that there will be a presentation that day, I keep thinking about it and become afraid of making mistakes. I am also afraid that I will not be able to answer questions from my classmates.	Anticipatory fear of mistakes and inability to answer questions before presenting	Pre-Presentation Nervousness
2	B	During public speaking or presentations in class, I usually feel nervous, afraid, and lack confidence. I am afraid of forgetting the material and going blank. I also feel nervous because many audiences are watching me.	Nervousness and low confidence linked to fear of forgetting material and being watched	Pre-Presentation Nervousness
3	C	Before giving a presentation, I usually feel nervous and tend to overthink. I am afraid of making mistakes, forgetting the material, or being unable to answer questions from the audience. As the presentation time gets closer, I become more anxious and sometimes even feel nauseous.	Overthinking and physical unease (nausea) as presentation time approaches	Pre-Presentation Nervousness
4	D	Before presentations, I usually feel nervous and often overthink. I worry about making mistakes, forgetting the material, or being	Worry about mistakes and forgetting material before speaking	Pre-Presentation Nervousness

No	P	Data Extract (Interview Quote)	Initial Code	Theme
		unable to answer questions from my classmates.		
5	A	I am afraid of saying something wrong and being judged negatively by other people, such as my classmates or lecturer. I worry that my classmates may think that I cannot speak well or that my presentation is confusing and unclear. As a result, I often overthink.	Fear of being judged negatively by classmates or lecturer	Fear of Negative Evaluation
6	B	I am afraid that other people will judge my presentation. I worry that my explanation will not be easy to understand and that my language may confuse the audience. I am also afraid because I do not like being the center of attention.	Fear of confusing the audience and discomfort with being center of attention	Fear of Negative Evaluation
7	C	The thing that makes me most anxious is being negatively judged by other people. I worry that my presentation will be bad, and I become less confident because of what my friends may think about me.	Fear of negative judgment lowering self-confidence	Fear of Negative Evaluation
8	D	I often worry that my classmates will judge my presentation negatively. I am afraid of giving the wrong answer or making mistakes during the presentation. Sometimes, I become anxious because I think other people may consider my presentation poor.	Worry that classmates perceive the presentation as poor	Fear of Negative Evaluation
9	A	During presentations, I usually feel very nervous because my classmates are watching me. My hands become cold, and sometimes my voice trembles. I become panicked and overthink because I am afraid of making mistakes in front of my classmates.	Cold hands, trembling voice, and panic while presenting	Physical and Emotional Distress During Public Speaking
10	B	Before speaking in public, I usually feel very nervous. Physically, I begin to feel my heart	Rapid heartbeat, sweating, and trembling voice	Physical and Emotional

No	P	Data Extract (Interview Quote)	Initial Code	Theme
		beating fast, I sweat, and my voice trembles because I have to speak loudly in front of the audience.		Distress During Public Speaking
11	C	I usually feel tense and panicked. I feel nauseous, my hands become cold, my heart beats faster, and sometimes my voice trembles.	Nausea, cold hands, rapid heartbeat, and trembling voice	Physical and Emotional Distress During Public Speaking
12	D	My hands usually tremble, and sometimes I sweat while waiting for my turn to present. I also feel nervous because everyone is looking at me.	Trembling hands and sweating while waiting to present	Physical and Emotional Distress During Public Speaking
13	A	I often experience this when I feel anxious. When I overthink, I suddenly go blank. During one presentation, I forgot the material that I had already studied... I remained silent for a few seconds because I did not know what to say.	Sudden blank and forgetting memorized material, followed by silence	Loss of Concentration During Public Speaking
14	B	I had studied the material at home, practiced repeatedly, and even memorized the important points. However, when I stood in front of many audiences, I suddenly went blank. Everything that I had prepared disappeared because I felt too nervous and lacked confidence.	Memorized material disappearing when facing the audience	Loss of Concentration During Public Speaking
15	C	I once went blank for a few seconds because I was too focused on whether my classmates noticed my mistakes. As a result, I lost my concentration and had to look at my notes to remember what I wanted to say.	Losing focus due to self-monitoring, relying on notes	Loss of Concentration During Public Speaking
16	D	Sometimes I suddenly forget what I want to say. I become silent for a moment and need to look at my notes because I lose my concentration during the presentation.	Forgetting content mid-presentation, relying on notes	Loss of Concentration During Public Speaking

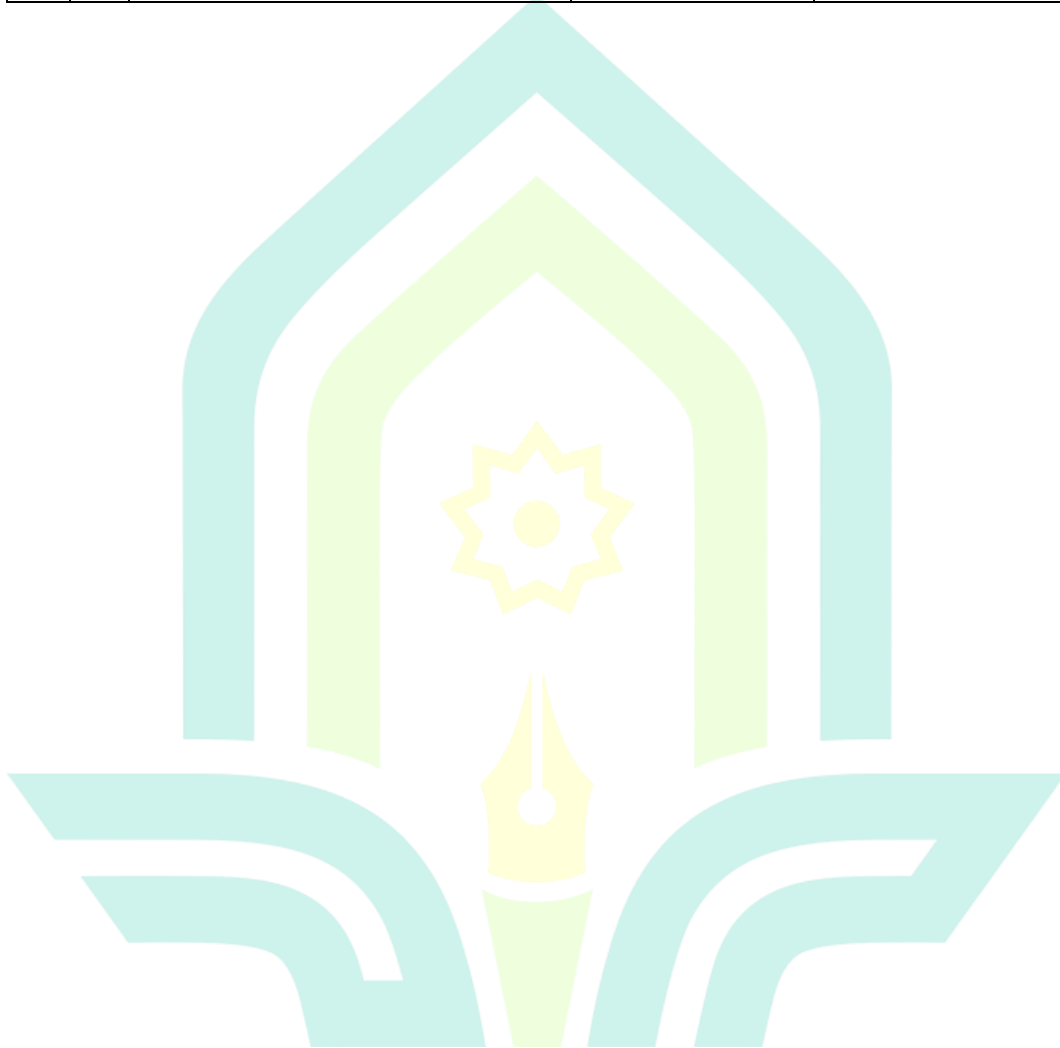
No	P	Data Extract (Interview Quote)	Initial Code	Theme
17	A	After the presentation, I feel relieved. However, I still think about how my presentation went and whether I made mistakes. I feel relieved, but I also worry about whether my presentation was good enough.	Relief mixed with lingering self-evaluation	Relief After Completing Public Speaking
18	B	After public speaking, I feel relieved. The nervousness gradually disappears, although it does not disappear immediately because there is usually a question-and-answer session afterward. I still worry that I may not be able to answer the questions.	Gradual relief delayed by anticipation of the Q&A session	Relief After Completing Public Speaking
19	C	After finishing the presentation, I feel very relieved. If the presentation goes well, I become more confident and proud of myself. However, if I make mistakes, I continue thinking about them even after I go home.	Relief and pride when successful; rumination when mistakes occur	Relief After Completing Public Speaking
20	D	After the presentation ends, I feel relieved because the situation that made me nervous is finally over. Even though I still think about my performance, I feel calmer than before.	Relief that the stressful situation has ended; calmer state	Relief After Completing Public Speaking

B. Coping Strategies Used by Students to Manage Social Anxiety During Public Speaking

No	P	Data Extract (Interview Quote)	Initial Code	Theme
1	A	Usually, I practice at home, review the material before presenting, and write down the important points of the presentation. I also practice the presentation at home and reorganize the language so that it can be easily understood.	Home rehearsal, note-taking, and reorganizing language	Preparation and Practice
2	B	I usually study the material repeatedly and practice several times before the presentation. By doing that, I feel more prepared and less nervous.	Repeated study and rehearsal to increase readiness	Preparation and Practice
3	C	To reduce my anxiety, I usually prepare the material more carefully and practice speaking. I also try to come earlier before the presentation so that I can feel more relaxed and not too nervous.	Careful material preparation and arriving early	Preparation and Practice
4	D	Usually, I read the material several times before the presentation. If there is something that I still do not understand, I write it in my notes so that I can review it again before presenting.	Repeated reading and note-taking for unclear points	Preparation and Practice
5	A	If I start to feel nervous, I usually take a deep breath first. Then I try to speak slowly so that I do not panic too much.	Deep breathing and slowing down speech pace	Relaxation Techniques
6	B	When I become too nervous during public speaking, I usually stop for a moment and take a deep breath. In my mind, I tell myself to stay calm because everything will be okay. I also avoid looking directly at the audience and focus on the slides or the wall.	Deep breathing, self-talk, and avoiding eye contact with the audience	Relaxation Techniques
7	C	When I start to feel nervous, I try to take a deep breath and tell myself, 'It's okay, stay calm, you can do it.' I also try to think	Deep breathing combined with positive self-talk	Relaxation Techniques

No	P	Data Extract (Interview Quote)	Initial Code	Theme
		positively before continuing the presentation.		
8	D	When I become nervous, I usually take a deep breath. Sometimes I also play with objects around me, such as a pen or a ring, to reduce my anxiety and make myself feel calmer.	Deep breathing and fidgeting with small objects	Relaxation Techniques
9	A	There is support from my friends, especially my close friends. They usually support me and they never laugh at me, so I feel calmer during presentations.	Reassurance from non-judgmental close friends	Seeking Social Support
10	B	My friends usually support me. Before I present, I sometimes ask for their opinion, like whether my explanation is understandable or not. They give me useful feedback that helps reduce my overthinking.	Seeking friends' feedback to reduce overthinking	Seeking Social Support
11	C	Support from my friends and lecturers really helps. When my friends give encouragement or the lecturer responds positively, I feel more confident and less afraid to speak in front of the class.	Encouragement from friends and lecturers boosting confidence	Seeking Social Support
12	D	I usually ask my close friends about my presentation, like whether my material is clear or not, or how my speaking sounds. I just ask for their opinion.	Asking close friends' opinions on material and delivery	Seeking Social Support
13	A	Now I am still nervous, but I can control it better than when I first entered college. I used to really avoid presentations, but now I have become more brave even though I still feel afraid.	Gradual anxiety control developed through repeated exposure	Developing Confidence Through Experience
14	B	Compared to before, I am now not as nervous as I used to be. I feel calmer and I can also look at the audience more often than before.	Increased calmness and eye contact compared to earlier experiences	Developing Confidence Through Experience
15	C	Now I feel a bit more capable of handling public speaking even	Growing confidence with	Developing Confidence

No	P	Data Extract (Interview Quote)	Initial Code	Theme
		though I am still nervous. The more often I do it, the more confident I become.	repeated speaking experience	Through Experience
16	D	Now I can control my nervousness better. I feel like I already have ways to calm myself, so I am not as nervous as before.	Developing personal calming strategies over time	Developing Confidence Through Experience



Appendix 4 Documentation

DOCUMENTATION

Participant A



Participant B



Participant C



Participant D

Appendix 5 Curriculum Vitae

CURRICULUM VITAE

Name : Inas Salisa Ilma
Student ID : 20522080
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Gender : Female
Address : Kajen, Pekalongan

Educational Background :

1. TK Muslimat NU Pakis Putih (2010)
2. MI Walisongo Kranji 02 (2016)
3. MTs. Gondang Wonopringgo (2019)
4. SMA Negeri 1 Kajen (2022)
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