

Comparison in Effectiveness of Cognitive Behavior Therapy and Ego State Therapy to Reduce Public Speaking Anxiety in College Students of Theology

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Abstract

Skills of public speaking are one of the competencies required in each Theology college student either to support academic activities or later stints as a pastor. Fear and anxiety when having to speak in public would be obstacles in achieving these competencies. Anxiety speaking in public may appear in the form of physical symptoms, emotions, thoughts, and behavior. It is therefore necessary psychological treatment that focuses on improving the function of thought, emotion, and behavior. This study used two psychological approaches, Cognitive Behavior Therapy (CBT) and Ego State Therapy (EST). This research aimed to compare the effectiveness between CBT and EST to reduce public speaking anxiety. Participants consisted of four students who were divided into two groups. From the results it was found that the intervention group experienced a percentage decrease anxiety EST by 75.5% while 56.4% of the CBT group. From these results it can be concluded EST more effectively to overcome public speaking anxiety. Psychological interventions provided could be concluded effective if the completion of the core issues and the main participants are also influenced by the complexity of the problem of participants. The more complex the problems experienced will be the more necessary intervention sessions.

Keywords: public speaking anxiety, Cognitive Behavior Therapy, Ego State Therapy.