

## **ABSTRACT**

**ALVIN NOURUL SAEPUL MIMBAR. Influence of Self-Talk Of Confidence In Public Speaking at Student Recreational Sports at the State University of Jakarta. Essay. Jakarta: Recreation Sports Studies Program, Faculty of Sport Science, State University of Jakarta, in January 2016.**

This study aims to determine the effect of self-talk to the confidence in public speaking at the Student Recreation Sports Faculty of Sport Science at the State University of Jakarta. This study was conducted on 20 November 2015 were used in this study is a pre-experiment with a one-group pre-test and post-test design, the students fill out a questionnaire that has been provided before and after training self-talk and public speaking. Instrumen this study used a questionnaire with Likert scale stuffing, the type of questionnaire used was a questionnaire enclosed, giving a score or value to each answer favorable and unfavorable. The statistical techniques used are Test T.

The results of the analysis of the data shows that students who score 116 to 127 as much as 6 compared with the initial tests as much as 0 (zero) and increased, students who have a score of 104 to 115 as many as 9 people compared with the initial tests by 2 people and increased student which has a score of 92 to 103 as many as four people than initial tests as many as 6 people and has increased, students who score 80 to 91 as many 0 as compared to the initial test as many as nine people and increased.

Results of preliminary tests and the final increase in confidence was no significant difference or very significant improvement, in other words that the training self-talk and public speaking can affect the increased sense of self-confidence and help boost the confidence of the Students Sports Recreation Faculty of Sport Science State University of Jakarta.