

Review of: "Public Speaking Training Plan for Mitigating Oral Communication Apprehension"

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Overall, this research study is quite intriguing. The paper introduces a public speaking training program adapted from Toastmasters International's Handbook of Competent Communication, designed to alleviate students' communication apprehension. This program is rooted in Kolb's (1984) experiential learning theory, which effectively connects experience, perception, cognition, and behaviour, making it particularly suited for developing practical skills like public speaking.

One notable strength of the article lies in the successful use of experiential approaches, which significantly reduce communication apprehension, providing students with the competence and confidence required for delivering compelling oral presentations. Furthermore, the recognition of various factors influencing the program's effectiveness, such as cultural background, language proficiency, and individual personality traits, is crucial. It informs both readers and scholars about the potential variables contributing to reduced communication apprehension and possible directions for future research in the field of public speaking.

To enhance the article, incorporating more recent references, such as those discussing the association of communication apprehension with interpersonal communication (McCroskey, 1977) and the impact of students refraining from participating in class discussions, thereby limiting their learning opportunities and affecting their grades (Daly & Stafford, 1984), would have added depth. Additionally, providing greater clarity regarding the research methodology used in implementing the public speaking training plan among participants, by detailing how they engaged in a cycle of concrete experience, reflective observation, abstract conceptualization, and active experimentation in line with successful public speaking training principles, along with the inclusion of the six principles of an effective public speaking training plan, could have further strengthened the paper.