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CASE STUDY 2

**Introduction:**

This case study examines the situation of a public speaker who is unable to cope with anxiety in front of an audience. Due to her predicament, she was eventually unable to continue her presentation. A person may experience severe anxiety during a presentation due to lack of confidence, stage phobia, and pre-speech pessimism. The findings of this study will assist readers in overcoming stage fright and honing their presentation skills.

**Background:**

The speaker was unable to continue her presentation due to acute anxiety, according to the analysis of the case. This stress could be the source of the spokesperson's stage fright. According to research, millions of people suffer from performance anxiety, also known as stage phobia, which has a negative impact on their careers (Hedy Marks, November 2021). The speaker's mind and body are both stressed by stage fright. The majority of those who suffer from it exhibit symptoms such as dry mouth, rapid pulse, and stuttering. It can sometimes get to the point where the presenter has to leave the stage. Having stage phobia, on the other hand, is not a sin. Edward R. Murrow, a well-known speaker, once said that stage fright is the sweat of perfection. The only difference between the professionals and the amateurs is that the amateurs have taught their butterflies to fly in formation. Fear of performing on stage can have a negative impact on our careers. According to the book "14 Worst Human Fears," the fear of communicating with a group of people is the most terrifying of all fears (David Wallechinsky, July 1977). In this regard, we can expect that overcoming our greatest fear will consume more of our motivation and time.

**Alternatives:**

The most harmful object for our career and personality is stage phobia. The presenter will have to suppress negative thoughts in order to deal with it. Throughout the speech, he must maintain an upbeat attitude. Although this method can assist him in staying out of a state of self-doubt, it is nearly impossible to achieve when the person is maintaining his fluency and body language while communicating with the audience. Because it is human nature to be drawn to negatively biased viewpoints, this method may work on a novice.

Second, the person may establish a connection with the audience in order to overcome his fear. The easiest way to calm our communication fears is to form a cognitive bond between the speaker and the audience. This technique can also be used to deliver an effective presentation. However, it is entirely dependent on the audience's reaction. The speech will go awry if someone in the audience tries to disprove your point of view or disrupts your presentation for no reason. It's dangerous to rely on your audience to help you deal with stage fright. This solution is not preferred because things could get worse if it does not go as planned.

**Proposed Solutions:**

With a lot of practice, we can overcome our fear of presenting our position. Our presentation must be well-thought-out and well-rehearsed. To prepare well, it is not necessary to have an audience in front of you. We can imagine and deduce possibilities from the environment. As a result, we will be mentally and physically ready for any issues that may arise on stage. Stage fright is frequently caused by a focus on the audience's reaction to our presentation. Facing the stage and its fright becomes easier if we practice the environment in our minds where we are the judge of ourselves. This is the best solution because we won't be under any additional pressure during the presentation. In reality, it's just a simple visualization of the weather before we perform.

**Recommendation:**

To put the solution into action, the spokesman must first plan and prepare the points he wishes to discuss. According to the screenplay he would read, he must be proficient. While training, the individual must imagine himself on stage in front of an audience or in the situation that he is scared of. To acquire an impartial assessment from this technique, he must envision himself from the perspective of the audience. To achieve excellence, the practice should be performed several times before the actual presentation.