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Prevalence of glossophobia among agricultural undergraduate students of rural background

¹Mohammad Hashim, ²Binita Kumari Singh and ³Brijesh Pandey

¹Assistant Professor, Narayan Institute of Agricultural Sciences, Gopal Narayan Singh University, Jamuhar, Sasaram, Rohtas, Bihar, India

²Research Scholar, Department of Kriya Sharir, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, Uttar Pradesh, India

³Assistant Professor, Department of Sociology, Shri Agrasen Kanya PG College, Parmanandpur, Shivpur, Varanasi, Uttar Pradesh, India

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Corresponding Author: Binita Kumari Singh

Abstract

A study was conducted to investigate the prevalence of glossophobia among agricultural undergraduate student of rural background. A total of 248 undergraduate respondents were selected randomly who were enrolled in different semesters of B.Sc. (Hons) Agriculture degree programme. A modified questionnaire adapted from McCroskey's (1970) Personal Report of Public Speaking Anxiety (PRPSA) was used for the purpose. Majority of the students belonged to medium category of glossophobia.

Keywords: Agriculture, Glossophobia, rural, undergraduate

Introduction

Glossophobia, commonly known as the "fear of public speaking," is characterized by feelings of fear and nervousness while speaking in front of an audience. Physiological changes such as elevated heart and breathing rates, muscle trembling, and stiffness in the shoulders and neck often accompany this fear (Perveen, 2018) ^[5]. Glossophobia can have profound psycho-emotional consequences and limit rational reflection during public speaking engagements (Lafuente-Zorrilla, 2019). College students, as well as the general population, are commonly afflicted by glossophobia, often avoiding situations that require public speaking and experiencing heightened nervousness well in advance of such events (Katz, 2000) ^[2]. In the context of students, glossophobia can lead to avoidance of presentations or speeches, resulting in social withdrawal and diminished academic performance (Mohamad *et al.*, 2009) ^[4] Research conducted by Shaquille (2017) ^[6] at Auburn University indicated a low level of public speaking anxiety among students, with men exhibiting higher levels of glossophobia compared to women. While extensive research has been conducted on glossophobia in various contexts, there is a notable gap in understanding its prevalence among students from rural backgrounds. Rural students often face unique challenges and experiences that may influence the development and manifestation of glossophobia. This study attempts to underline the prevalence of glossophobia among rural students pursuing their under graduation in agriculture.

Objective: To study prevalence of glossophobia among agricultural undergraduate students of rural background.

Research Methodology

Bihar state was selected purposively as this state is having lowest literacy rate in India. Gopal Narayan Singh University was selected purposively because of the reasons that is the fastest growing university in Bihar (Times Groups)

Inclusion criteria

- Only students with rural background were selected.
- Only undergraduate students were selected
- The selected students were enrolled in agriculture.

Exclusion criteria

- Male and female students with urban background were excluded.
- Post Graduate students were excluded
- The students from any other discipline other than agriculture were excluded.

Selection of respondents

The respondents selected for the present investigation were the Under Graduate students of the university. A total of 248 undergraduate respondents were selected randomly.

Framing of Questionnaire

For the present investigation, a modified questionnaire

adapted from McCroskey's (1970) [3] Personal Report of Public Speaking Anxiety (PRPSA) was used.

Table 1: Distribution of respondents according to statements N=248

S.no.	Statement	Mean	Sd	Category				
				Category	Value	F	%	
1.	While preparing to give a speech, I feel tense and nervous.	3.81	1.07	Low	MEAN-SD	2.74	45	18.15
				Medium	MEAN±SD	2.74 to 4.88	142	57.26
				High	MEAN+SD	4.88	61	24.60
2.	I feel tense when I see the words „speech“ and „public speech“ on the course outline.	3.31	1.14	Low	MEAN-SD	2.17	78	31.45
				Medium	MEAN±SD	2.17 to 4.45	143	57.66
				High	MEAN+SD	4.44	27	10.89
3.	My thoughts become confused and jumbled when I am giving a speech.	3.20	1.23	Low	MEAN-SD	1.96	98	39.52
				Medium	MEAN±SD	1.96 to 4.44	114	45.97
				High	MEAN+SD	4.43	36	14.52
4.	Right after giving a speech I feel that I have had a pleasant experience.	4.30	0.85	Low	MEAN-SD	3.45	14	5.65
				Medium	MEAN±SD	3.48 to 5.16	117	47.18
				High	MEAN+SD	5.15	117	47.18
5.	I get anxious when I think about a speech coming up.	3.63	1.09	Low	MEAN-SD	2.53	57	22.98
				Medium	MEAN±SD	2.54 to 4.74	142	57.26
				High	MEAN+SD	4.72	49	19.76
6.	I have no fear of giving a speech.	2.83	1.17	Low	MEAN-SD	1.67	134	54.03
				Medium	MEAN±SD	1.65 to 4.01	92	37.10
				High	MEAN+SD	4.00	22	8.87
7.	Although I am nervous just before starting a speech, I soon settle down after starting and feel calm and comfortable.	3.87	0.93	Low	MEAN-SD	2.93	32	12.90
				Medium	MEAN±SD	2.94 to 4.81	167	67.34
				High	MEAN+SD	4.80	49	19.76
8.	I look forward to giving a speech.	3.19	1.18	Low	MEAN-SD	2.01	81	32.66
				Medium	MEAN±SD	2 to 4.38	141	56.85
				High	MEAN+SD	4.36	26	10.48
9.	When the instructor announces a speaking assignment in class, I can feel myself getting tense.	3.20	1.17	Low	MEAN-SD	2.03	87	35.08
				Medium	MEAN±SD	2.02 to 4.38	141	56.85
				High	MEAN+SD	4.37	20	8.06
10.	My hands tremble when I am giving a speech.	3.12	1.23	Low	MEAN-SD	1.89	103	41.53
				Medium	MEAN±SD	1.88 to 4.36	115	46.37
				High	MEAN+SD	4.34	30	12.10
11.	I feel relaxed while giving a speech.	3.22	1.19	Low	MEAN-SD	2.03	97	39.11
				Medium	MEAN±SD	2.03 to 4.41	113	45.56
				High	MEAN+SD	4.41	38	15.32
12.	I enjoy preparing for a speech.	3.54	1.08	Low	MEAN-SD	2.46	54	21.77
				Medium	MEAN±SD	2.46 to 4.64	155	62.50
				High	MEAN+SD	4.62	39	15.73
13.	I am in constant fear of forgetting what I prepare to say.	3.65	1.00	Low	MEAN-SD	2.65	42	16.94
				Medium	MEAN±SD	2.66 to 4.67	171	68.95
				High	MEAN+SD	4.65	35	14.11
14.	I get anxious if someone asks me something about my topic that I don't know.	3.51	1.19	Low	MEAN-SD	2.31	69	27.82
				Medium	MEAN±SD	2.31 to 4.7	133	53.63
				High	MEAN+SD	4.70	46	18.55
15.	I face the prospect of giving a speech with confidence.	3.59	1.08	Low	MEAN-SD	2.51	53	21.37
				Medium	MEAN±SD	2.52 to 4.69	152	61.29
				High	MEAN+SD	4.67	43	17.34
16.	I feel that I am in complete possession of myself while giving a speech.	3.33	1.07	Low	MEAN-SD	2.26	76	30.65
				Medium	MEAN±SD	2.26 to 4.43	148	59.68
				High	MEAN+SD	4.41	24	9.68
17.	My mind is clear when giving a speech.	3.51	1.00	Low	MEAN-SD	2.51	53	21.37
				Medium	MEAN±SD	2.51 to 4.52	164	66.13
				High	MEAN+SD	4.51	31	12.50
18.	I do not dread when giving a speech.	3.02	1.11	Low	MEAN-SD	1.91	110	44.35
				Medium	MEAN±SD	1.9 to 4.13	119	47.98
				High	MEAN+SD	4.12	19	7.66
19.	I perspire just before starting a speech.	3.10	1.22	Low	MEAN-SD	1.88	102	41.13
				Medium	MEAN±SD	1.87 to 4.34	115	46.37
				High	MEAN+SD	4.33	31	12.50
20.	My heart beats very fast when I start a speech.	3.64	1.21	Low	MEAN-SD	2.43	67	27.02
				Medium	MEAN±SD	2.43 to 4.86	120	48.39
				High	MEAN+SD	4.85	61	24.60
21.	I experience considerable anxiety while sitting in	3.75	0.92	Low	MEAN-SD	2.83	34	13.71

	the room just before my speech starts.			Medium	MEAN±SD	2.84 to 4.68	181	72.98
				High	MEAN+SD	4.67	33	13.31
22.	Certain parts of my body feel very tense and rigid while giving a speech.	2.94	1.17	Low	MEAN-SD	1.76	114	45.97
				Medium	MEAN±SD	1.76 to 4.11	119	47.98
				High	MEAN+SD	4.11	15	6.05
23.	Realizing that only a little time remains in a speech makes me very tense and anxious.	3.63	1.09	Low	MEAN-SD	2.53	58	23.39
				Medium	MEAN±SD	2.53 to 4.72	141	56.85
				High	MEAN+SD	4.72	49	19.76
24.	While giving a speech, I know I can control my feelings of tension and stress.	3.85	0.86	Low	MEAN-SD	3.00	23	9.27
				Medium	MEAN±SD	3 to 4.71	183	73.79
				High	MEAN+SD	4.71	42	16.94
25.	I breathe faster just before starting a speech.	3.37	1.22	Low	MEAN-SD	2.14	82	33.06
				Medium	MEAN±SD	2.14 to 4.59	126	50.81
				High	MEAN+SD	4.59	40	16.13
26.	I feel comfortable and relaxed in the hour or so just before giving a speech.	3.43	1.12	Low	MEAN-SD	2.31	71	28.63
				Medium	MEAN±SD	2.31 to 4.55	144	58.06
				High	MEAN+SD	4.55	33	13.31
27.	I do poorer on speeches because I am anxious.	2.95	1.18	Low	MEAN-SD	1.78	113	45.56
				Medium	MEAN±SD	1.77 to 4.14	115	46.37
				High	MEAN+SD	4.13	20	8.06
28.	I feel anxious when the teacher announces the date of a speaking assignment.	3.07	1.21	Low	MEAN-SD	1.86	108	43.55
				Medium	MEAN±SD	1.85 to 4.29	116	46.77
				High	MEAN+SD	4.28	24	9.68
29.	When I make a mistake while giving a speech, I find it hard to concentrate on the parts that follow.	3.27	1.09	Low	MEAN-SD	2.19	79	31.85
				Medium	MEAN±SD	2.19 to 4.37	153	61.69
				High	MEAN+SD	4.36	16	6.45
30.	During an important speech I experience a feeling of helplessness building up inside me.	3.28	1.10	Low	MEAN-SD	2.19	76	30.65
				Medium	MEAN±SD	2.18 to 4.39	149	60.08
				High	MEAN+SD	4.38	23	9.27
31.	I have trouble falling asleep the night before a speech.	3.05	1.30	Low	MEAN-SD	1.75	112	45.16
				Medium	MEAN±SD	1.75 to 4.35	101	40.73
				High	MEAN+SD	4.35	35	14.11
32.	My heart beats very fast when I present a speech.	3.48	1.22	Low	MEAN-SD	2.26	74	29.84
				Medium	MEAN±SD	2.26 to 4.7	129	52.02
				High	MEAN+SD	4.70	45	18.15
33.	I feel anxious while waiting to give my speech.	3.52	1.02	Low	MEAN-SD	2.49	58	23.39
				Medium	MEAN±SD	2.49 to 4.54	166	66.94
				High	MEAN+SD	4.54	24	9.68
34.	While giving a speech, I get so nervous that I forget facts I really know.	3.32	1.26	Low	MEAN-SD	2.06	87	35.08
				Medium	MEAN±SD	2.06 to 4.59	120	48.39
				High	MEAN+SD	4.59	41	16.53

It is clear from the Table 1 that in the low category, a minority of respondents (18.15%) reported feeling tense and nervous while preparing for a speech, and similarly, a minority (31.45%) indicated feeling tense upon encountering specific terms related to speech in course materials. A significant portion (39.52%) experienced cognitive challenges during speech delivery, while only a small proportion (5.65%) felt positively about their speech experience immediately afterward. Some respondents (22.98%) reported anxiety when thinking about an upcoming speech, while a majority (54.03%) expressed no fear of giving speeches. Although a minority (12.90%) initially felt nervous, they found calmness and comfort after starting their speech, and some respondents (32.66%) expressed anticipation and positive feelings toward giving speeches. In the medium category, some respondents (39.11%) reported feeling relaxed during speech delivery, while a minority (21.77%) expressed enjoyment in preparing for speeches. Several respondents (27.82%) experienced anxiety when faced with questions about their speech topic, and some (21.37%) approached future speeches with confidence. Many respondents (30.65%) felt

in control of themselves during speech delivery, and a majority (44.35%) expressed no dread or fear of giving speeches. Additionally, many respondents (41.13%) reported perspiration before starting a speech. In the high category, some respondents (27.02%) experienced rapid heartbeat at the onset of speeches, while some (13.71%) reported significant pre-speech anxiety. Many respondents (45.97%) experienced physical tension during speech delivery, and many (23.39%) experienced increased tension and anxiety as their speech time decreased. A minority (9.27%) believed they could manage their feelings of tension and stress during a speech, and many (33.06%) reported experiencing an increased breathing rate before beginning a speech. Some respondents (28.63%) reported feeling comfortable and relaxed before giving a speech, while many (45.56%) believed that anxiety negatively impacted their speech performance. Many respondents (43.55%) experienced anxiety upon learning about upcoming speaking assignments, and several (31.85%) reported difficulty concentrating after making mistakes during speeches. Some respondents (30.65%) experienced feelings of helplessness during critical speeches, and a

significant proportion (45.16%) experienced sleep difficulties before speeches. Additionally, some respondents (29.84%) experienced rapid heartbeat during speech presentation, and some (23.39%) experienced pre-speech anxiety while waiting to deliver their speech. Many respondents (35.08%) experienced anxiety-induced memory lapses during speeches.

Table 2: Distribution of respondents based on their Overall category of glossophobia N=248

S. No	Mean	SD	Category			
				Frequency	Percentage	
1	115.4556	12.28368	Low	Upto 103.17	31	12.50
2			Medium	103.17 to 127.74	175	70.56
3			High	Above 127.74	42	16.94

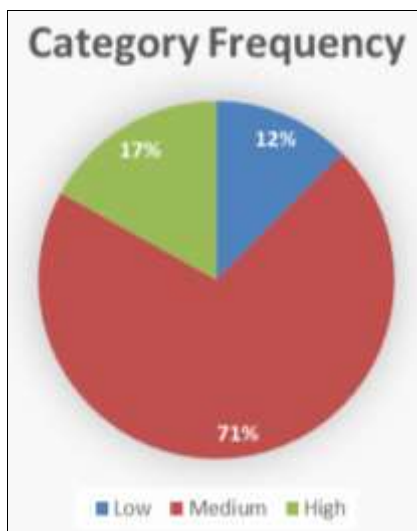


Fig 1: Distribution of respondents based on their Overall category of glossophobia

It is clear from the Table 2 and Fig. 1 that majority of the respondents fell into the Medium category of glossophobia, which ranged from 103.17 to 127.74, with 175 instances, constituting about 70.56% of the total. The Low category, comprised values up to 103.17, had 31 instances, accounting for 12.50%. The High category, included values above 127.74, consisting of 42 instances, making up 16.94% of the total respondents. This finding is contradictory to the findings of Tse (2012)^[7] while in line with Balakrishnan *et al.* (2022)^[1].

Conclusion

Overall, the findings suggest a significant prevalence of public speaking anxiety among respondents, with varying levels of apprehension and coping mechanisms observed across different categories of anxiety levels.

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