

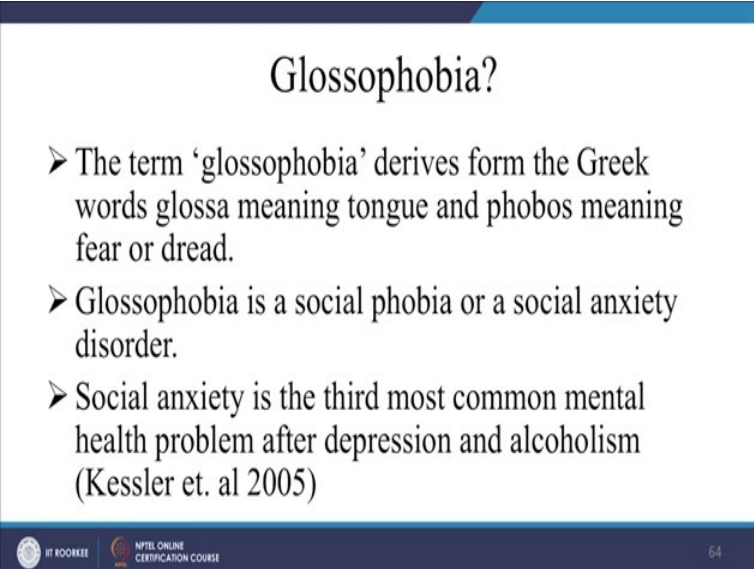
Interpersonal Skills
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Lecture-39
Glossophobia - I

Hello friends I am here to discuss today Glossophobia and social anxiety. I suppose that these two are very important whenever we discuss interpersonal skill. Interpersonal skill when we communicate with others kind of public speaking, kind of communicated professionally, kind of social mixture. If you do not have that kind of quality to mix with the people with the help of communication it may create problem.

So, let us see what is Glossophobia and what are the ways to eradicate this problem most people experience some degree of nervousness or anxiety when they give a speech presentation or perform on a stage. They still manage to cope with the occasion even though they are not enjoying it. However, people who suffer from glossophobia may deliberately avoid situations where they would have to speak in public. What is glossophobia? that is a very pertinent question.

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Glossophobia?

- The term 'glossophobia' derives from the Greek words glossa meaning tongue and phobos meaning fear or dread.
- Glossophobia is a social phobia or a social anxiety disorder.
- Social anxiety is the third most common mental health problem after depression and alcoholism (Kessler et. al 2005)

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The term glossophobia derives from the Greek word glossa meaning tongue and Phobos that is fear or dread that is tongue fear. Most of us have experienced some sort of fear when speaking in public at some time in our lives. However, a person with glass of phobia is unable to control their nerves and has an extremely strong fear of public speaking. Sometimes to the point of a nervous breakdown with this can come uncontrollable trembling sweating and a racing heartbeat.

This is speaking anxiety may not be confined to speaking to large audiences. People suffering with glassophobia may struggle to speak in a meeting classroom and in other smaller group settings. This can make it very difficult for sufferers to communicate verbally in order to express their ideas and thoughts. As a result, glossophobia may hamper the sufferer's ability to further his or her academic social or career opportunities.

Glossophobia is a social phobia or social anxiety disorder with recognizable symptoms and treatment. If left untreated this can lead to loneliness, poor self-esteem, depression and isolation. there are helpful strategies to manage and cope effectively with glassophobia. Social anxiety is one of the most common anxiety disorders studies have found that it is the third most common mental health problem after depression and alcoholism.

Social anxiety is a debilitating condition as it can limit you in all aspects of life from having the job you really want to simply go shopping. Glossophobia causes a feeling of intense anxiety including certain physical and verbal symptoms and signs. Even the thought of group activities and presentations can trigger these symptoms. Worrying what people will think of us worrying that we will stumble over our words worrying that we will forget what to say people suffering with this disease may avoid events that center or group activities.

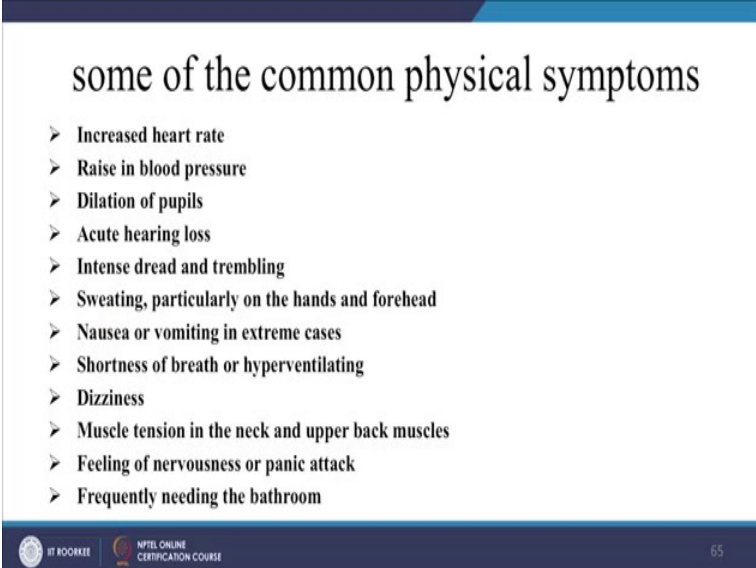
They might feel sick or make excuses to avoid the event. When faced with having to give a presentation many people experience the fight-or-flight response. This is the body's way of preparing to defend itself against perceived threats through an increase inordinate. Particularly

when speaking on a stage when you are exposed to people all around you the fear is heightened and you will find yourself crossing arms and legs as a natural defence mechanism.

What are the physical symptoms if we talk of glossophobia as social anxiety heart palpitation or increased heart rates can develop as a result of the intense anxiety or a stress this can lead to increased blood pressure and the physical response causes the pupils to dilate and can cause the one to sit. Psychological symptoms of glossophobia can lead to acute hearing loss or other physical symptoms when the mind is cluttered with thoughts extreme tension is developed which affects a person's hearing.

Well some of the common physical symptoms if we talk of glossophobia increased heart rates raised in blood pressure, dilation of pupils, acute hearing loss, intense dread and trembling sweating particularly on the hands and forehead nausea or vomiting in extreme cases shortness of breath or hyper ventilating dizziness muscle tension in the neck and upper back muscles feeling of nervousness or panic attack frequently needing the bathroom.

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some of the common physical symptoms

- Increased heart rate
- Raise in blood pressure
- Dilation of pupils
- Acute hearing loss
- Intense dread and trembling
- Sweating, particularly on the hands and forehead
- Nausea or vomiting in extreme cases
- Shortness of breath or hyperventilating
- Dizziness
- Muscle tension in the neck and upper back muscles
- Feeling of nervousness or panic attack
- Frequently needing the bathroom

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Verbal symptoms some of the verbal symptoms that developed from glossophobia can cause the

person to strain while trying to speak. The voice may quiver and shake, the person may repeat hesitation such as umm, ah that is filler followed by vocal pausing. This reaction causes the person to feel uncomfortable and answers were selling the symptoms of glossophobia. Speech anxiety can lead to dysfunctional speech and stammers or texts since the intense anxiety may prevent one from speaking properly.

Speech disorders can develop as well which are caused by stress induced reactions during public speaking.

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Some of the common verbal symptoms

- **Dryness in the mouth**
- **Weakened tone of voice and feeling energy less**
- **Trembling voice due to tension**
- **Shaking or quivering voice**
- **Hesitation words such as 'umm' and 'ah'**
- **Stammers or tics**
- **Vocalised pauses**

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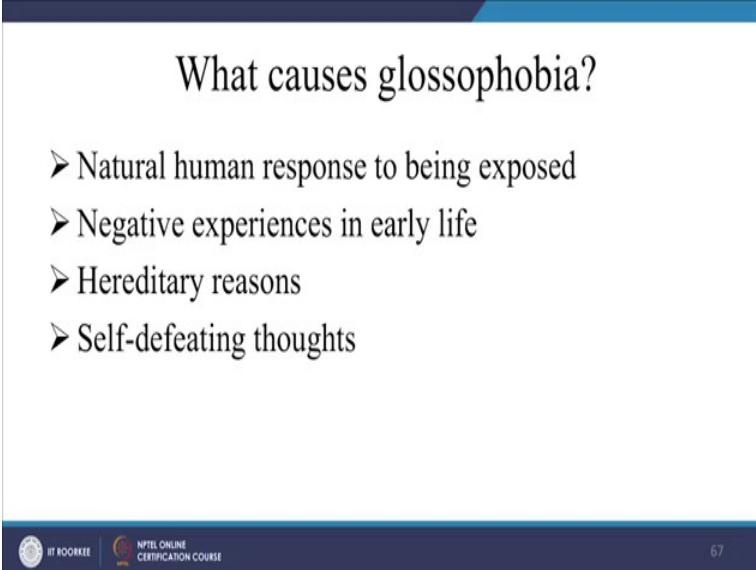
Some of the common verbal symptoms during glossophobia or social anxiety are, dryness in the mouth we can tone of voice and feeling energy less, trembling voice due to tension, shaking or quivering voice, hesitation words such as umm ah stammers or takes vocalized pauses how many people suffer from glossophobia. According to one estimate 75% of people experience some degree of anxiety or nervousness when public is speaking and 10% of the people are terrified.

Speaking in public is one of the most common fears ranking among heights death and sneers. What are the consequences of suffering from glossophobia? If you want to be successful in your

career, you will need to be able to communicate your ideas effectively and lead teams. From job interviews to team meetings to running your own business many activities in life require is speaking in public to groups of people.

Not being able to do this could cause you to lose out on many opportunities because speech anxiety takes control of your life. However, all is not lost if you want to avoid verbal communication in your career there are jobs which require very little of it with most communication being accomplished through email slack or other online nonverbal forms. Having, worked with many developers and engineers some of these roles require almost no verbal communication as long as you deliver projects on time.

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What causes glossophobia?

- Natural human response to being exposed
- Negative experiences in early life
- Hereditary reasons
- Self-defeating thoughts

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What causes glossophobia? there are several possible root causes that trigger to worsen glossophobia in people. This fight or flight response has its roots with our ancestors when humans had to fear being attracted by wild animals and other tribes. It causes you to tense up with anxiety when exposed to people for example on a stage in front of an audience. Getting used to this exposure and controlling your body language to be open to it will help.

Some people believe that glossophobia forms early on in life and stems from negative viewpoints of oneself such as nobody cares about what I have to say this might be caused by a series of negative experiences for example where students teachers or parents do not value what you say or even if you talked in a group situation and were ridiculed for what you said. Testing conducted by the National Institute of Mental Health found that the brains of people with social anxiety have a heightened response when negative comments were read to them.

The affected areas were those responsible for self-evaluation and emotional processing. This heightened response was not seen in people without the disorder though social phobias often run in families some genetic order the science behind this is not understood. The biology of fear and anxiety related behaviours study that breeding mice that show less fear and anxiety resulted in offspring with less anxiety but more research is needed to assess whether social phobias are hereditary.

In some instances, glossophobia links to social anxiety and phobia disorders. Some people believe a person's self-defeating thoughts lead the person to believe that they will fail while speaking in public. The person may feel that they must measure up to perfection otherwise they are useless. Many people who have a strong fear of public speaking fear being judged embarrassed or rejected. How is glossophobia treated because it is a major problem?

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How is Glossophobia treated?

- Psychotherapy (Cognitive Behavioral Therapy)
- Medications
- Exposure therapy
- Herbal remedies

There are different steps you can take to treat your glossophobia well we discuss psychotherapy medication exposure therapy herbal remedies depending on the severity of your fear different ones may apply. We did not discuss practical states you can take when giving a presentation or a speech to help overcome your fear. Psychotherapy many people are able to overcome their glossophobia with cognitive behavioural therapy.

Working with a therapist can help you to identify the root cause of your anxiety for example you may discover that you fear to ridicule rather than speaking because you were mugged as a child. So, fear is there in your subconscious together you and your therapist will explore your fears and the negative thoughts that go with them. Your therapist can teach you ways to reshape your negative thoughts. Instead of thinking I cannot make any mistakes except that all people make mistakes or have omissions when presenting. it is okay.

Most of the time the audience is not aware of them instead of everyone will think I am incompetent. focus on the fact that the audience wants you to succeed. Then remind yourself that your prepared material is great and that you know it well. Once you have identified your fears practice presenting to a small supportive groups. As your confidence grows built up to larger

audiences if therapy does not relieve your symptoms your doctor may prescribe one of the several medications used to treat anxiety disorder.

Better doctors would treat high blood pressure and some high heart disorders. They also can be helpful in controlling the physical symptoms of glossophobia such as shaking or trembling. Anti depressants are used to treat depression but they also can be effective in controlling social anxiety. If your anxiety is severe and affecting your daily life your doctor may prescribe some pills that may relax your mind.

Brain chemicals such as serotonin help to regulate the mood level of a person. during phobic episodes the mood level goes down. anti-anxiety and antidepressants medicines can help to adjust these type of brain chemicals. Exposure therapies are seen as most effective treatment method for the fear of public speaking. The therapist guides you through regular exposure sessions where the person will need to face public speaking settings.

The therapist also teaches various relaxation methods such as muscle releasing exercise mind visualization exercises and meditation to use during such exposure sessions. The person eventually builds up a tolerance for the fear and anxiety. For people with milder symptoms there are a range of herbal and homeopathic remedies that can help in coming; the anxiety experienced before events that involve public speaking.

Herbal remedies like lemon balm, lavender and passion flower can also help to soothe the nerves and come one before a public speaking event.

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Practical Tips

- Know your material.
- Practice often aloud.
- Videotape your presentation.
- Use virtual reality.
- Prepare possible questions.
- Don't memorize your speech
- Understand your audience.
- Speak slowly.
- Keep a glass of water with yourself.
- Don't say how nervous you are.
- Familiarize yourself with the room.
- Exercise to help you relax.



Now practical tips for overcoming glassophobia. these are the practical tips not medical you can manage know your material you will be much more comfortable talking about something about which you are knowledgeable. Give a special focus to the introduction because this is when you are likely to be most nervous. Practice often and aloud. you should continue practicing until you are comfortable with what you are going to say.

Your confidence will increase as you realize that you know what you are going to say. Videotape your presentation you can note if changes are needed and you may be pleasantly surprised at how authoritative you look and you sound. Use virtual reality practice in realistic virtual environments before the event to overcome anxiety. Prepare possible audience question come up with a list of potential questions your audience might ask you.

Then prepare answer and even additional presentation slides to answer them. Do not memorize your speech, if you commit to your entire speech to memory and then forget even just one line of it things could spiral out of control and you may find yourself unable to remember the rest of it you are much better off knowing the essence of what you want to say. Understand your audience will you be addressing a group of experts or one that knows little about the topic.

Being aware of your audience will help you to structure your presentation accordingly as well as prepare for it. You should always be more knowledgeable than your audience it speaks slowly. people tend to talk more quickly when they are nervous to make a conscious effort to slow down. You will be less likely to stumble over your words if you are not rushing through your speech. Keep a glass of water next to you having a dry mouth while giving a speech happens to everyone not only those who are fearful of public speaking.

To keep from feeling like your mouth is filled with cotton. Take sips of water occasionally do not say how nervous you are try not to complain to others about how anxious you feel. Dwelling on it will just serve to exacerbate your anxiety instead pretend to be confident even if you feel anything but familiarize yourself with the room. Arrive early and stand up on this stage if possible visualize the audience and where you will stand on this stage.

Check all equipment works such as a laptop or projector the more you practice the more comfortable you will be in front of crowd. You might find it beneficial to take a public speaking class or workshops such as Toastmasters International and organization that trains people in public speaking or use virtual reality as a form of exposure therapy. Interestingly some glossophobics are able to perform effectively on a stage, dance, sing and even converse in a stage play till they do not see the audience.

Some people feel comfortable on a stage if they are under the notion that they are signifying a character or a stage persona relatively than presenting themselves. The anxiety caused by glossophobia can be elevated by amalgamating the people in a group like a band or choir. many famous people have suffered from glossophobia including actors, politicians and even presidents. Some notable examples are Renee Zellweger, Nicola Kidman, Abraham Lincoln, Gandhi, Sigmund Freud and Thomas Jefferson at some point they all mention actually going out of their way to avoid speaking in public.

Another example is Gandhi who according to an article in the Atlantic titled. performance anxiety in great performer was due to be speaking in a court and only managed to say the first sentence of his speech before he dried up and an assistant stepped in and finished they speech for him. Relaxation and breathing techniques are useful when trying to calm your nervous nerves before speaking in public. When we are nervous we tend to talk quickly and only take short shallow breaths causing our lungs to only partially fill.

This reduces our vocal range and makes us sound nervous therefore slowing down our breathing and learning to relax are very important. Now for this you can go for exercises. exercise 1 learning to relax, find a comfortable place and lie on the floor close your eyes and concentrate on relaxing every part of your body is starting with your feet and legs and working awards to your shoulder neck and head.

Now bring your attention to your breathing to begin with just be aware of breathing in and out. Now try to imagine a place that you can associate with calmness picture this place and hear the sound smell their smells. Once you have become familiar with recalling this a spatial place it can be somewhere to go whenever you are feeling nervous just has such as just before you go on a stage to make a speech.

Learning to relax takes time but it will really help especially if you do this exercise regularly after a while you will be able to recall the feelings of relaxation anywhere. Exercise to catering yourself it stand with your feet shoulder wide apart your hands hanging loose shoulders down and head relaxed on your neck. First try to collect your thoughts and think in your head. feel yourself become lighter.

Now try to think in your stomach and start to feel yourself getting rooted in the ground. You are effectively thinking your center of gravity down through your body this process is called

countering and it may take a little practice. Now breathe in and feel the breath going right down into your Center that is to the bottom of your lungs and into your stomach. Breathe out allowing your lungs to control the outward breath.

Now friends I think that I have elaborated most of the important points that are going to help you to remove glassophobia because you know what is glassophobia. For today I think it is sufficient we shall meet next time to discuss some of the more exercises to reduce glass of phobia till then goodbye see you again have a nice day, thank you very much.