IIT ROORKEE

NPTEL ONLINE CERTIFICATION COURSE

Lecture - 39

Glossophobia-1

Prof. Smita Jha

Dept. Of Humanities and Social Sciences



Glossophobia?

- The term ‘glossophobia’ derives form 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)

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**

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**

What causes glossophobia?

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

How is Glossophobia treated?

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

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.