

## COACHING OF COMMUNICATION SKILL FOR THE SEXUAL WORKERS FROM OPSI JAKARTA DISTRICT IN RELATED TO PREVENT SEXUAL DESEASE

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### ABSTRACT

Sexual disease is a health and social problem that need solution. One of the solution is a daresness of sexual worker to be brave to talk in the relevant forum to share the fact and problem, since they know how to manage the sexual disease in their own way. But they are afraid to talk in front of public. The coaching of public speaking may become a solution. The result is quiet good. There were an increasing member of the group that then be brave to talk in public forum. The coach is given to the member of social organization named OPSI Jakarta.

**Keywords:** Sexual Disease, Public Speaking Training, Sexual Worker, OPSI Jakarta

### 1. INTRODUCTION

The sexual worker is a part of community whom really involved in sexual disease. It is not an overwhelming statement, because the sexual worker sell theirselves for a sexual transaction. A sexual transaction provides sexual interaction, indeed. This is the way to let sexual disease spread from people to people.

Some of the sexual worker show a high attention on a prevention effort to the spreading of sexual disease. Two research as also community development from the both writers that situated to the sexual worker refer to the matter. Firstly, a research, named *Development of Communication Model for Sex Workers in HIV/AIDS Preventions in East Jakarta*, which then published in IKON, a journal of communication, December 2018. Secondly, a community development activity, that has been published in ICCD 2018 under the name of *The Persuasive Communication Training for Reproductive Health Necessity for Sexual Worker*. Both of the research as also community development that is cited above show the high attention of sexual worker to prevent the spreading of sexual disease.

But not all of the sexual worker involved actively in the prevention effort of sexual disease. They that involved actively less then 10% of the community member. It is not a significant number. Anyway it is still a positive dynamic matter. One of the social organization which actively to do it is OPSI (Organisasi Perubahan Sosial Indonesia/Indonesian Social Change Organization). The creation of OPSI was to solve the problems that should be faced by the sexual workers, the members itself.

Daily, OPSI members actively persuade their consumer to use condom in a sexual transaction, for the sake of the good health for both of them. In the context of activity, OPSI provide their member to be active in the relevant forums, like seminar, workshop, discussion, to talk about sexual disease, since they know how to manage it, by their own way.

But here come the problem. Almost all of them do not have the competency to speak in front of the public. It is the human problem, that happened to any kind of society, including the sexual worker. So, only small part of them to be brave speak publicly.

Knowing the situation, the team of writer would like to do the community development activity. Supported by the internal grant of Universitas Sahid Jakarta to do the community development session, the team taught the OPSI member of Jakarta district in a public speaking training and then followed by some coaching series.

### 2. METHODS

#### *Time and Location*

First activity was a training of public speaking. The activity was held on 31 Agustus 2018. Location of activity: Jl. Cililitan Kecil II No. 38, RT 011, RW 07, Kelurahan Cilitan, Kecamatan Kramat Jati, Jakarta Timur.

The followed activities after the training were coaching in form of series of monitoring and discussion, which was done for three months.

### ***Tools and Materials***

Tools and materials that was used for the training i.e. power point presentation, some pictures that is related to the competency to talk in front of public, such as metaplan, flipchart, and any relevant of tools and materials.

### ***Method of Activity***

Method of activity of this training was adjusted to the common need of people for the purpose of public speakin, i.e.: 1) Understanding of public speaking, 2) Benefits of public speaking, 3) Problems of *public speaking*, 4) Why someone good in public speaking, 5) Techniques of *public speaking*, 6) The opening and the closing of a presentation.

## **3. RESULTS AND DISCUSSION**

### ***The Using of Method***

Public Speaking can be defined as the power to speak in front of the people. It is a very meaningful way to change people. Public speaking is a part of communication activity. Manuel Castells, a contemporer famous communications sociologist says, the most fundamental form of power lies at the ability to shape the human mind, and it is lied on the control of communication and information (Castells, 2013: 3). And the ability of communication in form of public speaking would be one of the way to grab it.

So many books published in public speaking. For the purpose of the training, the team suggest a book that is printed in Bahasa Indonesia named *Public Speaking Mastery* (Hojanto, 2013).

As also stated at the book mentioned above, in public speaking, the components which involved are:

- The communicator
- Communication messages
- The communicants/audiens.

The problems in public speaking are:

- a. On the communicator:
  - a.1. Lackness of courage to speak in front of people.
  - a.2. Inability to send the message in appropriate communication way.
  - a.3. Unpreparedness to speak.
- b. On messages:
  - b.1. Communication messages not delivered effectively.
- c. On communicant:
  - c.1. The communicant does not feel any interested of the communicator or with the messages.

To overcome the problems aboved, the team taught the participant of training how to manage and to how to find the solution.

First problem, i.e. lack of courage to speak in front of people (point a.1). The team tried to motivate the participants, that everything should be called back by the intention. A strong intention will overcome the problem. And the team should be thankful to OPSI, where the participant are all from OPSI. OPSI is established for the purpose to solve teir member's problem. And one of their problem is to prevent the spreading of sexual desease where they are the bridge itself of the desease. So, the team motivate them to reset back their intention. Memorizing the intention would let the courage to speak publicly appears. And the team should also be grateful, because all of participant motivate each other to be brave to speak.



Picture 1. Discussion forum in the training session

Therefore, each of the participant were asked to be brave to speak in front of the class. At the moment, directly seen that three participants were unable to speak at all. They were just standing in front of their friends, but did not say a word. Whilst, the rest were able to do the speaking simulation. Some speak easily, some speak unseasily. The mentality factor appeared. It is all about mentality.

The solution were no more than motivation. The team and all participants motivated each other to be barve to speak. Until it came the moment that the three afraid participant started to say their word. It was started hardly. It was not easy for them. But the first and followed words were all that they need. Overcomingly the first word, then they talked, eventough not comfortably for them. But it was a history for them. For the team, it was a progress. The second problem, the inability to send the message in appropriate communication way (point a.2). To overcome this problem, the team taught the participants about the need to practice. All of the participants were asked to practice to talk at the training session. So, every person should be standing in front of the class to speak out the topics they choose previously before speaking. The team taught the participant that the successful *public speaker* have one precious way in their valuable life, that is: practice, and then practice, then practice again. The practice becoming the key word. Been taught to them that they have to practice to speak at any moment that they have. So, not only at the training session only, but they can do it at home, or at any leisure time they have.



Picture 2. Training atmosphere

The third problem, unpreparedness to speak (point a.3). This is not a very difficult problem. Team of trainer taught the participant that for anybody who step forward for speaking activity where they should have been noted every point to be spoken. Been taught that if they can not thinking out the points of conversation, they can ask and/or discuss the points to the right person. It had been practiced at the training session, and they enjoyed it very much.

The fourth problem, communication messages not delivered effectively (point b.1). It is related to the understanding to set communication message. There are too many things to speak out, or less of understanding of problem urgency. For this matter, the team taught the participant about the importance for focus on one or two priority messages. Allegedly, the team taught about the selection communication message, that it should be set on the scale of priority. By doing this, they will automatically set and communicate the messages effectively.

The last problem, the communicant does not feel any interested of the communicator or with the messages (point c.1). Regarding to this problem, there were two knowledge been delivered by the team to the participant. Firstly, the importance to understand about the audience or communicant. Some small knowledge about the communicant would make a communicator understand of audience needs. Secondly, the team taught the participant that everything need time. Only the most talented person in public speaking can make his audience directly interested with his messages. The rest are persons that train himself all the time to conquer the audience easily from one time to another. The stressing is: practicing your public speaking activity again and again and again.

### ***The Result from the field***

The team of training monitorizing the result of the training for about three months. And the result is quite positive. Stated that way, because based on our monitoring, it was found three new member of OPSI Jakarta district dare to

communicate to public in such relevant forums. OPSI Jakarta were pleased with it. Before, only five of them that would be dare to appear in public forums, now they have eight fellow. The team of trainer were also be satisfied with the result. Not much improvement, but it improved.



Picture 3. Be brave to speak in public sphere after public speaking training

#### 4. CONCLUSION

*Public speaking* is an activity to to speak in front of public. There is a communicator to deliver the message to some audience. To be able to do public speaking, it needs courage to communicate as also competency. After fulfilling the requirement, then it needs practice and practice. These where all been taught to the participant of public speaking training. And the result was quite good. The speaker of OPSI Jakarta to speak publicly improved from five member to become eighth members, after the training.

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