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EXPLORING SELF-CONFIDENCE IN SPEAKING ENGLISH: A STUDY OF USERS' EXPERIENCES ON THE EPISODEN PLATFORM

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Abstract

In the digital era, the use of technology in language learning has created new opportunities for English learners to practice speaking in more flexible and interactive ways. One such innovation is the Episoden platform, which provides real-time, one-on-one speaking sessions with users from different countries. For many learners, especially non-native Speakers, confidence remains a major obstacle in speaking English fluently and spontaneously. This study aimed to explore users' self-confidence in speaking English through their personal experiences on the Episoden platform. Specifically, the research focused on Identifying how users describe their confidence-building process and what factors influence their confidence, A qualitative descriptive approach was chosen to gain deeper insight into users' Experiences. Using an open-ended questionnaire, semi-structured interviews, observation, and documentation. The data were analyzed through the flow model by Miles and Huberman, consisting of data reduction, display, and conclusion drawing. The results indicated that users became more confident over time through regular use of Episoden. Supportive conversations, clear topics, and a non-judgmental atmosphere were key factors, while common challenges like accents and technical issues helped build speaking routines. In conclusion, Episoden supports users in building self-confidence by providing real practice and a safe space to communicate and take risks.

Keywords: *Speaking English, Self-confidence, Episoden*

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A. INTRODUCTION

English serves as an essential medium of communication and plays a significant role in various fields, including medicine, engineering, education, business, technology, banking, and tourism. Its widespread use across different activities and industries makes it a globally studied language, whether as a second language or a foreign language³. Speaking skills are one of the essential aspects of mastering English because speaking ability reflects a person's level of fluency and understanding of the language. Unlike other skills, such as writing or reading, speaking requires spontaneity, clarity in conveying ideas, and understanding the social context in communication. However, for many learners, speaking is often a challenge because it involves courage, confidence, and mastery of vocabulary and grammar simultaneously.

Therefore, developing speaking skills needs to be done through structured exercises, continuous practice, and mental strengthening to be able to communicate effectively and confidently. Speaking is used more often, and it is more important to make students or adults orally express their message to show their feelings, ideas, happiness, anger, and emotions.⁴ Strong speaking skills not only help individuals communicate effectively but also open up more opportunities in the interconnected global world. This shows the importance of learning English, considering its role as an international language in various fields such as education, business, technology, and culture.

In this modern era, language learners have many ways to support their learning. Especially English learners can benefit from it. The use of technology in English learning offers many benefits that can help learners achieve their goals. The development of technology has revolutionized English learning by presenting more practical and varied

³ Vanessa Pritin Angel Halawa et al, The Influence Of English Movie In Improving Students' *Speaking Skill*, *Review Of Multidisciplinary Education, Culture And Pedagogy (Romeo)*, Vol 1, no 2 (2022):

⁴ Suryadi, "The Effects of Self-Confidence and Vocabulary Mastery on Students' *Speaking Skill*", *Jurnal of English Language Skill* 3, no. 2 (2018): 194



methods. Today, English learning apps like Duolingo, ELSA, and Praktika allow users to learn English anytime via mobile. An Online platform such as Episoden, Speakall, and Free4talk gives English learners access to practice speaking English with learners from other countries, which will significantly impact their speaking development. Social media and streaming videos like YouTube are also increasingly popular for self-learning English. Many channels provide free lessons with an engaging and easy-to-follow approach.

Among these options, Episoden stands out as a free platform that connects users from all over the world in one-on-one, real-time conversations. It provides structured sessions with clear topics, encourages users to turn on their cameras for face-to-face interaction, and allows users to choose partners based on their speaking proficiency level. Additionally, users receive immediate feedback after each session, helping them understand how enjoyable and productive the conversation was for both parties. One of the most interesting features is that Episoden offers one free premium session every two weeks, allowing longer conversations and deeper interaction.

As the researchers has also been an active user of the Episoden platform, it was observed that the platform significantly contributed to improving speaking self-confidence. Compared to other platforms that were previously explored, Episoden was easier to access through both its website and mobile application. It is free of charge and filled with users who share the same goal: to improve their English speaking skills. This personal observation led the researcher to explore further whether other users experienced similar changes. Therefore, the researchers believes that Episoden is a compelling platform worth further investigation, particularly in how it supports the development of users' self-confidence in speaking English. It makes lessons more engaging and interactive, supports all language skills, and enables distance learning. Features like grammar and pronunciation correction also help learners identify and fix their mistakes quickly⁵.

⁵ Episoden: *Speak English in Real Conversations*. Episoden, <https://www.episoden.com>. Accessed November, 15th 2024



The benefits of these technological developments are vast. Besides more flexible access, technology makes learning more interactive and contextualized. Learners can hone their English speaking, listening, and comprehension skills according to their needs. Along with the advancement of technology that supports English learning, there are various platforms and applications mentioned before. One of the platforms that the researcher wants to discuss is Episoden, an interactive platform that provides face-to-face conversation settings, where there is always plenty of time for everyone to speak English. Partners are always from other countries with new topics, which makes the 7-minute session enjoyable and never dull⁶.

The users of the Episoden platform come from various backgrounds and countries. As an online platform, Episoden enables users to practice English interactively and conversationally, often through face-to-face speaking activities. Most users are non-native speakers who seek a more engaging alternative to traditional learning methods. Given its interactive nature, Episoden provides opportunities for learners to engage in real-time communication, which may influence how they perceive their speaking abilities.

In this study, the focus is on exploring how users describe their own experiences and whether they feel any changes in their self-confidence when speaking English through the platform. Confident learners see difficulties as a natural part of the learning process, rather than obstacles. As a result, they are more determined and consistent, continuing to learn despite difficulties. Confidence is the capability of taking risks in making mistakes to use the language actively and passively. If learners can develop their confidence in doing something, then they are ready to use it as its purpose, willing to ask questions, and determined to accomplish the communication⁷. This perspective aligns with the idea that confidence not only reduces anxiety but also empowers learners to

⁶ Suryadi, "The Effects of Self-Confidence and Vocabulary Mastery on Students' Speaking Skill", *Jurnal Of English Language Skill* 3, no. 2 (2018): 193

⁷ Suryadi, "The Effects of Self-Confidence and Vocabulary Mastery on Students' Speaking Skill", *Jurnal Of English Language Skill* 3, no. 2 (2018): 193



practice more fully in both formal and informal language interaction.

According to Suryadi (2018), self-confidence consists of five main components. These include self-esteem, which reflects how much individuals value their ability to speak; self-efficacy, or the belief in their ability to complete speaking tasks successfully; and personal experience, where past achievements can strengthen confidence. In addition, social messages such as support or feedback from others help shape learners' beliefs in themselves. Lastly, the willingness to take risks, such as speaking despite fear of making mistakes, is essential for developing true confidence in communication. So, confidence plays a vital role in one's ability to speak English fluently. When the learners feel confident, they are more likely to participate actively, face speaking challenges, and learn from mistakes.

Therefore, in the process of learning to speak, building self-confidence is one of the keys to success that needs to be considered. These components can be observed through learners' interactions on digital speaking platforms. For example, in Episoden, learners who receive positive feedback (social message) after speaking are likely to feel more encouraged. Those who practice regularly (personal experience) tend to build stronger self-efficacy. The structure of the platform itself invites learners to take risks in a safe and supportive environment.

Based on the background above, this study explores how the Episodenplatform, through its combination of technological innovation and real-time peer interaction, supports users in developing self-confidence in speaking English. Based on the researcher's observation and personal experience, Episoden offers a unique environment that encourages consistent speaking practice in a supportive and non-judgmental setting. Through this qualitative descriptive study, the researcher aims to gain a deeper understanding of users' experiences regarding self-confidence as shaped through their interaction on the Episoden platform.

B. RESEARCH METHOD

This study used a qualitative descriptive research design. It was intended to explain users' experiences on the Episoden platform and how these experiences



contributed to their self-confidence in speaking English. The participants of this study were active users of the Episoden platform, which is an English-speaking practice platform that connects users from different parts of the world in real-time conversations. This research was conducted online to ensure flexibility and accessibility in data collection which is EPISODEN is an online platform designed for practicing English speaking through interactive storytelling. The research was conducted over three months, starting from March 14th and ending on April 1st, 2025. Data collection is a crucial part of this research because the quality of the data obtained will determine the results of the research. The data were collected through questionnaires, interviews, observations, and documentation. Then questionnaire was distributed to fifteen users of the Episoden platform, followed by interviews with five selected users. Observation and documentation were used to support and strengthen the findings.

In this study, the researcher used triangulation to check the validity of the data. Denzin, as cited (in Moleong: 1990, as mentioned in Farida: 2014), classifies triangulation into four types as a method for checking data validity, namely by utilizing data sources, methods, researchers, and theoretical approaches.⁸ In this study, the researcher used two types of triangulation, namely data source triangulation and method triangulation.

1. Data source triangulation

Source triangulation was conducted by collecting data from participants with diverse backgrounds and characteristics, such as country of origin and experience learning English. This diversity provided various perspectives on the experience of building confidence in speaking English through the Episoden platform. By comparing information from different participants, the researcher could identify consistencies and variations in the data. Thus, the researcher could gain a deeper and more comprehensive understanding of the phenomenon under study.

2. Method triangulation

Triangulation of the method was done by applying several data collection techniques to understand the phenomenon more deeply. This research included four stages:

⁸ Nugraha, Farida. (2014), *Metode Penelitian Kualitatif dalam Penelitian Pendidikan Bahasa*, Surakarta: [n.p.] 115



questionnaires to obtain an initial description of participants' experiences and confidence, interviews for deeper exploration, observation when participants used the Episoden platform, and documentation in the form of screenshots or activity notes. The use of these various methods allowed the researcher to see the phenomenon from multiple angles, thus enriching the understanding of the data obtained.

The data analysis process is carried out through three main stages that take place continuously, namely: data reduction, data presentation (data display), and conclusion drawing. These three stages were interrelated and carried out throughout the research process to help the researcher understand the findings systematically

1. Data Reduction

Data reduction is the first step in analysis, involving the simplification and selection of relevant data for further analysis. In this study, the researcher focused on participants' experiences in building self-confidence through the Episoden platform. Irrelevant data was excluded. In this procedure, there were several steps such as:

- Identifying and analyzing questionnaire answers that were important and aligned with the research focus.
- Writing all responses from the interview, one by one, given by the participants.
- Selecting responses that were necessary and relevant for analyzing participants' experiences in building self-confidence in speaking English.
- Observing participants' activities during their interaction on the Episoden platform and selecting behaviors that reflect self-confidence building.
- Analyzing documentation related to participants' activities and progress while practicing on the Episoden platform.

2. Data Presentation

The reduced data was presented in a descriptive narrative describing the participants' experiences related to confidence building, factors that influence self-confidence, and challenges when using the Episoden platform. Direct quotes were used to strengthen interpretation and maintain connection with the context, so that the picture of the phenomenon remains clear without ignoring the subjective meaning of each participant.



3. Conclusion Drawing

At this stage, the researcher drew meaning from all the data that has been analyzed and presented. Conclusions were drawn based on the findings that emerged during the analysis process and were directed to answer the research questions. In this way, the researcher could build a complete and comprehensive understanding of the participants' experiences in the context of using the Episoden platform.

C. FINDING & DISCUSSION

Research Finding Fact in this study, the researcher used users' experiences on the Episoden platform as the primary data. Before conducting the analysis, the researcher distributed questionnaires and conducted interviews with selected users who had used Episoden to practice speaking English.

In this research, the results of research on users' experiences in building self-confidence in speaking English using the Episoden platform, the factors influencing the self-confidence problem in speaking English when using the Episoden platform, and the factors influencing the self-confidence problem in speaking English when using the Episoden platform are shown in the results table below:



Table 4.1

NO	Research Problem	Questionnaire	Interview	Data
1	What are the experiences of users in building self-confidence in speaking English using the Episoden platform?	<ul style="list-style-type: none"> How does Episoden improve your self-confidence in speaking English? 	<ul style="list-style-type: none"> Which features in Episoden helped you in building confidence? 	<ul style="list-style-type: none"> Questionnaire: P1, P2, P3 Interview: P1, P2, P3, P4
		<ul style="list-style-type: none"> Do you feel more confident speaking English than before using Episoden? Why? 	<ul style="list-style-type: none"> How often do you use Episoden? 	<ul style="list-style-type: none"> Questionnaire: P1, P2, P3 Interview: P1, P2, P3
		<ul style="list-style-type: none"> Can you share an experience where you felt more confident speaking English because of Episoden? 	<ul style="list-style-type: none"> Can you share your experience where you felt more confident speaking English through Episoden? 	<ul style="list-style-type: none"> Questionnaire: P1, P2, P3 Interview: P1, P2, P3, P4



2	What are the factors influencing the self-confidence problem in speaking English when using the Episoden platform?	<ul style="list-style-type: none"> Before using Episoden, how confident were you in speaking English? Mention 1-10 and give a short reason? 	<ul style="list-style-type: none"> How confident were you in speaking English before using Episoden? 	<ul style="list-style-type: none"> Questionnaire: P1, P2, P3, P4, P5 Interview: P1, P2, P3, P4
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3. The users' experiences in building self-confidence in speaking English using the Episoden platform

In this stage, the findings related to the users' experiences were presented. The data were collected using multiple techniques, including questionnaires, interviews, observations, and documentation. This section aimed to explore how the platform supported users in **gaining confidence when speaking English**.

1. Questionnaire

To explore the first research question, this study refers to Brown's view, as cited in Suryadi (2018), that self-confidence in language learning involves the willingness to take risks, make mistakes, and actively use the language. Suryadi further outlines five components of self-confidence, which are self-esteem, self-efficacy, personal experience, social message, and risk-taking. These theories guided the analysis of user experiences on the Episoden platform. The findings showed that consistent use of the platform, a supportive environment, and exposure to structured speaking practice contribute significantly to users' development of self-confidence. This was reflected in the



participants' responses from the questionnaire and interview, as well as the observational indicators recorded over eight sessions.

Some participants said that the use of the Episoden platform had a positive impact on building their confidence in speaking. The participants here were symbolized by P, and R symbolized the researcher here. The explanation was as follows.

R: How does Episoden improve your self-confidence in speaking English?

The answers are as follows:

P1: It helps me so much. Before I joined this app, I wasn't confident, but after I used this app almost every single day, I became more confident.

P2: When there is a topic in session, it makes me want to speak more.

P3: It helped me boost my confidence by building a habit.

P3: It helped me boost my confidence by building a habit.

Statements from participants indicated that consistent use of Episoden established speaking habits that contributed to the growth of self-confidence. The topics provided were also perceived to encourage the desire to speak more actively. This process reflected how using the platform supports users in overcoming initial challenges such as fear of speaking or lack of confidence.

R: Do you feel more confident speaking English than before using Episoden? Why?

The answers are as follows:

P1: I do, because I practice, and the other users are very supportive.

P2: Yes, because I have used this platform for eight months, so I got used to it.

P3: Yes, because it made me more comfortable, like I am not afraid to make mistakes

This answer showed that confidence builds over time through practice and a non-judgmental environment. The support of fellow users was an important element in creating a safe and comfortable atmosphere for learning to speak, without fear of being corrected or judged negatively. This was related to the user experience aspect that was the focus of the research problem

R: Can you share an experience where you felt more confident speaking English because



of Episoden?

The answers are as follows:

P1: When I have a good topic to discuss, and my partner has the same energy as I do.

P2: When I have to face the topic, I feel confident to speak.

P3: When I met my coworker from the Philippines, I could talk for a long time without stuttering, and at other times, I could help some tourists without a problem. I feel, since it's become more natural for me to speak in English after I used Episoden.

Participants mentioned specific moments when they felt more confident speaking in real life after using the platform. The ability to speak fluently with strangers showed that the habit of speaking through the platform influences

4. Interview

In this stage, the participant's answer related to the users' experiences in building self-confidence in speaking English through the Episoden platform was presented. The participants were symbolized by P, and R symbolized then researcher. The explanation was as follows:

R: Which features in Episoden helped you in building confidence?

The answers are as follows:

P1: The most valuable features in here to build confidence it is the provided topics to discuss.

P2: Camera on and face-to-face conversation, because I have to open the camera so that I can barely talk to the stranger, and also, it can improve my mental health.

P3: Prime card, so that I can talk longer than only seven minutes.

P4: I like the topic most, because in Episoden we only have seven minutes to talk, so sometimes it makes me confused about what we want to talk about

Several features, such as discussion topics, active camera, and prime card, were seen as essential supports in building self-confidence. The use of a camera directly trains the courage to speak with strangers, while the topics helped users focus on the subject matter. These features reflected how the design of the platform functionally provided space for users to practice speaking skills naturally and purposefully.



R: Can you share your experience where you felt more confident speaking English through Episoden?

The answers are as follows:

P1: I am confident and enjoy meeting people from African countries because I like the way African people respond and the attention they give.

P2: I feel more confident when I make something that makes me happy, so it will make me comfortable and enjoy the conversation.

P3: When I get a compliment from the other user, we have a conversation.

P4: When other users do not judge me, because on this platform, everyone doesn't care when I make mistakes, so I am not afraid to talk freely.

Confidence came in the context of pleasant and non-judgmental interactions. Compliments from other users, favorable responses, and the freedom to express oneself without fear of being wrong are essential factors that build comfort in speaking. This situation explained how a positive and supportive digital environment played a role in shaping users' self-confidence, following the focus of the research problem situation. situations outside the digital environment. This reinforced the relevance of the platform in supporting users' real-life experiences in building confidence.

5. Observation

Based on the results of observations conducted from the first session to the eighth session, ten indicators were recorded. Of all the indicators, indicators 1 to 4 are most related to the second research problem, because these indicators directly describe elements that contribute to influencing self-confidence

Date	Session	Indicators Number	Observed Indicators		Additional Note
			Yes	No	



7	1 st Session	1-10	<input type="checkbox"/>	-	Participants look comfortable and engaged in structured conversation.
8	2 nd Session	1-10	<input type="checkbox"/>	-	Interaction flowed naturally; users responded confidently without long pauses.
9	3 rd Session	1-10	<input type="checkbox"/>	-	Both users took turns and maintained steady interaction throughout.
10	4 th Session	1-10	<input type="checkbox"/>	-	The speaking session was active; participants stayed motivated and supportive.
11	5 th Session	1-10	<input type="checkbox"/>	-	No sign of nervousness; users showed clear voices, relaxed expressions, and smiles.
12	6 th Session	1-10	<input type="checkbox"/>	-	Participants initiated conversations and asked questions actively.
13	7 th Session	1-10	<input type="checkbox"/>	-	Users maintained a good flow of discussion with enthusiasm and curiosity.
14	8 th Session	1-10	<input type="checkbox"/>	-	High engagement observed; users supported each other in practicing speaking.

2. The factors influencing the self-confidence problem in speaking English when



using the Episoden platform

In this stage, the findings related to the users' experiences are presented. The data were collected using multiple techniques, including questionnaires, interviews, observations, and documentation. This section aimed to identify the factors influencing the self-confidence problem in speaking English during their use of the Episoden platform.

1. Questionnaire

the researcher used the theoretical framework presented by Suryadi (2018), which classifies the factors influencing self-confidence into internal and external aspects. Internal factors include learners' personality, language proficiency, self-esteem, and previous speaking experience. Meanwhile, external factors encompassed teacher support, learning media, peer encouragement, and environmental conditions. These theoretical elements were reflected in the participants' responses, where issues such as a lack of speaking partners, fear of judgment, and limited exposure to English in real-life environments were prominent. Episoden, as an online speaking platform, appears to mitigate these issues by providing a low-pressure and peer-supported setting for speaking practice.

In this stage, the participants' responses related to the factors influencing their self-confidence in speaking English while using the Episoden platform were presented. The participants were symbolized by P, and R symbolized the researcher. The explanation was as follows:

R: Before using Episoden, how confident were you in speaking English? Give a short reason.

The answers are as follows:

*1-10 It means the symbol of self-confidence level. From the low to the high.

P1: 5/10, because I had no partner to practice with



P2: 7/10, because I haven't practiced in a while

P3: 6/10, because when I knew what I was talking about, it was perfect, but when there was a new word that I didn't know the meaning of and was unable to find another way to say what I wanted to say in that moment, my brain just burned out.

P4: 4/10, I often felt nervous about making mistakes and struggled to find the right words. I could understand English well, but speaking fluently in honest conversations was challenging. However, after practicing with Episoden, my confidence has grown significantly.

P5: 6/10, I have been pretty good at speaking English before joining Episoden; however, I usually stutter when I see the reaction of the people I was speaking with, since I thought I said something wrong or used incorrect pronunciation.

The participants' statements showed that before using the Episoden platform, their confidence was influenced by several factors, such as the absence of practice partners, infrequent practice, fear of making mistakes, and pressure from interlocutors' reactions. Some of them also experienced difficulties when encountering new vocabulary or spontaneous conversational situations. These factors created internal barriers that made them lack confidence. However, the presence of the Episoden platform was one way to overcome these obstacles.

R: Do you feel more comfortable speaking English on Episoden compared to real life? Why?

The answers are as follows:

P1: I do, in real life, I don't have any friends who want to speak English.

P2: I guess yes, because it is hard for me to find someone in real life to talk to.

P3: Definitely, because I use Episoden as my practice environment.

P4: Yes, it's just that I get used to it, and after using Episoden, it's something that becomes more natural for me to speak in English, so I don't have a hard time speaking with a stranger.

P5: Yes, because the environment is supportive and judgment-free. Since everyone on the platform is there to practice and improve, I don't feel as much pressure to be perfect. I can take my time to think, learn from my mistakes, and gradually build confidence. In real



life, conversation can feel more stressful, especially with native speakers, but practicing on Episoden has helped me become more prepared and relaxed when speaking English in any situation.

P6: Yes, because in Episoden I have people that are not native speakers, the deal with the native speakers is they speak so fast a lot of the time and make a lot of contractions, which makes it more challenging to follow them quickly.

Most participants felt more comfortable speaking English on the Episoden platform than in real life. This is due to the supportive, judgment-free, and peer-filled environment. They felt less pressured to be perfect and freer to express themselves. In addition, users also found it easier to adapt because their interlocutors are not native speakers, so the speed and style of speech are more understandable. These social environmental factors played a big role in helping to reduce confidence barriers.

2. Interview

In this stage, present the participant's answer related to the factors influencing self-confidence in speaking English when using the Episoden platform. The participants were symbolized by P, and R symbolized the researcher. The explanation was as follows:

R: *How confident were you in speaking English before using Episoden?*

The answers are as follows:

P1: *When I was a child, I was a shy boy, and I am still shy now, but I tried some platforms, and they can improve my confidence*

P2: *I was shy and even now, except when I talked to people virtually, such as in Episoden, and the people who can speak English.*

P3: *Before using this platform, I felt no confidence, but after using this platform, I felt more confident because it made me used to it*

P4: *Before using this platform, I felt afraid to learn English because my environment didn't support it.*

Personal factors such as shyness and childhood experiences had a significant influence on the participants' initial low self-confidence. In addition, environmental



factors were also an obstacle, such as the absence of support or encouragement from the surroundings. However, after using Episoden, most felt more accustomed and dared to speak because of the space to practice without direct social pressure. This platform became an alternative that allowed them to build confidence gradually, through problem formulation regarding the challenges faced by users in developing confidence in speaking English.

3. Observation

Based on the results of observations conducted from the first session to the eighth session, ten indicators were recorded. Of all the indicators, indicators 1 to 4 are most related to the second research problem, because these indicators directly describe elements that contribute to influencing self-confidence .

D. CONCLUSSION AND SUGGESTION

This study aimed to explore users' self-confidence in speaking English through their experiences using the Episoden platform. Based on the analysis, the following conclusions are drawn:

6. Users' experience

Users generally felt more confident in speaking English after regularly using Episoden. Features such as topic-based conversations, face-to-face interaction, and supportive partners encourage them to speak more freely and reduce fear of making mistakes.

7. Influencing factors of self-confidence

Self-confidence was shaped by both internal factors (such as personality, language ability, and past experiences) and external factors (such as a supportive environment and non-judgmental interaction). The Episoden platform provided a space where users could express themselves more comfortably

8. Challenges faced

Users faced several challenges, including unfamiliar accents, limited vocabulary, nervousness, and technical issues. However, these challenges were often seen as opportunities to grow and practice, contributing to users' gradual development of



speaking confidence. In conclusion, Episoden serves not only as a speaking practice platform but also as a medium that supports the development of self-confidence through meaningful, real-time interaction.

Suggestion

Based on the findings and conclusions of this study, the following suggestions are offered:

1. English teacher

Teachers are encouraged to consider integrating online speaking platforms like Episoden as supplementary tools for speaking practice. These platforms can provide students with real-time interaction opportunities in a more relaxed and supportive environment, which may help learners develop their speaking confidence beyond the classroom setting.

2. English learners

Students who struggle with speaking confidence are recommended to explore digital platforms such as Episoden. Regular use may help them overcome fear of speaking, develop communication habits, and gain exposure to diverse speaking partners from various backgrounds.

4. Future researchers

It is suggested that future researchers explore similar topics with a broader participant group or different language proficiency levels. Comparative studies across platforms or cultural contexts may also enrich understanding of how technology supports speaking development and learner confidence.



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