Conversational Analysis of Overlap in Jay Shetty Podcast

1Rini Afrilesa. J, *2Vera Magria

*1*English Departmet, Language Faculty, Muara Bungo University* afrilesaananda85@gmail.com*
2English Departmet, Language Faculty, Muara Bungo University veramagria14@gmail.com

*Corresponding Author:
Vera Magria
English Departmet, Language Faculty, Muara Bungo University veramagria14@gmail.com*

Abstract

This research examines the phenomenon of overlap in conversations featured on the Jay Shetty Podcast. The study aims to analyze the types of overlaps and their impacts on communication quality, using Sacks, Schegloff, and Jefferson's (1979) theory of turn-taking. The descriptive qualitative method was employed to investigate three selected podcast episodes, with data collected through non-participant observation. The results indicate that overlaps often occur during moments of high engagement and simultaneous turn-taking. While some overlaps enhance the flow of interaction, others disrupt conversational quality when Transition Relevance Place (TRP) rules are violated. These findings offer valuable insights for improving communication strategies in podcast settings.

Keywords: Overlap, Turn-Taking, Podcast, Conversation Analysis

© 2024Jurnal JILP

I INTRODUCTION

Turn-taking is a fundamental aspect of human communication, providing structure and coherence to interactions. According to Sacks, Schegloff, and Jefferson (1974), turn-taking mechanisms govern when and how speakers take turns, ensuring orderly exchanges of information. One notable phenomenon within turn-taking is overlap, where two or more participants speak simultaneously. Overlaps can serve various functions, from signaling active engagement to asserting dominance in conversation. However, the effectiveness of overlaps largely depends on their context and adherence to conversational norms, particularly Transition Relevance Place (TRP) rules, which indicate when a speaker's turn is complete.

Podcasts, as a conversational medium, provide a unique setting to study overlaps.

Unlike casual conversations, podcasts often involve structured dialogues with clear roles between hosts and guests. The Jay Shetty Podcast, a globally recognized platform, offers a rich dataset for examining turn-taking dynamics. Hosted by Jay Shetty, a motivational speaker and author, the podcast features in-depth discussions with a diverse range of guests, including celebrities, entrepreneurs, and thought leaders. The conversational nature of the podcast often leads to overlaps, which can either enrich or hinder the dialogue depending on how they are managed.

Previous studies on overlaps have predominantly focused on formal and informal settings, such as classrooms (Hasan et al., 2020), television interviews (Afrilesa, 2012), and gender-based interactions (Ghilzai & Baloch, 2016). These studies highlight the dual role of overlaps in promoting engagement and causing interruptions. However, limited research has been conducted in the context of podcasts, which combine casual and structured communication styles. This study bridges that gap by analyzing overlaps in selected episodes of the Jay Shetty Podcast. By doing so, it aims to provide insights into the conversational dynamics of digital media and offer practical recommendations for improving communication quality in similar settings.

This paper specifically focuses on the types of overlaps—supportive, competitive, and neutral—and evaluates their impact on communication quality. It further discusses how adherence to TRP rules influences the effectiveness of overlaps. The findings are expected to contribute to both the theoretical understanding of overlaps and the practical aspects of managing turn-taking in podcast dialogues.

II   RESEARCH METHODS

This research adopts a descriptive qualitative approach, analyzing overlaps in three episodes of the Jay Shetty Podcast. The data collection involved non-participant observation, where the researcher watched the podcast episodes and transcribed conversations. The analysis followed Sacks, Schegloff, and Jefferson's framework of turn-taking, with a particular focus on overlaps and their adherence to Transition Relevance Place (TRP) rules.

III   RESULTS AND DISCUSSION

This section presents a comprehensive analysis of the types of overlaps identified in the Jay Shetty Podcast and their implications for conversational quality. The analysis is guided by the framework of Sacks, Schegloff, and Jefferson (1974), with a focus on supportive, competitive, and neutral overlaps.

1. Types of Overlaps Identified

1.1 Supportive Overlaps
Supportive overlaps occur when a listener interjects during a speaker's turn to affirm or reinforce the ongoing conversation. These overlaps typically demonstrate active listening and shared understanding. For example:

   •   Jay Shetty: "It's really about understanding your purpose in life, right?"

   •   Guest: "[Exactly], purpose is what drives us every day."

In such instances, the overlap enhances the interaction by showing alignment between speakers, which contributes to conversational fluidity. Supportive overlaps were particularly frequent during moments of emotional connection or agreement, such as when guests shared personal stories. These overlaps helped create an atmosphere of mutual respect and engagement, making the dialogue relatable to listeners.

1.2 Competitive Overlaps
Competitive overlaps, by contrast, involve interruptions aimed at taking control of the conversation or redirecting its flow. For instance:

- Guest: "I think it's important to—"
- Jay Shetty: "[But what about] the emotional impact of this decision?"

While competitive overlaps can bring dynamism to discussions, they often disrupt the speaker's flow of thought and can be perceived as impolite or intrusive. In the analyzed episodes, competitive overlaps were observed during moments of high energy or when the host sought to clarify or expand on a point quickly. While such interruptions may be well-intentioned, they risk undermining the speaker's message and detracting from the overall conversational quality.

1.3 Neutral Overlaps
Neutral overlaps occur unintentionally when a second speaker begins talking before the first speaker finishes, often due to misjudged cues of turn completion. For example:
- Jay Shetty: "So when you started thinking about this journey—"
- Guest: "[Yeah], I was really considering it at that time."

These overlaps typically do not disrupt the flow of the conversation significantly, as participants often adjust their responses to accommodate such instances. In the podcast, neutral overlaps were common during transitions between topics or when both speakers were highly engaged in the discussion.

2. The Role of Transition Relevance Place (TRP) Rules

The quality of overlaps in the Jay Shetty Podcast depends heavily on adherence to TRP rules. TRP refers to natural points in a conversation where a change in speaker is expected, such as at the end of a sentence or a pause. The study found that:
- Adherence to TRP Rules: Conversations flowed smoothly when participants respected TRP cues. For example, supportive overlaps aligned with TRP transitions, enhancing the overall quality of interaction.
- Violations of TRP Rules: Competitive overlaps often violated TRP rules, leading to interruptions that disrupted the flow and coherence of the dialogue. Such violations were more likely when participants were eager to express their opinions or redirect the conversation.

3. Overlaps and Their Impact on Communication Quality

3.1 Positive Impacts
Supportive overlaps were found to have a positive impact on the quality of the conversation by:
- Demonstrating active listening and emotional resonance.
- Strengthening the bond between participants.
- Enhancing the podcast's appeal by making conversations feel dynamic and authentic.

For example, in a discussion with Tom Holland, Jay Shetty often used supportive overlaps to affirm the guest's points, such as:
- Tom Holland: "I really believe that finding balance is key—"
- Jay Shetty: "[Absolutely], balance is everything in life."

Such exchanges created an engaging and relatable atmosphere for the audience.

3.2 Negative Impacts
Competitive overlaps, while less frequent, occasionally detracted from conversational quality by:
- Interrupting the speaker's thought process.
- Shifting focus away from the primary point of discussion.
- Creating moments of awkwardness or perceived impatience.

For example, during a discussion about overcoming challenges, a competitive overlap occurred:
- Guest: "What I've learned is that resilience is—"
- Jay Shetty: "[But how do you] apply that in everyday life?"

While the interruption may have been aimed at clarifying the point, it disrupted the speaker's

flow, potentially diminishing the depth of the response.

4. Examples of Overlaps in Context
•	Case Study 1 (Supportive Overlap):
In a discussion about mental health, Jay Shetty's overlap demonstrated shared understanding:
•	Guest: "It's about finding meaning in what we do—"
•	Jay Shetty: "[Exactly], and that meaning gives us fulfillment."
This overlap enriched the conversation by aligning the host's perspective with the guest's insight, creating a seamless dialogue.
•	Case Study 2 (Competitive Overlap):
During a discussion on managing stress, a competitive overlap occurred:

•	Guest: "For me, it's about taking time for self-care—"
•	Jay Shetty: "[But how does] self-care fit into a busy schedule?"
The interruption shifted the focus prematurely, potentially reducing the guest's opportunity to elaborate on their point.
•	Case Study 3 (Neutral Overlap):
In an episode with Kendall Jenner, a neutral overlap emerged:
•	Kendall Jenner: "I think working on myself has been really important—"
•	Jay Shetty: "[Yeah], and that's something everyone can relate to."
The overlap was unintentional but resolved smoothly, allowing the conversation to progress without issue.

IV CONCLUSION

This study highlights the complex role of overlaps in conversational dynamics, particularly within the structured yet spontaneous format of podcasts. The analysis of the Jay Shetty Podcast reveals that overlaps are not inherently negative or positive but depend on their type and context.

Supportive overlaps, such as those indicating agreement or encouragement, contribute positively to the conversation. They create a sense of connection and engagement between participants, enriching the dialogue. For example, moments when hosts or guests affirm each other's statements demonstrate active listening and mutual respect, fostering a collaborative communication environment.

Conversely, competitive overlaps, often resulting from interruptions or attempts to dominate the conversation, can disrupt the flow and reduce conversational quality. These overlaps highlight a breakdown in adherence to Transition Relevance Place (TRP) rules,

signaling impatience or a lack of attentiveness. While these instances are less frequent in the podcast, they underline the importance of managing conversational turns effectively.

The study also underscores the importance of neutral overlaps, which occur unintentionally due to misjudged TRP cues. These overlaps are often resolved seamlessly, as participants adjust their speaking patterns to maintain the conversational flow. Such overlaps reflect the natural dynamics of human interaction, even in structured formats like podcasts.

Adherence to TRP rules emerges as a critical factor in maintaining the quality of communication. When participants respect each other's speaking turns, the conversation flows smoothly, allowing ideas to be exchanged without confusion or interruption. In contrast, frequent violations of these rules can lead to misunderstandings, reduced engagement, and diminished listener satisfaction.

Bibliography

[1]Afrilesa, R. (2012). An Analysis of Interruption in Hitam Putih Talk Show. Trans 7.

[2]Cebeci, Z., & Tekdal, M. (2006). Using Podcasts as Audio Learning Objects. Interdisciplinary Journal of Knowledge and Learning Objects, 2, 47–57.

[3]Ghilzai, S. A., & Baloch, M. (2016). Conversation Analysis of Turn-Taking Behavior and Gender Differences in Multimodal Conversations. International Journal of Linguistics, 8(5), 123-136.

[4]Hasan, N. S., Sumarsih, & Masitowarni, S. (2020). Analysis of Turn-Taking Strategies in the Ellen Talk Show. International Journal of English Language Studies, 8(4), 67-75.

[5]Jay Shetty Podcast Episodes (2024). Retrieved from YouTube.

[6]Levinson, S. C. (1985). Pragmatics. Cambridge University Press.

[7]Sacks, H., Schegloff, E. A., & Jefferson, G. (1974). A Simplest Systematics for the Organization of Turn-Taking for Conversation. Language, 50(4), 696-735.

[8]Yule, G. (1996). Pragmatics. Oxford University Press.