

## LEXICAL COHESION IN BUILDING THE COHERENCE IN THE “TIM FERRISS” PODCAST: STUDY OF SPOKEN DISCOURSE

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### ABSTRACT

This research aimed to identify the lexical cohesion in the “Tim Ferriss” podcast. The researchers adhered to the theory of Paltridge (2012) regarding lexical cohesion. There are six types of lexical cohesion introduced by Paltridge (2012). The research design was qualitative. The observational method and note-taking technique were employed to collect the research data. There were several steps in collected data, the researchers watched the entire interviewing podcast, then the researchers took notes and transcribed the spoken discourse. Next, the researchers highlighted the data base on the theory. In analyzing the data, this research used referential identity method and a coding process in the analysis of data. There several steps in analyzing data, the researchers read carefully the highlighted data. Next, the researchers coded data by marking and give number to data based on the research questions. Then researchers reduced the extensive data by selecting the main data. Finally, the researchers analyzed and identify the selected main data base on the research theory. The results of this research were clarified and displayed informally in the form of words to sentences. The results revealed the reference was the frequently utilized in the podcast due to the speaker and the hearer commonly refer to persons, things, proximity and describe comparisons between instances or elements in the discourse.

**Keywords:** cohesion, lexical cohesion, spoken discourse

### 1. INTRODUCTION

Communication is the broader process of exchanging information, and meaning often relies on coherent discourse, allowing for clear and meaningful exchanges of information. According to Halliday & Hasan (1976) discourse refers to the ways in which sentences and utterances are connected and organized to form meaningful texts or spoken/written communication. It focuses on the larger units of language

beyond individual sentences, considering how language functions in context to convey meaning effectively. Further, Halliday & Hasan (1976) introduced the concept of cohesion, which refers to the linguistic devices that tie a text together, making it coherent and cohesive. As Paltridge (2012) emphasized, cohesion is the use of words or phrases to link various

elements of a text and make it flow smoothly.

Besides, cohesive devices are to create coherence and maintain the logical flow within a text or communication. In other words, if the different parts of the text are well-connected and logically linked together, the reader will be able to understand the entire text as a single cohesive unit. As defined by Halliday & Hasan (1976) cohesion in a text is achieved when the meaning of a particular word or lexical item depends on the understanding of another word or lexical item that appeared earlier in the text. In other words, the interpretation of one word relies on the context provided by previous words.

In order to support this research, the researchers correlated some previous studies. The first research done by Telaumbanua (2021), the main objective of this research was to find out grammatical and lexical cohesion persistence in song lyrics from Ed Sheeran's "Plus" album. In order to conduct this analysis, this research used Halliday & Hasan (1976)'s theoretical framework on grammatical and lexical cohesion. The results of the investigation revealed four distinct types of grammatical cohesion, including reference, substitution, ellipsis, and conjunction, as well as two categories of lexical cohesion, namely reiteration and collocation. In summary, the research found a higher occurrence of grammatical cohesion in song lyrics than lexical cohesion. In terms of grammatical cohesion, references were very common, appearing 556 times in the lyrics, whereas conjunctions appeared 79 times. In terms of lexical cohesion, reiteration appeared 98 times in the

lyrics, as opposed to collocation appeared 7 times.

Another previous study was investigated by Nouhou & Fuh (2023) This research investigated several cohesive features, especially reference, repetition, and collocation, in Phoenix messages from internet users around the world in response to the death of Queen Elizabeth II of the United Kingdom. 400 e-messages were collected on the Phoenix platform from 175 participants, with each participant providing up to three messages. The study examined the many sorts of cohesive devices used in texting chats. The study was based on the theory of Halliday & Hasan (1976). According to data research, the most common cohesive device was reference. Demonstrative pronouns (28.57%) were the most used referential objects, followed by possessive pronouns (23.42%), while personal pronouns (20.57%) were the least frequently used devices.

Following a review of the previous studies, the novelty was found in the research in term of similarity, the previous research and the present research were used the same theory, Halliday & Hasan (1976) and Paltridge (2012). Whereas the difference would be in the data source or the subject that were used. The previous research investigated cohesive devices in written discourse. Whereas, the present research done in spoken discourse in the Tim Ferriss podcast. Additionally, the Tim Ferriss podcast has never been investigated. These two reasons create a gap in the current body of research, proving the research's uniqueness. Therefore, this research entitled "Lexical Cohesion Analysis in Building the

Coherence Between Utterances Found in the "Tim Ferriss" Podcast: Study of Spoken Discourse".

## 2. LITERATURE REVIEW

Lexical cohesion refers to the meaning links between words within a text, with a particular emphasis on content words and their connotations Paltridge (2012). However, according to Paltridge (2012) the main categories of lexical cohesion are repetition, synonymy, antonymy, hyponymy, meronymy, and collocation.

### 2.1 Repetition

Repetition is a sort of lexical cohesion that involves pointing out a single word or phrase at one end of a clause or sentence after it has already been stated earlier in the text Halliday & Hasan (1976). In line with Paltridge (2012) repetition referred to the usage of words more than once inside a text. Example:

O - "You know **it was** /ah/ **it was** one thing..." (Mubarak, 2019)

### 2.2 Synonymy

Synonymy is referring to words that have similar meanings, such as 'date' and 'go out,' yet express the same notion in various ways Paltridge (2012). Synonyms are used as a sort of lexical cohesion to produce a sense of reader-friendly familiarity and to emphasize a point, therefore increasing the text's attractiveness and diversity while avoiding repetition (Halliday & Hasan, 1976). Example:

He has worked in a coal mine all his life. He first went down the pit when he was a boy. (Flowerdew, 2013)

### 2.3 Antonymy

(Flowerdew, 2013) explained that antonymy is fundamentally equivalent with the idea of difference as it is described in other systems. Paltridge

(2012) defines this linguistic phenomenon as terms with conflicting or diverging meanings, such as 'shy' and 'forward.' Antonymy is largely concerned with opposites, as seen by pairings like 'big' and 'small,' and 'happy' and 'sad,' which are termed antonyms by (Flowerdew, 2013). Example:

He fell asleep. What woke him was a loud crash. (Matthiessen & Halliday, 2014)

### 2.4 Hyponymy

According to Paltridge (2012) hyponymy refers to collections of lexical words that are distinguished by a 'general-specific' relationship. These terms have a 'kind of' connection with one another, which Halliday & Hasan (1976) define as superordination. Meanwhile, Matthiessen & Halliday (2014) mentioned in their book that the classification system used in hyponymy advances from the specific to the more general which the first word represents class of things, and the second word might represent a superclass, a subclass or other class of equal significance within the classification hierarchy. Example:

Noah's wife and his sons' wives went to the fields to gather fruit and grain and vegetables. They would need plenty of food for themselves and the animals on the ark. (Matthiessen & Halliday, 2014)

### 2.5 Meronymy

According to Paltridge (2012) meronymy involves lexical elements that are linked by a 'whole to part' connection. Matthiessen & Halliday (2014) defined meronymy as 'being a part of.' Furthermore, Flowerdew (2013) considered meronymy in his book as a supplementary notion to generalization, often describing the parts and pieces of the whole. Example:

Every human has two hands, and each hand has five fingers. (Siregar & Zein, 2023)

### 2.6 Collocation

According to Paltridge (2012) collocation refers to the relationships between words that have a pattern of occurring together, such as adjective-noun combinations. Moreover, it is a type of lexical cohesiveness that does not rely on broad semantic linkages but rather on precise associations between certain terms, as stated by Matthiessen & Halliday (2014). In addition, collocation basically indicates how words are routinely employed in tandem, frequently demonstrating links between adjoining concepts. As Halliday & Hasan (1976) point out, words might have a semantic link without necessarily referring to the same item. Furthermore, Tanskanen (2006) concerned in her book that the emphasis in collocation is on nearby elements, with the principal item being investigated referred to as the "node," and it being connected with a limited selection of additional things.

#### Example:

- Judy - "Monday?"
- Doreen - "First thing, first thing.  
Mm. And come back  
about nine o'clock the  
**Saturday night**"-ordered  
set. (Tanskanen, 2006)

## 3. RESEARCH METHOD

This research used descriptive research and investigated a case adopting a qualitative approach, then performed descriptive research to explain items linked to the research. As in Creswell & Creswell (2018), explained that the qualitative method entails the investigation of social and personal concerns. The objective of this research

was to analyze identify the types of lexical cohesion based on the theory of Paltridge (2012). The object of this research was an interview video in the Tim Ferriss Podcast. The data obtained from spoken utterances.

In collecting data, this research used an observational method as defined by Sudaryanto (2015) this method demonstrates the researchers to collect the data by observing the data source. Meanwhile, to collect the data, the researchers applied a note-taking technique. According to Merriam & Tisdell (2016) note-taking is capturing detailed description by noting and highlighting the data that connect to the research as a source of data for analysis.

In analyzing data, the researchers utilized a referential identity method by Sudaryanto (2015). The referential identity method of analysis goes into the data, examining significant components that are defined by context-related factors other than language Sudaryanto (2015). Furthermore, the researchers employed a coding process in the analysis of qualitative data. Coding involves assigning marks or symbols to selected data, facilitating the classification and grouping of data based on these identifiers.

According to Miles et al. (2014). This research employed the informal method in presenting the result. As stated by (Sudaryanto, 2015) the informal method is a method that presents the result using words. It was chosen due to the researchers utilized words and sentences to express the research findings a descriptive manner.

## 4. RESULT AND DISCUSSION

### 4.1 Result

The researchers found 260 pieces of data related to the research theory. The researchers addressed these concerns in a systematic manner utilizing certain elements of the data. However, not all data was properly analyzed because repeats were found in the data source. As a result, data reduction was done in the research to avoid an excessive volume of data and repetitive analysis. As stated by Sugiyono (2013) that when the data gathered in the data source is extensive then the data must be analyzed as soon as possible through data reduction. Therefore, the researchers selected 14 of them for analysis. The data of analysis are represented below.

**Table 1.** Frequency of Lexical cohesion found in the "Tim Ferriss" podcast

No.	Types	Frequency
1.	Repetition	5
2.	Synonymy	2
3.	Antonymy	2
4.	Hyponymy	1
5.	Meronymy	1
6.	Collocation	2
<b>Total</b>		<b>14</b>

### 4.2 Discussion

#### Data 1 & 2

Tim Ferriss - "Are there any<sup>1</sup>, we're going to<sup>2</sup> bounce around a lot, and we are going to<sup>2</sup> zoom out to the company level in a second, but read these books. Are there any<sup>1</sup> books that you strongly recommend or require as reading for two groups, people in the company,

so employees and then EAs of people who work in the company or your EAs?"

The sentence fragments above taken from the Tim Ferriss podcast. The utterance derived from the episode "Ultimate Guide to Virtual Assistants, 10x Delegation, and More". In the utterance above it can be found that there are two phenomena the speaker used lexical cohesion repetition "Are there any" and "we are going to." Repetition is an element of lexical cohesion used to emphasize the ideas in one sentence by repeating certain words intentionally.

The first element of repetition in the sentences above is "Are there any." This repetition phenomenon occurs two times which means it is repeated by the speaker. This asking fragment is intentionally said by speaker at the beginning of sentence in order to create cohesive structure. In other words, the speaker emphasizes asking about recommended books for separate groups within a company. In line with Paltridge (2012) one of the primary purposes of repetition is to emphasize key points or ideas. By repeating words or phrases the speakers highlight their importance.

The second phenomenon classified as repetition is "we are going to". The speaker uses repetition to create cohesion and coherence in this utterance. This word fragment is intentionally said by the speaker at the beginning of sentence to create cohesive structure and guide the listener through the upcoming discussion points. Additionally, the phrases "bounce around a lot" and "zoom out to the company level" contrast topic and focus

of conversation, it indicates a shifting perspective. These contrasting phrases contribute to the coherence of the discourse by discussing the upcoming discussion with several topics and perspectives. The authority of Paltridge (2012) stated repetition of certain phrases helps structure his speech, making it easier for the audience to follow along with the distinct levels and recommendations he is about to discuss.

### Data 3, 4, & 5

Sam Corcos - "Yeah. So, one of the things I would say is that I **probably**<sup>3</sup> record, in fact, I know the statistic, I **probably**<sup>3</sup> average about 10 to 20 Looms per day I record. And to be perfectly honest, I **maybe**<sup>4</sup> share half of them. A lot of them, I just turn it on because **maybe**<sup>4</sup> I'll want to use that information. **It is costless** to record a Loom. And so, if nothing happens, then I just, nothing happens. **It costs nothing**<sup>5</sup>. **It costs me nothing** to record it. **It costs me nothing**<sup>5</sup> to not share it. The searchability, it has not been an issue for at least the Looms that I record. They tend not to be things that I would share. They tend not to be things that I would come back to. They're more in the moment things. I would be willing to bet though that over the course of the next maybe six to 12

months, that as these AI tools continue to get better, search is the most obvious use case for this."

In the preceding statement above appeared phenomenon lexical cohesion. There is one case of repetition that occurred in the statement. In the utterance above it can be found that there are three phenomena the speaker used lexical cohesion repetition "I probably", "maybe", "it costs nothing", By purposefully using some words more than once in a sentence, repetition is a lexical cohesive technique used to highlight ideas.

The first repetition that occurred in the utterances is "I probably." This repetition phenomenon occurs two times which means it is repeated by the speaker. The instance of repetition phenomenon is intentionally repeat by speaker with the intention of create cohesive structure, this word fragment purpose is repeated intentionally to stress uncertainty of the speaker regarding the number of looms recorded daily. Additionally, by intentionally repeating this statement the speaker does not only emphasize the speaker points but also creates coherence within this utterance. As line with Paltridge (2012) repetition highlights the intentional reuse of words or phrases for emphasis idea and to maintain cohesion. The second phenomenon of repetition that occurred in this utterance is "maybe." This word fragment repeated two times by the speaker. This type of

repetition is intentional to emphasize the uncertainty of idea in the discussion that speaker and listener talking about. In line with Paltridge (2012) one of the primary purposes of repetition is to emphasize key points or ideas. By repeating words or phrases the speakers highlight their importance. The repetition of "maybe" emphasizes a lack of certainty or hesitation about the information being given. Thus, the speaker used the word "maybe" to emphasize the speaker's skepticism regarding specific acts, such as the proportion of recordings shared and the purpose of the recording. This repetition signaled a doubt on attempt to qualify their statements, indicating that they are not fully committed to the ideas the speaker expressing.

Meanwhile, the third repetition is "it costs nothing" this repetition serves the purpose to emphasize point topic that uttered by speaker. This instance of repetition phenomenon is repeated multiple times by the speaker. Moreover, this repetition emphasizes the central message, that recording a Loom video carries no significant cost. This aligns with the idea in Paltridge (2012) that repetition be able to maintain and emphasize information and make it more memorable. By repeating the idea that "It costs nothing," the speaker emphasized the low or no costs associated with Loom video recording. This repetition reinforces this point, making it more

obvious and potentially more convincing to the listener.

#### Data 6

Sam - "Yeah, so another one is Corcos **people**<sup>6</sup> feel like they don't have enough for a full-time **person**<sup>6</sup> to do."

The utterances showed some lexical cohesion cases occurred. In the utterances of speaker occur one of element synonym. In the utterance above, it can be found phenomena lexical cohesion synonym that used by the speaker. The speaker was mentioned such as "people" and "person." The use of synonyms contributes to maintaining coherence and connectivity within a text.

The speaker used synonyms effectively, the speaker constructs a sentence that flows naturally, avoids redundancy, and maintains the cohesion necessary for clear communication. This shift from a plural reference "people" is refer to a group perception and a singular one "person" to shift the focus to an individual. This contributes to the coherence of the statement. in the manner of Paltridge (2012) synonyms underline their role as tools for effective communication, that assist the construction of cohesive and easy to understand.

#### Data 7 & 8

Tim - "And then if we double-click on both Loom and Notion again, because I really feel and I have doubled, tripled, quadrupled my use of Loom. I have a couple of

specific questions. Where have people been doubtful employees of using Loom? And I think you gave me, and we can always clip anything out of this interview, but an example of videographer, a video editor at one point, which I think is a good example. So, maybe you could give that, and how do you make these easily **searchable**<sup>7</sup> and **findable**<sup>7</sup>? Because what I find is I use Loom most often in a one-off capacity, say, running through a Google Doc, and I don't want to add 75 different comments. So, I will use that as a way to give my verbal feedback and next actions save a **ton of time**<sup>8</sup> or at least a **ton of my time**<sup>8</sup>. so, I'd love to know perhaps some use cases which will challenge what people might perceive as what is possible or not possible with a tool like Loom. And then I'd love for you to say a little bit more about why you use Notion instead of other options like what the use case is. Predominantly, and I'm speaking of someone who doesn't really use databases, I don't really use spreadsheets much. I probably should, but I just don't at this point."

The sentence fragments above taken from the Tim Ferriss podcast. The utterance derived from the episode "Ultimate Guide to Virtual Assistants, 10x Delegation, and More". In the utterance, the speaker used lexical cohesion synonymy. First there are "searchable" and "findable", and then "ton of time" and "ton of my time". Synonyms are words or phrases that have similar meanings but different forms. These synonyms are used to highlight the same concept through different words.

The first element of synonym in the sentences above is "searchable" and "findable." The speaker used this synonym in this utterance served the purpose of emphasizing the same concept without repeating the same word. Additionally, the variety in this phenomenon prevented monotony and stressed the idea of making content easily accessible within the Loom application. This aligns with the idea in Paltridge (2012) that such word variations are employed intentionally to add nuance and emphasis to the communication process.

The last element that can be determined as lexical cohesion synonym is "ton of time" and "ton of my time". The speaker intentionally used synonyms in order to maintain cohesion within the text by ensuring that similar ideas or concepts are presented in different forms. This helps to tighten connections between different parts of the text, providing clarity without redundant repetition of the same words. This phenomenon of synonym purposefully to contribute the emphasizing and the significant amount of time saved by using Loom for providing feedback and the benefit of

using Loom. In line with Paltridge (2012), significance of synonymy in providing nuance, emphasis, and variation within language, contributing to effective communication and meaning making in different contexts and aiding the interlocutor in understanding the message being conveyed.

#### Data 9

Tim - "So, what would you say to folks, and then maybe we'll talk about the video example as another training tool, but what would you say to people who have the visceral reaction of, I'm very **fast**<sup>9</sup> at reading, video and audio memos are really **slow**<sup>9</sup>. And I saw this meme going around with this guy standing on a street corner with this big sign over his head, sort of like someone who would ask for money, but it said, No, I'll not listen to your three-minute voice memo. How would you address that concern that this is just going to end up taking more time during, say, an async week? And maybe that's okay because you're really just trying to force people to get used to working asynchronously. But what are your thoughts?"

In the preceding statement above appeared phenomenon lexical cohesion. There is one case of antonymy that occurred in the statement. In the utterance above it can be found that phenomena the speaker used lexical

cohesion antonymy "fast" and "slow". In this statement serves to emphasize the contrast between two different modes of receiving information and to make effective communication by offering contrasting word pairs that allow for precise expression. Additionally, these terms connect to a cohesive by contrasting different communication modes based on their perceived speed. The antonymy that occurred in the utterances is "fast" and "slow". In this word fragment phenomenon provided by the speaker, there is contrast between different modes of communication. Reading versus video and audio memos, the opposition lies between the perceived speed of processing information through these different mediums. Furthermore, the concern of speaker was highlighted the challenge of adapting to new methods and the potential conflict in time efficiency from this contrast. As claimed by Paltridge (2012) antonymy deals with the relationship between opposites or contrasting elements. Antonymy could be examined within the framework of how opposing concepts or words contribute to the overall meaning and coherence of a text or conversation.

#### Data 10

Sam - "Let's just find a different person to be your EA. A whole new process, different people, different background. And then the second time around, **it was night and day difference**<sup>10</sup>. She understood all the terminology and his output easily doubled and his stress levels just really dropped. He was

able to manage his time, had way more time for deep work, and it really just improved his satisfaction. So, I would say that's a big one. It's just, if you have one bad experience, don't assume that you can't have a good one. Other reasons, one is imposter syndrome, is another one. I'm reminded of a recent conversation I had where somebody was struggling to delegate, and one of the things they said is, "Well, who am I to tell them to do this task that I don't want to do?" And I find reframing is usually a good way to do it. One would be, "If I delegated this to you, how would you feel?" And they said, "Well, it'd be really great, it shows that you trust me enough to do this task." And I said, "Well, by not delegating this to that person, you're actually stunting their career growth and you're not giving them that opportunity to prove themselves." And so those sorts of re-frames can be helpful, but that's another very common one. I have a couple more notes here."

The sentence fragments above taken from the Tim Ferriss podcast. The utterance derived from the episode

"Ultimate Guide to Virtual Assistants, 10x Delegation, and More". In the utterance above it can be found that phenomena the speaker used lexical cohesion antonymy "night" and "day". Antonymy are words or phrases that represent opposite meanings or concepts. This comparison between different word fragment is used to emphasize a significant contrast or difference between two situations or experiences.

The antonymy "night and day difference" is word fragment used to showed contrast or difference between two things. This phenomenon is a significant change or improvement by comparing two opposites, where "night" represents darkness, and "day" signifies brightness. in agreement with Paltridge (2012) antonymy explores the connection between contrasting elements or opposites, examining how these opposing concepts or words contribute to the overall meaning and cohesion of a text or conversation. Furthermore, this phrase contributes to the coherent of the utterance by providing a clear and easily understandable comparison. The contrast between "night" and "day" helps make the statement coherent by used this antonymy, making it more understandable for the interlocutor.

#### Data 11

Tim - "These are the expected outcomes/responsibility/commands of being a responsible adult<sup>11</sup>. So, this is just table stakes for the culture that we're building here."

The utterances above showed some lexical cohesion cases occurred. In the utterances, the speaker mentioned one

of element hyponymy. In the utterance above, it can be found phenomena lexical cohesion hyponymy that used by the speaker. The speaker was mentioned such as "expected outcomes", "responsibility", and "commandments" as components or identifiers of being a "responsible adult". These words represent specific instances of what constitutes being a responsible adult. Additionally, this word fragment showed the hierarchical relationships between words.

In this statement the speaker outlines certain components associated with being a "responsible adult." These components are represented by the terms "expected outcomes," "responsibility," and "commandments." All these terms fall under the umbrella of "being a responsible adult," which is the broader falling down to more general concept, the specific in this context is "being a responsible adult". Includes various specific elements or characteristics that are important in fulfilling that role. As directed by Paltridge (2012) the use of hyponymy highlights relationships between more general and specific terms. The speaker employs these general terms to elaborate on the broader concept of "being a responsible adult". Furthermore, the speaker constructs a cohesive and clear statement by employing connected terms and a logical flow of ideas. The choice of terms to represent various aspects of responsibility in order to present a perspective of responsibility as an adult and building a coherent and understandable.

#### Data 12

Sam - "Yeah, totally. And I've Corcos worked a lot of **people**<sup>12</sup>

on our **team**<sup>12</sup>, people who are friends of mine, through this, and the thing that almost always happens is they have this long to-do list and I say, "All right, here's what I want you to do, take everything on this to-do list, with the dates that you think they'll get done by, which is usually this week or next week, and I want you to just put them on your calendar with the amount of time you think it's going to take, and then we'll have another follow-up call next week and we'll see what happens." And then we have the call, and then they say, this process doesn't work, I say, why is that? They said, well, I tried to move it over there, but there isn't enough space in my week to fit all these items."

The utterances above showed some lexical cohesion cases occurred. In the utterances, the speaker mentioned of element meronymy. In the utterance above it can be found that phenomena the speaker used lexical cohesion meronymy "people" as part of the "team". Meronymy occurs when one word represents a component or part of another term. These relationships help in establishing relationships and connections between various components of discourse.

The speech delivered seemed to focus on the concept of meronymy,

which refers to the relationship between part and whole. Here, the word "people" appeared to be a part of the larger entity "our team." The term "worked a lot of (people) on (our team)" implies a connection between individuals (parts) and the larger group as a whole of the team. Meronymy could be seen in this interaction between the parts (individuals) and the whole (team). Furthermore, mentioning a "long to-do list" may underline the concept of components that contribute to the whole. Additionally, the use of "people" at the beginning in the sentence helps maintain reference cohesion, ensuring clarity about the individuals being referred to within the context. As recorded by Paltridge (2012) meronymy refers to the relationship that exists between a whole entity and its portions or components. Using meronymy helps establish cohesion within a text by clearly indicating how parts relate to the whole.

#### Data 13

Tim - "What does the **strongly recommended**<sup>13</sup> reading list look like?"  
Ferriss

The sentence fragments above taken from the Tim Ferriss podcast. The utterance derived from the episode "Ultimate Guide to Virtual Assistants, 10x Delegation, and More". In the utterance above it can be found that there were phenomena the speaker used lexical cohesion collocation "strongly recommended". Collocations contribute to lexical cohesion, which is the way words are linked together in a text. Collocations help to ensure consistency in the use of language, collocations improve the flow of a text by establishing a natural connection between words. Properly chosen

collocations make the transition from one thought to the next smoother and more coherent.

The element of collocation in the sentences above is "strongly recommended" this collocation involves how adverb "strongly" pairs with the adjective "recommended" tend to happen simultaneously. The use of these collocations contributes to the overall expression of speaker curiosity in the recommended action or item. Furthermore, the use of these collocations contributes to message coherence expressing the degree of recommendation thing. This helps maintain consistency in expressing the speaker's curiosity on a recommended subject. As recorded by Paltridge (2012) collocation patterns contribute to coherence and cohesion, reflecting the way speakers construct meaning and convey messages effectively.

#### Data 14

Sam - "And she wraps them  
Corcos and she sends them. So,  
it's **pretty easy**<sup>14</sup>."

The utterances above showed some lexical cohesion cases occurred. In the utterances of speaker occur one of element collocation. In the utterance above it can be found that phenomena the speaker used lexical cohesion collocation "pretty easy". The use of these collocations contributes to cohesion by providing a smooth connection between the speaker's statements. It links previous information with the speaker's evaluation of that process. The conjunction "So" signals a logical explanation, creating a cohesive link between the actions and the assessment of their level of difficulty.

The collocation "pretty easy" is the adverb "pretty" commonly collocates

with adjectives like "easy" to convey a sense of moderate or considerable simplicity. In this context, "it's pretty easy" is used to express that the process of wrapping and sending items is not difficult. Furthermore, the use of "pretty easy" contributes to coherence by offering the speaker's perspective on the ease of the task. This evaluation helps listeners understand the speaker opinions toward the described activity. As directed by Paltridge (2012) Collocation patterns contribute to coherence by establishing a predictable and logical flow in language. When speakers use familiar collocations, listeners can more easily follow and understand the intended meaning

## 5. CONCLUSION

Based on the analysis and research findings, two key conclusions can be formed about the lexical cohesion discovered in the research using the theory of Paltridge (2012). Firstly, the research sheds light on the types of lexical cohesion observed in the podcast, namely reiteration and collocation. Among the 260 instances of lexical cohesion identified. The podcast found reiteration as the predominant kind of lexical coherence, implying that speakers often repeated words or phrases to underline essential ideas and concepts throughout the discourse. This repetition improved cohesion and reinforced the important points of the talk. Collocation, on the other hand, while less prevalent, nonetheless helped to increase cohesiveness by matching words that regularly appear together and contributing to the overall coherence of the conversation.

Secondly, the research findings reveal a high level of coherence in the

speaker's discourse. Through well-structured sentences and logical transitions, the speaker ensures a smooth flow of ideas, enabling listeners to follow the speech easily. by employing various cohesive strategies such as repetition to emphasize key points, synonymy for clarity, and variety, and antonymy to highlight contrasts, the speaker enhances the overall coherence of the speech.

Additionally, the use of hyponymy and meronymy organizes concepts, while collocation ensures familiar word combinations, further contributing to the clarity and cohesion of the narrative. Thus, these cohesive techniques help the speaker convey their message clearly, ensuring that the audience can understand and engage with the content effectively

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