

Constructing Meaning in Podcast Discourse: Speaking Strategies and Interactional Listening Practices in *On Purpose with Jay Shetty*

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Abstract : Video podcasts have emerged as prominent platforms for authentic spoken interaction, yet the micro-level mechanisms through which meaning is collaboratively constructed remain underexplored. This study aims to analyze how speaking-oriented strategies and interactional listening practices operate synergistically to construct meaning in the interview-based podcast *On Purpose with Jay Shetty*. Employing a qualitative discourse analysis design, the research examined the first six minutes of three purposively selected episodes, focusing on host-guest conversational exchanges. The results indicate that 1) speaking-oriented discourse strategies, primarily questioning, responding, elaboration, explanation, and exemplification, function synergistically to initiate, sustain, and deepen topical trajectories; 2) interactional listening practices, including backchanneling, paraphrasing, clarification, and confirmation, manifest not as passive reception but as active, observable co-constructive mechanisms that validate and scaffold guest utterances; and 3) meaning is constructed through a recursive sequential pattern comprising four interactive phases: topic initiation, response-elaboration, validation-reformulation, and collaborative development. These findings reconceptualize podcast listening as an active discursive practice and provide a robust empirical foundation for integrating authentic digital discourse into EFL speaking and listening pedagogy.

Keywords : discourse analysis; podcast discourse; speaking strategies; interactional listening; meaning construction; *On Purpose with Jay*

Abstrak : Podcast video telah muncul sebagai platform terkemuka untuk interaksi lisan yang autentik, namun mekanisme mikro di mana makna dibangun secara kolaboratif masih kurang dieksplorasi. Studi ini bertujuan untuk menganalisis bagaimana strategi berorientasi berbicara dan praktik mendengarkan interaksional beroperasi secara sinergis untuk membangun makna dalam podcast berbasis wawancara *On Purpose with Jay Shetty*. Dengan menggunakan desain analisis wacana kualitatif, penelitian ini memeriksa enam menit pertama dari tiga episode yang dipilih secara sengaja, dengan fokus pada pertukaran percakapan antara pembawa acara dan tamu. Hasilnya menunjukkan bahwa 1) strategi wacana berorientasi berbicara, terutama bertanya, menanggapi, elaborasi, penjelasan, dan pemberian contoh, berfungsi secara sinergis

untuk memulai, mempertahankan, dan memperdalam lintasan topik; 2) praktik mendengarkan interaksional, termasuk umpan balik, parafrase, klarifikasi, dan konfirmasi, tidak terwujud sebagai penerimaan pasif tetapi sebagai mekanisme ko-konstruktif aktif dan teramati yang memvalidasi dan mendukung ucapan tamu; dan 3) makna dibangun melalui pola sekuensial rekursif yang terdiri dari empat fase interaktif: inisiasi topik, elaborasi respons, validasi-reformulasi, dan pengembangan kolaboratif. Temuan ini merekonseptualisasikan mendengarkan podcast sebagai praktik diskursif aktif dan memberikan landasan empiris yang kuat untuk mengintegrasikan wacana digital otentik ke dalam pedagogi berbicara dan mendengarkan EFL.

Kata kunci : analisis wacana; podcast wacana; strategi berbicara; mendengarkan interaksional; konstruksi makna; *On Purpose with Jay*

INTRODUCTION

The phenomenon of media digitalization has shifted the paradigm of authentic language exposure, with video-based podcasts now serving as the primary discursive space for natural spoken interactions that transcend the boundaries of formal classrooms. Programs like *On Purpose with Jay Shetty* have attracted millions of global audiences, providing rich, structured, and highly contextualized spoken discourse (Elyamany, 2023). However, there is a fundamental gap in our understanding of this medium, with the assumption that podcasts automatically facilitate language learning often being overlooked, often overlying the actual interactional mechanisms that occur within them (Larasannti, 2025; Symonds et al., 2019). Podcast discourse is not simply a one-way monologue or passive input, but rather a dynamic communicative ecosystem where meaning is collaboratively negotiated. Therefore, examining how speaking strategies and listening practices operate simultaneously in the digital interview format is not only a theoretical necessity but also an empirical imperative for understanding the architecture of contemporary authentic spoken communication (Albab et al., 2025; Ta'rifin et al., 2025).

Previous research on podcasts has explored various linguistic and pedagogical dimensions, but remains fragmented in specific aspects. These studies tend to focus on structural mechanisms of analysis, such as turn-taking (Untari & Magria, 2024; Cahya et al., 2025), the pedagogical effectiveness of podcasts on learners' listening skills (Isaadah & Rizal, 2024), rhetorical moves in academic podcasts (Liu & Jiang, 2024), and even the phenomenon of ventriloquism in entrepreneurial podcasts (Jacobs & Valeiras, 2024). While these studies have made significant contributions, there is a striking lack of literature regarding how speaking-oriented strategies and interactional listening practices do not simply exist in parallel but rather integrate sequentially to construct meaning. The novelty of this research lies in the shift in focus from a purely structural analysis or pedagogical outcomes to an integrative exploration of how strategic questioning, elaboration, backchanneling, and paraphrasing operate synergistically in sequential patterns to collaboratively co-construct meaning in interview-based podcast discourse.

Building on this alignment, this study aims to comprehensively analyze the discourse of speaking-oriented strategies, manifestations of interactional listening practices, and sequential patterns of meaning construction in the interactions of the host and guest on the podcast *On Purpose with Jay Shetty*. The urgency of this research lies on two levels: theoretically, this study offers a new analytical framework in Discourse Analysis and Conversation Analysis by demonstrating that listening in digital media is an active, co-constructive act, not simply a receptive process; practically, these findings provide a strong empirical foundation for English language educators to utilize authentic podcast transcripts as teaching materials rich in pragmatic strategies and interactional competencies. Thus, this research not only enriches the literature on digital spoken discourse, but also bridges the gap between pure linguistic analysis and pedagogical implementation in English language teaching in the contemporary era.

LITERATURE REVIEW

Podcast discourse has emerged as a strategic digital medium for providing authentic spoken language exposure and fostering communicative competence beyond formal classroom settings. The analysis of spoken interaction within these digital platforms, particularly concerning speaking and listening dynamics, demands an approach that not only measures linguistic accuracy but also captures the collaborative construction of meaning in real-time. However, various traditional perspectives in language pedagogy have predominantly treated listening as a passive, receptive skill, reducing the complexity of podcast interaction to mere one-way information transmission. This paradigm causes learners and researchers to overlook the intricate, interactive mechanisms through which meaning is actually negotiated. According to the theoretical framework of Interactional Listening proposed by Rost (2011) and further developed by Vandergrift and Baker (2015), listening is reconceptualized not as passive reception, but as an active, observable, and co-constructive practice. Researchers need to adopt a Conversation Analysis (CA) perspective (Sidnell, 2010) that views podcast discourse as a dynamic ecosystem where speakers and listeners collaboratively build understanding through continuous, reciprocal exchanges.

Speaking-oriented discourse strategies constitute the primary mechanisms through which hosts and guests initiate, sustain, and deepen topical trajectories in podcast interactions. Unlike scripted classroom dialogues, podcast interviews rely on extended, unscripted conversational exchanges where participants must strategically manage the flow of information. In this context, strategies such as strategic questioning, elaboration, explanation, and exemplification function not merely as information-seeking devices, but as structural catalysts that organize the interaction and establish the conversational agenda. According to Brown and Yule (1983), the primary function of spoken discourse is the transmission of propositional meaning, which requires speakers to continuously develop and clarify ideas. In the context of *On Purpose with Jay Shetty*, the host utilizes targeted questioning to unlock the guests' specialized knowledge, while guests deploy elaboration and exemplification to transform abstract concepts into accessible, structured

narratives. Through these speaking-oriented strategies, the podcast transcends superficial dialogue, enabling the speakers to meticulously construct detailed, multi-layered discussions that engage the audience through authentic, real-world topic development.

Interactional listening practices represent the fundamental indicators of how participants actively participate in and sustain ongoing spoken discourse. According to Rost (2011), interactional listening is manifested through observable practices such as backchanneling, paraphrasing, clarification requests, and confirmation checks, which serve to validate interlocutors' utterances and negotiate semantic alignment. In podcast discourse, where visual and physical feedback from a live audience is absent, these interactional listening practices become exceptionally critical for maintaining conversational coherence and rapport. Furthermore, in the paradigm of collaborative meaning construction, speaking and listening are not isolated cognitive processes but deeply intertwined interactional achievements. When a host employs paraphrasing or a confirmation check, they are not merely processing information; they are actively scaffolding the guest's narrative and guiding the audience's comprehension. Therefore, interactional listening functions as the regulatory mechanism of the discourse, ensuring that the expansive speaking strategies are accurately interpreted, validated, and seamlessly integrated into the subsequent turns of the conversation, thereby achieving true communicative competence in the digital space.

Various previous studies have investigated podcast discourse from different linguistic and pedagogical perspectives, yet the majority remain fragmented on specific structural or instructional dimensions. Studies by Untari and Magria (2024) and Cahya et al. (2025), for instance, predominantly analyze the mechanical aspects of turn-taking in the Jay Shetty podcast without exploring the deeper semantic integration of speaking and listening. On the other hand, research by Isaadah and Rizal (2024) focuses on the pedagogical effectiveness of podcasts for EFL learners' listening skills, treating the podcast merely as an instructional tool rather than an object of discourse analysis. Meanwhile, studies by Liu and Jiang (2024) and Jacobs and Valeiras (2024) examine rhetorical moves and ventriloquation in academic and entrepreneurial podcasts, which differ fundamentally from the interview-based, co-constructive nature of *On Purpose*. This literature gap indicates that there is a lack of in-depth qualitative inquiry exploring how speaking-oriented strategies and interactional listening practices operate synergistically to co-construct meaning sequentially. Based on this review, the present study aims to fill this gap by offering a novel perspective on the sequential patterns of collaborative meaning construction in authentic digital spoken discourse.

Beyond the structural integration of speaking and listening, the success of meaning construction in podcast discourse is heavily influenced by the contextual dynamics of digital media and the interactional competence of the interlocutors. The theory of communicative scaffolding emphasizes that effective digital interaction requires participants to continuously provide verbal support and feedback to compensate for the

lack of physical co-presence. In the practice of podcasting, hosts often face the challenge of navigating complex, sensitive, or highly abstract topics with guests from diverse backgrounds without the benefit of immediate non-verbal audience feedback. This condition can cause conversational breakdowns if interactional listening practices are not rigorously applied to secure mutual understanding. Therefore, a high level of interactional competence and discursive flexibility is required from both the host and the guest to adapt to the unfolding conversational context without losing the thematic rigor. Podcast discourse that is managed through the synergistic application of strategic speaking and active interactional listening will create a highly engaging, coherent, and authentic communicative ecosystem, ultimately providing a rich, empirically grounded model for understanding contemporary spoken English and its implications for language pedagogy.

METHOD

This study employed a qualitative discourse analysis to examine how speaking-oriented discourse strategies and interactional listening practices were constructed in selected episodes of *On Purpose with Jay Shetty*. A discourse-analytic design was considered appropriate because the study focused on language as it was used within extended host-guest interaction rather than on learners' measurable language proficiency (Gee, 2014; Wodak & Meyer, 2016). The data consisted of three publicly available video podcast episodes: *Lewis Howes: Watch This If You Never Want To Be Broke Again*, *Alex Hormozi: The Five Stages of Every New Entrepreneur*, and *Logan Ury, Dating Expert: Why Chasing "The One" Is Ruining Your Dating Life*. The episodes were purposively selected because they employed an interview-based format, contained sustained reciprocal interaction between the host and guest, and provided sufficient conversational exchanges for examining speaking-oriented and interactional listening practices (Paltridge, 2021). To maintain analytical comparability across the corpus, the first six minutes of each episode were selected as the data boundary, resulting in approximately 18 minutes of spoken interaction. The analysis focused on utterances and conversational sequences through which participants initiated topics, responded to preceding talk, elaborated or clarified ideas, acknowledged information, reformulated meanings, and generated follow-up responses. This focus enabled the study to examine not only individual discourse practices but also their functions within the unfolding interaction (Sidnell & Stivers, 2013).

The data analysis proceeded through four interconnected stages: transcription, coding, categorization, and interpretation. First, the selected segments were transcribed to produce a textual representation of the spoken interaction, with attention to the sequence of turns and the relationship between preceding and subsequent utterances (Braun & Clarke, 2022). Second, relevant utterances and conversational sequences were coded according to their dominant speaking-oriented or interactional listening function. Third, the codes were grouped into broader analytical categories and examined comparatively across the three episodes. Rather than treating utterances as isolated instances, the analysis considered how each utterance responded to preceding talk and shaped subsequent interaction. Particular attention was therefore given to recurring sequential patterns,

including question–response–elaboration–follow-up sequences, as well as practices of acknowledgment, clarification, confirmation, paraphrasing, responsive turns, and uptake (Sidnell & Stivers, 2013; Seedhouse, 2004). Finally, the categorized data were interpreted to explain how speaking-oriented strategies and interactional listening practices operated together in constructing and developing meaning. The analysis was guided by the three research questions and remained grounded in observable discourse evidence. Accordingly, the study does not claim that exposure to the podcast directly improves learners' speaking or listening proficiency; rather, its pedagogical relevance is interpreted in terms of the communicative and interactional resources represented within the podcast discourse (Paltridge, 2021).

RESULT AND DISCUSSION

Speaking-Oriented Discourse Strategies in Podcast Interaction

Findings from selected podcast episodes reveal a robust repertoire of conversation-oriented discourse strategies used by both hosts and guests to effectively initiate, sustain, and develop conversational topics. In interactions with Lewis Howes, Alex Hormozi, and Logan Ury, five key strategies emerged as predominant: questioning, responding, elaboration, explanation, and exemplification. Rather than functioning as isolated linguistic acts, these strategies operate synergistically to construct a coherent spoken discourse within an interview format. Questioning and responding form foundational adjacency pairs that drive conversational trajectory, while elaboration, explanation, and exemplification serve as expansive mechanisms that deepen thematic exploration. The data demonstrate that Jay Shetty predominantly uses questions to navigate complex subjects—from financial psychology to entrepreneurial frameworks and relationship dynamics—thus firmly establishing the topical agenda. Guests strategically employ responses and elaborations to assert their expert authority, transforming initial questions into comprehensive narratives. This strategic distribution highlights the highly purposeful nature of podcast discourse, designed not simply to exchange information but to collaboratively construct meaningful interactions that engage the audience through structured and dynamic topic development.

Questioning emerges as the most crucial strategy for topic initiation and conversation control, executed primarily by the host to elicit detailed and authentic perspectives from guests. In the episode with Lewis Howes, Jay Shetty employs targeted questions, such as "What do you do when you feel that way?" and "What's the first thing you need to do?", which serve not simply as information-seeking devices but as powerful catalysts for deep psychological reflection. Similarly, his interaction with Logan Ury begins with a broad, open-ended question about the biggest mistakes in modern dating, effectively inviting the guest to construct their own theoretical framework. In response, the guest employs strategic responding to establish their expert authority, providing direct answers that immediately validate the host's question. For example, Howes responds with "The first step is that you need awareness," while Ury directly addresses the question by identifying unrealistic expectations as a core problem in relationships. This Q&A sequence demonstrates the podcast's highly interactional, conversation-oriented strategy. The host's questions are carefully crafted to uncover the guests' specialized knowledge, transforming a standard interview into an in-depth exploration of human behavior.

Following the initial Q&A sequence, the speakers extensively employ elaboration, explanation, and examples to unravel complex concepts and provide substantial depth to the discourse. In the conversation with Alex Hormozi, elaboration becomes crucial for dissecting the confusion that accompanies early-stage entrepreneurship; Hormozi expands on his initial response by detailing the specific requirements for business clarity, effectively bridging abstract theory with actionable insights. Furthermore, explanation serves as a primary mechanism for structuring knowledge, as evident when Logan Ury introduces his categorization of dating tendencies. He systematically explains the "romanticizer" framework, transforming a broad psychological concept into a structured and accessible model for the audience. Examples further ground these explanations in reality, as seen when Hormozi states, "We have to tell people about the stuff we have," providing a concrete behavioral example of entrepreneurial marketing. Together, these expansive strategies ensure that the podcast's discourse goes beyond superficial dialogue. They enable speakers to construct detailed and meticulously layered narratives, ensuring that abstract ideas about finance, business, and relationships are thoroughly articulated, logically justified, and comprehensively understood within the context of a highly authentic, natural spoken interaction.

The findings of these talk-oriented strategies reveal a highly structured yet dynamic approach to meaning-making in the digital podcast environment. The smooth and logical transition from probing questions to authoritative and detailed responses, followed by elaborate elaborations and concrete examples, illustrates that talking in this context is essentially a collaborative, sequential accomplishment. The host and guest do not simply take turns producing isolated statements; rather, they continually build on each other's utterances to co-construct a comprehensive discussion on a complex, real-life topic. This highly strategic orchestration ensures conversational coherence, maintains audience engagement, and facilitates a deep and nuanced exploration of psychological and practical frameworks. Therefore, the talk-oriented discourse strategies identified in *On Purpose with Jay Shetty* go beyond the mere exchange of superficial information. They represent a sophisticated repertoire of communicative practices that effectively organize, develop, and sustain extended spoken interactions.

Interactional Listening Practices in Host-Guest Exchanges

The exchanges between the host and guest reveal that listening in podcast discourse is not a passive receptive process, but rather an active, observable, and co-constructive interactional practice. In the realm of *On Purpose with Jay Shetty*, interactional listening practices manifest through a series of verbal strategies designed to maintain the flow of the conversation, validate the guest's utterances, and ensure semantic alignment. Five key practices are predominantly identified: backchanneling (minimal feedback), paraphrasing, asking for clarification, checking for confirmation, and uptake (taking over ideas). Rather than simply waiting for his turn to speak, Jay Shetty consistently demonstrates cognitive and affective presence through these responses. These practices serve a dual function; on the one hand, they provide interactional support that makes the guest feel heard, thus encouraging deeper elaboration. On the other hand, they guide the audience in navigating the complexity of ideas. Thus, interactional listening in this podcast operates as a crucial discourse regulation mechanism, bridging the guest's production of speech with a collaboratively constructed collective understanding.

At the micro level, backchanneling and acknowledgment emerged as the most frequent listening practices, serving to maintain a fluid interaction without interrupting

the guest's flow of ideas. Jay Shetty strategically uses minimal discourse markers like "yeah," "right," "mhm," and short phrases like "I see" between guest turns. In the episode with Lewis Howes, for example, this use of backchanneling is particularly prominent as Howes explores the complex psychology of the relationship between financial awareness and self-regulation. These minimal responses don't interrupt, but rather subtly confirm that the host is processing information in real time. Functionally, backchanneling in podcast discourse acts as a continuous signal of active engagement, psychologically empowering the guest to continue their narrative with greater confidence. For the audience, these markers provide essential cognitive pauses, allowing them to digest dense information before the guest moves on to the next layer of argument, thus keeping the conversation's rhythm dynamic yet easy to follow.

At the meso level, paraphrasing and reformulation demonstrate depth of cognitive processing, where the host actively restructures the guest's complex ideas into more concise and focused formulations. Jay Shetty routinely uses this technique after a guest has given a lengthy explanation, as seen in his interaction with Logan Ury regarding the framework of dating psychology. After Ury elaborated on the tendencies of the "romanticizer," Shetty responded by paraphrasing the essence of the explanation, for example, stating, "So, you're basically saying that..." This practice of listening through paraphrasing serves two powerful discursive functions. First, it serves as an internal verification tool for the host to ensure that his interpretation of the guest's ideas is accurate. Second, it acts as a scaffolding mechanism for the audience, translating abstract theoretical concepts into more digestible propositions. Through paraphrasing, Jay Shetty not only demonstrates deep listening but also collaboratively constructs meaning, ensuring that the expert's ideas are appropriately contextualized before the conversation moves into new topical dimensions.

Beyond mere information processing, clarification requests and confirmation checks represent the most collaborative level of interactional listening, where the host explicitly negotiates meaning to avoid misunderstandings. In discussions with Alex Hormozi about the stages of entrepreneurship, Shetty frequently pauses topic transitions to ask clarifying questions such as, "So, is the implication of this being...?" or reconfirm, "Did you mean to say that...?" This practice explicitly shifts the paradigm of listening from an individual activity to an interactional, sequential accomplishment. By proactively seeking clarification, the host demonstrates epistemic humility and a commitment to discursive accuracy, which in turn encourages the guest to clarify or correct their statements. These confirmation checks are especially crucial in the podcast format, where there is no direct visual feedback from the audience. They ensure that the foundation of understanding between host and guest is solid, so that subsequent elaborations built upon that foundation have high validity and unbroken coherence. The sequential manifestations of these five listening practices are comprehensively summarized in Table 2.

Table 2. Sequential Manifestations of Interactional Listening Practices in Host-Guest Exchanges

Sequential Position in Conversation	Utterance Excerpt (Transcript Excerpt)	Interactional Listening Practice	Discursive Function in Meaning Co-construction
Backchanneling	Howes: "...when you	Backchanneling	Maintains the speaker's

& Uptake (<i>Guest is elaborating</i>)	receive money, your body reacts..." Shetty: "Mhm. Right. And that physical reaction..."	followed by Uptake	floor without interruption; signals active cognitive processing and bridges the guest's physiological point to the subsequent psychological topic.
Paraphrasing & Reformulation (<i>Guest is explaining a framework</i>)	Ury: "...the romanticizer has unrealistic expectations..." Shetty: "So, what you're saying is they expect a fairy tale..."	Paraphrasing / Reformulation	Functions as a semantic check and cognitive scaffolding for the audience; validates the guest's expertise while translating an abstract psychological concept into an accessible proposition.
Clarification Request (<i>Guest presents a complex business premise</i>)	Hormozi: "...you have to let people know about the stuff..." Shetty: "Wait, so does that mean the product matters less than the visibility?"	Clarification Request	Demonstrates epistemic humility and deep listening; pauses the discourse to negotiate precise meaning and prevent semantic drift.
Confirmation Check (<i>Transition between subtopics</i>)	Shetty: "Just to make sure I understand, step one is awareness, correct?" Howes: "Exactly. Awareness before action."	Confirmation Check	Secures foundational understanding before developing the subsequent argument; establishes collaborative alignment between the host and the guest.

The manifestation of interactional listening practices in *On Purpose* with Jay Shetty affirms that listening is as active a communicative act as speaking. The synergy between backchanneling, which maintains rhythm, paraphrasing that facilitates understanding, and clarification and confirmation that negotiate meaning, creates a highly supportive discursive ecosystem centered on the co-construction of knowledge. The host positions himself not as a passive interrogator, but as a thinking partner, actively listening, processing, and responding to every nuance of the guest's speech. This finding fundamentally challenges the traditional assumption that listening is solely a receptive skill, and instead positions it as an essential interactional practice in managing spoken discourse. This dynamic not only enriches the quality of the conversation between host and guest but also models how active listening can be operationalized to build depth of topic.

Sequential Patterns of Meaning Construction in Podcast Interaction

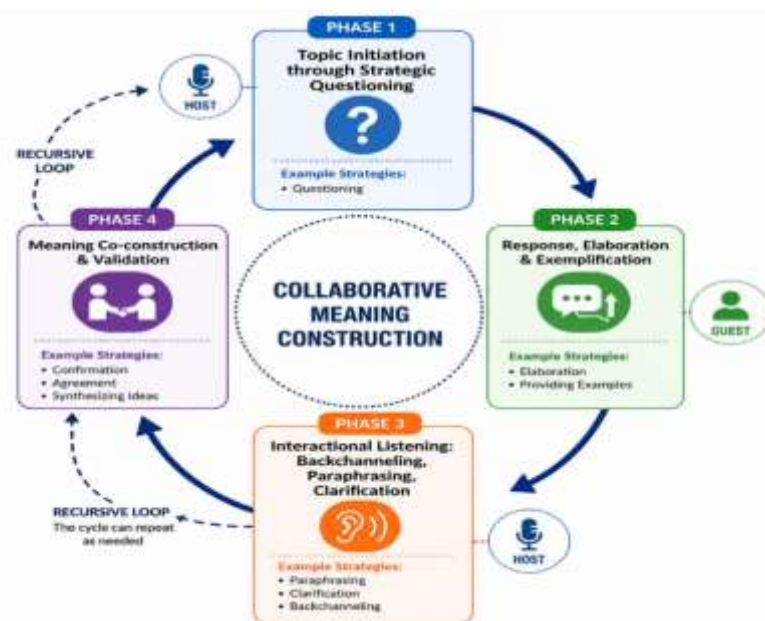
Analysis of the three podcast episodes reveals that meaning construction is not an isolated linguistic event, but rather a collaborative, sequential process, where speaking-oriented strategies and interactional listening practices operate in an integrated manner in predictable yet dynamic patterns. In "*On Purpose* with Jay Shetty," meaning is not created unilaterally by the host or guest, but is co-constructed through a series of conversational

turns that respond to and build upon each other. The most dominant sequential pattern identified is a recursive cycle consisting of four interactional phases: topic initiation through questions, response and elaboration by the guest, validation and reformulation by the host, and further development through follow-up questions or clarification. This cycle is not linear but recursive, with each phase being repeated, expanded, or modified depending on the complexity of the ideas being explored. The integration of speaking strategies and listening practices in this sequential pattern demonstrates that meaning in podcast discourse is the product of tight discursive coordination between both parties.

In the initiation and response phases, Jay Shetty's questioning strategy serves as a driving mechanism that opens up discursive space for the guest to articulate their specialized knowledge. In the episode with Lewis Howes, a question like "What do you do when you feel all that?" not only solicits information, but implicitly invites the guest to engage in deep reflection and psychological elaboration. The guest's response, such as "The first step is that you need awareness," then lays the foundation for further elaboration. At this point, interactional listening practices come into play crucially: backchanneling such as "mhm" and "right" provided by Shetty during Howes's speech serves to maintain the guest's floor without interruption, while simultaneously signaling active cognitive processing. This synergy between opening questions and closing responses creates adjacency pairs that become fundamental units of sequential meaning construction, where each utterance is explicitly designed to respond to and build on the previous one.

The elaboration and validation phase represents the most complex level of co-construction of meaning, where expansive speaking strategies (elaboration, explanation, exemplification) meet advanced listening practices (paraphrasing, clarifying, confirming). In a discussion with Logan Ury about the framework of dating psychology, after Ury's lengthy elaboration on the tendencies of "romanticizers," Jay Shetty, instead of immediately moving on to a new topic, paraphrases: "So, you're basically saying they expect a fairy tale...". This act of paraphrasing serves a dual function: it serves as internal verification for the host that his understanding is accurate, and it serves as cognitive scaffolding for the audience to digest abstract concepts. If ambiguity arises, Shetty proactively asks for clarification, such as "So, is the implication that...?", which forces the guest to clarify or clarify their statement. In this phase, speaking strategies and listening practices no longer operate as separate entities but merge into a coherent discursive whole, where each guest's utterance is collaboratively validated, restructured, and contextualized before the conversation moves to the next dimension.

Figure 1. Recursive Sequential Pattern of Collaborative Meaning Construction in Podcast Discourse



This identified sequential pattern is recursive and adaptive, where the cycle of meaning construction can repeat itself multiple times within a single topic before the conversation shifts to a new dimension. In the episode with Alex Hormozi on entrepreneurship, this question-elaboration-paraphrase-clarification cycle repeats at least three times in the first six minutes, each time deepening the exploration from abstract concepts to practical implications. This recursive nature suggests that meaning construction in podcasts is not a process completed in a single conversational turn, but rather requires ongoing negotiation through multiple cycles of elaboration and validation. Each cycle adds a new layer of depth, where ideas initially presented as general propositions are gradually enriched with concrete examples, logical justification, and intersubjective confirmation. The flexibility of this sequential pattern allows podcasts to navigate complex topics without losing coherence, as each phase serves as a cognitive checkpoint that ensures alignment of understanding between the host, guest, and audience.

Discussion

The findings of this study reveal three key empirical contributions that collectively reconstruct an understanding of podcast discourse as a co-constructive discursive ecosystem. First, the speaking-oriented discourse strategies—questioning, responding, elaborating, explaining, and exemplifying—do not operate as isolated linguistic acts, but rather as a synergistic system that strategically initiates, maintains, and deepens conversational topics. Second, the interactional listening practices—backchanneling, paraphrasing, clarifying, confirming, and uptaking—fundamentally challenge the traditional dichotomy that positions listening as a passive receptive skill; instead, listening manifests as an active, discursively observable communicative act. Third, and most crucially, these two dimensions integrate in a recursive sequential pattern consisting of four phases: topic initiation, response-elaboration, validation-reformulation, and continued development. This pattern demonstrates that meaning in *On Purpose with Jay Shetty* is not a unilateral product of the host or guest, but rather a collaborative

achievement constructed through tight discursive coordination. These findings comprehensively address all three research questions by demonstrating how speaking and listening work simultaneously to construct coherent, meaningful, and accessible meaning for the audience in the context of authentic spoken discourse.

Theoretically, these findings extend the Conversation Analysis framework (Sidnell, 2010; Sidnell & Stivers, 2013) by demonstrating that the sequential organization of podcast discourse is governed not only by the principle of turn-taking, but also by the systematic integration of speaking strategies and interactional listening practices. The concept of adjacency pairs (Sacks et al., 1974), which traditionally focuses on question-response pairs, is enriched in this context by the practices of paraphrasing and confirmation, which serve as semantic verification mechanisms before the conversation moves to the next dimension. Furthermore, these findings confirm and extend the theory of Interactional Listening (Rost, 2011; Vandergrift & Baker, 2015), which positions listening as active participation in discourse, rather than simply internal cognitive processing. In the context of podcasts, where there is no direct visual feedback from the audience, interactional listening practices such as backchanneling and clarification become crucial for maintaining discursive cohesion and ensuring shared understanding between host and guest. Furthermore, these findings align with the co-construction of meaning perspective (Brown & Yule, 1983), which emphasizes that meaning is not hidden in individual utterances but rather socially negotiated through interaction. However, this study goes beyond previous theories by demonstrating how co-construction of meaning is concretely operationalized through predictable yet adaptive recursive sequential patterns, providing a new analytical framework for understanding the dynamics of spoken discourse in digital media.

The novelty of this study lies in its integrative focus, explicitly examining how speaking strategies and interactional listening practices work together to construct meaning sequentially, a dimension that has not been comprehensively explored in previous podcast research. Five relevant prior studies represent a gap that this study fills. First, Untari & Magria (2024) analyzed turn-taking in Jay Shetty's podcast, but focused only on the turn-taking mechanism without exploring how speaking and listening strategies integrate. Second, Cahya et al. (2025) examined turn-taking strategies in the context of digital podcasts, but did not analyze interactional listening practices. Third, Isaadah & Rizal (2024) investigated the effectiveness of podcasts for developing EFL learners' listening skills, but their approach focused on pedagogical outcomes, not discourse analysis. Fourth, Liu & Jiang (2024) analyzed rhetorical moves in the Nature Podcast, but in the context of an academic podcast that differs fundamentally from the interview format. Fifth, Jacobs & Valeiras (2024) examined ventriloquism in an entrepreneurship podcast, but did not explore the integration of speaking and listening. This study fills these gaps by providing the first comprehensive analysis of how speaking strategies and interactional listening practices operate synergistically in interview-based

podcast discourse, offering a new perspective that goes beyond solely analyzing turn-taking or pedagogical effectiveness.

The pedagogical implications of these findings are significant for teaching English as a foreign language (EFL). First, transcripts of podcasts such as *On Purpose* with Jay Shetty can be integrated as authentic materials in speaking and listening classes to teach discourse strategies, interactional competence, and pragmatics—dimensions often overlooked in conventional teaching materials. Teachers can use the transcripts to demonstrate how strategic questioning, elaboration, paraphrasing, and clarification operate in real-life interactions, helping learners develop not only linguistic accuracy but also communicative fluency. Second, EFL curricula at the tertiary level need to integrate podcast discourse analysis as a core component of speaking and listening skills courses, shifting the focus from structured exercises to the exploration of authentic discourse. Third, teacher training programs should equip prospective educators with the skills to analyze and utilize podcast discourse as a learning resource. From a policy perspective, the Ministry of Education needs to develop national guidelines for the integration of authentic digital discourse (including podcasts) into the English language curriculum, while schools need to provide access to podcast platforms and train teachers in discourse-based pedagogy. This policy will ensure that English language learning focuses not only on linguistic competence, but also on communicative skills relevant to the contemporary digital context.

CONCLUSION

This study concludes that the construction of meaning in the discourse of the podcast *On Purpose* with Jay Shetty is not a unilateral product, but rather a collaborative achievement constructed through the synergistic integration of speaking-oriented discourse strategies and interactional listening practices. Specifically, the findings indicate that speaking strategies such as questioning, responding, elaborating, explaining, and exemplifying serve as strategic catalysts for initiating, maintaining, and deepening topic trajectories. Simultaneously, interactional listening practices, including backchanneling, paraphrasing, asking for clarification, and checking for confirmation, manifest as active co-constructive acts that validate the guest's utterance, negotiate meaning, and bridge audience understanding. Furthermore, these two dimensions systematically integrate in a recursive sequential pattern consisting of four phases: topic initiation, response-elaboration, validation-reformulation, and collaborative development. This pattern demonstrates that meaning is continuously negotiated through tight discursive coordination, where each speaking turn is explicitly designed to respond to, verify, and build on the previous utterance. Thus, listening in this context is reconceptualized not as a passive receptive process, but as an active communicative practice equivalent to speaking in constructing coherent, authentic spoken discourse.

Theoretically, this study reconceptualizes listening as an active, co-constructive practice, while practically, it provides an empirical foundation for integrating authentic podcast transcripts into EFL pedagogy. Despite its contribution, this study is limited to the

verbal discourse analysis of 18 minutes of transcripts. Future research is recommended to explore multimodal dimensions (such as gestures and facial expressions) or analyze different podcast genres to test the generalizability of this sequential pattern.

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