

CHAPTER VI

CONCLUSION AND SUGGESTION

This chapter presents the conclusion and suggestion based on the researcher's discussion and analysis in the previous chapter. The suggestion is about the researcher's recommendation to English teacher, students and other researchers as follows:

1. A. Conclusion

The research is done to describe a phenomenon happens in psychology students when learning English. The aims of this research are to figure out what factors to contribute anxiety as perspective by psychology students of IAIN Tulungagung and how to reduce their anxiety in learning English. Based on the data gathered from the interview, certain conclusions may be drawn.

First, according to the results of interview, some students learn English very well. All subjects, needs to learn English in class. From the presented data, it can be concluded that the subjects experienced various anxiety factors. those are (a) Overself prediction toward fear is anxiety disorder usually predict the severity of anxiety in a certain situation (b) Irrational faith is self-destructive anxiety disorder (c) Over sensitivity toward threat is like a fear of threat (d) The sensitivity of anxiety is fear of anxiety excessive fear of people who are highly sensitive to anxiety (e) Wrong body signal is the beat of heart will rise or quick breath.

Furthermore, related to the students' strategies in reducing their anxiety, they employ the following strategies: (a) preparation related to how complete the students prepare everything about lecturing before entering the class, (b) relaxation related to keep their body and thought relax when the students have difficulty during having lecturing in the class, (c) positive thinking related to how the students keep thinking

positively about their ability, and (d) peer seeking related to how the students share their difficulty to other friends and ask suggestion about it, and (e) resignation related that students may resign themselves by giving up, but if they do it will get low scores.

In fact, relaxation and preparation are most commonly used strategies by students and these two strategies may affect students' English learning performance.

2. B. Suggestion

Based on the research result, the researchers hope to provide some suggestion for the following people:

1. For the students

They are expected to be more creative in discovering and formulating strategies, and finally they can determine which strategies may suit their needs. They can share their strategies with other students.

2. For English lecturer

From knowing the factors of anxiety that is explained by the students, the English lecturers are expected to identify who are the most anxious students in the class and help them to be relax and reduce their anxiety.

3. For the future researcher

For a future researcher who wishes to carry out similar studies on the cause of anxiety and the methods to minimize it in relation to any of the causes, the findings of this research may be used as an additional guide to enhance future research.