

CHAPTER V

DISCUSSION

The discussion section is aimed to answer questions in the proposed in this discussion aims to discuss the results of the data from the previous chapter in order to conclude the answers from the research questions.

1. Discussion on the factors that cause students' anxiety in speaking English in the classroom

There were several causes of speaking anxiety that faced by students during speaking English practice in class. The results of the interviews and questionnaires showed that most students felt anxious and nervous when speaking English in class. The sources are lack of preparation, students' beliefs about language learning, fear of making mistakes, fear of classmates, and personal and interpersonal anxiety.

The first factor that causes anxiety in speaking was the lack of preparation before appearing to speak English. Actually preparation is very important before speaking English. Students would prepare the material before practicing speaking English in front of the class, so that students could speak fluently without feeling anxious.

The second factor that causes anxiety in speaking is the learners' beliefs about language learning. In this factor, there are many factors that come from students. Some of these include: concerns about pronunciation errors, grammar, vocabulary, fluency and other factors in learning English that worry them.

Students tend to see their English class as an ongoing language test in front of an audience, where they constantly have to prove that their English speaking is better than others.

The third factor was the fear of making mistakes. This is one of the many factors that cause student anxiety in speaking. Students are afraid of making mistakes because they think that other students will laugh when they make mistakes so that students feel anxious about speaking in front of the class..

The fourth factor was being afraid of classmates. Peer related fears and worries, it came light, were not the result or consequences of actual negative experiences with classmates, such as being laughed at or ridiculed by them. Feeling that friends laugh when making mistakes. This is actually a psychological disorder because they think other people greater and considered doing the wrong thing is big problems.

The fifth factor causing anxiety was personal and interpersonal factor. Personal and interpersonal factor here defined as a factor come from the inside of the student and factor with other people who influence to the personal of the student.

2. Discussion on the students' strategies to overcome their anxiety in speaking English in the classroom

In order to have a better speaking, the students need to overcome their anxiety in speaking. To overcome those problems the student had strategies in order to make their speaking ability better without anxiety. Based on theory from

Kondo (2004) there are six strategies that can use by students to reduce the anxiety, they are: preparation, positive thinking, relaxation, peer of seeking, avoid eye contact to the audience and resignation.

The first solution was preparation. Based on the interview, the students feel nervous because they are not prepared to speak. So they always get ready before speaking in front of the class.

The second solution was relaxation and resignation. Inhaling and exhaling slowly as well as calming down are the forms of relaxation most often practiced by respondents. By doing this, they will feel more relaxed and have more control over their fear when speaking. In resignation technique, the students felt that they had given up on their anxiety. In this case, maybe the students have done all the techniques to reduce their anxiety when speaking, but they do not feel different results.

The third solution was positive thinking. Based on the interview, when students feel nervous, they will encourage themselves so that they will feel more confident and ready to speak.