

**A STUDY ON STUDENTS' STRATEGIES TO REDUCE
ANXIETY IN SPEAKING CLASS ON SECOND SEMESTER
STUDENTS OF ENGLISH EDUCATION PROGRAM AT IAIN
TULUNGAGUNG ACADEMIC YEAR 2013/2014**

THESIS



**By:
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FACULTY OF EDUCATION AND TEACHER TRAINING
STATE ISLAMIC INSTITUTE OF
TULUNGAGUNG
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Thesis with the title “A Study on Students’ Strategies to Reduce Anxiety in Speaking Class on Second Semester Students of English Education Program At IAIN Tulungagung Academic Year 2013/2014”. that is written by Mohammad Yusuf NIM. 3213103107 has been approved by the thesis advisor for further approval by the Board of Examiners.

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MOTTO

“ LIFE IS WHAT WE DO NOT WHAT WE WANT ”

(Bang John)

DEDICATION

This thesis is dedicated to:

My parents, (Mr. Sulaiman and Mrs. Siti Lailiyah) for their love, their greatest support, finance, care, trust and prays, their guidance and advice. No words can be told except lots of thanking for everything they have given for me.

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States that thesis entitled "A Study on Students' Strategies to Reduce Anxiety in Speaking Class on Second Semester Students of English Education Program at IAIN Tulungagung academic year 2013/2014" is truly my original work. It doesn't incorporate any material previously written or published by another person except those indicated in quotation and bibliography. Due to the fact, I'm the only person responsible for the thesis if there is any objection or claim for other.

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ABSTRACT

Yusuf, Mohammad. NIM. 3213103107. 2014. *A Study on Students' Strategies To Reduce Anxiety In Speaking Class On Second Semester Students Of English Education Program At IAIN Tulungagung Academic Year 2013/2014.* Thesis. English Education Department.Faculty of Education and Teacher Training. State Islamic Institute (IAIN) of Tulungagung. Advisor: H. Nursamsu, M.Pd

Keywords: Anxiety, Students' Anxiety, Causes Anxiety, Reduce Anxiety, Speaking Class

Learning English is very important, because English has became an international language, which is used by most communities in the world. Many countries use English as their second language. English lesson serves as a means of self-development of students in science, especially speaking as one of the English skill that must be concerned by whole learner in communication. Speaking ability is the main part in communication, but sometimes students have an anxiety which impedes their ability to perform successfully in foreign language class. Anxiety is the subjective feeling of tension, apprehension, nervousness, and worry associated with an arousal of autonomic nervous system. Concerning to this problem, the students need to strategies to reducing anxiety in speaking English and teacher needs to help students' anxiety about learning English especially in speaking as easy as possible. The strategies that the students use very useful to reduce anxiety in speaking class. Some students have suggested a variety of strategies to successfully in reducing students' anxiety.

The formulation of the research problems is: 1) what are the causes of the students' anxiety and 2) how the students' anticipate to reduce their anxiety in speaking class.

The purpose of this study were: 1) To know the causes of students' anxiety in speaking class, 2) To know the students' anticipates to reduce their anxiety in speaking class.

The research method: 1) the research design in this study was qualitative approach and case study. 2) The subject of this study was second semester students of class 2 C who consisting of 30 students, but the researcher took only 4 of them to collect the data by ways choose students. 3) The data was got by distributing observation and interview.

The result showed that the causes of students' anxiety is shown as follows: there are two factors. They are personal factors and interpersonal factors. The first personal factors means personality. such as feeling ashamed and fear if making mistake, lack of self-confidence if in front of class with what that said, feeling nervous to express opinion in front of classmates, less in speaking' knowledge,

fear if vocabulary and arrange grammar is wrong, can't speaking English correctly, less of mastering vocabulary, mistake in speaking English sentence and words, feel worried when know that will take an English speaking test and also fear of mind the blank when mistakes. The second interpersonal factors means between two or more people. such as direct correction from lecturer if wrong in speaking, feeling her friends have high ability than him, fear of laughed by classmates when making mistakes, forget the answer while speaking English if her friends and lecturer keep looking at her and difficult in understanding with clearly what lecturer said or lecturer speaks not clearly/fast.

Students' strategies to reduce anxiety in speaking class applying the strategies; trying to say what is coming to them mind, looking for a similar word that has meaning. keeping on trying to say and stay calm, just concentrate to finish them presentation, trying to make jokes and insert funny story, to assume that all the friends also feel the same way, to believe in themselves that they can absolutely do it and beat her fear, a little memorizing vocabulary for the preparation of talk, speaking for themselves at home as training, trying to hear and stay calm when lecturers explains material, ask them friends and lecturer when not understand, do every task of the lecturers as much as possible, trying to find synonym of the word, and preparing as much as possible what they'll say.

ABSTRAK

Yusuf, Mohammad. NIM. 3213103107. *A Study on Students' Strategies In Reducing Anxiety In Speaking Class On Second Semester Students Of English Education Program At IAIN Tulungagung Academic Year 2013/2014.* Skripsi. Tadris Bahasa Inggris. Fakultas Tarbiyah dan Ilmu Keguruan. Institut Agama Islam Negeri (IAIN) Tulungagung.

Pembimbing: H. Nursamsu M.Pd

Kata kunci: hubungan, penguatan negatif, kemampuan berbicara

Belajar Bahasa Inggris sangatlah penting, sebab Bahasa Inggris menjadi bahasa internasional, yang digunakan oleh banyak masyarakat di dunia. Banyak Negara menggunakan bahasa inggris sebagai bahasa kedua mereka. Pelajaran bahasa inggris merupakan cara bagi siswa untuk mengembangkan diri dalam ilmu pengetahuan, terutama berbicara yang merupakan salah satu kecakapan bahasa yang harus diperhatikan oleh seluruh siswadalam berkomunikasi. Kemampuan berbicara adalah poin terpenting dalam berkomunikasi, namun, terkadang siswa mengalami kecemasan yang menghambat mereka untuk melakukan keberhasilan di kelas bahasa asing. Kecemasan adalah peasaan subjektif dari ketegangan, ketakutan, gugup dan khawatir terkait dengan gairah sistem saraf otonom. masih masih banyak siswa yang merasa kesulitan untuk berbicara dengan bahasa inggris meskipun mereka telah mempelajarinya dengan baik. Dengan memperhatikan masalah tersebut, para siswa perlu strategi untuk mengurangi kecemasan dalam berbicara bahasa inggris dan guru perlu membantu kecemasan siswa dalam belajar belajar inggris khususnya berbicara semudah mungkin. Strategi yang siswa gunakan sangat mudah untuk mengurangi kecemasan siswa dalm nerbicara bahasa inggris di kelas. Beberapa siswa mempunyai saran macam-macam strategi untuk keberhasilan siswa dalam mengurangi kecemasan berbicara bahasa inggris.

Rumusan masalah dalam penelitian ini adalah 1) apa penyebab kecemasan siswa dan 2) bagaimana siswa mengantisipasi untuk mengurangi kecemasan mereka dalam berbicara bahasa inggris di kelas.

Adapun yang menjadi tujuan dari penelitian ini adalah 1) untuk mengetahui penyebab kecemasan siswa dalam berbicara bahasa inggris di kelas dan 2) bagaimana antisipasi siswa untuk mengurangi kecemasan mereka dalam berbicara bahasa inggris di kelas.

Metode penelitiannya adalah 1) pendekatan kualitatif dan case study. 2) Subjek penelitian ini adalah mahasiswa semester 2 kelas 2 C yang terdiri dari 30 mahasiswa tetapi peneliti mengambil hanya 4 dari mereka untuk mengumpulkan data dengan cara memilih mahasiswa.3) Data ini didapatkan dengan mendistribusikan observasi dan wawancara.

Hasil dari penelitian ini menunjukkan bahwa disini ada dua faktor. Faktor personal dan interpersonal . personal berarti seperti malu karena salah, takut membuat kesalahan, kurang percaya diri jika didepan kelas dengan apa yang dikatakan, merasa cemas untuk mengungkapkan pendapat didepan temannya, kurang pengetahuan dalam berbicara bahasa inggris, takut jika kosakata dan penyusunan tata bahasa salah, tidak dapat berbicara bahasa inggris dengan benar, kurang menguasai kosakata, salah dalam kalimat dan kata bahasa inggris, merasa khawatir ketika mengetahui bahwa akan mengambil tes berbicara bahasa inggris dan juga takut pikiran blank ketika salah, kedua faktor interpersonal yang berarti antara dua atau lebih orang. Seperti koreksi langsung dari dosen jika salah dalam berbicara, merasa temannya mempunyai kemampuan yang tinggi dari pada dirinya, takut ditertawakan oleh teman sekelas ketika membuat kesalahan, lupa jawaban ketika berbicara bahasa inggris ketika teman dan dosenya menatap/memperhatikan, sulit memahami dengan jelas apa yang dosen katakan atau dosen berbicara tidak jelas/cepat.

Strategi siswa untuk mengurangi kecemasan dalam berbicara bahasa inggris di kelas menggunakan strategi; mencoba mengatakan apa yang datang pada pikirannya, mencari persamaan kata yang mempunyai arti, tetap mencoba mengatakan dan tenang, hanya berkonsentrasi untuk menyelesaikan presentasi, mencoba membuat humor dan memasukkan cerita lucu, menganggap bahwa semua teman juga nerasakan hal yang sama, percaya pada diri sendiri bahwa mereka dapat yakin melakukannya dan menghilangkan ketakutan, sedikit menghafalkan kosakata untuk persiapan berbicara, berbicara pada diri sendiri dirumah sebagai latihan, mencoba mendengarkan dan tetap tenang ketika dosen menjelaskan materi, bertanya teman dan dosen ketika tidak paham, mengerjakan setiap tugas dari dosen sebaik mungkin, mencoba menemukan persamaan kata, dan menyiapkan sebaik mungkin apa yang akan dikatakan.

ACKNOWLEDGEMENT

All thanks to Almighty Allah SWT, the Most Merciful and Beneficent. Due to his mercies and blessings this thesis could be accomplished by the writer. May Peace and Salutation be given to the prophet Muhammad SAW who has brought all human being from the darkness to the lightness.

The writer would like to express her genuine gratitude to:

1. Dr. Maftukhin, M.Ag., the Head of IAIN Tulungagung for his permission to write this thesis.
2. Arina Shofiya, M.Pd., the Chief of English Education Program who has given me some information so the writer can accomplish this thesis.
3. H. Nursamsu, M.Pd., the writer's thesis advisor, for his invaluable guidance, suggestion, and feedback during the completion of this thesis.
4. All of my Lecturers who always give me their useful advice, support and help for me so I can accomplish this thesis on time.
5. My friends in TBI-2 C class for the cooperation as the population of this research.
6. All of my classmates in TBI-C Thank you for your kindness, togetherness, that is truly unforgettable.
7. My beloved friends in TBI class especially Yunus Septian Dermawan and Harir Zumrotul Masruroh. Thanks a lot for your support and help in accomplishing this thesis well.
8. All of my friends of LPM DIMENSI IAIN Tulungagung Thank you for your motivation, facility, support during the completion of this thesis.

9. All people who can't be mentioned all who help me in finishing my thesis.

10. My pride Almamater IAIN Tulungagung

After conducting this thesis, the writer realizes that this research is far from being perfect. Therefore, any constructive criticism and suggestions will be pleased accepted. May Allah give blessed and merciful to us so this thesis can be useful for the Readers.

Tulungagung, July 15th 2014

The Writer

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