

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

Based on the result of this research, the most students of semester IV UIN Sultan Maulana Hasanuddin Banten are "Mildly Anxious," with no "Relaxed" or "Very Relaxed" students. There are 13 (33%) students who are "Anxious," 24 (62%) students who are "Mildly Anxious," 2 (5%) students who are "Very Anxious," and only 2 (5%) students among 39 students are "Very Anxious." The results of this research show that from psychological aspect more than half of the students (62%) are moderate anxiety, and 15 students (38%) are severe anxiety.

Following the results of the interviews, the researchers conclude that the following factors cause students' speaking anxiety: First, students' English skills are lacking; second, fear of misinterpretation between speaker and audience or communication apprehension; third, low self-esteem; fear of making mistakes and being criticized (fear of negative evaluation); fourth, fear of failing the test or test anxiety; and finally, anxiety can happen when students do not study, practice, or prepare for a speaking performance.

From the result, the researcher concluded that the majority of the causes of students' speaking anxiety were related to students' negative perceptions. As a result, students' negative perceptions about speaking were identified as the primary cause of their speaking anxiety. The researcher then suggests several things that students might do to minimize their anxiety based on the results of the interviews: *First*, change your mindset, stop thinking negatively before or after a speaking, reduce your self-esteem, stop being afraid to make mistakes, and stop overthinking while taking an oral exam. *Second*, well-prepared to minimize instant panic because of lack of preparation when speaking. *Third*, practice to help students enhance their English abilities and confidence. *Fourth*, be brave because we will never understand the extent of our skills until we try, and there will be no improvement until we try and practice.

B. Suggestion

Based on the conclusions, the authors write some suggestions, as follows:

1. For students

Students must know the extent of their anxiety level and try to find ways to overcome it, not ignore it. Students can try various things or methods offered by the author, or other researchers regarding ways to overcome anxiety.

2. For teacher

Teachers must know the various things that cause anxiety in students, so teachers can find the right way to overcome and avoid all things that trigger anxiety in students. Furthermore, the teacher must also help student in reducing their anxiety, developing self-confidence, giving students time and opportunity to show their speaking abilities, and creating an atmosphere in which students are not nervous and relaxed when speaking.

3. For the next researcher

The researcher hopes that the future researchers will conduct a better research about language anxiety in different skills area such as writing, reading, and listening.

