

STATEMENT OF ORIGINALITY

I hereby affirm that the research paper I have authored, as a partial requirement for the completion of my Sarjana Degree, and submitted to the English Education Department, Faculty of Education and Teacher Training, is entirely comprised of my own original scholarly work.

The contributions of other people whose ideas are cited within this paper have been duly acknowledged in accordance with the established legal and intellectual ethics within the scientific writing tradition.

If, at any point, the originality of this paper—whether partially or entirely—is subsequently disproved or found to constitute significant plagiarism, I am fully prepared to accept any consequences, including potential sanctions such as the revocation of my academic degree from the institution, in accordance with the other regulations prevailing in Indonesia.

Serang, May, 2024



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ABSTRACT

Learning a foreign language involves producing the language itself. Additionally, many EFL (English as a Foreign Language) learners still doubtful, particularly in speaking. This study aimed to explore the physiological and emotional states of EFL learners during English speaking activities in the Intensive Dynamic Conversation (IDC) program at Build Better Communication - English Training Specialist (BBC-ETS) Serang. This study used a descriptive qualitative method. Data were collected from 10 students through interviews and observations. The study focused on three indicators: Self-Efficacy Awareness, Physiological States, and Emotional States. The results shown that students experienced a range of physiological reactions such as palpitations, tension, and cold sweat, and emotional reactions including nervousness and fear. While some students felt insecure or burdened by their speaking experiences, others expressed confidence or neutrality. The study underscores the crucial importance of fostering self-awareness and receiving support from both teachers and peers in effectively managing these physiological and emotional reactions.

Keywords: *Emotional States, Physiological States, Self-Efficacy Awareness, Speaking Skill*

THE ADVISERS' APPROVAL

This is to certify that the undergraduate research paper of
Maurizka Adilla entitled "Physiological and Affective States" of Self-
Efficacy on English as a Foreign Language Learners' Speaking Activities
(A Case Study in the Intensive Dynamic Conversation Program Students
in BBC English Training Specialist Serang)"
has been approved by the research paper advisers for further approval by
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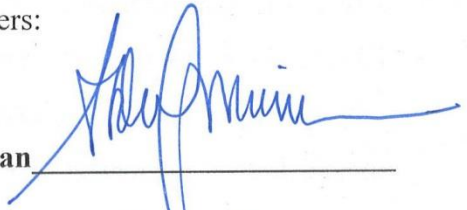
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MOTTO

“Efficacy beliefs are the foundation of human agency. Unless people believe that they can produce desired results and forestall detrimental ones by their actions, they have little incentive to act or to persevere in the face of difficulties. Whatever other factors may operate as guides and motivators; they are rooted in the core belief that one has the power to produce effects by one’s actions.”

-Albert Bandura-

A BRIEF BIOGRAPHY

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