

STATEMENT OF ORIGINALITY

I hereby declare that the thesis that I have written as one of the requirements for obtaining a Bachelor of Education degree and submitted to the Department of Islamic Education Management, Faculty of Tarbiyah and Teacher Training, Sultan Maulana Hasanuddin State Islamic University, Banten is entirely original and is the result of my personal scientific writing.

I have mentioned other people in this thesis whose quotations are clearly in accordance with the scientific ethics that apply in the field of scientific writing.

If in the future it is proven that part or all of the contents of this thesis are the result of plagiarism or cheating on other people's writings, I am willing to accept sanctions in the form of revocation of my bachelor's degree or other academic sanctions in accordance with applicable regulations.

Serang, April 25th 2022



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ABSTRACT

Salma Aida Maftuhah. 181230068. 2022. The Effectiveness of Hypnoteaching Method Toward Students Speaking Anxiety.

The purpose of this study was to measure the effectiveness of hypnoteaching method reducing speaking anxiety in eleventh graders at SMA Al-Asmaniyah. The research question of this study is "How is the effectiveness of hypnoteaching method in reducing students' speaking anxiety for eleventh graders in middle school Al-Asmaniyah and the purpose of this study was "To measure the effectiveness of hypnoteaching method in reducing students' speaking anxiety".

Researchers used Pre-Experimental method and involved one class, as research the experimental class. In the experimental class, the researcher applied the hypnoteaching method. The population in this study were students of class X SMA Al-Asmaniyah, participant sample 62 students. The sample of this research was taken using purposive sampling technique, which only took 20 of X IPS as the experimental class. To obtain data, researcher distributed questionnaires and interviews. Questionnaires were distributed before and after treatment. Questionnaires were used to obtain data about psychological research. Researchers used a Likert Scale to measure the results of the questionnaire. The questionnaire used by the researcher was adopted from by Horwitz at al (1986). The use of hypnoteaching in this study can reduce students' speaking anxiety.

The mean score of the questionnaire before and after treatment was different. The mean score before treatment was 94.25 and the mean score after treatment was 51.45. This shows that there is a decrease in students' speaking anxiety. This can be seen from the students' answers in the questionnaire. There are 60% students with low anxiety levels, 35% students with moderate anxiety levels, and 5% students with high anxiety levels.

The results showed that there were differences in scores between the pre and post questionnaires. The pre-questionnaire score was higher than after the questionnaire. The higher the score, the higher the anxiety level and the lower the score, the lower the anxiety level. This study succeeded in reducing students' anxiety in speaking, but students' anxiety was still high.

Key words: Speaking, Anxiety and Hypnoteaching.

THE ADVISERS APPROVAL

This is to certify that the undergraduate research paper of
Salma Aida Maftuhah entitled
“The Effectiveness of Hypnoteaching Method Toward Students Speaking
Anxiety”
has been approved by the reserach paper adviser for further approval
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**THE EFFECTIVENESS OF HYPNOTEACHING METHOD
TOWARD STUDENTS' SPEAKING ANXIETY**

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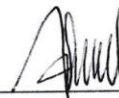
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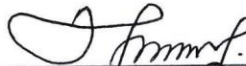
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A BRIEF BIOGRAPHY

The writer, Salma Aida Maftuhah, born in Tangerang, Banten, on August 4, 2000. She is the last of five children, from Mr. M. Encep and Mrs. Eni Suhaeni. She completed her education at Madrasah Ibtidaiyyah Al-Maghfiroh Tangerang Banten in 2012, while for junior high school at Al-Asmaniyah Islamic Boarding School she graduated in 2015 and SMA at SMAN 11 Tangerang city graduated in 2018. After that, in 2018, she continued her education with following the undergraduate program of the Department of English Education, Faculty of Tarbiyah and Teacher Training, at the State Islamic University "Sultan Maulana Hasanuddin" Banten.

During his time as a student, she was not only involved in internal organizations (departmental student associations), but she also engaged in outside activities such as modeling schools.

DEDICATION

This thesis research is dedicated to my beloved parents,
Mr. M. Encep and Mrs. Eni Suhaeni who never stop praying for me
and never stop loving me.

Not forgetting also to my brother and sister who always support me.
as well as for my friends who have accompanied me during the
process of making this thesis so that it feels relaxed and enjoyable.
you are the best ever.

MOTTO

“You are the creator of your own future”

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In the name of Allah, the Merciful, the Compassionate.

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The writer is aware that this thesis cannot be separated from all shortcomings and is still far from perfection. Therefore, suggestions and constructive criticism are highly expected for further improvement.

Serang, April 25th 2022

The writer

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