

## CHAPTER V

### CONCLUSION AND SUGGESTION

#### A. Conclusion

From the discussion in the previous chapter, it is clear that the use of the hypnoteaching method can reduce students' speaking anxiety. The student's score was low based on the pre-test, while after the treatment class it showed that the student's score was higher than the pre-test questionnaire. This represents a distinctive achievement. Using hypnoteaching in the learning process makes students more enjoy and relax in speaking class. This can reduce students' speaking anxiety. This can increase student motivation and increase students' self-confidence.

#### B. Suggestion

Based on the conclusions above, the researchers put forward the following suggestions:

1. The use of hypnoteaching in reducing students' speaking anxiety for tenth grade
2. The use of effective technique in applying hypnoteaching
3. The applying of hypnoteaching should be more enjoy for students
4. Further research of using hypnoteaching in for skill speaking, writing, reading, and listening.