

CHAPTER V

CONCLUSIONS AND RECOMMENDATION

A. Conclusions

Based on this study that investigates the factors of students' anxiety and strategies to reduce anxiety in speaking English at MTs NU K, it can be concluded as follows:

1. Most students were categorized as mildly anxious. Eleven students had a mild level of mildly anxious, three students had a relaxed level, two students had a nervous level, and only one student had a very anxious level. This study did not have a very relaxed level.
2. Factors that cause anxiety consist of three components. The first is communication apprehension, there are 3 points that reach 50%, found in number 1 has 13 participants who strongly agree (76%), numbers 9 and 24 have 9 participants who strongly agree (52%). The second is fear of negative evaluation there is 1 point that less reaches 50%, found in number 21 has 7 participants who strongly agree (41%). The third is test anxiety there is 1 point that reaches 50%, found in number 31 has 11 participants who strongly agree (64%).
3. Relating to the strategies to reduce speaking anxiety, it was found that, There were nine students chose preparation, two students chose preparation and relaxation, one student chose preparation, relaxation, and positive thinking, two students chose resignation, one student chose positive thinking, one student chose relaxation, and finally there was one student chose all of them (preparation, relaxation, positive thinking, seeking peers and resignation). in this study the students did not choose Seeking peers to study together.

B. Recommendations

The suggestions are shown to students, teachers, and other researchers

1. For an English teacher
Teachers should be aware of speaking anxiety. This research shows that teachers' awareness of students' anxiety is still lacking because it has become an important factor that affects students' learning process. Therefore, teachers' awareness needs to be increased because anxiety is an important factor that affects students' speaking ability. Teacher encouragement is needed to

make students more engaged and for students to speak English bravely and confidently. In the classroom, teachers should create a friendly and comfortable atmosphere for students to communicate well with all class members.

2. For students

In learning English. Students should not be afraid to make mistakes to succeed in learning English. Try to practice, focus on learning, and ignore what distracts you during class. Students should also create a respectful environment for each other to create a friendly atmosphere. When they make mistakes, they should help, not laugh and ridicule each other. They must realize that making mistakes in learning English is normal and natural. This will make them more comfortable with each other.

3. For a further researcher

The researcher hopes that future researchers can examine anxiety research in different fields, such as reading, writing, and listening. Anxiety is not only in the field of speaking but also in other fields. If interested in this research. Future researchers can use different methodologies, and the data collected is more detailed.

