

## CHAPTER IV FINDING AND DISCUSSION

### A. Research Finding

Based on the result of observation and interview to the subjects of the study, the researcher found that the students' anxiety in learning English at the Eight Grade of Islamic Junior High School Al-Hidayah Langon. The data were also taken from documentation. The research presented the finding of the study below:

#### 1. Kinds of Anxiety Were Experienced by the Students in Learning English

The researcher found that there are three kinds of Anxiety Were Experienced by the students in Learning English, it can be seen below:

##### a. State Anxiety

The researcher found that the students feel panic and afraid when they want to speak in English. The type is including they started to panic when have to speak English. It came from the interview that says my feeling that cannot speak English is panic and afraid.

As the Abdul Wakhid said that<sup>1</sup>:

“I often feel nervous when I have to stand in front of the class or when my teacher points me to do something like reading or doing an assignment on the blackboard. I actually like English subjects, because my teacher when explaining is easy to understand and clear. But I'm not very good when asked to practice in English. I know it's my problem and I usually feel nervous and sweat on my body. It really made me embarrassed and panicked. Since I couldn't translate into English and lacked vocabulary I lost everything on my mind, I couldn't stay focused.”

Uswatun Khasanah added that<sup>2</sup>:

---

<sup>1</sup> Interview with Saiful Wakhid on 31 January 2022 at MTS Al-Hidayah Langon

<sup>2</sup> Interview with Uswatun Khasanah on 31 January 2022 at MTS Al-Hidayah Langon

I am worried when I am asked to come forward and deliver answers to questions that are being asked by the teacher. Sometimes I also worry when there is practice speaking English in front of the class, so I don't feel confident. Even when I practice in pairs, my friends sometimes laugh at me when I'm wrong.

Ahmad Catur Bayu Novian also added that<sup>3</sup>:

“When I was asked to speak English in front of the class and was noticed by my classmates, I felt very nervous, embarrassed and afraid of making mistakes. The kind of mistakes I'm afraid of is when speaking English. It's hard to pronounce because the letters are jumbled up and sometimes I don't know how to read them. Often when I'm wrong, my friends laugh at my mistakes, from there I feel that my English is very bad, I keep trying and I hope I will succeed.”

From the data above the reason students got anxiety when the teacher asked them to come in front of the class and doing exercise likes, doing grammars roles, reading on the text book, or speaking. The anxiety comes because they their English is difficult language. And some of them do not like English. From this situation the students felt uncomfortable with the teacher when teaching in the class.

As the students said that<sup>4</sup>:

“I was afraid that if I was appointed to come to the front of the class, so I had to memorize it in a short time, because I didn't really understand speaking, I was afraid that I would be wrong and my classmates would be embarrassed later. My teacher also rarely corrected me when I was wrong and even asked if I read it that way. So for that reason I prefer to stay silent in class, if asked who wants to come forward I just stay safe, looking for safety, because I am afraid and ashamed.

---

<sup>3</sup> Interview with Catur Bayu on 31 January 2022 at MTS Al-Hidayah Langon

<sup>4</sup> Interview with Danis Firdausi Ahla on 31 January 2022 at MTS Al-Hidayah Langon

In class, the teacher often speaks English to me and my friends. However, because I rarely practice speaking English I feel confused and scared when my teacher asks to read or answer questions in English<sup>5</sup>.”

From the data above it can be known that the students felt afraid when the teacher asked them the questions. Based on the researcher's observation by using field notes on January 31 2022, the situation in the class while learning English was passive and not responding. The students always silent and looked confused about the material that the teacher explained to them. And there are some students who don't listen and are busy with their classmates. The students have many problems with their English such as vocabularies, pronunciation the words and also the grammars rules. All of these make the students felt nervous and anxiety in learning English

As the students Siti Fatimatuz Zahroh also said that<sup>6</sup>:

“I really have difficulty with vocabulary, so my English vocabulary is still minimal and there is much more to learn and memorize. I when memorizing need calm and must be repeated. If the class is crowded, then my memorization is difficult and during repetition I forget the vocabulary again. I understand the English material given by the teacher if it is easy and clear when explaining it. I know, I still memorize vocabulary to make it easier for me to speak English. Because I think the most important thing when learning English is to understand the vocabulary<sup>7</sup>.”

The limited vocabulary is one of the inhibiting factors in speaking English and learning it. Forgetting the meaning of a word can make me forget all the

---

<sup>5</sup> Interview with Ulin Nur Hadad on 31 January 2022 at MTS Al-Hidayah Langon

<sup>6</sup> Interview with Siti Fatimatus Zahroh on 31 January 2022 at MTS Al-Hidayah Langon

<sup>7</sup> Interview with Muhammad Alfi on 31 January 2022 at MTS Al-Hidayah Langon

things I wanted to say. It was very embarrassing and made me nervous to be in front of the class. Instantly my mind faded and unfocused. Lack of vocabulary makes me not confident in learning English. I'm also still lazy to remember a lot of vocabulary<sup>8</sup>.

From the data above it tells the students could not understand English easier, because of they have problem with their vocabularies. During the researcher's observation with documentation on January 31 2022 it also found many students have problems in vocabularies, it can be seen from their speaking where they could not speak English and they have to see the note what the vocabularies.

#### **b. Trait Anxiety**

Trait anxiety is the tendency of a person to be nervous or feel anxious irrespective of the situation he/she is exposed. According to the students, unclear explanation may also contribute to their anxiety in learning English. The interview indicated that most of the students get so bothered when they do not understand what the teacher said. Some of them added that they fear they would not understand all the language input which simply increased the probability of their failure.

Sometimes you understand, sometimes you don't understand what the teacher is saying, so you have to ask your friends again to make sure what the teacher explains in class<sup>9</sup>.

I actually really like learning English, but when I teach in class sometimes the teacher explains quickly so that it is difficult for me to understand. And give more assignments than explain. So I was confused when I

---

<sup>8</sup> Interview with Fahrudin Aziz on 31 January 2022 at MTS Al-Hidayah Langon

<sup>9</sup> Interview with Agus Zudiarto on 31 January 2022 at MTS Al-Hidayah Langon

was working on it, because I didn't understand well the material that was delivered by the teacher<sup>10</sup>.

Many complained that the students could not understand the materials because they could get clear explanation from their teacher. Based on the researcher's observation by using field note on January 31 2022 the student still asked to their friends about the teacher's explanation, it cause they could understand the teacher's explanation clearly and also many exercises. A few even showed carelessness by chat with their friends next to them or drawing something maybe to reduce their anxiousness.

As the students Arya Pratama also said that<sup>11</sup>:  
 “I feel very anxious and nervous when I am asked to come to the front of the class to read stories to my friends, sometimes I am also asked to explain in English about the material that has been explained by the teacher. Even though I pay close attention to the teacher's explanations, often I can't if asked to re-explain because I am afraid of being wrong and embarrassed.”

From the data above it tells the students felt nervous because they are asked to come in front of the class and explain the material that they learned today. It make the students feel nervous and afraid if they wrong because they could not understand the material very well.

As the students KhairunNisa also said that<sup>12</sup>:  
 “I often feel nervous because I am still in the stage of learning English, the teacher continues to give me enthusiasm and support to be able to learn English well. I often ask and ask for solutions to my friends or my teacher so that my English learning can be maximal and

---

<sup>10</sup> Interview with Dina Maesaroh on 31 January 2022 at MTS Al-Hidayah Langon

<sup>11</sup> Interview with Arya Pratama on 31 January 2022 at MTS Al-Hidayah Langon

<sup>12</sup> Interview with Khairun Nisa on 31 January 2022 at MTS Al-Hidayah Langon

efficient, not disturbing my study time with other subjects.”

From the data above it tells the students felt anxious because they seldom to practice in learning English. They are afraid to come in front of the class and they felt anxious because they feel that the English they are learning is still not optimal. They hope to learn English optimally and efficiently so that it does not disturb with the learning of other subjects.

### c. Specific-situation anxiety

This type when the students should have the assignment of examination from the teacher to speak or write about their experiences or describe about things.

As the students said:

“I'm worried that at a certain time ma'am. During an exam or when you have to work independently about explaining something or explaining experiences. So I'm not so confident to answer all the directions from the teacher, because sometimes I'm confused where to start. There was once when the teacher gave me an assignment to tell an unforgettable incident or event that I had experienced, I was confused about where to start because my vocabulary was limited and I was still memorizing little by little. Still don't really understand grammar<sup>13</sup>.”

From the data above the students felt anxiety because they have to do examination or they have practice to do by their own experienced. They have to explain the topic that the teacher gave it to them. They also felt anxiety because they have homework about describing the things.

As the students said:

When we took the exam, we felt like we were crazy, ma'am, we were afraid, we were worried, we certainly were, so sometimes we didn't even focus. I was so nervous that it affected the score I got. In fact,

---

<sup>13</sup> Interview with Nela Agustina on 31 January 2022 at MTS Al-Hidayah Langon

sometimes I also have to repeat again because the previous value was not optimal<sup>14</sup>.

From the Data above the students should have good performance when they have mid semester, they have should be practice very well to get good result.

Based on the explanations above it can be known that there are three kind of State Anxiety, where the students feel panic, afraid and they could stress when they want to learn in English Trait Anxiety, where the students feel nervous when the students do not understand the teacher's explanation and Specific-situation anxiety, where the students should do examination.

## **2. The Factors Caused the Students' Anxiety in Learning English**

This part presented the research findings which the researcher found in the field.

### **a. Communication Apprehension**

Communication apprehension in foreign language learning derives from the personal knowledge that one will almost certainly have difficulty understanding other and making oneself understood; that is why many talkative people are silent and shy in the class.

As the students said:

“I find it difficult to understand what material the teacher has delivered because I am a bit slow in learning, especially for English subjects, so I sometimes prefer to be silent, because I tend not to understand what the teacher is saying. Plus, sometimes I don't really understand what I'm being asked to do. So I don't know how to do it. Likewise at home, I don't have a sister I can ask for help with assignments if I have trouble<sup>15</sup>.”

---

<sup>14</sup> Interview with Ahmad Fauzan Akbar on 31 January 2022 at MTS Al-Hidayah Langon

<sup>15</sup> Interview with Danis Firdausi Ahla on 31 January 2022 at MTS Al-Hidayah Langon

“My ability is still limited to understand and understand English. Because since childhood I was rarely taught English because my background was from a boarding school, where the Salafiah cottage was the study of books and did not learn English at all. So now I still have difficulty understanding the material presented by the teacher<sup>16</sup>.”

From the data above we can be known that the students do not understand well the subject about English. They have problems in their material such as vocabularies, speaking, grammar, reading and also seldom to practice that.

It's hard for me to understand the material explained, ma'am, sometimes my friend who explains it is also quite difficult to understand. It's true that I don't like to learn English, but I keep trying to learn English by liking and practicing English a little. Speaking material is a material that scares me, I am very bad at speaking English, I panic more quickly when asked to speak. At that time, when I was asked to take an English speaking test, I tended to panic and it caused me to forget what to say in front of other people. I am afraid of making mistakes because my friends will laugh at me if I am wrong<sup>17</sup>.

Fahrudin Aziz also added that<sup>18</sup>:

“I often make some mistakes in English practice ma'am, whether it's when asked to come to the front of the class or when the teacher asks me to come and speak English, I'm sure my heart will beat fast and my body sweats from nervousness. Unlike me who practice speaking English with my friends, I feel more relaxed and I think I can practice well. It was a factor when I tried to practice English.”

---

<sup>16</sup> Interview with Catur Bayu on 31 January 2022 at MTS Al-Hidayah Langon

<sup>17</sup> Interview with Uswatun Khasanah on 31 January 2022 at MTS Al-Hidayah Langon

<sup>18</sup> Interview with Fahrudin Aziz on 31 January 2022 at MTS Al-Hidayah Langon



The data above show that students feel difficult to understand because they are weak in English. They are seldom to practice English in their activities. They feel shy and afraid when they practice even with their friends.

#### **b. Anxiety Test**

Test anxiety refers to a type of performance anxiety, from a fear of failure. Test anxiety is believed to be one of the most important aspects of negative motivation. It can be defined as “unpleasant feeling or emotional state that has physiological and behavioral concomitants and that is experienced in formal testing or other evaluative situations. As the student said<sup>19</sup>:

If there is a test to evaluate our nikai, we will be worried ma'am. So it felt awkward, afraid of getting angry with the teacher if we couldn't explain well. In addition, we are afraid that we will not be able to master the material that has been explained well by the teacher.

Fatimatuz Zahroh also added that<sup>20</sup>:

“The English test was very scary for me, especially the vocabulary and speaking test. If I see my friend worried, I'm worried too. The thing is, those who are smart are anxious when taking the test, let alone me. So I'm afraid if there is such a test.”

The biggest problem in class is making a lot of mistakes that make me afraid to show my ability as much as possible ma'am. I worry if my friends laugh at me and they will say something because of my mistake. I am afraid that they will make fun of me. When I feel nervous, I usually make involuntary movements or

---

<sup>19</sup> Interview with Ahmad Fauzan on 31 January 2022 at MTS Al-Hidayah Langon

<sup>20</sup> Interview with Fatimatus Zahroh on 31 January 2022 at MTS Al-Hidayah Langon

lower the volume of my voice. It makes my error invisible<sup>21</sup>.

From the data above the students feel anxiety because almost the students feel anxiety, it makes the students could not be confidence to learn or speak in front of the class. So the students must memorize the word and also the sentences that they are going to present in front of the class. The students also feel afraid because they could not say the right word in English, so they are afraid if they have to do the test. Actually it is good for the students because the teacher could know the students skill in learning English, but fro some students they are not ready to follow the test.

### c. Fear of Negative Evaluation

In the case of a Foreign Language learner, the fear occurs in a situation where students have to speak in front of a familiar audience or examiner. Students concern about opinions from important people such as teachers, friends, or parents. This can be clearly seen in a statement below:

The difficulty that I face when asked to appear in front of the class sometimes I want to finish quickly, on the other hand, I forget what English vocabulary I want to say. Then when I try to remember I get nervous and find it harder to remember because I can't focus. That obviously embarrassed me and made my classmates laugh. So far I haven't been able to overcome my fear, I haven't been able to believe in myself<sup>22</sup>.

I do not like English subjects, therefore I feel ashamed and afraid when I make mistakes, I am afraid to be wrong and get bad grades, I am also afraid if my friends laugh at me. Especially when the teacher asked me to come to the front of the class doing an assignment on the blackboard or just reading a text in

---

<sup>21</sup> Interview with Nela Agustina on 31 January 2022 at MTS Al-Hidayah Langon

<sup>22</sup> Interview with Ulin Nur Hadad on 31 January 2022 at MTS Al-Hidayah Langon

English I felt nervous, I was afraid of being wrong, while other friends saw and paid attention to me. I really can't control myself when I'm nervous.

Based on the data above the students feel anxiety because they have to speak or reading in front of the class and they did not prepare well enough to speak about the topic.

Based on the explanations above it can be concluded that there are three factors caused the students' anxiety in learning English, such as communication apprehension, where the students could not speak English because they have weak experience about English and they are not always practice English, test anxiety, where the students feel anxiety because they have to do the test that the teacher give to them of the students do examination and fear of negative evaluation, where the students afraid if the teacher and their friends will laugh if the students make mistake.

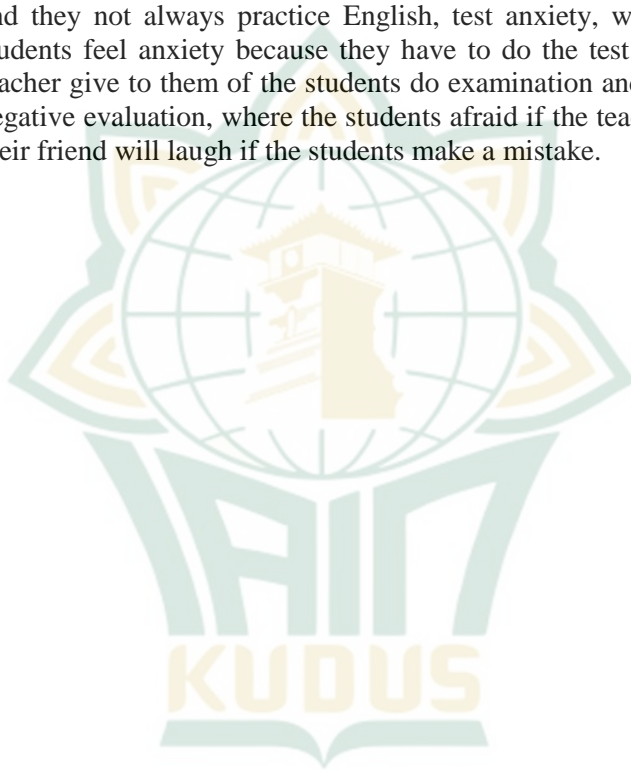
## **B. Discussion**

This part presents the discussion of the research findings. There were two research questions proposed in this study. This research focused on the students' anxiety in learning English at Eight Grade of MTs Al-Hidayah Langon-Jepara. In this case, the students' anxiety in learning English at Eight Grade of MTs Al-Hidayah Langon-Jepara considered that factors. From the research finding, the students' feel anxiety in learning English at Eight Grade of MTs Al-Hidayah Langon-Jepara were so various;

There were three kinds of students' anxiety in learning English at Eight Grade of MTs Al-Hidayah Langon-Jepara based on Elis theory, they are state anxiety, Elis stated that most of the students have problem with their language especially speaking skill which can be seen when they speak such as nervous, stress and also confidence, this result where the students feel panic and they could stress when they want to speak in English Trait Anxiety, where the student feel nervous when the students could not understand the teacher explanation and specific-situation anxiety, where the students should do

examination of English.<sup>23</sup> It is similar lines with the finding of Rayani,<sup>24</sup> Asparanita<sup>25</sup> and Anggiyana.<sup>26</sup>

There were three factors caused the students' anxiety in learning English at the Eight Grade of MTs Al-Hidayah Langon-Jepara based on Horwitz theory, they are communication apprehension, where the students could not learn English because they have weak experience about English and they not always practice English, test anxiety, where the students feel anxiety because they have to do the test that the teacher give to them of the students do examination and fear of negative evaluation, where the students afraid if the teacher and their friend will laugh if the students make a mistake.



---

<sup>23</sup> Rod Ellis, *The study of Second Language Acquisition*, (Oxford University, 1994)

<sup>24</sup> Ravica Rayani, *Student Anxiety in Learning English (a study at the Eight Grade of SMP N 1 Tambusai)*, (2021)

<sup>25</sup> Roli Asparanita, *Students' Anxiety in Speaking English at the Eleventh Grade of Senior High School 1 Muaro Jambi*, (2020)

<sup>26</sup> Anggiyana Mustachim, *Students' Anxiety In Learning English*, (2014)