Students’ Perception of the Causes of Anxiety in Speaking English at an
Islamic Private Senior High School in Yogyakarta

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Devy Tri Lestari
20160810032

English Language Education Department

Faculty of Language Department

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Approval Page

Students' Perception of the Causes of Anxiety in Speaking English at an Islamic Private Senior High School in Yogyakarta

Universitas Muhammadiyah Yogyakarta
Language Education Faculty
English Education Department

We hereby approve the Skripsi of

Devy Tri Lestari
201608100032
Candidate for the degree of Sarjana Pendidikan

March 30, 2020
Sri Rejeki Munirungsih, S.Pd., M.Ed., Ph. D.
The Skripsi Supervisor

March 30, 2020
Indah Puspawati, S.Pd., M.A.
Examiner 1

March 30, 2020
Puput Arinandani, S.Pd., M.A.
Examiner 2

Yogyakarta, March 30, 2020

Accepted

Dr. Suryanto
Dean of Language Education Faculty
Statement of Authenticity

This student
Name : Devy Tri Lestari
Student number : 20160810032
Department : English Language Education Department
Faculty : Faculty of Language Education
University : Universitas Muhammadiyah Yogyakarta

I certify that this undergraduate thesis entitled: “Students’ Perception of the Causes of Anxiety in Speaking English at an Islamic Private Senior High School in Yogyakarta” is my original work. No other person work or ideas have been used without any permission or acknowledgement. Except where those cited in the quotations and references.

Yogyakarta, 18 Februari 2020

Devy Tri Lestari
NIM.20160810032
Acknowledgment

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ABSTRACT

Speaking anxiety is the state when the learner feel worry, stress, and uncomfortable to speak English with others. Speaking anxiety can happen to any of student due to lack of English knowledge, communication apprehension, and afraid of making mistake. This study aimed to investigate the causes that contribute to speaking anxiety as well as the strategies to regulate speaking anxiety used by senior high school students. The participants for this research are six students, with four students of the twelfth grade and two students of eleventh grade from one of Islamic private senior high school in Yogyakarta academic year 2019/2020. The participants were selected using purposive sampling. The results of this study revealed that the students experience anxious feeling when they need to speak English with each other that caused by these following factors: communication apprehension, test anxiety, and fear of negative evaluations. Further, the research also found that the students have strategies to regulate their anxiety. These strategies are: preparations, relaxation, positive thinking, peer support, resignation, and teacher support.

Keyword: Speaking skill, Speaking anxiety, Causes of speaking anxiety, Strategies to regulate anxiety.
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