

**“EFL STUDENTS’ STRATEGIES TO COPE WITH ANXIETY IN
SPEAKING”**

SARJANA’S THESIS

**Presented to Faculty of Teachers’ Training and Education as a Partial
Fulfilment of the Requirements for Completing the Sarjana Pendidikan
Degree in English Language Education Study Program**

**ANDI NURHAERUN’NISA AMIN
REG.NUMBER: 1810117220007**



**ENGLISH LANGUAGE EDUCATION STUDY PROGRAM FACULTY OF
TEACHERS’ TRAINING AND EDUCATION
LAMBUNG MANGKURAT UNIVERSITY
BANJARMASIN**

2023

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BANJARMASIN**

LETTER OF APPROVAL

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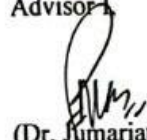
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Study Program : English Language Education
Thesis Title : EFL Students' Strategies to Cope with Anxiety in Speaking

has completed the revision of the thesis manuscript in accordance with the suggestions given by the Examiner Board therefore, this thesis is ready to be submitted for the Research Result Seminar.

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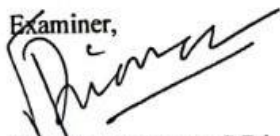
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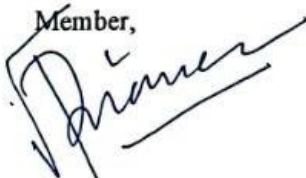
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ABSTRACT

Amin, Andi Nurhaerun'nisa. 2023. EFL Students' Strategies to Cope with Anxiety in Speaking. Sarjana's Thesis. English Department, Faculty of Teachers' Training and Education, Lambung Mangkurat University, Banjarmasin. The first advisor: Dr. Jumariati, M.Pd., the second advisor: Elsa Rosalina M.Pd.

Keywords: EFL, Speaking Anxiety, Strategies.

This research aims to identify and describe the factors of EFL students' anxiety and the strategies to overcome their anxiety in speaking. The research subjects are 5 EFL students' junior secondary school students of 8th grade in SMPN 6 Banjarmasin, the academic year of 2022/2023. In this study, the researcher used a qualitative method with a descriptive qualitative approach.

The data were collected through observation in order to understand which participants experienced low levels of anxiety in speaking. Semi-structured interview was used to learn the causes of speaking anxiety and the students' strategies to cope with it. Documents were also used to support the data. Based on the observation, there were 5 students who experienced fewer levels of speaking anxiety. From the results of these observations, interviews were conducted with 5 students who experienced a low level of anxiety to speak.

The result of the interview showed that the factors of the anxiety in speaking that the students experienced are caused by three aspects which are affective factors, cognitive factors, and linguistic factors. The study also discovered certain strategies that the students applied when they had speaking anxiety. The students used preparation, relaxation, positive thinking, and peer seeking as their strategies. All of the strategies that have been found are related to 3 factors namely affective factors, cognitive factors, and also linguistics. This study calls for the inclusion of students remain to keep their strategies to reduce speaking anxiety and have more practice for their speaking performance in English.

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Alhamdulillahirobbil'aalamiin. In the name of Allah, the Beneficent, the Merciful. Praise be to Allah, Lord of the World who has blessed the writer in completing this paper. Sholawat and Salam are given upon our prophet Muhammad SAW, who has guided us the way of truth and brought us to the real light of life.

The title of the thesis is **“EFL Students’ Strategies to Cope with Anxiety in Speaking.”** From the sincerity of the writer’s deepest heart, she realized that this Sarjana’s thesis could not achieved without help, guidance, support, encouragement, motivation, and advice from various parties. Therefore, the writer would like to express her deepest gratitude and most profound appreciation to:

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Hopefully, this paper can be useful to the readers, particularly to the writer. Also, the writer realized that this paper is far from perfect. It is a pleasure for the researcher to receive constructive criticism and suggestion from anyone for better writing.

Banjarmasin, 31 Juli 2023

The Writer,



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