

**Causes and Effects of the English Department Students' Anxiety in Their
Speaking Performance**

A THESIS



**By
Benedicta Kezia Widjaja**

**ENGLISH LANGUAGE EDUCATION STUDY PROGRAM
TEACHER EDUCATION FACULTY
WIDYA MANDALA CATHOLIC UNIVERSITY SURABAYA
JULY 2023**

**Causes and Effects of the English Department Students' Anxiety in Their
Speaking Performance**

A THESIS

Presented to Teacher Education Faculty
Widya Mandala Surabaya Catholic University
in partial fulfillment of the requirement for the Degree of
Sarjana Pendidikan in English Language Education



by:
Benedicta Kezia Widjaja
1213019025

**ENGLISH LANGUAGE EDUCATION STUDY PROGRAM
TEACHER EDUCATION FACULTY
WIDYA MANDALA SURABAYA CATHOLIC UNIVERSITY
SURABAYA**

JULY 2023

SURAT PERNYATAAN

SURAT PERNYATAAN Jalur Skripsi

Bersama ini saya:
Nama : Benedicta Kezia Widjaya
Nomor Pokok : 121 301 9025
Program Studi : Pendidikan Bahasa Inggris
Jurusan : Bahasa dan Seni
Fakultas : Keguruan dan Ilmu Pendidikan

Menyatakan dengan sesungguhnya bahwa skripsi saya yang berjudul:
Causes and Effects of the English Department Students'
Anxiety in Their Speaking Performance

benar-benar merupakan hasil karya saya sendiri. Apabila Skripsi ini ternyata merupakan hasil *plagiarisme*, maka saya bersedia menerima sanksi berupa pembatalan kelulusan dan/atau pencabutan gelar yang telah saya peroleh.


Demikian surat pernyataan ini saya buat dengan sesungguhnya dan dengan penuh kesadaran.

Surabaya, 5 Juli 2023
Yang membuat pernyataan,



Benedicta Kezia Widjaya

Mengetahui,
Dosen Pembimbing I.


Dr. V. Lutuk Prijambodo, M.Pd.
NIK: 121.90.0171

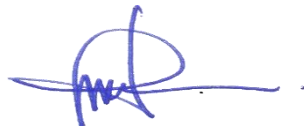
Dosen Pembimbing II.

NIK: _____

APPROVAL SHEET

(I)

This thesis entitled **Causes and Effects of the English Department Students' Anxiety in Their Speaking Performance** prepared and submitted by Benedicta Kezia Widjaja (1213019025) has been approved to be examined by the Thesis Board of Examiners.



Dr. V. Luluk Prijambodo, M.Pd.
Thesis Advisor



Johanes Leonardi Taloko, M.Sc.
Examiner 1



Dr. Ruruh Mindari, M.Pd.
Examiner 2

SURAT PERSETUJUAN PUBLIKASI KARYA ILMIAH

SURAT PERNYATAAN PERSETUJUAN PUBLIKASI KARYA ILMIAH

Demi perkembangan Ilmu Pengetahuan, saya sebagai mahasiswa Universitas Katolik Widya Mandala Surabaya

Nama Mahasiswa Benedicta Kezia Widjaya
Nomor Pokok 1213019025
Program Studi Pendidikan Bahasa Inggris
Jurusan Bahasa dan Seni
Fakultas Keguruan dan Ilmu Pendidikan
Tanggal Lulus 10 Juli 2023

Dengan ini ~~SETUJU/TIDAK SETUJU~~ Skripsi atau Karya Ilmiah saya,

Judul Causes and Effects of the English Department Students' Anxiety in Their Speaking Performance.

Untuk dipublikasikan/ditampilkan di Internet atau media lain (Digital Library Perpustakaan Universitas Katolik Widya Mandala Surabaya) untuk kepentingan akademik sebatas sesuai undang-undang Hak Cipta yang berlaku.

Demikian surat pernyataan ~~SETUJU/TIDAK SETUJU~~ publikasi Karya Ilmiah ini saya buat dengan sebenarnya.

Surabaya,
Yang membuat pernyataan,



Benedicta Kezia Widjaya

NRP: 1213019025

^{*) coret salah satu}

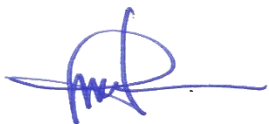
APPROVAL SHEET

(II)

This thesis entitled **Causes and Effects of the English Department Students' Anxiety in Their Speaking Performance** prepared and submitted by Benedicta Kezia Widjaja (1213019025) has been approved to be examined by the Board of Examiners.



Johanes Leonardi Taloko, M.Sc.
Chair



Dr. V. Luluk Prijambodo, M.Pd.
Secretary



Dr. Ruruh Mindari, M.Pd.
Member



Dr. V. Luluk Prijambodo, M.Pd.
Dean



Maria Josephine K. S., M.Pd.
Head of Study Program

STATEMENT OF AUTHENTICITY

I declare that this thesis is my own writing, and it is true and correct that I did not take any scholarly ideas or work from others dishonestly. All the cited works were quoted in accordance with the ethical code of academic writing. I will take all the consequences if plagiarism is found in this thesis.

Surabaya, 14th July 2023



Benedicta Kezia Widjaja
1213019025

ACKNOWLEDGEMENTS

First of all, thanks to God who gives His blessings to the researcher, so that she can successfully finish this thesis entitled Causes and Effects of the English Department Students' Anxiety in Their Speaking Performance. The researcher would also like to express her sincere gratitude to the following people who help to guide her to finish this thesis:

1. Dr. V. Luluk Prijambodo, M.Pd., as my advisor who constantly gives his support and guidance to me so that I am able to complete this thesis successfully.
2. Johanes Leonardi Taloko, M.Sc., as my thesis examiner who are willing to give me constructive and reasonable feedback for the betterment of my thesis.
3. Dr. Ruruh Mindari, M.Pd., as my second thesis examiner who are willing to give me constructive and reasonable feedback for the betterment of my thesis.
4. My parents, my little brother, and my little sister who always give positive words and encouragement for me to finish my thesis.
5. All of my friends, especially from batch 2019 who always support and cheer me to finish my thesis.

Benedicta Kezia Widjaja

ABSTRACT

Widjaja, Benedicta Kezia. (2023). *Causes and Effects of the English Department Students' Anxiety in Their Speaking Performance*. Thesis. English Language Education Study Program, Faculty of Teacher Training and Education, Widya Mandala Surabaya Catholic University.

Advisor: Dr. V. Luluk Prijambodo, M.Pd.

Keywords: *speaking, speaking performance, foreign language anxiety, causes of anxiety, effects of anxiety*

Most students think that it is hard to speak fluently in front of people. Since speaking English is a hard skill, it often makes students anxious. This study aims to find out the causes of the English Department students' anxiety in their speaking performance, the effects of anxiety on the English Department students' speaking performance, the strategies done by the English Department students to cope with their anxiety in their speaking performance. The population used in this research is the English Department students in a private university in Surabaya. The samples of this research were the 26 English Department's students from batch 2021. The instrument used in this research is questionnaire.

The findings show that the causes of anxiety are Non-linguistic Factor (overthinking), Non-spoken linguistic factor (not understanding speaking topic and speaking context), Non-linguistic Factor (low self-confidence), Spoken Linguistic Factor (improper accent, mispronunciation of words, improper intonation, talking speed, vocabulary, and grammar), and Non-linguistic Factor, (uncomfortable teaching method and learning experience factor). The effects of anxiety are decreased speaking fluency and performance and students often forget vocabulary to use and talk in messy grammar. The strategies used by the students to cope with anxiety are preparation, peer-seeking, positive thinking, and relaxation. However, preparation and peer-seeking are not suitable for spontaneous speaking activity. While, positive thinking and relaxation can be used spontaneously.

TABLE OF CONTENTS

TITLE PAGE.....	i
SURAT PERNYATAAN.....	ii
APPROVAL SHEET(I).....	iii
SURAT PERSETUJUAN PUBLIKASI KARYA ILMIAH.....	iv
APPROVAL SHEET (II).....	v
STATEMENT OF AUTHENTICITY.....	vi
ACKNOWLEDGEMENTS.....	vii
ABSTRACT.....	viii
TABLE OF CONTENTS.....	ix
LIST OF TABLES.....	xi
CHAPTER 1.....	1
INTRODUCTION.....	1
1.1 Background of the Study.....	1
1.2 Statement of the Problem.....	3
1.3 Objective of the Study.....	4
1.4 Significance of the Study.....	4
1.5 Theoretical Framework.....	4
1.6 Scope and Limitation of the Study.....	5
1.7 Definition of Key Terms.....	5
CHAPTER 2.....	7
REVIEW OF RELATED LITERATURE.....	7
2.1 Underlying Theories.....	7
2.2 Previous Studies.....	12
CHAPTER 3.....	15
RESEARCH METHODS.....	15
3.1 Research Design.....	15
3.2 Population and Samples.....	15
3.3 Research Instruments.....	15
3.4 Procedure of Collecting the Data.....	17
3.5 Technique of Data Analysis.....	17
CHAPTER 4.....	20
DATA ANALYSIS AND DISCUSSION.....	20
4.1 Data Analysis of Anxiety Level Experienced by the Students.....	20
4.2 Causes of Anxiety on English Department Speaking Performance.....	23
4.3 Effects of Anxiety on English Department Students Speaking Performance.....	35
4.4 Strategies Used by English Department Students to Cope with Anxiety.....	38
4.2 Discussion.....	44
CHAPTER 5.....	49
CONCLUSION AND SUGGESTIONS.....	49
5.1 Conclusion.....	49
5.2 Suggestions.....	50
5.2.1 For lecturers.....	50

5.2.2 For Students	51
5.2.3 For Other Researchers	51
REFERENCES	52
APPENDICES	56

LIST OF TABLES

Table 3.1 Four-point Likert Scale.....	17
Table 3.2 Anxiety Level Classification.....	18
Table 4.1 Anxiety Level Classification.....	20
Table 4.2 The Result of the FLCAS Total Score and Anxiety Level.....	20
Table 4.3 Anxiety Level Frequency and Percentage.....	22
Table 4.4 Spoken Linguistic Factor (improper accent, mispronunciation of words, improper intonation, talking speed, vocabulary, and grammar) Category Table.....	23
Table 4.5 Non-spoken Linguistic Factor (not understanding speaking topic and speaking context).....	27
Table 4.6 Non-linguistic Factor (low self-confidence) Category Table.....	28
Table 4.7 Non-linguistic Factor (uncomfortable teaching method and learning experience factor) Category Table.....	29
Table 4.8 Non-linguistic Factor (overthinking) Category Table.....	32
Table 4.9 The Result of the Causes of Anxiety in Speaking Performance.....	33
Table 4.10 The Result of the Open-ended Question.....	34
Table 4.11 The Result of Speaking Fluency and Performance Category.....	35
Table 4.12 Vocabulary and Grammar in Speaking Performance.....	36
Table 4.13 The Result of the Effects of Anxiety in English Department Students’ Speaking Performance.....	37
Table 4.14 The Result of the Open-ended Question of the Effects of Anxiety in English Department Students.....	38
Table 4.15 The Result of Preparation Strategy.....	39
Table 4.16 The Result of Relaxation Strategy.....	39
Table 4.17 The Result of Positive Thinking Category.....	40
Table 4.18 The Result of Peer-seeking Category.....	41
Table 4.19 The Result of English Department Students’ Strategies to Cope with Anxiety.....	42

Table 4.20 The Result of the Open-ended Question of English Department Students Strategies to Cope with Anxiety.....	43
--	----