

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

This research aimed to find out students' strategies in overcoming their speaking English anxiety. Closed-ended questionnaire and interview were used to collect the data. It was held at SMPN 1 Selakau, and 36 VIII A participate in this research. The researcher took the conclusions of this research based on the research findings in the previous chapter, students used four strategies in overcoming speaking anxiety, namely preparation, relaxation, positive thinking, and peer seeking. According to the students' responses to the questionnaire, students mostly use the preparation strategy as an overcoming strategy for speaking English anxiety. Moreover, the resignation strategy was the lowest strategy that students used to overcome anxiety in speaking English.

However, according to the students' responses to the interview, the preparation was also a strategy students mostly used an overcome their speaking English anxiety. Students have to prepare all things related to speaking before the class begins and to practice constantly. Students also mentioned relaxation strategy, they playing with their hands and playing with a pen, students also take a breath and let out a breath. Furthermore, students mentioned positive thinking and peer seeking strategies. Students think positively by instilling in their minds that they can speak English, in peer seeking students look for friends and students talk with their friends to share or exchange ideas. Additionally, based on the interview, there were no students stated that they used the resignation strategy to overcome anxiety in speaking English.

B. Suggestion

Based on conclusions above, the researcher gives some suggestions that connected to this research as follow:

1. The students are suggested to use the strategies to make students confident and minimize their anxiety. Students can take relaxation and positive thinking to a certain condition that may make them feel afraid and anxiety. Then, students also can make their own motivation through understand that they can do it. Another way to make students feel confident when speak English is prepare themselves become the most reasonable strategies of all. The last but not least, when students will speaking English and they do not feel really okay with that, then find friends who have the same problem can be one of the options to make them confident enough.
2. As a learning coach teachers are suggested to pay more attention and understand the student. Teachers must understand that every student has their own learning strategies, styles, weaknesses, and strengths in learning. Make communication between teacher and students, direct students to the appropriate strategies to overcome speaking anxiety.
3. To the researchers who will conduct related research about students' strategies for overcoming anxiety in speaking English may use this research as an additional reference. It suggested the further researcher to explore deeper at the same concern by teachers' perspective not just from the students' perspective. This is to improve both teaching and learning processes as a whole.