

FACTORS LEADING TO SPEAKING ANXIETY AND STRATEGIES TO OVERCOME THE ANXIETY

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ABSTRACT

This study addressed the speaking anxiety issue experienced by students of Faculty of Language and Arts (FLA) of Satya Wacana Christian University. This study attempted to answer the research question: ‘What factors are responsible for students’ speaking anxiety?’ and ‘What do students do to overcome their anxiety?’ The participants of this study were 92 students from English Language Education program of FLA. They were asked to fill in a questionnaire related to speaking classes and their anxieties. Through qualitative-descriptive analysis, it was found that there were four most common speaking anxieties: low self-perception of linguistic competence, followed by negative attitudes toward classroom variables, fear of failing tests, and being aware of mistakes. The findings also indicated four most common and most effective strategies to reduce anxiety: preparing the outline before delivering a speech, practicing the speech over and over again, using positive self-talk, and taking a deep breath to gain comfortable feeling. This study could give insight and understanding of different factors causing anxiety, and how to cope with students’ anxiety in speaking classes.

Key word: speaking anxiety, factors, strategies, speaking class