

**THE CAUSES OF ANXIETY AND STRATEGIES TO MINIMIZE IT:
A QUALITATIVE STUDY ON PUBLIC SPEAKING STUDENTS**

THESIS
Submitted in Partial Fulfillment
of the Requirements for the Degree of
Sarjana Pendidikan



Siska Hartrina Nurmadevi
112008044

**ENGLISH DEPARTMENT
FACULTY OF LANGUAGE AND LITERATURE
SATYA WACANA CHRISTIAN UNIVERSITY
SALATIGA
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Approved by:

Listyani, M. Hum

Anne I. Timotius, M.Ed

Supervisor

Examiner

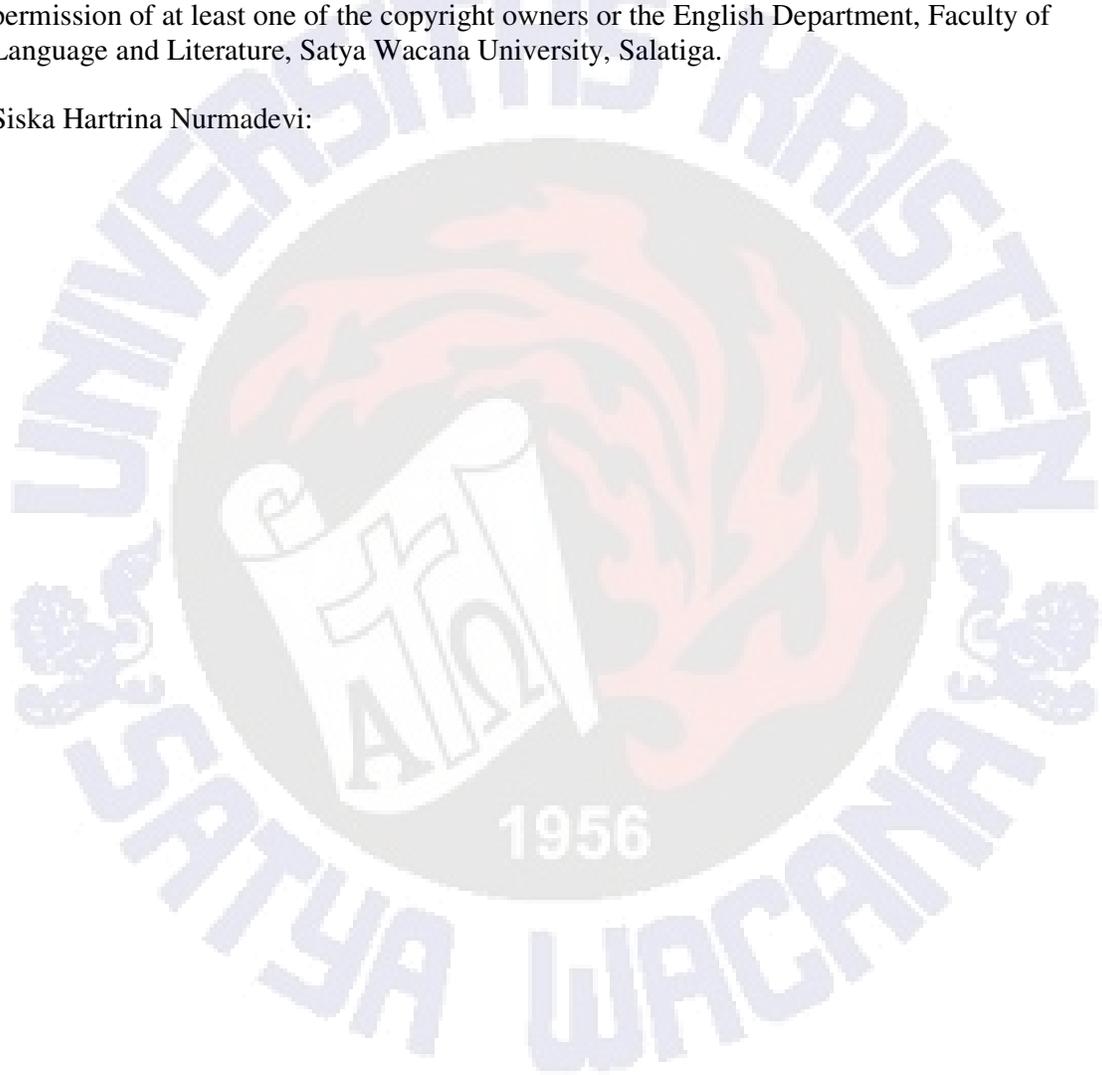
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THE CAUSES OF ANXIETY AND STRATEGIES TO MINIMIZE IT: A QUALITATIVE STUDY ON PUBLIC SPEAKING STUDENTS

Siska Hartrina Nurmadevi, English Department,
Satya Wacana Christian University

Abstract

Many students experienced anxiety when they have to speak in a foreign language, especially when they have to do a presentation. This study analyzed the anxiety causes experienced by Public Speaking students before they do presentations and their strategies to minimize it. The study addressed the following questions: a) What caused the students to feel anxious before doing presentations? b) What strategies did they do to minimize their anxiety problem? The participants were 20 Public Speaking students. They were interviewed in a group of 2 or 3, to make them feel comfortable during the interview. The interview consisted of 7 questions, it was recorded and transcribed. The results showed the students' anxiety causes were influenced by internal factors like self confidence and competence, and external factors like the presentation and the audience. Another result showed their strategies to deal with their anxiety problem, which was grouped into 3 main themes: relaxation, preparation, and motivation. This study's findings hopefully contributed a better understanding for students to be aware of their anxiety and know how to deal with it. This study would hopefully help the Public Speaking teachers to support and prepare the students for future presentations.

Keywords: *anxiety, anxiety causes, Public Speaking students, presentation, strategies*