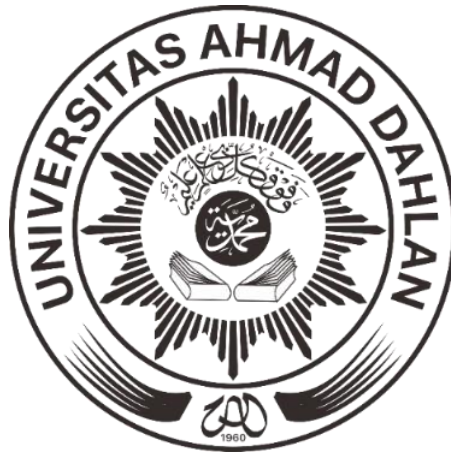


**STUDENTS' STRATEGIES IN REDUCING ANXIETY IN SPEAKING ENGLISH**  
**BACHELOR THESIS**



**By**

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**ENGLISH EDUCATION STUDY PROGRAM**  
**FACULTY OF TEACHER TRAINING AND EDUCATION**  
**UNIVERSITAS AHMAD DAHLAN**  
**YOGYAKARTA**

**2021**

**STUDENTS' STRATEGIES IN REDUCING ANXIETY IN SPEAKING ENGLISH**  
**BACHELOR THESIS**

Submitted to the Faculty of Teacher Training and Education Universitas Ahmad Dahlan  
Yogyakarta as a Partial Fulfillment of the Requirements for the Attainment of *Sarjana*  
*Pendidikan*



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**ENGLISH**

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**ENGLISH**

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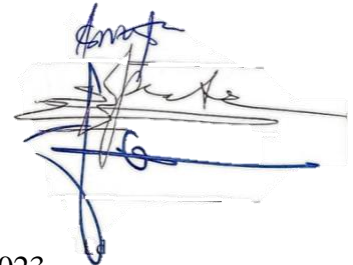
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Dengan ini saya menyerahkan hak *sepenuhnya* kepada perpustakaan Universitas Ahmad Dahlan untuk menyimpan, mengatur akses serta melakukan pengelolaan terhadap karya saya ini dengan mengacu pada ketentuan akses tugas akhir elektronik sebagai berikut

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## **MOTTO**

*“Everyday we wake up is another blessing. Follow your dreams and don’t let anyone stop you. Never say never.” – Justin Bieber*

## **DEDICATION**

I would like to say thanks to Allah Subhanahu Wata'ala for guidance through this tough life, the protector, and strength. Prophet Muhammadiyah Sholallahu "Alaihi Wa Salam. The one that shows the way of the truth and the source of inspiration for Muslims. Therefore, I would like to dedicate this research to:

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It is a prayer that the help and good deeds are given to the researcher get the reward and pleasure of Allah SWT. The researcher realizes this thesis is far from perfection. Therefore, the criticism and advice that builds the researcher expect for the perfection of this thesis.

Yogyakarta, 26 Juni 2023

Researcher,

A handwritten signature in black ink, appearing to be 'Eva Paulina', written in a cursive style.

Eva Paulina

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## **ABSTRACT**

Anxiety is a feeling where a person feels anxious and afraid of what they want to do. This is one of the common problems in learning English, especially in speaking. This research aims to identify the reason of the students anxiety in speaking English and to explain the students ways for dealing with anxiety when speaking English.

This study used a mixed method as a research method. The subject of this study were sixth-semester students of English Education Department at Universitas Ahmad Dahlan. The data was collected through the questionnaire to 100 students and interview to 6 students with the highest level of anxiety who were selected from the questionnaire. The questionnaire was based on Horwitz, Horwitz and Cope (1986) Foreign Language Classroom Anxiety (FLCA).

The findings showed that four factors caused anxiety in speaking English; (1) feeling nervous, (2) lack of words, (3) fear of making mistakes, and (4) afraid of sudden questions. Further, the strategies to reduce anxiety in speaking English; (1) preparation, (2) relaxation, and (3) positive thinking.

Keywords: *Anxiety, Speaking English, Strategies*