

THE ANALYSIS OF STUDENTS' ANXIETY IN SPEAKING ENGLISH

Renita^{1*}, Mulyadi², Muthmainnah Mursidin³

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^{1,2,3}Faculty of Teacher Training, Education and Literature, Universitas Islam Makassar, Indonesia

¹Corresponding author, email: rnlisana@gmail.com

Abstract: The research aims to analyze the factors of students' anxiety in speaking English. This research used a qualitative method with a purposive sampling technique, 20 students of class X were selected as participants. Data was obtained through interviews, observation checklists, and documentation. This research found that grade X students experienced speech anxiety factors. The results of the interviews found that speaking anxiety in students is caused by several factors including biological factors, negative thoughts, and emotional factors characterized by fear, trembling, worry in the form of negative feelings felt by individuals in communicating, usually in the form of feelings of tension, nervousness, or panic experienced by individuals in communicating with many people.

Keywords: Anxiety factor, Student anxiety, Speaking English.

1. INTRODUCTION

Education is the most important thing in human life, this means that every Indonesian deserves it and is expected to always develop in it. Education in general means the process of human self-development to be able to carry out life. Education is a place to improve the quality of human resources. Improving the quality of human resources will be achieved if there are clear directions and objectives related to the implementation of education. As is known in the world of education, the ability to speak is a support for the smooth teaching and learning process (Alpian, et al: 2019). Communication has become part of human life. In students, communication among students is needed to know what others are saying. However, the difficulty of communication is the feeling of anxiety about being afraid to receive negative responses or thoughts of people who received the message. One of the problems faced by many humans is communication anxiety, that is, anxiety when faced with situations that require communication (Hayu purnamaningsih, E: 2003).

Communicating in public for some people is easy, but not for some who feel tormented and at a loss for words if asked to do so. This condition is a form of public speaking anxiety, which is an uncomfortable state for individuals who speak in front of others. Public speaking anxiety is not caused by an individual's incompetence but is often caused by the individual's negative thoughts. Thinking about other people's opinions about their appearance, unsure of their own abilities and feeling unable to interact with other human beings. When a person. feels anxious, physical symptoms that appear such as chills, palpitations, want to defecate, sweat, want to urinate and others. Speaking anxiety can be experienced by everyone including students in the world of Education when students are told to speak English, English is an example of communication carried out in the learning process.

Anxiety is defined as distress or anxiety of the mind caused by the fear of danger or accident. Nervousness or anxiety can be interpreted as the attitude of an individual who doubts, worries or does not believe in doing or conveying something to another individual or group. Some characteristics of nervous people are usually nervous people often feel panic, anxiety, trembling legs, sweating a lot, stuttering speech, headaches or stomach pain (Fitriani, E., Julia, J., & Gusrayani, D:2022). Feeling nervous or anxious when you start public speaking is something that most people experience, especially for college and university students. Communication is a must for humans, because humans need communication relationships with fellow humans as social creatures. Communication is everywhere, for example, communication at home with family when family talks at the dinner table, at school with friends when students discuss their work and elsewhere.

It is known that communication is also carried out by students and students both informally such as chatting with friends, discussing subject matter with friends or group study, as well as formal communication such as material discussions with questions and answers during learning. Students are required to have the ability to speak in public, in addition to expressing their thoughts in writing, the ability to express something orally requires mastery of good and correct language so that it is easily understood by others. Public speaking anxiety can also be experienced by students at school. One of the competencies that must be possessed by students is public speaking, the ability to speak in public is very important for students to be able to carry out activities at school.

Students are required to be able to communicate and talk with anyone to express opinions, ask teachers, present their assignments, and conduct group discussions are forms of communication carried out by students to demand them to speak in public. But not all students are able to communicate well in class, students often run out of words when they want to express what is in their heads and end up experiencing speech anxiety. According to Rasimin, Yusra and Wahyuni (2021) explained that one of the problems of students' interpersonal communication skills is asking and speaking which are faced a lot, especially learning. Public speaking anxiety is experienced by many students because students are afraid and feel unable to speak in public, and students feel uncomfortable when instructed to stand up and express their opinions in front of their peers (Rasimin, R., Yusra, A., & Wahyuni , H: 2021).

2. LITERATURE REVIEW

2.1. The Concept of Speaking

Speaking is one of the abilities that must be mastered by students to communicate with others. When students speak, it doesn't just reveal the sounds of the language. Language is a speech communication tool that becomes a benchmark for a person in communicating when speaking or responding to other people's speech. (Setyonegoro, A: (2013) Speaking as a communication activity involves a process of talking one after another between the speaker and the interlocutor. This means that talking happens back and

forth in exchange for talking. When the speaker utters, the listener acts as the listener, and vice versa when the listener takes over the speaking activity, the previous speaker changes function to become a listener. Speaking is a skill used to share ideas, message opinions through words. There are several purposes for human speaking, including: Expressing thoughts, feelings, imagination, ideas, ideas, and opinions Responding to the meaning of speech from others. Want to entertain others. Convey information. Persuade or influence others (Setyonegoro, A: 2013)

2.2. The Public Speaking Anxiety

Communication through public speaking or speaking in front of the public is a method of communicating both individually and with a group of people. The functions of public speaking are to convey ideas or information (argumentation), convince other people (persuasion), sell products (selling) and invite other people. However, this function is hampered, if an individual experiences anxiety about speaking in public. Public speaking anxiety can be defined as a feeling of fear when someone experiences frustration or conflict with themselves. There are several types of public speaking anxiety, namely: anxiety due to knowing that there is danger that threatens oneself and anxiety in the form of an illness that can affect the whole person (Chaplin: 2000).

Anxiety is an experience of painful and unpleasant feelings. It arises from the reaction of internal or Apprentice tensions of the body, this tension is due to an internal or external impulse and is controlled by an Autonomic arrangement of neural bridges. For example, when a person faces a dangerous and frightening condition, his heart stone will move faster, his breathing becomes tight, his mouth becomes dry and his palms sweat, this kind of reaction then causes an anxiety reaction. These negative feelings arise in response to unpleasant and unwanted situations such as when a person feels threatened, depressed, and does not feel confident. It can be said that anxiety is a negative reaction that occurs when a person accepts certain actions or situations that are perceived as threatening. In addition, anxiety can occur due to negative experiences that cause stress or psychological trauma (Maryanti, S, dkk)

2.3. The Speech Anxiety factors

According to Monarth & Kase (2007), in Khairunnisa the factors that influence individuals experiencing speech anxiety, namely: a). biological factors. Fear or anxiety can be experienced by everyone when faced with danger. When faced with situations that can make you feel uncomfortable, the physiological response that appears is, first, the sympathetic nervous system produces and releases adrenaline, a hormone fight (face) and flight (avoid) situations of danger. Second, the heartbeat beats vigorously, the blood pressure rises, the face is pseudo-red. Third, feel a sensation of coldness and trembling in the hands and feet. Fourth, breathing becomes faster, it is difficult to regulate breathing and experience lightheadedness. Fifth, sweating all over, b). negative thought factors. Thoughts that trigger biological responses are times when biological responses reveal anxiety and negative thoughts. Negative thoughts generally arise, first that speaking in front of a class is scary. Second, overthinking the negative consequences of a social situation. Third, emotional

reasoning is a thought about the presence of feelings of anxiety such as abdominal pain will cause individuals to express opinions poorly. Fourth, there is a feeling of being unable to overcome some difficulties in social situations. Fifth, focus on the negative aspects of a situation and ignore the positives, c). avoidant behavioral factors. The natural response when experiencing anxiety is how to escape the condition with avoidance strategies. We want to avoid such tense situations as quickly as possible and do not want to return to the same situation, d). emotional factors. When we exhibit a fear situation, we experience physiological, cognitive and behavioral responses that describe the situation so that we ourselves develop fear of that particular situation. The individual tends to feel feelings of anxiety, fear, worry, feeling not easy to deal with public speaking situations. When individuals avoid these class-speaking situations, they realize the implications for career and social life. It causes feelings of depression, moodiness, frustration, hopelessness and feelings of fear.

3. METHODS

This research uses qualitative methods. Qualitative research is research that can be used to examine people's lives, history, organizational functionalization behavior or social movements. This research method is research that uses an interview system. Interviews are conducted to examine and understand the feelings, and perceptions of students or individuals. The essence of qualitative research is to observe people in their living environment interacting with them, trying to understand their language and interpretation of the surrounding world, approaching or interacting with people related to the research focus by trying to understand, explore their views and experiences to obtain the necessary data (Nugrahani: 2014). In short, this study uses qualitative. Qualitative research uses research that aims to collect data in the form of words and pictures in the field with observation, interviews and documentation. Researchers choose qualitative methods because they aim to explore data in accordance with facts in the field and analyze existing theories. In addition, qualitative methods are best used to develop theories built through data obtained in the field. The qualitative approach is data collected in the form of words, pictures not numbers, even if there are numbers, only as support. Data was obtained through interviews, field notes, photographs of personal documentation and others.

4. RESULTS

By presenting the data using percentages, researchers expect readers to form a deep understanding of the topic.

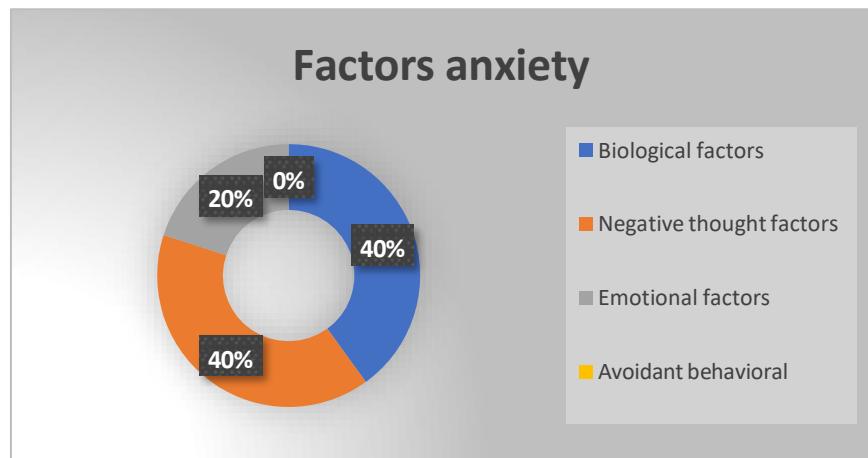


Figure 1. Interview Result

The chart above shows the factors mentioned in the previous chapter. This chart shows that biological factors and emotional factors have a large contribution to speaking anxiety with a score of 40% each, this shows that the body's response experiences several factors that cause students to have difficulty expressing their opinions. While in the chart above, negative thought factors contribute as much as 20% to speaking anxiety, this shows that negative thoughts such as self-deprecation, fear of negative judgment, and fear of being ridiculed by friends can play a significant role in increasing students' anxiety levels when speaking in public.

5. DISCUSSION

This research aims to determine the level of students' speaking anxiety. In this section, the researcher will discuss the overall results of the research data obtained to answer this research question. This study found that students in grade X experienced speech anxiety factors. Then, the results of the interview found that speaking anxiety in students was caused by several factors. Anxiety of speaking is a social phobia, which is characterized by fear, worry in the form of negative feelings felt by individuals in communicating, usually in the form of feelings of tension, nervousness, or panic experienced by individuals in communicating with many people (Winarni, Reni et al. 2003).

The findings in this study show the factors that cause speech anxiety experienced by students. Researchers found that there were physical symptoms felt by students, negative thoughts of students and excessive worry. Some students answered that they had anxiety problems because of their low English skills. Students who have low language skills have limitations in using the language optimally, causing excessive anxiety when speaking English in public. Many studies have found a negative correlation between students' English skills and speaking anxiety, one of which is research conducted by Mulyani (2011). Mulyani found a negative correlation between student abilities and student anxiety in her research. She found that students

who experienced high anxiety were students who had low English language skills (Mulyani, 2011). This reveals that language skills also affect anxiety levels in students.

The fear of not being understood is also the cause of students feeling afraid of speaking English by students, this makes students afraid of misunderstandings either when disclosing information or receiving information. Santrisa (2018) conducted a similar study related to fear communication, the average student studied experienced anxiety due to communication concerns. Students feel afraid of not being understood when talking to native speakers, or when speaking (santrisa, 2018). There are physical symptoms that appear when students are told to speak English in front of teachers or friends. This certainly makes students less focused because of the onset of physical symptoms that are felt at the same time as the anxiety of speaking that students will do.

Speaking English in front of a teacher or friend can be caused by nervousness or anxiety. Some of the physical symptoms that usually occur when anxious about talking are the first, sweaty hands or body are a common sign of nervousness. The trembling of both hands or feet when a student is told to speak English in front of a teacher or a friend can be the result of the student not being sure of himself, when the student feels pressured to speak, they will feel a heavy burden, this feeling can worsen physical symptoms such as shaking. With the right approach, hand or foot trembling due to anxiety can be reduced so that students feel more comfortable and confident when speaking English in front of their peers. The third is an increased heart rate. The heart beats faster because of the adrenaline released when anxious. Adrenaline increases the heart rate so that blood can be pumped faster to the muscles and brain, this prepares the body to respond quickly to threats or challenges. The fourth is the difficulty of students regulating their breath, the pressure to perform either in front of teachers or friends can add to the mental burden that contributes to breathing difficulties.

Negative thoughts that bother students. These negative thoughts are caused by the students themselves because students feel a lack of confidence in students. Young's theory (1991) states that students who have a low view of themselves have the potential to experience anxiety, this is due to thinking too much about people's opinions about them (Young, 1991). Excessive worry from students which can be caused by a lack of preparation, practice or vocabulary possessed by students, this can make students mentally weak. This factor was also found by a previous researcher named Vera Abdillah in her research on the factors that cause speech anxiety. He found that some students admitted that they found it difficult to speak when they did not prepare well (Adillah, 2018).

6. CONCLUSION

Speaking anxiety is a common challenge among individual students and can be influenced by several factors. Based on the results of interviews,

researchers who have presented in previous chapter, from the analysis of speaking to students it can be concluded that many factors can influence individual fear in public speaking. The first factor is biological factors that include physical factors that can affect a person's tendency to experience speech anxiety such as trembling in the hands and feet, flushed face with sweat, difficulty controlling breathing, shortness of breath and mild headaches. The second factor is negative thought factors, which refer to negative thought patterns, such as in confidence or fear of other people's judgments towards students that can trigger anxiety about speaking. The third is the emotional factor that involves the emotional response that arises in students when faced with a speaking situation that causes anxiety, worry and fear when they want to speak.

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