

CHAPTER V

CONCLUSION AND SUGGESTIONS

This chapter consists of conclusion on the study and the suggestions for further study. The first part of this study is aimed at giving concluding remarks on the present study about senior high school students' anxiety in English speaking class. Due to the limitations and the weaknesses of the present study, the second part of this chapter presents several suggestions for further studies.

5.1 Conclusion

The present study was conducted to investigate the level of foreign language anxiety of EFL high school students; to figure out the sources of students' foreign language anxiety and anxiety-provoking situations; and to investigate the strategies used by the students to lowering their anxiety.

The results of this study showed that the second grade of a senior school students in SMA Laboratorium (Percontohan) UPI Bandung were 'mildly anxious' in their speaking class. They already learnt English since in the Elementary School, or maybe in the kinder garden. That was long enough to know and learn how to speak English. That is why actually their English was not really bad; they could speak and already master some vocabulary. But, their fear of the evaluation from both their teacher and friends make them anxious to speak English.

Their anxiety comes from many causes. It may come from themselves, such as their concern about their proficiency, their confidence to speak, their

experience about learning English, etc. They usually thought that they could not speak well if they did not have any preparation, but sometimes their teacher just called them to speak suddenly and their friends always laugh at them every time they come forward and did bad performance. So, anxiety may also come from their surrounding such as their teacher and classmates behavior.

In lowering their anxiety the students used some strategies such as relaxation, preparation, positive thinking, peer seeking, and resignation. Those strategies are the categorization by Kondo and Yang (2007). Most of them said that they always try to be relaxed by taking a deep breath and keep moving their hands or feet. They thought that those things will make them feel relieve.

5.2 Suggestions

In Foreign Language Class, anxiety is one of the problems that would be faced by the students. After knowing the causes of anxiety felt by the students, teacher must create a non-threatening environment in order to make the students enjoying the lesson. Teacher must use some different methods that would be appropriate for the students. In asking the students to speak, especially in front of the class, the teacher must know the readiness of the students. He/she should ask them to speak in a small group first to make them practicing their speaking ability and their confidence.

Due to the limitations and weaknesses of the present study, several suggestions for further study are necessary to mention. The present study examines the level of anxiety perceived by most of the students in a senior high school, the causes of their anxiety, and their strategies in reducing their own

anxiety. However, the teacher's role in reducing the students' anxiety is needed to be examined. Therefore, the further study could explore about the teaching method used by the teacher in reducing the students' anxiety. In addition, the comparative study about the anxiety perceived by each different level of grade would be interesting to be investigated.

