

**ANXIETY IN PUBLIC SPEAKING OF HIGHER EDUCATION
STUDENTS IN UNIVERSITAS MUHAMMADIYAH SURAKARTA:
TYPES, CAUSES AND COPY STRATEGIES**

RESEARCH PAPER



**Submitted as a Partial Fulfillment
of the Requirements for Getting Bachelor Degree
in Department English Education**

Proposed by

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**SCHOOL OF TEACHER TRAINING AND EDUCATION
MUHAMMADIYAH UNIVERSITY OF SURAKARTA**

2024

APPROVAL

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ACCEPTANCE

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Accepted and Approved by Board of Examiners
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Muhammadiyah University of Surakarta

On June 2, 2024

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TESTIMONY

Here I declare that in this research paper, there is no plagiarism of the previous literary work, which has been raised to obtain bachelor degree in any university, nor there are opinions or master pieces which have been written or published by others except those in which the writing are referred in this paper and mentioned in the literary review and bibliography.

Later, if it is proven that there are some untrue statements in this testimony, I will hold fully responsible for that.

Surakarta, May 11 2024

The researcher,

A handwritten signature in black ink, consisting of a circular mark on the left and a stylized, cursive-like signature on the right.

Rizkika Ahsanu Amala

Motto

-Never miss every opportunity that comes to us, because just believe that every opportunity that comes brings thousands of other opportunities bigger -

DEDICATION

This research paper is dedicated to:

My parents, Mr. Nugroho Saktiono Murtoyo and Mrs. Sunarni who always takes care of me, gives everything I need and supports me.

My grandma, Muntariyah, who always gives me what I need.

My lovely sister and brother who have accompanied me, give positive energy and always make me laugh.

My lovely best friends Afni, Rara, Muna have helped me a lot in cheering me up while working on my research paper.

My lovely friends Roisah, Risqia, Valya who always support and help me.

Myself because I was able to try and fight hard and control myself until this moment.

ACKNOWLEDGEMENT

Assalamualaikum Wr. Wb

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ABSTRAK

Kemahiran berbicara di depan umum sangat penting bagi siswa di pendidikan tinggi untuk mencapai kesuksesan di bidangnya masing-masing setelah lulus. Namun, banyak permasalahan yang muncul saat mereka berbicara di depan umum, terutama ketika mereka menyampaikan pidato dalam bahasa Inggris. Salah satu permasalahannya adalah siswa sering mengalami kecemasan ketika berbicara di depan umum. Tujuan dari penelitian ini adalah untuk memberikan gambaran komprehensif tentang pengalaman mahasiswa dalam menghadapi kecemasan berbicara di depan umum, mengidentifikasi faktor-faktor mendasar yang berkontribusi terhadap terjadinya kecemasan dalam berbicara di depan umum, dan menyajikan strategi efektif untuk mengatasi kecemasan tersebut, khususnya bagi mahasiswa semester satu hari Sabtu. Pertemuan Bahasa Inggris (SEGA). Analisis penelitian ini dilakukan dengan menggunakan pendekatan deskriptif kualitatif. Dan melibatkan sampel sebanyak 80 siswa yang mengikuti Saturday English Gathering (SEGA). Metode pengumpulan data yang digunakan meliputi observasi, angket, dan wawancara. Hasil penelitian ini menunjukkan bahwa banyak siswa yang mengalami kecemasan berbicara di depan umum karena berbagai faktor antara lain kurangnya kosa kata, topik yang asing, khawatir akan kelancaran, memiliki sedikit waktu untuk berpikir, kurang percaya diri, merasa cemas dalam memberikan informasi penting, merasakan kemampuan peserta lain dalam berbicara di depan umum lebih baik, takut diuji oleh tutor, khawatir diremehkan, dan merasa takut siswa lain akan menertawakannya. Selain itu, ada beberapa strategi dalam penelitian ini antara lain persiapan, latihan dan relaksasi. Penelitian ini diharapkan mampu memberikan kontribusi dalam pembelajaran public speaking sehingga lebih mampu menghilangkan rasa cemas.

Kata kunci: Public Speaking, Anxiety, Students' Strategy

ABSTRACT

Proficiency in public speaking is crucial and should be acquired by students in higher education to achieve success in their respective fields after graduation. However, when they speak in public, many problems arise, especially when they deliver speeches in English. One of the problems is that students often experience anxiety when speaking in public. This research aims to provide a comprehensive picture of students' experiences in dealing with public speaking anxiety, identify the underlying factors that contribute to this anxiety, and present effective strategies for overcoming this anxiety, particularly for first-semester students attending the Saturday English Meeting (SEGA). This research analysis was carried out using a qualitative descriptive approach. A sample of 80 students took part in the Saturday English Gathering (SEGA). Data collection methods used include observation, questionnaires and interviews. The study's results indicate that a significant number of students suffer from public speaking anxiety, which can be attributed to a variety of factors such as a lack of vocabulary, unfamiliar topics, concerns about fluency, limited time for thought, a lack of confidence, anxiety about presenting important information, perceptions of others' superior public speaking abilities, fear of tutor tests, concerns about being underestimated, and fear of ridicule from their peers. Apart from that, there are several strategies in this research, including preparation, practice and relaxation. It is hoped that this research will contribute to public speaking learning so that it is better able to eliminate anxiety.

Key words: Public Speaking, Anxiety, Students' Strategy

TABLE OF CONTENT

COVER	i
APPROVAL	ii
ACCEPTANCE	iii
TESTIMONY	iv
MOTTO	v
DEDICATION	vi
ACKNOWLEDGEMENT	vii
ABSTRAK	viii
ABSTRACT	ix
TABLE OF CONTENT	x
CHAPTER I INTRODUCTION	
A. Background of the Study	1
B. Limitation of the Study	2
C. Research Question	2
D. Objective of The Study.....	3
CHAPTER II LITERATURE REVIEW	
A. Previous Study	5
B. Theoretical Review	7
C. Theoretical Framework	14
CHAPTER III RESEARCH METHOD	
A. Research Method	15

B. Subject of Research.....	15
C. Object of The Research	16
D. Data and Data Source.....	16
E. Technique of Collecting Data	16
F. Technique of Data Analysis	18
G. Triangulation	19

CHAPTER IV RESEARCH FINDING AND DISCUSSION

A. Findings.....	20
B. Discussion	40

CHAPTER V CONCLUSION, IMPLICATION, AND SUGGESTION

A. Conclusion.....	44
B. Pedagogical Implication	45
C. Suggestion for Further Research	45

REFERENCES 47

APPENDIX 50