

BAB IV

RESEARCH FINDINGS AND DISCUSSION

This chapter presents finding and discussion. This chapter explains the cause of speaking anxiety of first semester students who join Saturday English Gathering (SEGA) and how to overcome public speaking anxiety experienced by students in first semester of Saturday English Gathering (SEGA). This research elaborated the research findings based on the result of questionnaire and interview.

A. Findings

In this part of the data findings, first the researcher will describe types of public speaking anxiety, analyze cause of public speaking anxiety and analyze strategies to overcome the public speaking anxiety of first-semester students who join Saturday English Gathering (SEGA). Based on the responses provided by the students to the questionnaire, the researcher was able to say that the responses were varied.

1. Types of Public Speaking Anxiety

Based on the close questionnaire with the eighty students of Department of English Education in first semester, the researcher find finds out public speaking anxiety. Students experienced public speaking anxiety based on the classification theory of Tercan and Kenan (2015): Trait anxiety, State Anxiety, and situation-Specific Anxiety.

a. Trait Anxiety

Trait anxiety refers to relatively stable individual differences in anxiety-proneness. Trait anxiety is kind of anxiety that is nature

In their body. The people who have trait anxiety always feel anxious because of their personality. People with high trait anxiety are generally nervous people and lack of emotional stability. The data are:

1) Lack of Vocabulary

Table 4.1.1. Result of Questionnaire

No	Category	Participants	Percentage
6.	Strongly disagree	2	2,5%
	Disagree	14	17,5%
	undecided	11	13,75%
	Agree	39	48,75%
	Strongly agree	14	17,5%
Participants		80	100%

Table 4.1.1 shows that 17.5% strongly agree and 48.75% agree that lack of vocabulary is one of the factors causing public speaking anxiety in foreign languages. 13.75% of the participants remain undecided, 17.5% disagree, and 2.5% strongly disagree with this statement. The data above indicates that most students encountered a deficiency in vocabulary during the first semester of Saturday English Gathering (SEGA).

2) Lack of Confident

Table 4.1.2 Result of Questionnaire

No	Category	Participants	Percentage
6.	Strongly disagree	4	5%
	Disagree	15	18,75%
	undecided	10	12,5%
	Agree	31	38,75%
	Strongly agree	20	25%
Participants		80	100%

Table 4.2.1 shows that 25% strongly agree and 38.75%

agree that lack of confidence is one of the factors that cause public speaking anxiety, 12.5% of them expressed uncertainty about this case. While 18.75% disagree and 5% strongly disagree. Based on the data above, most of the first students of Saturday English Gathering didn't feel confident with their ability in public speaking.

b) State Anxiety

Spielberger in Mutawakkil (2021) describes state anxiety can take place in a particular time and situation by accompanying physical signs such as drymouth, sweaty palms, and faster heart rate. Shortly. state anxiety occurs at some moment because of the feeling of nervousness, tension, and worry.

1) Worry About Fluency

Table 4.2.1 Result of Questionnaire

No	Category	Participants	Percentage
6.	Strongly disagree	2	2.5%
	Disagree	12	15%
	undecided	14	17,5%
	Agree	31	38,75%
	Strongly agree	21	26,25%
Participants		80	100%

Table 4.2.1 shows that 26,25% strongly agree and 38,75% agree that they worry about their fluency in public speaking.

While 17.5% are undecided or unsure about this case, 15% of them disagree, and 2.5% of them strongly disagree. Based on the data above, most students in the first semester of Saturday English Gathering (SEGA) feel worry about their fluency.

2) Worry Being Underestimate

Table 4.2.2 Result of Questionnaire

No	Category	Participants	Percentage
6.	Strongly disagree	5	6,25%
	Disagree	22	27,5%
	undecided	9	11,25%
	Agree	33	41,25%
	Strongly agree	11	13,75%
Participants		80	100%

Table 4.2.2 shows that 13,75% strongly agree, and 41,25% agree that they worry about being underestimated by the audience because they make mistakes when doing public speaking. 11,25% expressed uncertainty about the situation. In addition, 27.5% of the participants expressed disagreement, with 6.25% strongly disagreeing.

3) Fear of Being Tested Orally in Public Speaking

Table 4.2.3 Result of Questionnaire

No	Category	Participants	Percentage
6.	Strongly disagree	7	8,75%
	Disagree	19	23,75%
	undecided	20	25%
	Agree	25	31,25%
	Strongly agree	9	11,25%
Participants		80	100%

Table 4.2.3 shows that 11,25% strongly agree, and 31,25% agree that they fear being tested orally in public speaking by instructors. About 25% of them were unsure about the case. Of them, 23,75% disagreed, and 8,75% strongly disagreed. Based on the data above, students fear being tested orally in public speaking by instructors, as experienced by most students in the first semester of Saturday English Gathering (SEGA).

4) Feel Afraid That Other Student Will Laugh

Table 4.2.4 Result of Questionnaire

No	Category	Participants	Percentage
6.	Strongly disagree	7	8,75%
	Disagree	21	26,25%
	undecided	13	16,25%
	Agree	28	35%
	Strongly agree	11	13,75%
Participants		80	100%

Table 4.2.4 indicates that 13,75% strongly agree and 35% agree with this statement. 16.25% were unsure about this case. In addition, 26,25% strongly disagree, while 8,75% strongly agree. According to the data above, one of the causes of speaking anxiety is fear that other students will laugh when they do public speaking, which is experienced by most students in the first semester of Saturday English Gathering (SEGA).

d) Situation-Specific Anxiety

Luo (2014) stated that situation-specific anxiety is stable over time, similar to trait anxiety, but it might not be consistent across

situations. Situation-specific anxiety only occurs in a particular situation such as giving a speech, taking a test, or using other languages. Thus, situation-specific anxiety represents anxiety in language learning.

1) Feel Anxious in Providing Important Information

Table 4.3.1 Result of Question

No	Category	Participants	Percentage
6.	Strongly disagree	2	2,5%
	Disagree	15	18,75%
	undecided	22	27,5%
	Agree	30	37,5%
	Strongly agree	11	13,75%
Participants		80	100%

Table 4.3.1 reveals that 13,75% strongly agree, and 37,5% agree, that they experience anxiety when they have to provide important information orally. There were 27.5% undecided about the case. In addition, 18.75% expressed disagreement, while 2.5% strongly disagreed. Based on the data above, one of the causes of speaking anxiety is that students feel anxious when they have to provide important information orally in public speaking, as experienced by most students in the first semester of Saturday English Gathering (SEGA).

No	Types of Speaking Anxiety	Finding	Percentage
1.	Trait Anxiety	2 Data	29%
2.	State Anxiety	4 Data	57%

3.	Situational-Specific Anxiety	1 Data	14%
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Based on the result above, the researcher has found three types of speaking anxiety that are trait anxiety, state anxiety, and situational-specific anxiety. Based on the result, it can be concluded that the first semester student who joining Saturday English Gathering (SEGA) mostly experienced state anxiety.

2. The Factors Cause Speaking Anxiety by Student's Public Speaking

According to the questionnaire's results, the majority of students in the first semester who joined Saturday English Gathering (SEGA) concur that the following causes contribute to students' speaking anxiety: According to the questionnaire's results, speaking anxiety issues existed as follows:

a. Lack of Vocabulary

Lack of vocabulary is a problem in doing public speaking because having a limited vocabulary leads to a limited number of conversations. Many students believe that if they want to be able to speak confidently, they need a lot of vocabulary in their mind. This can be seen from the result of the questionnaire below:

Table 4.1 Result of Question No. 1

No	Statement	Category	Participants	Percentage
1.	I have anxiety when doing public speaking due to lack of vocabulary	Strongly disagree	2	2,5%
		Disagree	14	17,5%
		undecided	11	13,75%
		Agree	39	48,75%
		Strongly agree	14	17,5%
Participants			80	100%

Table 4.1 shows that 17.5% strongly agree and 48.75% agree that lack of vocabulary is one of the factors causing public speaking anxiety in foreign languages. 13.75% of the participants remain undecided, 17.5% disagree, and 2.5% strongly disagree with this statement. The data above indicates that most students encountered a deficiency in vocabulary during the first semester of Saturday English Gathering (SEGA).

They admitted that a lack of vocabulary and topic background is the cause of their anxiety in public speaking. The following interviews provide support for the data presented above:

Student R: *“Kuranginya kosakata benar-benar berpengaruh membuat kecemasan dalam melakukan wicara public dan saya sering mengalami. Hal ini membuat wicara public jadi terhenti”*

Student R: “Lack of vocabulary really has an effect on making public speaking anxiety and I often experience it. This makes my public speaking stop”

Student D: *“saya setuju memang dasar berbicara harus menguasai banyak kosa kata, walaupun kita sudah banyak kosa kata terkadang kita mengalami lupa dalam kosa kata. Jika hal ini dianggap tekanan maka bisa mendadak lupa ketika sedang melakukan wicara public karena gugup”*

Student D: “I agree that the basics of speaking must be mastering a lot of vocabulary, even though we have a lot of vocabulary, sometimes we forget vocabulary. If this is considered pressure then you may suddenly forget when you are giving a public speech because you are nervous”

b. Unfamiliar Topic

Another contributing reason to public speaking anxiety is the presence of unknown topics. A significant number of students hold the belief that they experience

anxiety when confronted with novel subjects, as topics serve as the initial hurdle to overcome while engaging in public speaking. This is evident from the outcomes of the questionnaire provided below:

Table 4.2 Result of question number 2

No	Statement	Category	Participants	Percentage
2.	I have experience anxiety when doing public speaking because the topic given is unfamiliar to me	Strongly disagree	2	2,5%
		Disagree	16	20%
		undecided	17	21,25%
		Agree	36	45%
		Strongly agree	9	11,25%
Participants			80	100%

Table 4.2 shows that 11,25% strongly agree and 45% agree that unfamiliar topics are one of the reasons students experience public speaking anxiety. Table 4.2 reveals that 21,25% of students are uncertain about this issue, 20% disagree, and 2,5% strongly disagree. Based on the data above, an unfamiliar topic was experienced by most students in the first semester of Saturday English Gathering (SEGA).

One of the factors contributing to students' anxiety during public speaking is the limited range of topics they are familiar with. The following interviews provide support for the data presented above:

Student R: *“Saya sering mengalami hal itu dan itu membuat gugup karena topik yang tidak kita ketahui mengharuskan kita mencari tahu terlebih dahulu, dan terkadang belum benar-benar paham dan itu jadi hal besar cemas dalam wicara public nantinya”*

Student R: “I often experience this and it makes me nervous because topics we don't know about require us to find out first, and sometimes we don't really understand it and that becomes a big worry in public speaking later.”

c. Worry About Fluency

Fluency is used as a determining factor to assess the extent to which students or language learners are proficient in learning skills. So, fluency is very important when someone does public speaking, especially in English. Many students admitted that they still worry about their fluency when doing public speaking. This often leads to a problem known as public speaking anxiety. The results of the questionnaire below demonstrate this.

Table 4.3 result of question number 3

No	Statement	Category	Participants	Percentage
	I am worried about fluency in doing Public Speaking	Strongly disagree	2	2,5%
		Disagree	12	15%
		Undecided	14	17,5%
		Agree	31	38,75
		Strongly agree	21	26,25%
Participants			80	100%

Table 4.3 shows that 26,25% strongly agree and 38,75% agree that they worry about their fluency in public speaking. While 17.5% are undecided or unsure about this case, 15% of them disagree, and 2.5% of them strongly disagree. Based on the data above, I worry about fluency in public speaking, which is experienced by most students in the first semester of Saturday English Gathering (SEGA).

Students admitted that they felt afraid if they were not fluent when doing public speaking. The data above is supported by the

results of the following interviews:

Student H: “Saya itu merasa takut kalau berbicara di depan itu kurang lancar dalam menyampaikan informasi ke peserta lain”

Student H: “I was afraid that speaking in front would be less fluent in conveying information to other participants”

d. Fear of Being Tested Orally in Public Speaking

Many students fear being tested orally in public speaking by instructors, which can be a daunting challenge. Students believe that this scenario causes them anxiety, particularly if they lack a thorough understanding of the assigned topic. The results of the questionnaire below demonstrate this.

Table 4.4 Result of Question Number 4

No	Statement	Category	Participants	Percentage
4.	After doing Public Speaking, I was worried when the tutor gave an oral exam	Strongly disagree	7	8,75%
		Disagree	19	23,75%
		undecided	20	25%
		Agree	25	31,25%
		Strongly agree	9	11,25%
Participants			80	100%

Table 4.4 shows that 11,25% strongly agree, and 31,25% agree that they fear being tested orally in public speaking by instructors. About 25% of them were unsure about the case. Of them, 23,75% disagreed, and 8,75% strongly disagreed. Based on the data above, students fear being tested orally in public speaking by instructors, as experienced by most students in the first semester of Saturday English Gathering (SEGA).

Students experience anxiety when they receive questions or feedback from their tutors following a public speaking session.

The following interviews provide support for the data presented above:

Student R: *“Terkadang saya mengalami gugup dan takut ketika tutor memberikan pertanyaan secara langsung setelah saya melakukan wicara public tapi ketika saya menguasai topik atau materi tersebut itu bukan masalah besar bagi saya”*

Student R: “Sometimes I feel nervous and afraid when the tutor asks questions directly after I have given a public speaking, but when I master the topic or material it is not a big problem for me”

e. Having Little Time to Think

Having little time to think is one of the primary causes of speaking anxiety, as it often leads to feelings of pressure and uncertainty when communicating verbally. Many students believe that this case makes them feel more anxious because they have to think in a short time. This can be seen from the results of the questionnaire below:

Table 4.5 Result of Question Number 5

No	Statement	Category	Participants	Percentage
5.	I experience anxiety in public speaking because I am only given a very short time to think about the given topic	Strongly disagree	4	5%
		Disagree	11	13,75%
		undecided	11	13,75%
		Agree	43	53,75%
		Strongly agree	11	13,75%
Participants			80	100%

Table 4.5 shows that 13,75% were strongly in agreement, and 53.75% were in agreement. About 13,75% were unsure about this case. While 13.75 of them disagree and 5% of them strongly disagree. Based on the data above, one of the causes of speaking

anxiety is students having little time to think before public speaking, which is experienced by most students in the first semester of Saturday English Gathering (SEGA).

Limited time to think when doing public speaking is a factor in the cause of public speaking anxiety experienced by students. The data above is supported by the results of the following interviews:

Student R: “Hal ini pasti menambah kecemasan dalam melakukan wicara public karena keterbatasan waktu membuat terasa dikejar oleh waktu”

Student R: “This definitely adds to the anxiety in doing public speaking because limited time makes you feel like you are being pressed for time.”

f. Lack of Confidence

Lack of confidence serves as a significant factor contributing to anxiety in public speaking, undermining individuals' ability to express themselves effectively and with assurance in front of an audience. Students believe they lack confidence because they fear making public speaking mistakes. The results of the questionnaire below demonstrate this.

Table 4.6 Result of Question Number 6

No	Statement	Category	Participants	Percentage
6.	I have experience anxiety in public speaking because I lack confidence in appearing in front of many people	Strongly disagree	4	5%
		Disagree	15	18,75%
		undecided	10	12,5%
		Agree	31	38,75%
		Strongly agree	20	25%
Participants			80	100%

Table 4.6 shows that 25% strongly agree and 38.75% agree that

lack of confidence is one of the factors that cause public speaking anxiety. 12.5% of them expressed uncertainty about this case. While 18.75% disagree and 5% strongly disagree, according to the data above, speaking anxiety is caused by the lack of confidence experienced by most students in the first semester of Saturday English Gathering (SEGA).

Student H: “Kalau aku sering merasa engga percaya diri ketika disuruh public speaking di depan teman-teman karena keterbatasan pengetahuan yang aku tahu”

Student H: “I often feel self-conscious when asked to speak publicly in front of friends because of the limited knowledge that I know”

g. Worry About Being Underestimated

When talking about being underestimated by others, students often feel anxious because what they say will be underestimated by their listeners. This anxiety can arise from various sources, ranging from a lack of self-confidence to feelings of not being appreciated. This is also experienced by students who joining the Saturday English Gathering. The results of the questionnaire below demonstrate this.

Table 4.7 Result of Question Number 7

No	Statement	Category	Participants	Percentage
7.	I feel worried about being underestimated by the audience because I made mistakes when doing public speaking	Strongly disagree	5	6,25%
		Disagree	22	27,5%
		undecided	9	11,25%
		Agree	33	41,25%
		Strongly agree	11	13,75%
Participants			80	100%

Table 4.7 shows that 13,75% strongly agree, and 41,25% agree that they worry about being underestimated by the

audience because they make mistakes when doing public speaking. 11,25% expressed uncertainty about the situation. In addition, 27.5% of the participants expressed disagreement, with 6.25% strongly disagreeing.

Based on the data above, one of the causes of speaking anxiety is students worrying about being underestimated by the audience, which is experienced by most students in the first semester of Saturday English Gathering (SEGA).

Students worry about being underestimated by the audience because they make mistakes when giving public speeches. The following interviews provide support for the data presented above:

Student R: “Ya, saya selalu berpikir begitu. apakah kemampuan saya cocok untuk public speaking atau tidak”

Student R: “Yes, I always think that. whether my abilities are appropriate for public speaking or not”

h. Feel Afraid That Other Student Will Laugh

The fear of being laughed at by classmates when speaking in public is a common anxiety that often haunts students and college students. This anxiety can hinder a person's ability to speak confidently and convey messages effectively. This is a problem that students who attend the Saturday English Gathering face. The results of the questionnaire below clearly illustrate this issue:

Table 4.8 Result of Question Number 8

No	Statement	Category	Participants	Percentage
8.	I am afraid if other students will laugh at me when I do public	Strongly disagree	7	8,75%
		Disagree	21	26,25%
		undecided	13	16,25%

	speaking.	Agree	28	35%
		Strongly agree	11	13,75%
participants			80	100%

Table 4.8 indicates that 13,75% strongly agree and 35% agree with this statement. 16.25% were unsure about this case. In addition, 26,25% strongly disagree, while 8,75% strongly agree. According to the data above, one of the causes of speaking anxiety is fear that other students will laugh when they do public speaking, which is experienced by most students in the first semester of Saturday English Gathering (SEGA).

A student admitted being afraid that other students will laugh when they do public speaking. The following interviews provide support for the data presented above:

Student R: “Ya benar, saya selalu berpikir teman lain atau peserta lain akan menertawakan saya jika kemampuan saya, pengucapan saya buruk”

Student H: “Yes, you're right, I always think other friends or other participants will laugh at me if my skill, my pronunciation is bad”

i. Feel Anxious in Providing Important Information

Feeling anxious when tasked with conveying important information is a common experience experienced by many individuals in various professional and academic settings. Likewise, students who join the Saturday English Gathering experience anxiety when they have to provide important information directly when doing public speaking. This can be seen from the results of the questionnaire below:

Table 4.9 Result of Question Number 9

No	Statement	Category	Participants	Percentage
9.	I feel anxious when I have to provide important information orally in English	Strongly disagree	2	2,5%
		Disagree	15	18,75%
		undecided	22	27,5%
		Agree	30	37,5%
		Strongly agree	11	13,75%
Participants			80	100%

Table 4.9 reveals that 13,75% strongly agree, and 37,5% agree, that they experience anxiety when they have to provide important information orally. There were 27.5% undecided about the case. In addition, 18.75% expressed disagreement, while 2.5% strongly disagreed. Based on the data above, one of the causes of speaking anxiety is that students feel anxious when they have to provide important information orally in public speaking, as experienced by most students in the first semester of Saturday English Gathering (SEGA).

Students feel anxious when they have to provide important information orally in a foreign language. The results of the following interviews support the data above:

Student H: "Pastinya iya kak saya merasa takut ketika harus memberikan informasi penting secara lisan apalagi menggunakan Bahasa asing takutnya apa yang saya sampaikan kurang diterima dan dipahami gitu"

Student H: "Of course, sis, I feel afraid when I have to give important information verbally, especially in a foreign language, I'm afraid that what I say won't be accepted and understood."

j. Feel That Other Participant's Public Speaking Skills Are Better

Comparing one's English language proficiency with others can be

a source of persistent anxiety and self-doubt, fostering a cycle of insecurity and hindering personal growth in language acquisition. This is often experienced by English language learners, especially by students who join the Saturday English Gathering. This can be seen from the results of the questionnaire below:

Table 4.10 Result of Question 10

No	Statement	Category	Participants	Percentage
10.	I always feel that other participants' public speaking skills are better than mine	Strongly disagree	2	2,5%
		Disagree	9	11,25%
		undecided	13	16,25%
		Agree	38	47,5%
		Strongly agree	18	22,5%
participants			80	100%

Table 4.10 reveals that 22.5% strongly agree and 47.5% agree that they consistently perceive other participants' public speaking skills as superior to their own. In addition, 16.25% of them expressed uncertainty about the case. Besides that, 11.25% disagree, and 2.5% strongly disagree. Based on the data above, one of the causes of speaking anxiety is the belief that other participants' skills are superior to their own, a phenomenon that most students experienced during the first semester of Saturday English Gathering (SEGA).

Most of the participants in the interview always feel that other friends' public speaking skills are better than theirs. The following interview results confirm the data presented above:

Student R: *“Terkadang saya berpikir bahwa kemampuan peserta lain terutama di sega ini lebih baik dari saya, tetapi hal ini tergantung pada persiapan saya. Jika kurang persiapan maka pikiran membandingkan kemampuan saya dengan orang lain akan muncul”*

Student R: “Sometimes I think that the abilities of other participants, especially in Segs, are better than me, but this depends on my preparation. If I lack preparation then thoughts of comparing

my abilities with others will arise”

The interviewer also admitted that they often compare skills they have with those of their friends. They convey their abilities and can be used as evaluation material.

Student D: *“Membandingkan kemampuan wicara public yang saya punya dengan mahasiswa lain pasti terjadi tetapi hal ini menjadi evaluasi buat saya untuk bisa lebih mahir lagi kedepannya”*

Student D: “Comparing my public speaking skills with other students will definitely happen, but this is an evaluation for me to be more proficient in the future”

3. Strategy to Overcome Public Speaking Anxiety

After the researcher conducted research on students in Saturday English Gathering (SEGA) through an interview, the researcher found several solutions to reduce speaking anxiety among the students in Saturday English Gathering (SEGA).

a. Preparation

During the interview, one of the interviewers mentioned that preparation before public speaking is mandatory and significantly contributes to reducing speaking anxiety. A good preparation can reduce one of the factors that causes speaking anxiety, namely, lack of confidence. The student explained that preparation was the strategy to overcome the speaking anxiety; the explanation will be explained below.

It was explained by student H as follows:

“Saya takut dan khawatir disuruh public speaking di depan ketika saya belum mempersiapkan apa yang harus saya katakan ”

“I’m afraid and worry to speak in front when i am not prepared with what i am about to say”

It was also explained by student D as follows:

“Supaya gak terlalu gugup atau khawatir harus persiapan terlebih dahulu kak apa yang akan disampaikan ketika berbicara di depan setidaknya tau poin-poin atau garis besarnya”

“So that I don't get too nervous or worried, i have to prepare in advance what will I say when doing public speaking in front, at least know the points or outline”

b. Practice

The interview results show that practicing before public speaking can help students reduce their anxiety about speaking in front of people.

It was explained by student R as follow:

“My tip is to practice before doing public speaking. This is something that can be done to overcome anxiety when speaking in front because we have trained ourselves before”

The interviewer said that practicing in front of the mirror is effective in reducing anxiety and increasing self-confidence.

It was explained by student D as follows:

“I usually practice in front of a mirror and I think it's effective for training self-confidence.”

c. Relaxation

Relaxation is one of the strategies to overcome speaking anxiety, which is most common among students. When the body is in a state of panic, all the previously understood material suddenly disappears and becomes unstructured. The student explained that not panicking and staying relaxed are the strategies to overcome the speaking anxiety; the explanation will be explained below.

It was explained by student D as follows:

“Menurut saya hal yang bisa dilakukan adalah tenang, tarik nafas dalam dan jangan panik ketika akan melakukan public speaking ini kak”

“In my opinion, what you can do is calm down, take a deep breath and don't be panic when you are going to do this public speaking, sis”

It was also explained by student R as follows:

“Santai aja yang penting sih kak soalnya kalau di Segga ini juga dikasih waktu sekian menit untuk mendalami materi dan sekian menit untuk tampil, jadi sebelum berbicara di depan ya santai dulu jangan grusa grusu”

“Just relax, which is important, bro, because at Segga, you are given a certain number of minutes to study the material and a certain number of minutes to perform, so before speaking in front, just relax first, don't be too nervous”

On the other hand, the interviewer conveys that not panicking and remaining calm can maintain a stable mind, ensuring that what has been prepared will not be forgotten.

It was also explained by student H as follows

“Kuncinya sih yang penting tenang dan jangan panic, berusaha focus dengan apa yang udah dipersiapkan kak. Karena kalau panic apapun yang udah dipersiapkan jadi blank gitu kak”

“The key is to be calm and don't panic, try to focus on what you have prepared, Sis. Because it's useless if you panic, whatever you've prepared turns out to be blank, sis”

B. Discussion

This part discusses the findings of the data analysis. The Department of English Education at Muhammadiyah University of Surakarta analyzed data from interviews and closed questionnaires of first-semester students of Saturday English Gathering (SEGA).

The researcher found that three types of public speaking anxiety, namely: 1) trait anxiety; 2) state anxiety; 3) situational-specific anxiety. Based on the research it can be concluded that the first semester student who joining Saturday English Gathering (SEGA) mostly experienced state anxiety.

This research also found that there are seven internal causes of anxiety, which include: 1) lack of vocabulary; 2) unfamiliar topics; 3) worry about fluency; 4) having little time to think; 5) lack of confidence; 6) feeling anxious when providing important information; and 7) feeling the other participant's ability in public speaking is better. The researcher has identified three external causes of anxiety, which are: 1) fear of being tested by the tutors; 2) worry about being underestimated; and 3) fear of other students laughing at them.

The cause of public speaking anxiety is related to previous research from Hussain et al. (2021), who found that the causes of anxiety among Pakistani students are lack of confidence, lack of vocabulary, fear of peer pressure, having to face a large number of people, grammar rules, lack of preparation, fear of mistakes, and negative attitudes. The internal factors, specifically the lack of vocabulary and feeling anxious when providing important information, were consistent with previous researchers' findings. Jugo (2020), in his research, found that anxious students felt a deep sense of self-consciousness when asked to speak using the English language in the presence of other people. They worried much about the errors they might be committing, and they did not like being laughed at or making a fool of themselves in public.

In line with the study of Aulia (2021), the most common causes of public speaking anxiety are lack of confidence, lack of vocabulary, fear of being ridiculed or humiliated, peer pressure, facing a lot of people, rules or use of grammar, lack of preparation, fear of making mistakes, and fear of negative evaluation. Based on the research, she also found strategies to overcome speaking anxiety: avoiding the audience, getting help from

teachers or peers, preparing well, and taking deep breaths. The research above aligns with the findings of this study, which focuses on the factors that trigger public speaking anxiety and the strategies to overcome it.

While the strategies to overcome the speaking, anxiety faced by students at the Saturday English Gathering in the first semester are 1) preparation, 2) practice, and 3) relaxation, the first strategy is to prepare. The interviewer mentioned that preparation before public speaking is mandatory and plays a significant role in reducing speaking anxiety. A good preparation can reduce one of the factors that causes speaking anxiety, namely, lack of confidence. The first strategy is related to a study of Mutawakkil (2021). He states that for students who experience speaking anxiety, preparation is the best strategy. As part of their preparation, students strive to improve their English-speaking skills and practice their presentations with their friends.

The second strategy involves practice. Interviewers convey that they usually practice before public speaking by practicing in front of a mirror and also practicing with their friends. This second strategy is in line with the study of Kenoh (2021), which stated that practice before the actual speech helps ease the participants' fear of speaking in public. He also stated that practicing a lot can help boost self-confidence and ease anxiety when speaking in public.

The third strategy is relaxation. The participants conveyed that when the body is in a state of panic, all understood material suddenly becomes unstructured and forgotten. The student explained that not panicking and staying relaxed are strategies to overcome public speaking anxiety. This strategy is consistent with Mutawakkil's (2021) study, which states that the student can reduce their anxiety by relaxing. Before they do the presentation, the students relax in front of the class and start to present. The students take a deep breath and try to calm down. According to the theory of Shinji Kando and Yan Ying-Ling in Mutawakkil (2021), the goal of relaxation strategies is to reduce somatic anxiety symptoms. If students

stretch their bodies when doing a presentation in front of the class, such as taking a deep breath and calming down, the more relaxed they are, the more anxiety will decrease.