

	their ability is not quite such as fluency, vocabulary, grammar
4.	Teacher gave warming up, brain storming, reward in the learning process to make the students relax
5.	Teacher using some media so that the students gott the matery

### B. Discussion

The concept of reducing students about speaking anxiety is covered by two techniques. First, it is treated in a purely psychological context providing setting for the inquiry of students' subjective thoughts and feelings about this phenomenon. Secondly, it is studied as a phenomenon that occurs. It is also done by English teachers at SMA Swasta Nasional Sidikalang. They tried to stimulated students by the two different technique; physical and psychological technique like a showing pictures and giving motivations.

By using the two technique; psychological and physical technique, the teachers try to reduce the students' anxiety of speaking English. They confess that actually they have tried many technique to manage their students' speaking English anxiety, but they feel they have not found the best technique to handle it.

The researcher concludes that the teacher used two kinds of technique in reducing students' anxiety of speaking English: physical and psychological strategy.

- a. Sometimes teacher used only physical technique in reducing students' anxiety of speaking English. It is usually used when the students get anxious

in speaking English because the weakness of understanding the main materials that is learned at the day. In the implementation of physical technique, the teacher used some kinds of teaching tools, such as; image, picture, visual tools, and etc. It is based on the students' need during English teaching and learning process. The kinds of teaching tools are used to stimulate students' and make students become interest more about the materials, so that the students will be easier to convey their idea in English.

b. Sometimes teacher used only psychological technique in reducing students' anxiety of speaking English. The teacher used this technique when the student whom the teacher asks to speak English have understood about the material but gotten difficult in conveying orally. In the implementation of psychological technique, the teacher will give some motivations, praises, and encouragements to raise the students' confidences in speaking English. It is caused if the students are confident; they will ignore anything that restrains them to convey their ideas in English.

1. Sometimes, the teacher also used the combination of the two kinds of the techniques in managing students' anxiety of speaking English. It is happened if using one of the two kinds of the strategy is felt not enough.

Based on the research problem above, it can be concluded that technique explain the theory of Mandeville, that explain the teachers technique to reduce students anxiety in speaking English. Mandeville suggested psychological and physical technique can be applied. Because from the 10 anxiety there are 7