

CHAPTER V

CONCLUSIONS AND SUGGESTIONS

A. Conclusions

Based on the research findings and discussion, the researcher got the answer about the research problems related to students' anxiety in speaking performance of the eight grade students in SMP Muhammadiyah 06 Belawan, the conclusion that described as followed:

1. The researcher found that, out of 60 students, seven students (11.7%) are in a very anxious level, thirty students (50%) are in the anxious level, twenty one students (35%) are in the mildly anxious level, there are only two student (3.3%) in the relaxed level, and none of the students (0%) in the very relaxed level. The students' anxiousness in public speaking performance is extremely high. Many students are still struggling with anxiety reduction.
2. There are several factors that caused students' anxiety from either individual or social factors. From individual factors such as communication apprehension and test anxiety which is fear of communication with people and fear of failure. While from the social factor is fear of negative evaluation.

B. Suggestions

Several suggestions are made as a result of the research's findings:

1. For The Students and Teacher

The students have to know the extent of their anxiety level and try to find the way out to overcome it. And the teacher must help the students to reduce their anxiety that students experienced, help students develop self-confidence, give them time and opportunity to demonstrate their speaking skills, and create an environment in which students are not tense and relaxed while speaking English.

2. For Further Researchers

There are several flaws in this research, and it would be great if future researchers could improve upon it. In particular, there are several topics that need to be explored in relation to students' anxiety since anxiety in speaking is a broad topic. The main purpose of this study is to identify the level of students' anxiety in speaking and the most common factors determining this fear. One of the intriguing findings of this research is that the optimal technique to lower student anxiety levels still has to be discovered.