

## ABSTRACT

**Tarigan, Yesinta Septiana, Registration Number 2203121018, Students' Anxiety in Speaking English at The Tenth Grade of SMK Negeri 4 Medan, A Thesis, English Education Program, Universitas Negeri Medan, 2024**

This study aims to identify the types of anxiety experienced by Tenth-grade students at SMK Negeri 4 Medan when speaking English and analyze the strategies they use to manage their speaking anxiety. The research used a descriptive qualitative design with data collection through observation, questionnaires, and interviews. The results of the study indicated that the types of anxiety experienced by Tenth-grade students at SMK Negeri 4 Medan included trait anxiety, state anxiety, and specific situational anxiety. Trait anxiety was observed in 16 utterances, state anxiety in 11 utterances, and specific situational anxiety in 9 utterances. Grade X students at SMK Negeri 4 Medan predominantly experience trait anxiety, as indicated by a questionnaire score of 438. Individuals with this type of anxiety typically exhibit high levels of worry even in non-threatening situations. Specifically, 13 students prioritized thorough preparation, 4 students engaged in relaxation strategies such as calming themselves, 5 students tried to use positive thinking to build self-confidence, 6 students used peer seeking to feel more comfortable, and 3 chose to resign spoke situations. Tenth-grade students at SMK Negeri 4 Medan predominantly use preparation strategies to cope with their speaking anxiety, with a questionnaire score of 308, indicating that they feel more confident when they have adequately prepared.

***Keywords: Anxiety, Speaking, English***

