

AN ANALYSIS OF ENGLISH FOREIGN LANGUAGE (EFL) STUDENTS' ANXIETY IN SPEAKING CLASS

(A Descriptive Study to the Third Semester Students of English Education Study Program of IKIP PGRI Pontianak in the Academic Year of 2020/2021)

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Abstract

This research aimed find out the most common cause of English Foreign Language (EFL) students' anxiety in speaking class to the Third Semester Students of English Education Study Program of IKIP PGRI Pontianak. The subject of this research was only one class, the number of subjects was 31 students from B Morning class. This research was descriptive research. The data collected from the questionnaire and interview. The data which have been collected are analyzed by using google form as a tool to collect the data. The findings showed the percentages of English Foreign Language (EFL) students' anxiety in cognitive, behavioural, and physiological factors. The mean score of English Foreign Language (EFL) students' anxiety in cognitive factor was 74.2% Then, the mean score in behavioural factor was 74%. And then the mean score in physiological factor was 72%. The students in speaking class they are lack of preparation, fear of making mistakes, afraid of the classmates that they could not do their best in speaking class. With these findings, therefore the researcher concluded that the most common cause of English Foreign Language (EFL) students' anxiety in speaking class was cognitive factors.

Keyword: *English Foreign Language (EFL) students' anxiety, speaking anxiety, descriptive research.*

INTRODUCTION

English in Indonesia is a foreign language that is taught at formal education starting from elementary school to university. The students who learn English as a foreign language has four essential skills that need to be mastered. Those four skills that have to be required by the language learners are listening, speaking, reading, and writing. However, many learners still found the anxiety in their skills especially in speaking. Speaking is one way to communicate as oral message. To enable students to communicate, we need to apply the language in real communication. According to Rivers in Erwadi (2004: 7), what the students need in a target language is the skill to use the language in acts of communication, because speaking is a very complex and different skill to learn especially by the foreign language students.

In teaching learning process, speaking itself should be teach to the students, in order to make they can communicate well with written and also oral communication. In speaking class the students should be able to speak English. If they do not have ability to speak English, they will get some difficulties to express their idea in classroom activities and they will get

difficult to reach the goal of teaching and learning. Thus, it is hope that students can speak English well with high self-confidence, good pronunciation, enjoy in their conversation.

However, the students want to able to speak well but they are afraid that their friends will laugh at them when they speak English. They do not have self-confidence to speak English, and also they feel inferior that the other students have more good ability in speaking. Because of that, when they speak English they get nervous, anxious, and also they confuse how to speak well. If the students get nervous during speaking the students will forget the topic that will be talked, the students will not have concentration to speak. Each student have different factor that makes them anxiety when they speak English. It is supported by Nilsson et.al (2011:4) states that speaking anxiety as something that has a huge impact on one's self-confidence since it often makes one experience failure when not being able to articulate and show what one knows. In the other words, speaking anxiety is an experience that makes someone who will stand up in front of the class will have negative feeling. Speaking anxiety is can make the students fail to speak in front of the class when they cannot handle the anxiety well. Irregular heartbeat, perspiration, stumbling and an inability to act are a few symptoms that obstruct one capacity to act and speak. Regarding with the previous study in similar field, was conducted by Uli Modesta Siagian (2017) from English Education Department University of Riau Kepulauan, with her thesis, "*An Analysis of Students' Anxiety in Speaking*". In her thesis, she found the factors causing of the students' speaking anxiety to speak in the language classroom are: lack of familiarity of task, fear of making mistakes, low motivation, incomprehensible inputs, lack of confidence and then low English proficiency. And the student's strategies to overcome speaking anxiety were peer seeking, preparation, relaxation, positive thinking and resignation.

Furthermore, the students have various factors that influence on their speaking anxiety like explained before, because of that the researcher interest in analyzing the college students' speaking anxiety, study at third semester students in IKIP PGRI Pontianak, on their speaking class.

METHOD

In this research, the researcher used descriptive quantitative research. According to Creswell (2002), quantitative research is the process of collecting, analyzing, interpreting, and writing the results of a study. In this research, the researcher used quantitative method to

collecting the level of learners' anxiety in speaking class. In selecting the subject of the study the researcher used purposive sampling. Purposive sample are selected and believe to be sufficient to provide maximum insight and understanding of what are under study (Ary et al. 2010: 428-429). The population of this study from the students of IKIP PGRI Pontianak at the third semester in English study program. There are 5 class. There are 2 classes in the morning and 3 classes in the afternoon. Moreover, the sample that would be chosen by the researcher it was only one class, the number of subject were 31 students from B morning class. In order to get the data, the researcher used online questionnaire and online interview techniques. According to Chaleunvong (2009:8) questionnaire technique is a data-collection technique which is writer in questions that are presented to the respondents to be answered in written form.

The researcher used online questionnaire as the technique for collecting the data. In this research, the researcher used closed-ended questionnaire. According to Nevile (2007:26), closed-ended questionnaire is a kind of questionnaires where it has limited number of alternative responses that are provided in a set of questions. The researcher also use structured interview to collect the data. According to Lodico (2006:9) there are three types of interview, they are: structured interview, semi structured interview and non structured interview.

FINDINGS AND DISCUSSION

The important point of this chapter is to analyzed English foreign language (EFL) students' anxiety in speaking class by applying a descriptive study it is done by the third semester students of English Education Study Program of IKIP PGRI Pontianak in the Academic Year of 2020/2021. There are taken 31 students of B Morning class to be the research participants.

The questionnaire was adopted based on the Public Speaking Class Anxiety Scale (PSCAS). The 31 students are required to fill a questionnaire related to Google Classroom usage in learning English. The participants should choose one of alternative responses for each item. Strongly Agree (5), Agree (4), Undecided (3), Disagree (2), and Strongly Disagree (1).

1. Percentages and Charts of English Foreign Language (EFL) students' anxiety in speaking class

The table showed the percentages of English Foreign Language (EFL) students' anxiety in cognitive factors, there are 15 statements for questionnaire of them.

Table 1
Percentages of English Foreign Language (EFL) students' anxiety in Cognitive Factor

No.	Statements	Percentages					Total Score
		SA	A	U	D	SD	
1.	I never feel quite sure of myself while I am speaking English.	8	14	8	1	0	78.7%
3.	I start to panic when I have to speak English without a preparation in advance.	7	15	3	12	0	74.8%
4.	In a speaking class, I can get so nervous I forget things I know.	5	14	6	4	2	70.3%
7.	I get nervous and confused when I am speaking English.	7	17	4	3	0	78%
8.	I am afraid that other students will laugh at me while I am speaking English.	9	12	3	6	1	74.1%
9.	I get so nervous when the lecturer asks me to speak English which I have prepared in advance.	13	0	10	6	2	70.3%
13.	It embarrasses me to volunteer to go out first to speak English.	3	20	7	1	0	76%
16.	The more speaking tests I have, the more confused I get.	4	14	5	6	2	67.7%
18	I feel anxious while waiting to speak English.	4	15	7	4	1	70.9%
19.	I want to speak less because I feel shy while speaking English.	5	14	9	1	2	72.2%
20.	I dislike using my voice and body	3	11	4	10	3	60.6%

	expressively while speaking English.						
22.	I find it hard to look the audience in my eyes while speaking English.	6	17	7	1	0	78%
23.	Even if I am very well-prepared I feel anxious about speaking English.	2	21	6	2	0	74.8%
24.	I keep thinking that other students are better at speaking English than I.	12	13	5	1	0	83.2%
25.	I always feel that the other students speak English better than I do.	11	14	5	1	0	82.5%
Mean							74.2%

Based on the table above for the statement 1 (I never feel quite sure of myself while I am speaking English). This statement was developed in order to analyze whether the students feel unconfident when they were speaking in class. It can be seen that most of the students was agree about the statement. The students who answer Strongly Agree are 8 people. After that, the students who answer Agree are 14 people. Then, the students who answer Undecided are 8 people. And the students who answer Disagree is 1 person. The last, who answer Strongly Disagree is nothing. The Percentage (%) was the result of data collected from the students' response. To find out the percentage, the researcher used percentage formula. Frequency divided of total number of the students, and then multiplied 100%.

The data showed that the score for the item 1.

Frequency of answer:

$$p = \frac{((8 \times 5) + (14 \times 4) + (8 \times 3) + (1 \times 2) + (0 \times 1))}{155} \times 100\%$$

The percentage is

$$p = \frac{122}{155} \times 100\% = 78.7\%$$

So, the result of percentage of item number 1 is 78.7%. For the statement 3 (I start to panic when I have to speak English without a preparation in advance) the students who answer Strongly Agree are 7 people. After that, the students who answer Agree are 15 people. Then, the students who answer Undecided are 3 people. And the students who answer Disagree are 6 people. The last, who answer Strongly Disagree is nothing and the result of percentage is 74.8%. For the statement 4 (In a speaking class, I can get so nervous I forget things I know) the students who answer Strongly Agree are 5 people. After that, the students who answer Agree are 14 people. Then, the students who answer Undecided are 6 people. And the students who answer Disagree are 4 people. The last, the students who answer Strongly Disagree are 2 people and the result of percentage is 70.3%. For the statement 7 (I get nervous and confused when I am speaking English) the students who answer Strongly Agree are 7 people. After that, the students who answer Agree are 17 people. And then, the students who answer Undecided are 4 people. And the students who answer Disagree are 3 people. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 78%. For the statement 8 (I am afraid that other students will laugh at me while I am speaking English) the students who answer Strongly Agree are 9 people. After that, the students who answer Agree are 12 people. And then, the students who answer Undecided are 3 people. And the students who answer Disagree are 6 people. The last, the students who answer Strongly Disagree is 1 person and the result of percentage is 74.1%. For the statement 9 (I get so nervous when the lecturer asks me to speak English which I have prepared in advance) the students who answer Strongly Agree are 13 people. After that, the students who answer Agree is nothing. And then, the students who answer Undecided are 10 people. And the students who answer Disagree are 6 people. The last, the students who answer Strongly Disagree are 2 people and the result of percentage is 70.3%. For the statement 13 (It embarrasses me to volunteer to go out first to speak English) the students who answer Strongly Agree are 3 people. After that, the students who answer Agree are 20 people. And then, the students who answer Undecided are 7 people. And the students who answer Disagree is 1 person. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 76%. For the statement 16 (The more speaking tests I have, the more confused I get) the students who answer Strongly Agree are 4 people. After that, the students who answer Agree are 14 people. And then, the students who answer Undecided

are 5 people. And the students who answer Disagree are 6 people. The last, the students who answer Strongly Disagree 2 people and the result of percentage is 67.7%. For the statement 18 (I feel anxious while waiting to speak English) the students who answer Strongly Agree are 4 people. After that, the students who answer Agree are 15 people. And then, the students who answer Undecided are 7 people. And the students who answer Disagree are 4 people. The last, the students who answer Strongly Disagree is 1 person and the result of percentage is 70.9%. For the statement 19 (I want to speak less because I feel shy while speaking English) the students who answer Strongly Agree are 5 people. After that, the students who answer Agree are 14 people. And then, the students who answer Undecided are 9 people. And the students who answer Disagree is 1 person. The last, the students who answer Strongly Disagree are 2 people and the result of percentage is 72.2%. For the statement 20 (I want to speak less because I feel shy while speaking English) the students who answer Strongly Agree are 3 people. After that, the students who answer Agree are 11 people. And then, the students who answer Undecided are 4 people. And the students who answer Disagree are 10 people. The last, the students who answer Strongly Disagree are 3 people and the result of percentage is 60.6%. For the statement 22 (I find it hard to look the audience in my eyes while speaking English) the students who answer Strongly Agree are 6 people. After that, the students who answer Agree are 17 people. And then, the students who answer Undecided are 7 people. And the students who answer Disagree is 1 person. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 78%. For the statement 23 (Even if I am very well-prepared I feel anxious about speaking English) the students who answer Strongly Agree are 2 people. After that, the students who answer Agree are 21 people. And then, the students who answer Undecided are 6 people. And the students who answer Disagree are 2 people. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 74.8%. For the statement 24 (I keep thinking that other students are better at speaking English than I) the students who answer Strongly Agree are 12 people. After that, the students who answer Agree are 13 people. And then, the students who answer Undecided are 5 people. And the students who answer Disagree is 1 person. The last, the students who answer Strongly Disagree is nothing and result of percentage is 83.2%. For the statement 25 (I always feel that the other students speak English better than I do) the students who answer Strongly Agree are 11 people. After

that, the students who answer Agree are 14 people. And then, the students who answer Undecided are 5 people. And the students who answer Disagree is 1 person. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 82.5%. From the data, the mean of English Foreign Language (EFL) students' anxiety is 115 which the percentage is 74.2%, and it is mean 74.2% of 31 students felt anxious in speaking class because their cognitive factors.

Table 2
Percentages of English Foreign Language (EFL) students' anxiety in Behavioral Factor

No.	Statements	Percentages					Total Score
		SA	A	U	D	SD	
2.	I tremble when knowing that I am going to be called on to speak English.	9	16	2	4	0	79.3%
5.	I feel confident while I am speaking English.	3	14	13	1	0	72.2%
6.	I feel very self-conscious while speaking English in front of other students.	7	17	7	0	0	80%
10.	I have no fear of speaking English.	4	11	9	7	0	67.7%
12.	I feel relaxed while speaking English.	2	13	14	1	1	69%
14.	I face the prospect of speaking English with confidence.	1	15	14	0	1	79.3%
15.	I enjoy the experience of speaking English.	4	19	7	1	0	76.7%
21.	I have trouble to coordinate my movements while speaking English.	1	19	6	2	3	68.3%
Mean							74%

Table 2 above tells the percentages of the statement from each item included in the component of English Foreign Language (EFL) students' anxiety in behavioral factor. There were seven statements that represented English Foreign Language (EFL) students' anxiety in speaking class. As it can be seen from table 4.2 from the statement 2 (I tremble when knowing that I am going to be called on to speak English) the students who answer Strongly Agree are 9 people. After that, the students who answer Agree are 16 people. And then, the students who answer Undecided are 2 people. And the students who answer Disagree are 2 people. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 79.3%. For the statement 5 (I feel confident while I am speaking English) the students who answer Strongly Agree are 3 people. After that, the students who answer Agree are 14 people. And then, the students who answer Undecided are 13 people. And the students who answer Disagree is 1 person. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 72.2%. For the statement 6 (I feel very self-conscious while speaking English in front of other students) the students who answer Strongly Agree are 7 people. After that, the students who answer Agree are 17 people. And then, the students who answer Undecided are 7 people. And the students who answer Disagree is nothing. The last the students who answer Strongly Disagree is nothing and the result of the percentage is 80%. For the statement 10 (I have no fear of speaking English) the students who answer Strongly Agree are 4 people. After that, the students who answer Agree are 11 people. And then, the students who answer Undecided are 9 people. And the students who answer Disagree are 7 people. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 67.7%. For the statement 12 (I feel relaxed while speaking English) the students who answer Strongly Agree are 2 people. After that, the students who answer Agree are 13 people. And then, the students who answer Undecided are 14 people. And the students who answer Disagree is 1 person. The last, the students who answer Strongly Disagree is 1 person and the result of percentage is 69%. For the statement 14 (I face the prospect of speaking English with confidence) the students who answer Strongly Disagree is 1 person. After that, the students who answer Agree are 15 people. And then, the students who answer Undecided are 14 people. And the students that answer Disagree is nothing. The last, the students who answer Strongly Disagree is 1 person and the result of

percentage is 79.3%. For the statement 15 (I enjoy the experience of speaking English) the students who answer Strongly Agree are 4 people. After that, the students who answer Agree are 19 people. And then, the students who answer Undecided are 7 people. And the students who answer Disagree is 1 person. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 76.7%. For the statement 21 (I have trouble to coordinate my movements while speaking English) the students who answer Strongly Agree are is 1 person. After that, the students who answer Agree are 19 people. And then, the students who answer Undecided are 6 people. And the students who answer Disagree are 2 people. The last, the students who answer Strongly Disagree are 3 people and the result of percentage is 68.3%. From the data, the mean of English Foreign Language (EFL) students' anxiety is 114.8 which the percentage is 74%, and it is mean 74% of 31 students felt anxious in speaking class because their behavioral factors.

Table 3
Percentages of English Foreign Language (EFL) students' anxiety in Physiological Factor

No.	Statements	Percentages					Total Score
		SA	A	U	D	SD	
11.	I can feel my heart pounding when I am going to be called on.	6	16	6	3	0	76.1%
17.	Certain parts of my body feel very tense and rigid while speaking English.	5	14	9	2	1	69.9%
Mean							72%

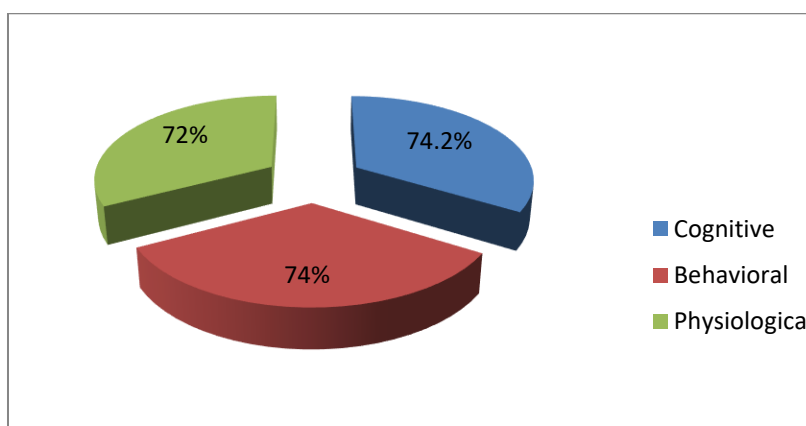
From the statement 11 (I can feel my heart pounding when I am going to be called on) the students who answer Strongly Agree are 6 people. After that, the students who answer Agree are 16 people. And then, the students who answer Undecided are 6 people. And the students who answer Disagree are 3 people. The last, the students who answer Strongly Disagree is nothing and the result of percentage is 76.1%. For the statement 17 (Certain parts of my body feel very tense and rigid while speaking English) the students who answer Strongly Agree are 5 people. After that, the students who answer Agree are 14 people. And then, the students who answer Undecided are 9 people. And the students

who answer Disagree are 2 people. The last, the students who answer Strongly Disagree is 1 person and the result of percentage is 69.9%. From the data, the mean of English Foreign Language (EFL) students' anxiety is 113 which the percentage is 72%, and it is mean 72% of 31 students felt anxious in speaking class because their physiological factors.

2. Research Question "What are the most common cause of English Foreign Language (EFL) students' anxiety in speaking class?"

In regard to answer the research question, the factors of students' anxiety in speaking class there are cognitive, behavioral, and physiological. The percentages result of the three factors has been illustrated as it can be seen into figure 4.1 provided as below.

Chart 1 The Percentage Of The Factors Anxiety



As the pie chart demonstrate the most common cause of English Foreign Language (EFL) students' anxiety in speaking class in the third semester show that, 74.2 % was informed as the most common cause anxiety in cognitive factors. Meanwhile, as many as 74% were representing cause anxiety in behavioral factors. In physiological there are 72% students who suppose the physiological factor is the smallest cause of English Foreign Language (EFL) students' anxiety.

The researcher gave questionnaire to 31 students, there were 3 (three) factors with 25 items to know the factor causing of the students' speaking anxiety. Based on the data that collected by questionnaire, the researcher stated that the most common cause of English Foreign Language (EFL) students' anxiety in speaking class in the third semester of English education study program of IKIP PGRI Pontianak as below:

- a. Concentration problems
- b. Attention problem

- c. Difficulty solving problems
- d. Worry
- e. Attributional Style problems

The most common cause of English Foreign Language (EFL) students' anxiety in speaking class was cognitive factors, one of them is worry (i keep thinking that other students are better at speaking English than i) it shown by there were 74.2% of 100% students who answered strongly agree for each statements. The second was behavioral factors 74% of 100% students who strongly agree, the third was physiological factors 72% of 100% students who answer strongly agree.

Based on the result it's can be discussed:

The researcher concluded that there were many causes of students` anxiety to speak English in the classroom. Students were anxiety to speak English in class were caused by: concentration problems, attention problem, difficulty solving problems, worry, attributional style problems. It was collected from the result of questionnaire did on 14th December 2020 between the researcher and the third semester students of English education study program of IKIP PGRI Pontianak in the Academic Year of 2020/2021).

In this research, many students who were learning English as a foreign language had the fear of being negatively evaluated by others and for this reason they avoid actively take part in the classroom discussions. Therefore, researcher reported some factors which were the main cause of speaking anxiety. These factors are; speech anxiety and fear of negative evaluation, feeling uneasy to express their self in speaking performance, negative attitudes towards the English class, negative self-evaluation.

CONCLUSION

The purpose of this research is to find out the types of anxiety encountered by EFL Students on their speaking class. In this research, there were 31 students who respond the questionnaire about Google Classroom.

Based on the research findings and discussion, this researcher concludes that this research shows that in general, the students of IKIP PGRI Pontianak especially third semester feel accessing Google Classroom is easy to use. Google form makes getting the pulse of closed-ended questions quick and easy in with the responses tab in the form.

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