

**The Interns' Perception towards English Speaking Anxiety at an English
Course in Yogyakarta**

A Skripsi

Submitted to the Faculty of Language Education as a Partial Fulfillment of the
Requirements for the Degree of

Sarjana Pendidikan



Dwina Rahma Qhisti

20190810108

**English Language Education Department Language Education Faculty of
Language Education**

Universitas Muhammadiyah Yogyakarta

2023

Statement of Aunthencity

I am student with the following identity :

Name : Dwina Rahma Qhisti

NIM : 20190810108

Department : English Language Education

Faculty : Faculty of Language Education

University : Universitas Muhammadiyah Yogyakarta

Certify that the *skripsi* entitled "The Interns' Perception toward English Speaking Anxiety at a course in Yogyakarta" is definitely my own work. I am completely responsible for the content of this paper. Others' opinions or findings included in the *skripsi* are quoted in accordance with ethical standards.

Yogyakarta, 16 March of 2023



Dwina Rahma Qhisti

20190810108

Acknowledgment

Alhamdulillahirobbil'alamin is the word that is able to express my gratitude to finish this *skripsi*. All praise is to Allah who gives me strength and patience. Also, for all His protection and blessing, so I am able to write my *skripsi* well. This *skripsi* entitled “The Interns’ Perception toward English Speaking Anxiety at a Course in Yogyakarta” is submitted to fulfil the last requirement for an undergraduate degree at English Language Education Department, Language Education Faculty, Universitas Muhammadiyah Yogyakarta. Additionally, I would like to express the deepest appreciation to:

1. I want to say thank you for myself that already survive until finished my college. Even though there are many obstacles, but I am able to pass this it patiently.
2. I want to express my deepest love to my beloved parents. Asten Sartoni and Ofpialina always give me support, motivation, and pray for my best during my study. I appreciate your faith in me and your eternal love. I also express my deepest love to my siblings Dwini, Daffa, and Dhavi who always give good mood by their annoyance.
3. My deepest thanks go out to Mr. Puthut Ardianto, S.Pd., M.Pd. who patiently served as my *skripsi* supervisor and provided me with direction, inspiration, helpful motivation, and helpful suggestions for my revisions.

4. My deepest thanks to English Café team who treat me like their family. Also, they give me the chance to have a new experience in working until right now. Because of this company, I can grow into adulthood.
5. My friends as a member of the Release Photography Club (RPC) UMY since my first time as a new student at university. We are actively engaged in sharing, culinary, photography, and traveling.
6. My friends whom I feel like family in Ikatan Pelajar Mahasiswa Kerinci Sungai Penuh-Yogyakarta (IPMKS-Y), thank you for accompanying me in stressful and difficult situations. Then, they are also giving me suggestions to be a better person. We are actively engaged in discussion, play together, and traveling.
7. My other friends always support and accompany me when I am stressed help me however the situation. Although we rarely met, you are always there for me. Thank you, my besties.

Table Of Contents

Approval page	i
Approval Sheet.....	ii
Statement of Aunthencity.....	iii
Acknowledgment	iv
Abstract	vi
Table Of Contents	vii
CHAPTER ONE INTRODUCTION	1
Background of the Study.....	1
Identification of the Problem	1
Delimitation of the Problem.....	1
Research Questions	1
Research Objectives	1
Significance of the Research.....	1
The Students / Interns.....	1
Teachers / Tutor	1
Institution	1
Other Researchers	1
The Organization of the Chapter.....	1
CHAPTER TWO LITERATURE REVIEW	2
Public Speaking.....	2
Anxiety	2
The Factors of Anxiety in Speaking English	4
Lack of Self-confidence	4
Fear of Making Mistakes	4
Fear of Social Environment	5
Cultural Difference.....	5
Lack of English Knowledge.....	5
Lack of Practice.....	6
The Strategies to Handle Anxiety in Speaking English.....	6
Making a Note.....	6
Speaking English Practice.....	7

Doing Relaxation	7
Showing Gesture	7
Having a Positive Mindset	7
Previous Studies	8
Conceptual Framework	10
CHAPTER THREE RESEARCH METHODOLOGY	13
Research Design	13
Research Setting	13
Research Participants	14
Data Gathering Technique	16
Data Gathering Procedure	17
Data Analysis	17
Trustworthiness	18
CHAPTER FOUR FINDINGS AND DISCUSSION	19
The Factors of Interns' Anxiety in Speaking English Practice at an English Course in Yogyakarta.....	19
Lack of Confidence	19
Fear of Making Mistakes	20
People's Judgment	21
Lack of Linguistic Knowledge.....	22
Lack of Experience	23
Lack of Preparation	24
Eye Contact with the Audience.....	24
How to Overcome Interns' Anxiety in speaking English Practice at an English Course in Yogyakarta.....	25
Doing Good Preparation	25
Practicing Vocal and Articulation.....	26
Doing Relaxation	27
Doing Non-Verbal Language.....	28
Doing Self-affirmation	29
Doing Interaction	30
Avoiding Eye Contact with the Audience.....	30
Mixing the Language	31

Making Jokes	32
CHAPTER FIVE CONCLUSION AND RECOMMENDATION.....	33
Conclusion	33
Recommendations	34
The Students/Interns.....	34
Teachers/Tutor	34
Institution	35
Other Researchers	35
REFERENCES.....	36
APPENDICES	39
Interview Protocol.....	39
Coding.....	41
Participant 1 Fizi	53
Participant 2 Mail.....	63
Participant 3 Mei-mei.....	71
Participant 4 Devi.....	78
Participant 5 Ehsan.....	84
Participant 6 Susanti.....	91