

## **CHAPTER V**

### **CONCLUSION AND SUGGESTION**

#### **A. Conclusion**

Based on the findings and discussion, with the responses of students who have answered several factors that cause fear of speaking in front of the class, it can be concluded that the thing most students are most afraid of is feeling less confident, afraid of making mistakes, embarrassed, and with the lowest percentage of choices, namely not having the motivation to learn. That is an influential factor and makes students have anxiety when it comes to speaking ahead. After answering the factors, students also answered that there were several strategies they used to overcome the anxiety they experienced, the first was a lot of preparation and almost all students chose to prepare before moving forward, such as studying and memorizing what they were going to talk about, there were also those who did relaxation. like taking a deep breath or praying before moving forward. There is also an important thing, namely that positive thinking is also a strategic thing to do because many failures in speaking are caused by negative thoughts such as considering yourself unable to speak in the future, and thinking that your friends will laugh at you. some look for peers who cannot speak English so they are not alone, and there are even students who don't want to do anything when asked to come forward and choose to stay on the bench. All of these strategies are carried out by students to overcome speaking anxiety.

#### **B. Suggestion**

Based on the above conclusion, the researcher would like to suggest to :

##### 1. To the students

To become better at speaking in front of the class, you must have the courage to come forward and speak in front of the class using the strategies you already have

2. To the teachers

Teachers must help students more in dealing with anxiety strategically, teachers must also provide motivation on how students must be able to dare to fight anxiety in speaking.

3. To the other researcher

This research can be a reference for other research for research to be carried out that has the same subject but with different topics and is useful to help find various information needed.