

ABSTRACT

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In learning English there are many problems faced by students, one of which is anxiety. This study aimed to determine the types and factors of students' anxiety in speaking English at 10th graders of MA Darul Ulum Pasinan, Bojonegoro, and aimed to determine self-efficacy in students so that learning is more effective and fun.

The subjects of this study were 10th grade students in the 2021/2022 academic year at MA Darul Ulum Pasinan, Bojonegoro. This study used qualitative research which the methods were observation and interviews. Based on the results of the study, it is known that there were three types of anxiety in students, Trait Anxiety is when students feel panicked because of a lack of understanding the teacher's explanations. State anxiety is when students feel panicked to practice speaking English. Certain Anxiety when students feel panic when the teacher gives assignments or exams. There were three factors that caused students' anxiety, Communicating Apprehension when students cannot speak English due to a lack of practice in speaking English. Test Anxiety is when students feel anxious when the teacher gives an exam and they are afraid of bad results. Fear of Negative Evaluation when students feel anxious for fear of being laughed at if they make a mistake.

There are several ways according to which students can improve their self-efficacy in learning English, like often listening English songs to improve their vocabulary, reading English books or novels, convincing themselves that they can speak English and always motivating themselves to develop in learning.