# ABSTRACT

Azizah, A. 2024. 20033019.*: Exploring listening Anxiety Factors and Strategies to overcome Among Junior High School students. Thesis.* Faculty or Teaching and Training Education of English Department. Islamic University of Darul ‘Ulum Lamongan.

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***Keywords****: Anxiety, Strategy Overcome, Listening*

Listening anxiety that makes a person feel tense, afraid, uncomfortable and worried is thought to affect students' comprehension in listening classes. Therefore, this study aims to find what factors and strategies affect listening anxiety in 7th grade students of MTS Putra-Putri Simo. This study analyzes the factors causing anxiety among junior high school students during English listening classes and explores the strategies they use to overcome these challenges.

The type of research used in this study is quantitative research. The population of this study were 7th grade students of MTS Putra-Putri simo, karangeneng Lamongan. The sample was 10 grade 7 students randomly selected from the total population using Simple Random Sampling. Data is collected through interviews about what anxiety factors affect students' listening skills.

The findings highlight that the factors that affect student anxiety are 60% of Students' concentration difficulties, 95% of students lack of vocabulary, 65% of students' Nervousness, 70% of noisy environment. And the factor that affects students is the lack of vocabulary. with strategies 65% of students a suitable strategy to reduce student anxiety is preparation, 75% of students have a suitable strategy to reduce student anxiety is to relax, and 60% of students have a suitable strategy to reduce student anxiety is by positive thinking.