

## ABSTRACT

Femiliana Agnes. 2026. *An analysiss of students speaking anxiety: Causes, Effects, and Strategies of English Education Students at Universitas Maritim Raja Ali Haji*. Skripsi. Tanjungpinang: English Education Study Program, Faculty of Teacher Training and Education, Universitas Maritim Raja Ali Haji. First Advisor: Assist. Prof. Rahma Nuzulia, S.Pd, M.Li. Second Advisor: Assist. Prof. Dewi Nopita, S.Pd., M.Pd.

Keywords: Speaking Anxiety, Microteaching, English Education Students, Causes, Coping Strategies.

Speaking anxiety is one of the challenges experienced by English Education students during the Microteaching course. This study aimed to analyze the causes, effects, and strategies used to overcome speaking anxiety among English Education students at Universitas Maritim Raja Ali Haji. This study employed a descriptive qualitative research design. The participants were 30 sixth-semester students of the English Education Study Program at Universitas Maritim Raja Ali Haji. Data were collected through an observation checklist, questionnaires, and semi-structured interviews. Four participants were purposively selected for the interviews. The data were analyzed using Miles and Huberman's Interactive Model, consisting of data reduction, data display, and conclusion drawing. The findings revealed that speaking anxiety was mainly caused by fear of making grammar and pronunciation mistakes, limited vocabulary, fear of negative evaluation, nervousness, and lack of self-confidence. Speaking anxiety negatively affected students' participation and teaching performance during the Microteaching course. To overcome their anxiety, students prepared the teaching material, practiced speaking, improved their vocabulary, developed positive thinking, and sought support from friends and lecturers. Overall, careful preparation and regular practice were the most effective strategies for reducing speaking anxiety and improving students' confidence during Microteaching.

## ABSTRAK

Femiliana Agnes. 2026. *An Analysis of Students' Speaking Anxiety: Causes, Effects, and Strategies of English Education Students at Universitas Maritim Raja Ali Haji*. Skripsi. Tanjungpinang: Program Studi Pendidikan Bahasa Inggris, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Maritim Raja Ali Haji. Pembimbing I: Prof. Rahma Nuzulia, S.Pd, M.Li. Pembimbing II: Assist. Prof. Dewi Nopita, S.Pd., M.Pd.

Kata Kunci: Kecemasan Berbicara, Microteaching, Mahasiswa Pendidikan Bahasa Inggris, Penyebab, Strategi Mengatasi.

Kecemasan berbicara merupakan salah satu tantangan yang dialami mahasiswa Pendidikan Bahasa Inggris selama mengikuti mata kuliah Microteaching. Penelitian ini bertujuan untuk menganalisis penyebab, dampak, dan strategi yang digunakan untuk mengatasi kecemasan berbicara pada mahasiswa Pendidikan Bahasa Inggris di Universitas Maritim Raja Ali Haji. Penelitian ini menggunakan desain penelitian kualitatif deskriptif. Partisipan penelitian terdiri atas 30 mahasiswa semester enam Program Studi Pendidikan Bahasa Inggris Universitas Maritim Raja Ali Haji. Data dikumpulkan melalui lembar observasi, kuesioner, dan wawancara semi-terstruktur. Empat partisipan dipilih secara purposive untuk mengikuti wawancara. Data dianalisis menggunakan Model Interaktif Miles dan Huberman yang meliputi reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa kecemasan berbicara terutama disebabkan oleh rasa takut melakukan kesalahan dalam tata bahasa dan pengucapan, keterbatasan kosakata, rasa takut terhadap penilaian negatif, rasa gugup, dan kurangnya kepercayaan diri. Kecemasan berbicara berdampak negatif terhadap partisipasi dan performa mengajar mahasiswa selama mata kuliah Microteaching. Untuk mengatasi kecemasan tersebut, mahasiswa mempersiapkan mater, berlatih berbicara, meningkatkan penguasaan kosakata, membangun pola pikir positif, serta mencari dukungan dari teman dan dosen. Secara keseluruhan, persiapan yang matang dan latihan yang dilakukan secara rutin merupakan strategi yang paling efektif dalam mengurangi kecemasan berbicara dan meningkatkan kepercayaan diri mahasiswa selama Microteaching.