

TABLE OF CONTENT

CHAPTER I INTRODUCTION.....	1
A. Background of Study	1
B. Research Question	4
C. Research Purposes	4
D. Research Significances	4
E. Research Scope.....	5
F. Conceptual Framework.....	5
G. Previous Studies	7
CHAPTER II LITERATURE REVIEW	9
A. Speaking Anxiety	9
1. Definitions of Speaking.....	9
2. Elements of Speaking.....	11
3. Speaking Anxiety.....	13
4. Factors of Speaking Anxiety	17
B. Oral Performance.....	20
1. Definitions of Oral Performance.....	20
2. Anxiety in Oral Performance (Types and Symptoms).....	21
C. Strategies to Overcome Anxiety in Speaking Performance	25
CHAPTER III RESEARCH METHODOLOGY	33
A. Research Approach Design.....	33
B. Research Site and Participants.....	33
C. Data Collection.....	34
1. Instrument for Questionnaire.....	34
2. Instrument for Interview.....	37
D. Data Analysis	41

CHAPTER IV FINDINGS AND DISCUSSION

A. Findings.....	43
1. What Anxiety are Experienced by Students during Oral Performance?.....	43
a. Yes or No Questions.....	44
b. Frequency-Based Questions (Never, Sometimes, Often).....	48
c. Open-Ended Questions	51
2. How do The Students Cope with Anxiety in Their Oral Performance?.....	58
a. a. Breathing Techniques to Manage Speaking Anxiety	59
b. The Use of Mindfulness and Relaxation Techniques to Address Speaking Anxiety.....	61
c. The Use of Mind Mapping as a Strategy to Improve Presentations Skills	63
d. The Effectiveness of Cold Objects in Reducing Speaking Anxiety	65
e. Redirecting Audience Attention as an Anxiety-Reduction Strategy.....	67
f. Positive Affirmations to Foster Confidence in Public Speaking	69
g. Psychological Strategies to Cope with Symptoms of Speaking Anxiety	71
h. Strategies for Coping witg Cognitive Symptoms of Speaking Anxiety	75
B. Discussion	78
1. Students Anxiety in Oral Performance: Types and Implications	78
a. Psychological Symptoms	78
b. Cognitive Symptoms	83
2. Strategies for Understanding and Coping	87
a. Psychological Coping.....	87
b. Cognitive Coping	91
CHAPTER 5 CONCLUSION AND SUGGESTION	98
A. Conclusion.....	98
B. Suggestion.....	99

REFERENCES.....	101
ENCLOSURES	108



LIST OF TABLES

Table 3.1 Instrument for Questionnaire.....	35
Table 3.2 Instrument for Interview	37
Table 4.1 Questionnaire result from yes or no questions	44
Table 4.2 Questionnaire result from frequency-based questions.....	48
Table 4.3 Questionnaire result from open-ended questions	51
Table 4.4 Interview result from question 1.....	59
Table 4.5 Interview result from question 2.....	61
Table 4.6 Interview result from question 3.....	63
Table 4.7 Interview result from question 4.....	65
Table 4.8 Interview result from question 5.....	67
Table 4.9 Interview result from question 6.....	69
Table 4.10 Interview result from question 7.....	71
Table 4.11 Interview result from question 8.....	75
Table 4.12 Psychological Anxiety	87
Table 4.13 Cognitive Anxiety.....	92

