

**AN ANALYSIS OF STUDENTS' STRATEGIES TO
OVERCOME ANXIETY IN SPEAKING ENGLISH OF
GRADE 8 STUDENTS AT MTS PANCASILA
KOTA BENGKULU**

THESIS



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FACULTY TARBIYAH AND TADRIS
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FATMAWATI SUKARNO BENGKULU
2026**

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THESIS

Submitted as a partial requirements for the degree of
Sarjana Pendidikan (S.Pd)



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I hereby declare that the thesis entitled **“An Analysis of Students' Strategies to Overcome Anxiety in Speaking English of Grade 8 Students at Mts Pancasila Kota Bengkulu”** is my own work and research and is not a plagiarism of the work of others. If in the future it is known that this thesis is the result of plagiarism, I am ready to be subject to academic sanctions.

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MOTTO

“Sesungguhnya Allah bersama orang-orang yang sabar.”

-(QS. Al-Baqarah: 153)

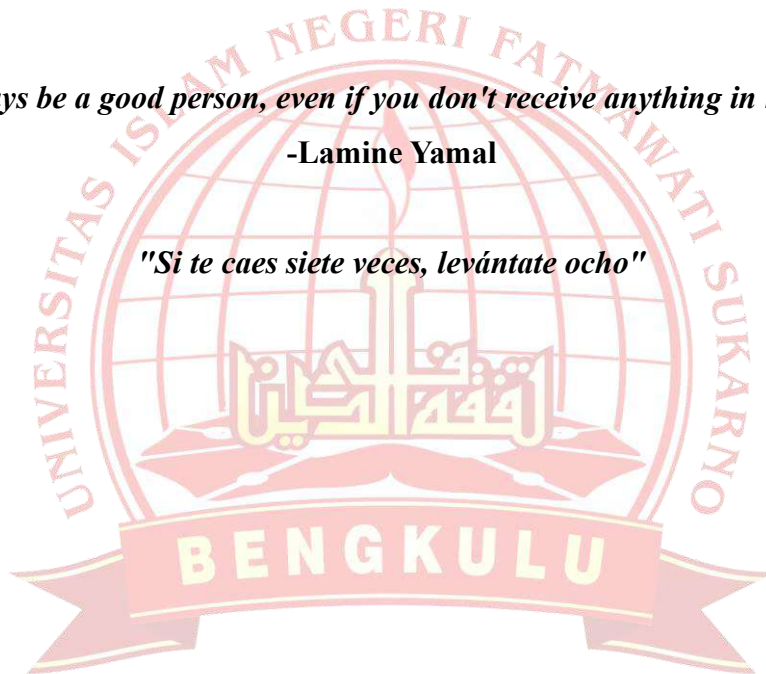
“The only way to do great work is to love what you do”

-D.O EXO

“Always be a good person, even if you don't receive anything in return”

-Lamine Yamal

"Si te caes siete veces, levántate ocho"



DEDICATION

With endless gratitude and sincere appreciation, I have finally reached a stage that once felt impossible to complete. This thesis is not only the result of my hard work, but also the result of prayers, support, love, and encouragement from the precious people around me. In moments when I felt weak, their encouragement became my strength; in moments when I felt doubtful, their trust gave me hope. Therefore, with all my heart, I dedicate this thesis to:

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ABSTRACT

Amanda Novry Oktavia Ningrum (2026): An Analysis of Students' Strategies to Overcome Anxiety in Speaking English of Grade 8 Students at Mts Pancasila Kota Bengkulu

Supervisor I: Dr. Fera Zasrianita, M.Pd

Supervisor II: Dr. Hanura Febriani, M.Pd

This study aims to analyze the strategies used by eighth-grade students at MTs Pancasila Kota Bengkulu in overcoming English speaking anxiety. This study employed a qualitative descriptive method with data collected through questionnaires and interviews. The data were analyzed descriptively to identify the strategies most frequently used by students in dealing with speaking anxiety. The results revealed that five strategies were identified, namely Preparation, Relaxation, Positive Thinking, Peer Seeking, and Resignation. Among these strategies, Peer Seeking was the most frequently used strategy with an average score of 85%, while Resignation was the least frequently used strategy with an average score of 69%. The findings indicate that peer support helps students increase their self-confidence, feel more comfortable, and reduce fear when speaking English in the classroom. This study concludes that social support and a positive classroom environment play an important role in helping students reduce speaking anxiety and increase their willingness to speak English.

Keywords: *EFL students, peer seeking, qualitative study, speaking anxiety, speaking strategies.*

ABSTRAK

Amanda Novry Oktavia Ningrum (2026): Analisis Strategi Siswa dalam Mengatasi Kecemasan Berbicara Bahasa Inggris pada Siswa Kelas VIII di MTs Pancasila Kota Bengkulu

Pembimbing I: Dr. Fera Zasrianita, M.Pd

Pembimbing II: Dr. Hanura Febriani, M.Pd

Penelitian ini bertujuan untuk menganalisis strategi yang digunakan oleh siswa kelas delapan di MTs Pancasila Kota Bengkulu dalam mengatasi kecemasan berbicara bahasa Inggris. Penelitian ini menggunakan metode deskriptif kualitatif dengan data yang dikumpulkan melalui kuesioner dan wawancara. Data dianalisis secara deskriptif untuk mengidentifikasi strategi yang paling sering digunakan oleh siswa dalam menghadapi kecemasan berbicara. Hasil penelitian menunjukkan bahwa lima strategi diidentifikasi, yaitu Preparation, Relaxation, Positive Thinking, Peer Seeking, dan Resignation. Di antara strategi-strategi tersebut, peer seeking merupakan strategi yang paling sering digunakan dengan skor rata-rata 85%, sedangkan Resignation merupakan strategi yang paling jarang digunakan dengan skor rata-rata 69%. Temuan ini menunjukkan bahwa dukungan teman sebaya membantu siswa meningkatkan kepercayaan diri, merasa lebih nyaman, dan mengurangi rasa takut saat berbicara bahasa Inggris di kelas. Penelitian ini menyimpulkan bahwa dukungan sosial dan lingkungan kelas yang positif memainkan peran penting dalam membantu siswa mengurangi kecemasan berbicara dan meningkatkan kemauan mereka untuk berbicara bahasa Inggris.

Kata kunci: Siswa EFL, pencarian teman sebaya, studi kualitatif, kecemasan berbicara, strategi berbicara.

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Finally, the writer realizes that this thesis is still far from perfect. Therefore, any constructive criticism and suggestions are warmly welcomed for the improvement of this thesis in the future. The writer hopes that this thesis can provide useful contributions to the field of education, particularly in English language teaching and learning.

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Bengkulu, August 2026

Amanda Novry Oktavia
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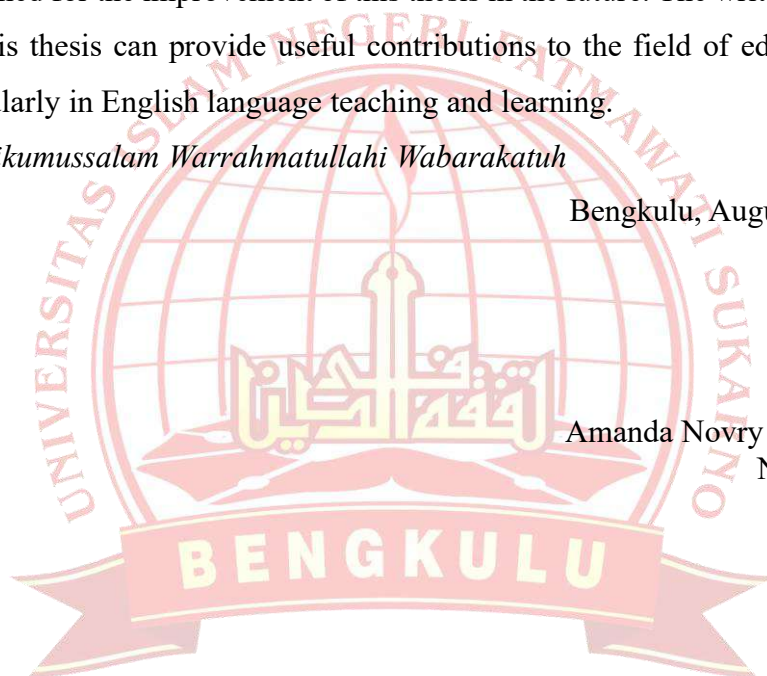


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