

# **SPEAKING ANXIETY AND SELF-CONFIDENCE: THE CASE OF UNIVERSITIES STUDENTS IN BANJARMASIN**

## **“KECEMASAN BERBICARA DAN PERCAYA DIRI: KASUS MAHASISWA DI BANJARMASIN”**

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### **ABSTRACT**

The purpose of this study are to knowing the factors causes of speaking anxiety and lack of self-confidence of undergraduate English students in universities and investigate the strategies to overcome their speaking anxiety and boost their confidence. The participants are from 8<sup>th</sup> semester in state and private universities in Banjarmasin, Kalimantan Selatan. This research method uses a qualitative interview study. Based on semi-structural interviews, the researcher found that five undergraduate English students had the main cause students have anxious while speaking is lack of self-confidence and the other causes there are still lack of mastering English comprehension, difficult to express idea and need time to processing the information in English. While the factors causes student lack of confidence there are afraid make mistakes, rarely practice speaking and fear of negatively judge. After that, the researcher investigate the English students strategies to overcome their anxious in speaking and increase their confidence, there are doing practices with friends in class or in community to reduce the feeling of anxious it also help them to learn the vocabs and pronoun in English comprehension, prepared the material before performing public speaking and give suggestions to themselves to make them feel more calm and reduce the nervousness.

Keywords: Speaking anxiety, self-confidence, speaking skill, strategies.

### **ABSTRAK**

*Tujuan dari penelitian ini adalah untuk mengetahui faktor-faktor penyebab kecemasan berbicara dan kurangnya kepercayaan diri mahasiswa sarjana bahasa Inggris di universitas dan menyelidiki strategi untuk mengatasi kecemasan berbicara mereka dan meningkatkan kepercayaan diri mereka. Pesertanya berasal dari semester 8 di perguruan tinggi negeri dan swasta di Banjarmasin, Kalimantan Selatan. Metode penelitian ini menggunakan penelitian wawancara kualitatif. Berdasarkan wawancara semi-struktural, peneliti menemukan bahwa lima mahasiswa S1 Bahasa Inggris memiliki penyebab utama siswa cemas saat berbicara adalah kurang percaya diri dan penyebab lainnya masih kurangnya penguasaan pemahaman bahasa Inggris, sulit mengungkapkan ide dan membutuhkan waktu. untuk memproses informasi dalam bahasa Inggris. Sedangkan faktor penyebab siswa kurang percaya diri yaitu takut melakukan kesalahan, jarang berlatih berbicara dan takut menilai secara negatif. Setelah itu, peneliti menyelidiki strategi siswa bahasa Inggris untuk mengatasi kecemasan mereka dalam berbicara dan meningkatkan kepercayaan diri mereka, ada latihan dengan teman-teman di kelas atau komunitas untuk mengurangi rasa cemas itu juga membantu mereka mempelajari vocab dan pronoun dalam bahasa Inggris. pemahaman, menyiapkan materi sebelum melakukan public speaking dan memberikan sugesti kepada diri sendiri agar merasa lebih tenang dan mengurangi rasa gugup.*

*Kata kunci: Kecemasan berbicara, kepercayaan diri, keterampilan berbicara, strategi.*

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