

**AN ANALYSIS OF STUDENTS' SPEKING ANXIETY
FACTORS AT SMA KRISTEN TARUS KUPANG TENGAH IN
ACADEMIC YEAR 2024/2025**

ABSTRACT

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This study aims to analyze the factors contributing to speaking anxiety among students. A total of 25 tenth- grade students from SMA Kristen Tarus, Kupang Tengah. Participated in the study, based on criteria such as grade level, self-reported anxiety, prior experience, with speaking tasks. The study refers to theories from researchers such as Specimam & Rinolky (2000) and others who have examined speaking anxiety in educational context. A mixed-methods approach was used to collect both qualitative and quantitative data. In-depth interviews and classroom observations were conducted to explore students' personal experiences related to speaking, while surveys were used to measure their anxiety levels. The findings revealed that fear of negative evaluation, lack of preparation, and low self-confidence were the main causes of speaking anxiety. This study highlight the importance of strategies to reduce anxiety and improve students' speaking skills, offering insight for educators to helps students overcome fear and build confidence.

Key words: *Speaking Anxiety, Tenth-Grade Students, and EFL ,foreign language learning, mixed-methods, teaching strategie, speech apprehension.*

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Penelitian ini bertujuan untuk menganalisis faktor-faktor yang memengaruhi kecemasan berbicara (speaking anxiety) pada siswa. Sebanyak 25 siswa kelas X dari SMA Kristen Tarus, Kupang Tengah terlibat dalam penelitian ini, yang dipilih berdasarkan kriteria seperti tingkat kelas, tingkat kecemasan yang dilaporkan sendiri, serta pengalaman sebelumnya dalam tugas berbicara. Penelitian ini mengacu pada teori dari peneliti seperti Specimam & Rinolky (2000) dan lainnya yang telah membahas kecemasan berbicara dalam konteks pendidikan. Metode campuran (mixed-methods) digunakan untuk mengumpulkan data kualitatif dan kuantitatif. Wawancara mendalam observasi kelas dilakukan untuk menggali pengalaman pribadi siswa terkait kecemasan berbicara. Penelitian ini menekankan pentingnya strategi untuk mengurangi kecemasan dan meningkatkan ketrampilan berbicara siswa, serta memberikan wawasan bagi pendidik dalam membantu siswa mengatasi rasa takut dan membangun rasa percaya diri dalam berbicara di depan umum.

Kata Kunci: kecemasan berbicara, siswa kelas sepuluh and EFL, pembelajaran bahasa asing, pendekatan campuran, strategi pengajaran, ketakutan berbicara.