

ABSTRACT

Madja, Stella Maris Bhoga. (2022). *A Study on Pre-service Teachers' Speech Anxiety During Teaching Presentations in Sanata Dharma University's Microteaching Course*. Yogyakarta: English Language Education Study Program, Sanata Dharma University.

In the 21st century, speaking has become one of the skills that universities and companies expect. As the matter of fact, speaking is one of the four essential language abilities in learning English. However, speaking activity can put pressure on some people, which can lead to anxiety. The anxious feeling about speaking is known as “speech anxiety” or “public speaking anxiety.” Since the Microteaching course requires a lot of speaking activities, this course can bring speech anxiety to pre-service teachers.

This study sought to investigate the factors that caused anxious feelings during teaching presentations among pre-service teachers and the ways to overcome speech anxiety that occurred during the teaching presentation. There were two research questions addressed in this study: (1) “What factors caused pre-service teachers to feel anxious about their teaching presentation?” and (2) “What are the ways to overcome speech anxiety that occurred during the teaching presentation of the pre-service teachers?”

This research was conducted using qualitative research. 25 participants were pre-service teachers from different class of batch 2020 who took the Microteaching course. This study used two main instruments for data collection: a closed-ended questionnaire and an interview.

This research found four significant factors that caused speech anxiety among pre-service teachers teaching using English: anxious feelings toward students and their responses, their teaching concern about being observed, and teacher characteristics. This research also found several ways to overcome speech anxiety among pre-service teachers during teaching presentations, such as having good preparation, peer-seeking activities, making notes and memorizing essential points, and avoiding direct eye contact.

Keywords: speaking, micro-teaching, anxiety, speaking anxiety

ABSTRAK

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Di abad ke 21 ini, keterampilan berbicara telah menjadi salah satu keterampilan yang dibutuhkan oleh universitas dan perusahaan. Pada hakikatnya, kemampuan berbicara merupakan salah satu dari empat kemampuan dasar bahasa penting dalam mempelajari Bahasa Inggris. Namun, aktivitas berbicara dapat memberi tekanan pada beberapa orang, yang dapat menyebabkan kecemasan. Perasaan cemas mengenai aktivitas berbicara dikenal sebagai "kecemasan berbicara" atau "kecemasan berbicara didepan umum". Mata kuliah Microteaching membutuhkan banyak kegiatan berbicara, oleh karena itu, kursus ini dapat menimbulkan kecemasan berbicara bagi calon guru.

Penelitian ini berusaha untuk menyelidiki faktor-faktor yang menyebabkan perasaan cemas selama presentasi pengajaran di kalangan calon guru dan cara untuk mengatasi kecemasan berbicara yang terjadi selama presentasi pengajaran. Ada dua pertanyaan penelitian yang diajukan dalam penelitian ini: (1) "Faktor-faktor apa saja yang menyebabkan guru calon merasa cemas terhadap presentasi pengajarannya?" dan (2) "Bagaimana cara mengatasi kecemasan berbicara yang terjadi pada saat presentasi pengajaran calon guru?"

Penelitian ini dilakukan dengan menggunakan penelitian kualitatif. Peserta merupakan calon guru dari angkatan 2020 yang mengambil mata kuliah Microteaching. Penelitian ini menggunakan dua instrumen utama untuk pengumpulan data: kuesioner tertutup dan wawancara.

Penelitian ini menemukan empat faktor utama yang menyebabkan kecemasan berbicara di antara guru prajabatan yakni mengajar menggunakan Bahasa Inggris, perasaan cemas terhadap siswa dan tanggapannya, persepsi calon guru mengenai saat diobservasi, dan karakteristik guru. Penelitian ini juga menemukan beberapa cara untuk mengatasi kecemasan berbicara di kalangan calon guru selama presentasi mengajar seperti mempunyai persiapan yang baik, kegiatan mencari teman sejawat, membuat catatan dan menghafal poin-poin penting, dan menghindari kontak mata langsung.

Kata kunci: *speaking, micro-teaching, anxiety, speaking anxiety*

