

EFL STUDENTS' EXPERIENCES WITH ANXIETY IN LEARNING

ENGLISH SPEAKING: A NARRATIVE INQUIRY

Skripsi

**Presented to
undergraduate
program English education
Program Nurul Jadid University
In partial fulfillment of the requirements for the degree of
Bachelor in English language education**



BY:

NOVI IDA FITRIYAH ARRAHMANI

NIM. 2142300047

**ENGLISH EDUCATION DEPARTMENT
FACULTY OF HUMANITIES AND SOCIAL SCIENCES
UNIVERSITY OF NURUL JADID**

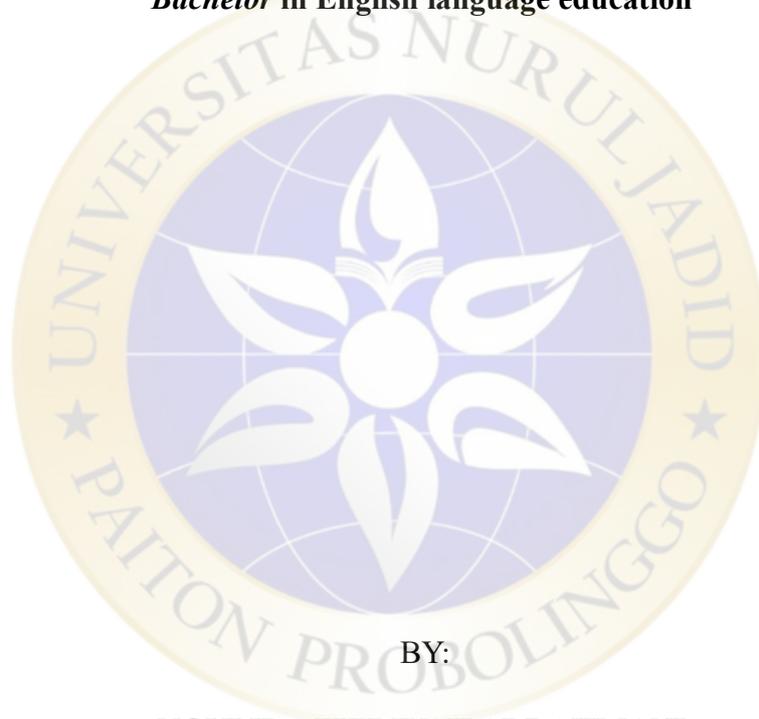
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2025

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NIM : 2142300047

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Atas perhatian dan kerjasamanya, kami sampaikan terima kasih.

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Pembimbing ,



Mochlis Ekowijayanto, M.Pd



PANITIA PELAKSANA PROGRAM SKRIPSI
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PROBOLINGGO JAWA TIMUR

PP. Nurul Jadid
Karanganyar Paiton
Probolinggo 67291
☎ 08883077077
sashum@unuja.ac.id

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Skripsi yang ditulis oleh mahasiswa :

Nama : NOVI IDA FITRIYAH ARRAHMANI
NIM : 2142300047
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"Knowledge is the light that illuminates the path to wisdom."

DEDICATION

To:

My Dearest, Abi and Umi, whose unwavering support and endless love have been my greatest strength throughout this academic journey, who taught me the value of education and perseverance.

My beloved brother, Aqil, a light in my journey, thank you.

And to : **My self**, to the soul who never gave up — thank you, me

DECLARATION OF AUTHORSHIP

Bismillahirrohmanirrohim

Herewith, I:

Name : Novi Ida Fitriyah Arrahmani

NIM : 2142300047

Major : English Education

Address : Jln. Kertonegoro, Dusun krajan III, RT/RW 004/001 Desa Kertonegoro, Kecamatan Pakuniran, Kabupaten Probolinggo

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UNIVERSITAS NURUL JADID
 PROBOLINGGO JAWA TIMUR

PP. Nurul Jadid
 Karanganyar Paiton
 Probolinggo 67291
 T 03113077077
 soshum@unuja.ac.id

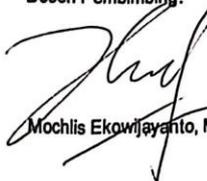
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1. Nama Mahasiswa : Novi Ida Fitriyah Arrahmani
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UNIVERSITAS NURUL JADID
PROBOLINGGO JAWA TIMUR

PP. Nurul Jadid
Karanganyar Paiton
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TERAKREDITASI A**

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Satdik : SMA NURUL JADID Paiton Probolinggo
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Nama : **NOVI IDA FITRIYAH ARRAHMANI**
NIM : 2142300047
Program Studi : Sosial dan Humaniora Universitas Nurul Jadid Paiton
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TERAKREDITASI A (UNGGUL)

Alamat: PO BOX 1 PP Nurul Jadid Karanganyar Palton Probolinggo 67291 Jawa Timur
NPSN: 20579878; NSM: 131235130040; Telp/Fax: (0335) 771202; Email: manipalton@gmail.com; Website: www.manurujadid.sch.id

Nomor : NJ-H/19/0145/A-VIII/05.2025
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Kepada:
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Wassalamu'alaikum War. Wab.

Probolinggo, 20 Mei 2025
Kepala Madrasah,

MISBAH L. MUNIR, M.Pd.I, M.S.I
NIP. 19819509784

ABSTRACT

Arrahmani, Novi Ida Fitriyah.” *Experiences of efl students' anxiety in learning english speaking: a narrative inquiry*” Undergraduate program Nurul Jadid University.
Advisor Mochlis Ekowijayanto, M.Pd

Keyword: EFL Students, Anxiety, English speaking

Speaking anxiety in English as a Foreign Language (EFL) learning is a phenomenon that affects students' academic performance. This study aims to explore EFL students' experiences regarding types of anxiety when learning to speak English and identify strategies used to overcome speaking anxiety based on their personal experiences. This research employs a descriptive design with a qualitative approach through narrative inquiry. Data were collected through interviews with research subjects consisting of two students from SMA Nurul Jadid, selected using purposive sampling technique based on specific considerations according to research objectives. This research employs thematic analysis techniques referring to the Miles and Huberman model. The findings reveal that English language anxiety manifests as a multifaceted phenomenon with six themes: anxiety due to lack of experience and knowledge, anxiety in live evaluation situations, context-based anxiety (online versus offline), anxiety under limited preparation conditions, changing perspectives on anxiety, and coping strategies. The primary coping strategies identified include seeking support from trusted family and friends and intensive repetitive practice. Anxiety intensity varies among individuals, with significant differences between comprehensive and situational anxiety. The study validates the Foreign Language Anxiety framework by Horwitz, Horwitz, and Cope in the Indonesian EFL context. The three core components—communication apprehension, test anxiety, and fear of negative evaluation—remain relevant. However, a new dimension was discovered: participants experienced lower anxiety in online contexts compared to offline settings, indicating that anxiety is environmentally mediated rather than purely personality-based.

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All praise and thanks belong to Allah SWT, the Most Gracious and Most Merciful, Lord of the universe. I am deeply grateful for His countless blessings, divine guidance, and infinite mercy that have enabled me to successfully complete this thesis. May peace and blessings be upon Prophet Muhammad SAW, who brought light and guidance to humanity. I humbly acknowledge Allah's grace in granting me the health, perseverance, and wisdom necessary to fulfill this academic obligation as a student in the English Education Department.

I extend my sincere appreciation to my thesis supervisor, Mr Mochlis Ekowijayanto, M.Pd, for the invaluable guidance, constructive feedback, and continuous support throughout this research journey. Your expertise and patience have been instrumental in shaping this work.

I am deeply grateful to my family for their unconditional love, encouragement, and sacrifices. To my father Abd.Rahman, S.Pd, my brother Moh,Said Aqil Shirath Arrahmani, and my beloved mother Usi Ningsih, thank you for believing in my dreams and supporting me through every challenge. Your prayers and motivation have been my driving force.

I would like to express my deepest gratitude to myself Novi Ida Fitriyah Arrahmani for the perseverance, patience, and dedication that have carried me through every stage of this journey. Thank you for not giving up during moments of doubt, for continuing to move forward despite challenges, and for believing in

the possibility of achieving this goal. This accomplishment is a testament to personal growth, resilience, and the strength that comes from within.

Finally, I extend my gratitude to everyone who has directly or indirectly contributed to the completion of this thesis. May this work benefit the academic community and contribute to the advancement of knowledge in this field.

Thank you all for being part of this incredible journey.

The Researcher,

NOVI IDA FITRIYAH ARRAHMANI

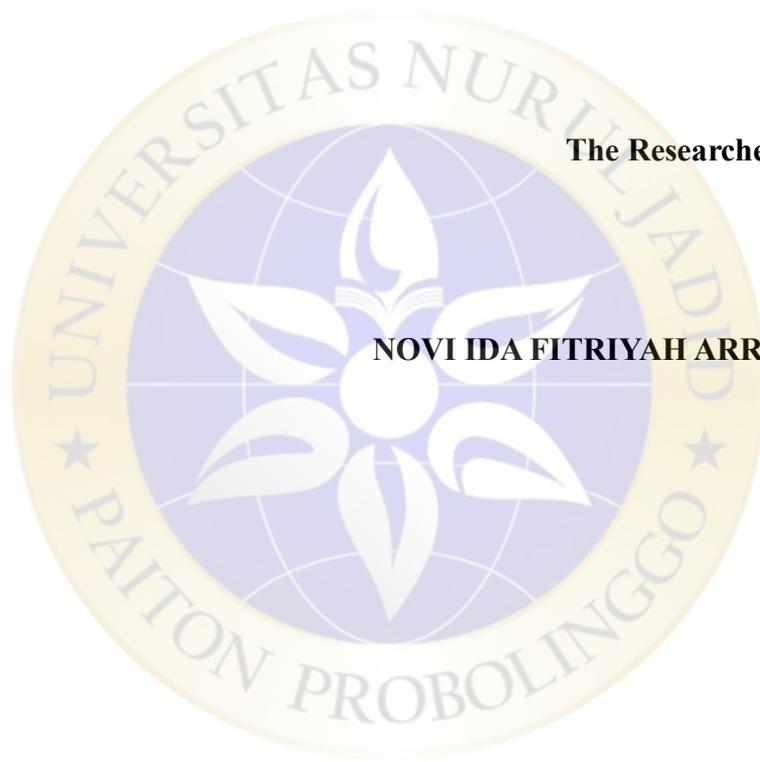


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