

APPENDIX 1
OBSERVATION CHECKLIST

NO.	CAUSES OF ANXIETY	CHECKLIST
1	Shyness	
2	Keeping silent	
3	Avoiding eye contact with teacher	
4	Limited vocabulary	
5	Inaccurate grammar	
6	Lack of fluency	
7	Imperfect pronunciation	
8	Feeling Inferior	
9	Fear of expressing certain views	
10	Diminishing confidence	
11	Dominance of hesitation	
12	Sweating more	
13	shoulders down	
14	Standing down	
15	Feet inwards and arm in front of body	

(Ansari, 2015)

APPENDIX 2
QUESTIONNAIRE

Name : _____ **Class** : _____
Number : _____ **Phone Number** : _____

1. Questionnaire items for The levels of students' speaking anxiety

Please read the statement and then give a sign (√) in the provided space. Give the most suitable answer based on your feeling.

NO.	STATEMENT	SCORING				
		Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
1	I prepare my speaking well, but I still feel anxious.					
2	Although I have a good preparation, I still panic when I speak English.					
3	I feel worried when I don't prepare my material before presentation.					
4	I feel anxious when I have to speak English without preparation.					
5	If I'm not prepare my material well, I afraid my teacher give a question to me.					
6	I never feel quite sure of myself when I am speaking English.					
7	I worry about the consequences of failing my foreign language class.					
8	In speaking class, when I nervous I forget things easily					
9	I can feel my heart pounding when I'm going to be called on in speaking class.					
10	I feel shy when I am speaking in my language class.					
11	I feel more tense and nervous in my speaking class than in my other classes.					
12	I feel confused when I am speaking in my language class.					
13	I am afraid that the other students will laugh at me when I speak English.					
14	I'm afraid if my teacher gives some					

	critics to me when I speak in front of classroom.					
15	I feel afraid if my friend and my teacher do not understand what I say.					
16	I get upset when I don't understand what the teacher is correcting.					
17	I feel afraid if my teacher critics my pronunciation.					
18	My teacher always critic every mistake that I do in my speaking class					
19	I'm afraid if my teacher corrects my speaking.					
20	Error correction is the most problem that make me feel anxious.					
21	My teacher always corrects my grammar when I'm speaking so I feel afraid about it.					
22	I'm afraid that my language teacher is ready to correct every mistake that I make.					
23	I feel confuse about some rules that we have to learn in speaking a foreign language.					
24	I don't feel comfortable when I know that I'm going to be called in front of class to speaking.					
25	I feel happy when I know that I'm not speaking in front of class.					
26	I often feel like not going to my speaking class.					
27	Speaking in front of class is the most thing that I scared					
28	I don't feel confident about speaking English in front of other students.					
29	I don't feel relaxed, When I speak in front of class.					
30	I keep thinking that the other students are better at speaking than I am.					
31	I have a little vocabulary, I feel nervous when I am speaking English.					
32	I always feel that the other students speak the foreign language better than I do.					
33	If my teacher gives my friend a good command about her speaking, I feel afraid that I can't speak like her.					

(Young, 1991)

2. Questionnaire items of the strategies to overcome students' speaking anxiety

Please read the statement and then give a sign (√) based on your feeling. If you don't feel it, you don't need to choose.

No.	Statement		√	No.	Strategy		√
1	Preparation	I try to make a habit of learning English every day.		6	Positive thinking	I convince to myself that I can speak English when I feel anxious in speaking class.	
2		I always prepare and study hard before I speak English in speaking class.		7	Peer Seeking	I convince to myself that other people also feel anxious in speaking class	
3	Relaxation	I take a deep breath when I feel anxious in Speaking class.		8		I always say to myself that a difficult problem for myself also a difficult problem for the other person	
4		I try not to strain when I am in English class		9	Resignation	I don't want to join speaking class	
5	Positive thinking	I make sure that I can speak English because I'm sure with myself.		10		I avoid involve in a situation that can make me feel anxious to speak English in speaking class	

(Kondo and Ling, 2004)

3. Open- ended question to know the causes and strategies to overcome speaking anxiety

Please read the questions and answer the questions based on your feeling in the provided space.

<p>1. Do you feel anxious, when you speak English? Why?</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>2. What do you do to overcome your speaking anxiety?</p> <p>.....</p> <p>.....</p> <p>.....</p>

APPENDIX 3
INTERVIEW QUESTIONS

QUESTIONS:

1. How do you feel when you speak English in front of classroom?
2. What are the causes of your anxiety?
3. What the strategies to overcome your speaking anxiety?