

CHAPTER I

INTRODUCTION

A. Background of Study

Human resources that have quality is one of the thing that be the most important to develop building of a nation. A nation that have human resource with high quality will more develop in all aspects. One of the indicator to know the high or low of the human resources is from good or not the education in that country. A good education is an education that have a good system in it.

Tests and evaluations are a nearly unavoidable part of our world. Entrance exams, aptitude tests, driver's license tests, classroom exams, and, in particular, grades are just a few examples of the assessments used throughout our society to make comparisons among individuals and all others aspect in our world. Most people are not concerned about the use of grades to identify areas in need of improvement. When these grades are used to determine who will be permitted access to resources such as higher education, greater opportunities, and financial assistance, however, testing becomes a concern. It is understandable that some people experience test anxiety when faced with this determination and the seeming message that test scores impart regarding an individual's worthiness.

In the now a days, we have seen in the every school has test given to student in the school. From before he enter the school until he want to finish the school. It is a system of education. The use of test is a must in any system of education, also in Indonesia.

Each test has each difficulty for the students. Because it has each difficulty for the students, it will influence their understand in the subject. When someone cannot understand well about something, he/she automatically will have anxiety in face it. Anxiety can happen because of afraid that cause by negative thinking, the think that he/she cannot answer the questions in the test.

It is indisputable that English plays a very important role as a global language. In many countries, it has been argued that having English proficiency is like possessing an Aladdin's lamp, as it can bring material prosperity by ensuring access to education, international business, science and technology (Kachru, 1990; Hamid, 2009). This high degree of importance accorded to English is supposed to create a very strong motivation for students to learn English.

Beside that, English is a subject in the school. Almost every high school in Indonesia now teach English to the student. English as a foreign language to the students have the own difficulty for every students. Because that, it will added the anxiety to the students in face the English test.

All of us has ever feel anxious in our life. Someone that feel anxious will be in a unhappy emotion condition that characterize with stress, nervousness, heart beat throb, tremor, queasy, immobility, incapable to think

clear, and assume that about 5% of population suffer chronic anxiety, and the woman's number over than man in ratio two equal one (Kidman, 1992).

Psychologist say anxiety is an unnormal condition of a human. Anxiety is a human's emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders often have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry (<http://www.apa.org/topics/anxiety/>).

Many psychologist believe that anxiety more likely to define as an ambiguous statement in a threatening way. And two University of Western Australia Psychology already test it. The result is anxious only make the things worse. (<https://www.psychologytoday.com/articles/199505/sure-sign-anxiety>)

In Holy Qur'an described that people conquer by anxiety is cause by infidel state, polytheistness, reluctantness of human toward the Allah's lessons and graces in their life. If human conquer by the anxiety, then the human's personality will disturbed.

Anxiety also a condition of human life that say by Holy Qur'an is part of Allah's tests, so human must can face this test and free himself/herself from the anxiety that attack him/her. Someone that free from the anxiety will have a stable personality, because their conscience be peaceful.

As Allah's Word in Holy Qur'an verse 28 of Ar-Ra'du :

الْقُلُوبُ تَطْمَئِنُّ لِلَّهِ بِذِكْرِ ۗ أَلَا لِلَّهِ بِنْدِكُمْ لَوْ بُهْمُكُمْ وَتَطْمَئِنُّ آمَنُوا الَّذِينَ

In overcoming the anxiety to the test of English subject, the English teacher in a school have big impact to it. Because teacher have more knowledge

and experience in facing trouble like this than the students. There are many efforts do by the English teachers to overcome it and to make the students successful in their test. Each English teachers also have their own efforts to face it.

SMK Tabalong is one of Vocational High School (SMK) that have vision to developing to be a center of Education and Integrated Coaching Vocational (SMK PPKT) that can implement coaching based on competencies and complete learning, with the result of can produce graduate that have human resources that can compete in the modern industry world. SMK Tabalong is a Vocational School with an A accreditation in Tabalong regency, South Borneo. SMK Tabalong also have cooperate with one of a big contractor suppliers, PT. United Tractors. There are three major in SMK Tabalong, it is electro, construction of building, and automotive engineering.

In prior observation that has conducted in SMK Tabalong, there are high students anxiety for the test. Many of them said they are feel stress, nervous, and insomnia when think about test. They are anxious if they cannot pass it. The most anxiety in test say by students is for the English subject, because they are already used to have many practice to Indonesian, Mathematic, and Vocational subject in their school.

The English teachers should understand the situation that face by the students. The English teachers can do many efforts to overcome students anxiety for test. The efforts will have many variation depend on the teachers itself. All of

it are do when the teaching in the school with the purpose to overcome the students anxiety for test.

Remembering the importance of English teacher to overcome the students anxiety for test at SMK Tabalong, the writer do research in the title : “English Teacher’s Efforts in Overcoming Students’ Test Anxiety at SMK Tabalong”.

From previous studies, there are several thesis with similar title. First, “Test Anxiety to National Exam and Learning Motivation of Class XII at SMA 10 Jakarta Selatan” written by Wisnawati Agusniar. In this thesis, Wisnawati Agusniar research is non-experimental quantitative. She research about level of test anxiety of the students and learning motivation of students there. The population is 440 students and the sample is 168 students. And the results is the students of class XII at SMA 10 Jakarta Selatan have low level of test anxiety and high learning motivation. Second, “Relation Between Test Anxiety in Facing TOEP (Test Of English Proficiency) and TOEP Result at Students Generation 2015 of Psychology Faculty Malang Muhammadiyah University (UMS)”, written by Dina Ewinda Putri. This research do because TOEP in UMS is a mandatory to everyone who already finish subject English I & English II and recapitulation of the TOEP exam of Psychology Students 2013 and 2014 show the percentage of passing TOEP exams still below 50%. This is a quantitative research. Subject of this research is 212 students of Psychology Faculty Generation 2015. Result of this research is negative significantly correlation between test anxiety in facing toep and toep result.

The thesis that written by research here is different from the previous studies. The writer here focus only on one English teacher that teach English in SMK Tabalong. And the efforts that researched here is all efforts that do by the English teacher itself. Not like previous study that want to know about level of students' anxiety and learning motivation, and the other one that want to know the relation between test anxiety in facing toep and toep result at students. It is just general efforts that do by the English teacher in overcoming students' test anxiety at SMK Tabalong.

B. Statement of Problem

Based on the background above, there is problems which be investigated by the writer, as follow :

1. What are the English teacher's efforts in overcoming students' test anxiety at SMK Tabalong?
2. How to apply the efforts in overcoming students' test anxiety at SMK Tabalong?

C. Objective of Study

1. To know the English teachers' efforts in overcoming students' test anxiety at SMK Tabalong.

2. To know how the English teachers' apply the efforts in overcoming students' test anxiety at SMK Tabalong.

D. Significance of Study

Remembering the lack of material of facing anxiety in students environment, specially anxiety for test, with this study, will be helpful for every English teachers to add knowledge in overcome the students' test anxiety, specially for the writer itself as a prospective teacher. And it also can be as input for further research in wider environment.

E. The Definition of Key Term

The definition of term which is necessary to clarify briefly in order to avoid different thinking, can be mentioned as follow :

1. English Teacher

English is the language of England, now widely used in many varieties throughout the world. (Oxford Learner's Pocket Dictionary, 2011)

Teacher means the person who teaches especially in the school. (Oxford Learner's Pocket Dictionary, 2011)

So, it can be concluded that English teacher is the person that teaches the English language to the students with all of it is varieties throughout the world.

The English teacher that writer means in this Research is a teacher with name Yenny Anggeria Willianty who teach English at class XII.

2. Effort

Effort is an attempt to do something especially when it is something difficult to do. (Oxford Learner's Pocket Dictionary, 2011)

Effort that writer means here is the English teacher's effort when teaching the students at the school in overcoming their anxiety for test. The efforts depends on the teacher when he teaching.

3. Overcome

Overcome means succeed in dealing with (a problem or difficulty). (Oxford Learner's Pocket Dictionary, 2011)

Overcome that writer means here is to make the students have more self-esteem and understanding for the test.

4. Test Anxiety

Test is examination of a person's knowledge or ability. (Oxford Learner's Pocket Dictionary, 2011)

Anxiety is a stress, feeling not safe, afraid that appear because the thinking something unhappy will happen. (Miramis, 1995)

So, it can be concluded that the test anxiety is a feeling that appear because the thinking of something unhappy will happen when face the test. Test anxiety that writer means here is test anxiety for English subject.

F. Organization of Writing

Chapter I contains is Introduction; which consist of background of study, statement of problem, objective of study, significance of study, the definition of key term and organization of writing.

Chapter II contains is Theoretical Review, which consists of Anxiety, Efforts in Overcoming Students' test anxiety, and Teacher.

Chapter III contains is Method of Research, which consist of type of research, subject and object of research, data and source of data, collecting data techniques, and data processing and analysis.

Chapter IV contains is Research Result, which consists of Findings and Discussion.

Chapter V is Closure, which consists of Conclusion and Suggestion.