

CHAPTER IV

FINDINGS AND DISCUSSION

A. FINDINGS

This chapter presents the research findings and discussions in teachers' problem in overcoming students' anxiety. As stated in chapter III, there are three instruments that used to collect data, it is observation, interview, and documentary. Those instruments use for answer two of the statement problem in chapter I, the first statement problem: What are the English teacher's efforts in overcoming students' test anxiety at SMK Tabalong? , and the second statement problem: How to apply the efforts in overcoming students' test anxiety at SMK Tabalong?. The observation was conducted on September 19th 2016 until November 19th 2016.

By using first instrument, observation sheet, the researcher collect the data directly from the class that the teacher teach. There are many things that discovered in the class. The further of it can be described below.

1. What Efforts Do by the English teacher to overcome Students' Test anxiety

There are several efforts that do by the english teacher in the school. It is can be mentioned as follow:

- a) Teach or review effective study and organizational skills (what to study and how to study)

- b) Teach students the strategies to successfully taking the test.

- c) Encourage students to seek clarification or additional help when needed from the teachers, parents, or others.
- d) Give students practice test under simulated condition and discuss the experience.
- e) Examine the results of test. Use the tests as the tools to focus on areas which weaker students are less confident and focus on the areas.
- f) Provide accomodation, where appropriate, for students with documented test anxiety.

2. How to Apply the Efforts to Overcoming Students' Test Anxiety

If seen from the English teacher's efforts above, it also have way to apply of it in the class. Below will describe more about how English teacher apply the efforts in the school.

- a) Teach or review effective study and organizational skills (what to study and how to study)

The English teacher teach the students about effective study such as: survey the material of what already students learn, and then question what the students' see. And then the students read the material with question in mind. Review the information acquired while reading. And at last, the students recite the information that they get.

In otherhand, the English teacher also teach the students about outlining. The students outlining about material that given by the English teacher.

b) Teach students the strategies to successfully taking the test.

The English teacher do this efforts by way implement study sessions during class time. The teacher also provide sample review in the class.

The English teacher teach students to read or listen to all dierctions and questions carefully. The English teacher also teach students to understanding test time limits. The English teacher said to students, do not spend too much time on any one question, skip the difficult questions untill all other question have been answered, and answer the difficult question in the last. Furthermore, for the strategies to successfully taking the test, the English teacher encourage students to study outside of the class, not only in the class.

c) Encourage students to seek clarification or additional help when needed from the teachers, parents, or others.

The English teacher do this effort by suggest students to ask anything that not clear. The teacher said that, first of all, if student did not clear about something, they can ask their friend about it, if it is not answered or they don't get clarification or additional help from they friend, they can ask the teacher about it, and also if they are in home, they also can seek clarification

or additional help from their parents. So, the students will not shy or afraid to ask for help when they need, even from teachers, parents, or others.

- d) Give students practice test under simulated condition and discuss the experience.

The English teacher do this efforts in the class. The English teacher always do test or exercise in every meeting and never give homework for the students.

The test under simulated condition do by the English teacher by bring the students to language laboratory. In there the teacher train the listening of students. The teacher play a video that is connected with report. The students given a sheet from the teacher. It is *fill in the blank* sheet. The students then listen carefully to the video and fill the sheet. AFter all, the students and the teacher together answer the question that has given by the teacher before.

- e) Examine the results of test. Use the tests as the tools to focus on areas which weaker students are less confident and focus on the areas.

As stated before, the students always had test and exercise in every meeting with their English teacher. And then at the end of the class, the teacher ask

students which part of today class is hard and the students cannot answer it, and then they do discussion about it. The teacher do examine the result of the test. Use the test as the tools to focus on areas which weaker students are less confident and focus on the areas. They examine the results of test the students already doing, and the teacher give more explanation to the student in which area they weaker.

- f) Provide accomodation, where appropriate, for students with documented test anxiety.

For this effort, the English teacher provide accomodation to the studentms by two ways. The first is by given the copy of try out last two years. The teacher said it is to make them can study from far aways to less their test anxiety. The second, the teacher provide the students with an online blog. The students can visit the teacher's blog if they want to practice or etc.

After doing all observation in the class, I do some interview to get more data and explanation with the English teacher that I observe. It is do on 8th November 2016. At first, I show my observation checklist and what I already observe since first time. There the teacher said she is never give homework for the students to prevent them from cheated. The task is must done before she leaves the class. If it is undone, the book is collected to the teacher, and will be

given to the students again next meet. It is to make them usual to the test and it will less their anxiety to the test. One more thing, the teacher also have online blog to support the student in facing the anxiety for the test. Every students can access the online blog and ask anything that want to ask about the test. There also many example of test that created by the teacher about English. So, it will be very helpful to overcome the students' test anxiety. Then, the researcher ask why the English teacher always use Banjarese or Indonesian language when talk in the class. The English teacher said that she afraid that the students not understand what she is talking about when in the class. If they are not understand what the teacher said, how the students will do the task that given by tthe English teacher.

At last, 10th November 2016, I ask for the document of the school. The document that I got from school can be seen in Appendix.

B. DISCUSSION

The data have been collected from the observation, interview and documentary are processed, presented and described in findings. Then the data is analized and reported systematically based on the statement of the problem. For further description, is known from analysis below.

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 she teaching.

About first effort that do by the English teacher, Teach or review effective study and organizational skills (what to study and how to study). The English teacher teach the students about effective study such as: survey the material of what already students learn, and then question what the students' see. And then the students read the material with question in mind. Review the information acquired while reading. And at last, the students recite the information that they get. It is very important to do as the English teacher's said. Because the students can easily get the information when they do it when they study.

In otherhand, the English teacher also teach the students about outlining. The students outlining about material that given by the English teacher will be very useful when the students want to know the point of what they have to study and how they study it. From this efforts, the teacher hope that the students can overcome their test anxiety.

About second effort that do by the English teacher, Teach students the strategies to successfully taking the test. The English teacher do this efforts by way implement study sessions during class time. The teacher also provide sample review in the class. The English teacher teach students to read or listen to all dierctions and questions carefully. The English teacher also teach students to understanding test time limits. The English teacher said to students, do not spend too much time on any one question, skip the difficult questions untill all other

question have been answered, and answer the difficult question in the last. The English teacher teach the students this strategy is very useful. As often happen, students stuck in a difficult question, and then wasting time at that difficult question. When the students stuck at that question, it will waste time that available for the students to answer others question that sure can easily answered. Furthermore, for the strategies to successfully taking the test, the English teacher encourage students to study outside of the class, not only during the class. So, the students can do the test successfully and have less test anxiety because they know the strategies and already study even outside of the class.

About third effort that do by the English teacher, Encourage students to seek clarification or additional help when needed from the teachers, parents, or others. The English teacher do this effort by suggest students to ask anything that not clear. This effort seen in fourth observation, when the English teacher write a dialog on the whiteboard. The teacher command students to write the dialog that she already wrote. After the students finish write it, the teacher command student to seek for a friend to do the conversation in front of the class. Everyone has to do it in pair. At this section, the anxiety of the students look rise than before. They are anxious that they cannot do it or wrong when do it. In here, the teacher notice her students' anxiety rise, the teacher do an effort here to overcome the students' test anxiety. The teacher said that, first of all, if student did not clear about something, they can ask their friend about it, if it is not answered or they don't

get clarification or additional help from their friend, they can ask the teacher about it, and also if they are in home, they also can seek clarification or additional help from their parents. Like Indonesian proverb “malu bertanya sesat di jalan”. So, the students will not shy or afraid to ask for help when they need, even from teachers, parents, or others. And then when the students can get clear information about what they want and have to know, their anxiety will less.

About forth effort that do by the English teacher, Give students practice test under simulated condition and discuss the experience. The English teacher always do test or exercise in every meeting and never give homework for the students.

The test under simulated condition also do by the English teacher by bring the students to language laboratory. In there the teacher train the listening of students. The teacher play a video that is connected with report. The students given a sheet from the teacher. It is *fill in the blank* sheet. The students then listen carefully to the video and fill the sheet. After all, the students and the teacher together answer the question that has given by the teacher before. In this section, often many discussion ask by the students and get answered by the teacher. When see this, this effort sure very helpful to overcome the students' test anxiety.

Still about test under simulated condition. In an observation, the English teacher uses question of try out year 2014 as the effort to overcome the students' anxiety. The English teacher suggests the students to answer the question in the sheet that delivered to students as much as they can with the fixed time. At this

time, almost half of the class anxiety rise. They are not answer it for a period of time. Because they see so many questions in the sheet. But, the teacher notice it. The teacher say one more time to the students, “just answer what you can answer, I want to know how much you understand about all of the previous study there”. After that, the students start to answer the questions in the sheets as much as they can. After the fixed time end, the student do discussion with the teacher and answer it together. The effort that do by the teacher here is give students practice test under simulated condition and discuss the experience. Meanwhile, at the first, the students look like cannot do it. The teacher encourage students to do it as much as they can. And the students do it.

In the next observation, the English teacher uses another question of try out year 2014 as the effort to overcome the students’ test anxiety. The English teacher suggests the students to answer the question in the sheet that delivered to students as much as them can with the fixed time. Not like last time, now almost all the students directly do answer the sheet as many as they can. After the fixed time end, the student do discussion with the teacher and answer it together. From this meeting and last meeting, the teacher do the same efforts. It is give students practice test under simulated condition and discuss the experience. The simulated test only do by the teacher several times. The test in simulated condition that do by the teacher is do the students. The students answer what the test that command by the teacher to do. And then at the end of the class, they do discussion about the experience from the test that has already they do. But, in this observation, the test under simulated condition is do better by the students than last time.

About fifth effort that do by the English teacher, examine the results of test, Use the tests as the tools to focus on areas which weaker students are less confident and focus on the areas. As stated before, the students always had test and exercise in every meeting with their English teacher. And then at the end of the class, the teacher ask students which part of today class is hard and the students cannot answer it, and then they do discussion about it. The teacher do examine the result of the test. Use the test as the tools to focus on areas which weaker students are less confident and focus on the areas. They examine the results of test the students already doing, and the teacher give more explanation to the student in which area they weaker.

About sixth effort that do by the English teacher, provide accomodation, where appropriate, for students with documented test anxiety. For this effort, the English teacher provide accomodation to the students by two ways. The first is by given the copy of try out last two years. This effort do in the last observation. The teacher said, the test of this semester is not far from what have been learned and the try out questions that have answered several times. The test of this semester will be held from 5th December 2016. It is one month from now, so all of the students can have more time to study and prepare themself. The questions of try out is given to the student. So, the student can study it and less the anxiety of students to face the test. The teacher said it is to make them can study from far away to less their test anxiety. The second, the teacher provide the students with an online blog. The students can visit the teacher's blog if they want to practice or etc. Online blog here supposed to support the student in facing the anxiety for the

test. Every students can access the online blog and ask anything that want to ask about the test. There also many example of test that created by the teacher about English. So, it will be very helpful to overcome the students' test anxiety.

From many of the efforts that can do by the teacher to overcome students' test anxiety, the English teacher just do above efforts to overcome her students' test anxiety. The efforts that do by the English teacher in the class is varies, not mono. It can be analyze that the English teacher also know that the students have test anxiety that will effect their performance in the learning and the test in the day of it.

The English teacher do those efforts with suppose to overcome the students' test anxiety. She do those efforts to make thee students' test anxiety less. The varies efforts that do by the English teacher in the class is good, it will make their interest to the material rise when learning and will less their anxiety. From the first observation until last observation, the teacher do several techniques to make her students interest in the teaching and learning. It looks like the teacher want the students mind to be relaxed and enjoyed with the teaching and learning that is not homogen.

Additionally, for out of the class, the teacher also provide the students with an online blog that the students can access everytime. It is very helpful to less their anxiety. The students can ask many things about English to the teacher in the blog. Also, they can practice the test that available in the online blog. It will make them habitual to the test and also will less their test anxiety.

A teacher is a people who followed by the students. It's like the students is the loyal follower. Every behavioral, habits, and personality of teacher is imitated by the students (Aziz, 2012, p.153). So, it's an obligation for teachers to pay attention. The way of teaching is the key of student successful in learning.

The teacher in every meeting have different ways/techniques in teaching the students. This make the students interested in learning process, it also will affect the understand of material given and will less the students' test anxiety.

The English teacher use the medium and the infrastructure available in the school such as any media and language laboratory. Besides the English teacher do varies techniques and methods learning in the class, she also teach in out of the class. It will make an new situation and make the students not to be bored because always learn in the class.

The English teacher also give motivation, teach the student strategies to successfully taking the test, and encourage students to seek clarification or additional help when needed form the teachers, parents, and others. The teacher also become like friend and second parent to students. It surely will ease the communication between the teacher and student, it will affect for less the students' anxiety, because the teacher have good social competence. The students can ask about anything that they want to know about the lessons that not clear in their mind.

When the researcher do observation in the class, the English teacher often use Banjarese mix with Indonesian language when teaching. It is a problem for

the teacher and the students. The English teacher should use English when teach about English subject in the class. If they do not do full English when teach, at least they often use English when teach. At first it must be difficult to do it. But, by always or often do it, the students at least familiar with English language. If the students familiar with the English language, it will make them have more comprehension when learning about English material. Then, it will affect their test anxiety. It will make the students' test anxiety less.

At last, the English teacher provide an online blog to help the students in practice test. It will be very helpful to overcome the students test anxiety, especially for the English subject.

From the observation that had conducted in the class, the teacher leadership in the class is very good. The teacher looks like have charism and the students is not noisy, The teacher can also manage the class as she planned, even if it is not one hundred percent. It is show that the teacher have the leadership classroom. It absolutely will affect the understand of the material given, it will less the anxiety of the students.

From the observation, it can seen when the teacher teach about something, she will explain it clearly. And also she uses many different ways for delivering

the material to the students. It will make the students more interesting and have more understanding to the material given by the teacher.

Then, by using second instrument, interview, the researcher talk in teachers room face to face with English teacher. There are some further information about ways the teacher apply the efforts in overcoming students' test anxiety.

First, about there are never homework available for the students. The English teacher said that it is to prevent them from cheat. Usually, if the time has been finish and the task that given by the teacher is not done yet, the task will be home work for the students. But different with this English teacher, she is never give home work for the students. If the task that she give is not done at that time, the English teacher choose to command the students to collect all of their task, do not care if they are do it just a little or more, so the teacher can know how much the students understand about the material that she already given. Then, at the next meeting, the teacher give the students' task book back to them. The researcher think this is very effective to make the students don't cheat when in the task, furthermore in test. It will make them usual to finish the test by the fixed time. So then, when they familiar to it, it will less their anxiety when facing the test.

Second, the teacher have an online blog to support the students practice English. When the students accessed this online blog, the students can do practice in there. If they are want to ask the teacher from there, the teacher said it is also

can do by the students. And also, the English teacher said she sometime ask student to see her blog to know about next chapter or material that the students will learn. The research find this is as an use of technology that very useful to make the students learn in home. By more practice that do by the students in the online blog, the online blog sure will less the test anxiety that faced by the students.

Last, about the language that use by the teacher, the teacher said that she afraid if the students do not understand what she command to them. The researcher find this is a reason that is because the teacher know or think that the students is not so good in understanding English. If the teacher always use Banjarese or Indonesian language when teaching in the class, it will make them to be more usual to those language when learning English. It is not good to overcome the students test anxiety. Because if they are not familiar with English, they also do not understand well about English.