

## **CHAPTER V**

### **CLOSURE**

#### **A. Conclusion**

Writing anxiety is the continual feeling that you are not prepared to write or that you are not good enough to write something, such as a thesis proposal. If left untreated, writing anxiety can become a major issue. There are various sorts of anxiety, and numerous factors might contribute to writing anxiety. As a result, overcoming the reasons of anxiety requires the proper treatment.

1. Types of anxiety faced by English education department that participants experienced are two types of anxiety when writing a thesis proposal. The types of anxiety they experience are cognitive anxiety and somatic anxiety. Avoidance anxiety is not included.
2. Causes of anxiety faced by English education department that the participants experienced caused them to experience anxiety are lack of experience or insufficient writing practice, lack of topical knowledge, pressure for perfect work, time pressure, high frequency of assignments, and insufficient writing technique. Language difficulties and low self confidence are not included.
3. Possible solutions to overcome anxiety In addition, the participants made possible solutions to overcome the anxiety they experienced. The

solution they came up with was preparation, relaxation, peer-seeking and take a pause. Positive thinking is not included

## B. Suggestion

According to the findings above, the significant suggestion are delivered by the researcher as follows:

### 1. For student

Students are instructed to overcome their nervousness as soon as possible so that it does not worsen. Because if it is not addressed immediately, it can become a long-term mental burden. Make immediate plans to alleviate and overcome your anxiety.

### 2. Lecturers and parents

It is hoped that all parents can help their children overcome their anxiety and be able to complete the thesis proposal more quickly. Meanwhile, lecturers are expected not to have too high expectations and perfect work for students. That way, students can write a thesis proposal smoothly

### 3. For Further Researcher

Future research is suggested to explore about anxiety in writing thesis. But the researcher should use qualitative research. Thus, researchers can get much more data.

The author is aware that this research is far from ideal and that suggestions and comments from readers will make it better. It is hoped that readers, especially the lectures and students of the English Education

Department at UIN Antasari Banjarmasin, will find it useful. Last but not least, the researcher hopes that this study may be useful to those who are curious about anxiety related to writing theses.