

## **CHAPTER V**

### **CONCLUSIONS AND SUGGESTIONS**

#### **5.1 Conclusions**

The findings of this study indicate that English as a Foreign Language (EFL) students encounter numerous difficulties when presenting at conferences. Based on collected data, three prominent themes were evidenced to exist, including linguistic issues; psychological issues; and performance issues. The most common and frequently cited concerns from the interviews were academic vocabulary, nervousness, fear of public speaking, and environmental condition.

Additionally, it emerged that participants utilized certain strategies to overcome those challenges. Altogether, there were three distinct themes with each one followed by numerous sub-themes namely self-management strategies involving self-practice, preparation, improvisation, and joining English club; self-psychology strategy involving taking relaxation, thinking positively, and avoiding eye contact; help from other involving help from lecturers and help from friends. Furthermore, the most engaged strategies used by participants were preparation, taking relaxation, thinking positively, and help from lecturer and friends.

#### **5.1 Suggestions**

In accordance with the conclusions mentioned, I, as the writer and researcher, wish to provide some suggestions to readers, particularly EFL students. Firstly, for EFL students whose English is a foreign language but are required to present in English in front of large audiences, such as at conferences, do not feel anxious about it. It is much better to strengthen yourself and prepare to face the presentation at the conference. There are many ways to achieve success in conference presentations, starting with thorough preparation, both mentally and in terms of presentation materials. Practice extensively and seek presentation references on platforms like YouTube and others. Additionally, hone your improvisation skills in order to when obstacles

arise during your presentation, you can react swiftly to ensure the presentation continues smoothly.

The second one is to join English club. There are numerous benefits to joining an English club. By participating, we get the chance to meet remarkable individuals such as seniors and even professors who share an interest in the realm of English. Consequently, we can learn a great deal about the language itself and how to effectively convey ideas in English. Such a supportive environment greatly aids in strengthening our English language skills and the ability to articulate thoughts in English, thereby boosting our confidence through exposure to situations requiring English communication. Additionally, it helps us become well-versed in academic language, ensuring ease when required to present academically. As evidenced by participants in this research, they expressed significant assistance gained from their experiences in joining an English debate group at their university. Hence, it can be said that joining an English club is highly beneficial in overcoming presentation challenges at conferences.

The last strategy is to be mindfulness. It is full focus on the present moment that helps alleviate stress and improve concentration and well-being. In this context, when you are required to present at a conference, be earnest in preparing both psychologically, such as mentally, and in terms of presentation material. This can be achieved by seeking assistance from lecturers regarding the paper being presented or seeking help from peers to practice and provide feedback. Therefore, take the presentation seriously to deliver a good presentation.

Last but not least, for future researchers, this study serves as a valuable and useful reference for conducting research on the same topic. However, as this research employed qualitative methods, its findings cannot be generalized to a broader audience. Future researchers may consider using different methods, such as quantitative approaches with a larger sample size, to enable the findings to be generalized.