CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

This chapter presents the conclusions of the research regarding the strategies used by Jambi University English Language Education Students class of 2021 in overcoming self-confidence when speaking in English. Based on the results of the research and analysis in Chapter 4, it was found that students apply various strategies to improve their confidence. These strategies include creating a comfortable environment, self-practice, preparation before speaking, and building a positive mindset. First, students created a comfortable environment by joining the English community and talking to peers. A supportive environment helps them feel more confident in speaking without fear of being overly criticized. Second, self-practice strategies such as self-talk and pronunciation exercises help students improve their fluency and accuracy in speaking English. In this way, they can practice without pressure and evaluate their own mistakes. Third, preparation before speaking is an effective strategy in increasing students' confidence. Creating an outline and understanding the context and topic before speaking helps them organize their ideas better and reduce their nervousness when speaking in public. Last, building a positive mindset is an important factor in overcoming self-confidence. Students who realize that mistakes are part of the learning process are more courageous to speak without excessive fear.

In implementation, students apply these strategies consistently in their academic and social lives. They actively seek a supportive environment to practice speaking, either through communities or discussions with friends.

Self-talk is done by speaking to themselves in front of a mirror or recording their voice to evaluate their ability. Before speaking in class or in formal situations, they prepare materials to be more structured and confident. In addition, by building a positive mindset, they are more courageous in speaking without fear of making mistakes, which ultimately helps them overcome barriers in communicating using English.

Overall, the results of this study show that the strategies applied by students are in line with the theory of components of speaking and speaking problems. Factors such as fluency, comprehension, inhibition, and fear of making mistakes greatly affect students' confidence in speaking English. By applying the right strategies, students can overcome the obstacles they face and be more confident in using English in various academic and social situations.

5.2 Suggestions

5.2.1 Suggestions for Students

Students who experience low self-confidence when speaking English are advised to continue applying the strategies that have been proven effective in this study. Joining an English community, practicing speaking with peers, doing self-talk, and understanding the context before speaking can help increase confidence. In addition, students need to build a positive mindset and accept that mistakes are part of the learning process.

5.2.2 Suggestions for Lectures

Lecturers can help students overcome their lack of confidence by creating a supportive classroom environment that is free from the fear of being overly criticized. Providing more opportunities for students to practice speaking in a

relaxed atmosphere, using discussion-based learning methods, and providing constructive feedback can increase students' confidence in speaking English.

5.2.3 Suggestions for Future Research

This study focuses on the strategies students use in overcoming self-confidence when speaking English. Future researchers are advised to explore the effectiveness of each strategy in the long term and examine other factors that may affect students' confidence, such as the role of technology in language learning and the influence of different teaching methods.

With further research, it is hoped that more effective approaches can be found in increasing students' confidence in speaking English, so that they can communicate more fluently and confidently in various academic and professional situations.