

CHAPTER V

CONCLUSIONS AND SUGGESTIONS

In this last chapter, the researcher presents the conclusion and suggestion of the research relating the study which had been done.

A. Conclusions

Reflecting on the research findings which were presented in chapter IV, there are several points that can be concluded from each research question:

1. The causing factors of pre-service teachers' anxiety in the first teaching practice in microteaching class (PPL 1) are feeling nervous in the first teaching practice performance (86%), worrying about language includes giving instruction in the class (80%) and controlling speaking pace and modifying the language in the class (60%), implementing lesson plan (69%), worrying to make mistake in performance (66%), sawing reaction of supervisor (60%)
2. The anxiety managements of pre-service teachers in the first teaching practice in microteaching class (PPL 1) are (a) Developing teaching skill strategy includes ; prepared well lesson plan and media, tried to practice the lesson plan before perform, tried to give clear instructions, used good media, and used communication strategies. (b) Self control strategy includes thinking positively, praying to God, and trying to calm down in every situation (c) Let-it – be strategy includes accept and let the situation go with the flow. (d)

Handle-it strategy includes asking and consulting with pre-service teachers' partner in microteaching class.

B. Suggestions

Based on the result of this study, there are several significant suggestions from the researchers as follow:

1. For Lecturer

- a. The lecturer of PPL1 should motivate the pre-service teachers to always positive thinking and giving the best performance as well in teaching in the class.
- b. Also, the lecturer should creatively to manage atmosphere for microteaching class in order to the pre-service teacher can manage their anxiety in class for example always smile, it can make them more relax in the class.
- c. In other hand, the lecturer should ask the pre-service teachers to make reflection in their performance in order to they can repair their mistake and in the next teaching practice, they can better more than before.

2. For pre-Service Teachers

Considering the result of this research, they are the causing factor of pre-service teachers' anxiety and anxiety management, it is important for the pre-service teacher to prepare well all of everything that conducted with teaching practice. To manage the anxiety in the class, the pre-service teachers should

always positive thinking and let the situation in the class go with the flow and also be confidence with you. The pre-service teachers also should make reflection after perform in the class. Thus, after they finish the microteaching class (PPL1) they will be more ready to face PPL 2.

3. For Further Researcher

Recognizing the result and the significance of this study, the researcher suggest to further researchers who are interested to conduct the research about causing factor of pre-service teachers anxiety and anxiety management. As this research too general, the further research can more focus on one causing factor of pre-service teachers in microteaching class. In addition, the next researcher can also conduct a research not only in microteaching (PPL 1) class, but also in EYL class or in PPL 2 program.