

**ANXIETY OF PUBLIC SPEAKING IN ENGLISH LANGUAGE
AMONG UUM ARAB-STUDENTS**

**A project paper submitted to the Faculty of Cognitive Science and
Education, the College of Arts and Science, Universiti Utara
Malaysia in partial fulfillment of the requirements for the degree of
Master of Education (English Language Teaching)**

By

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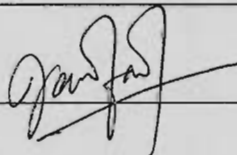
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ACKNOWLEDGEMENT

I would like to express my gratitude and respect to all those lecturers who encouraged me to start doing this thesis. Indeed my words can't express my heartfelt feelings towards them.

I am thankful to have been blessed by my supervisor Dr. Aizan Yaacob. She has unselfishly given me her valuable time, shared with me her considerable wisdom, and served as true mentor. I cannot think of any other way to repay what she has given me but I promise her that I can help those students who have high anxiety in some way or another to overcome this problem in my teaching profession.

Special thanks to the College of Arts and Science for their great advertence to improve students' knowledge.

I'm more than grateful to those who are always advising me such as Dr. Hamida Bee Bi Abdul Karim, Dr. Ruzlan Mohammed Ali and Dr. Arsaythamby Veloo for their great contribution and the plenty of knowledge they gave me.

I would like to show my heartfelt appreciation to my great father Prof. Jamil Yousef Asmar who always supports and encourages me, and special thanks to my great Mum, Brothers, and Sisters and my whole family in Gaza-Strip / Palestine.

MAY ALLAH BLESS THEM ALL

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ABSTRACT

The primary aim of this study is to identify the problems that UUM Arab students face before and while giving a speech in public and then concentrate on the causes of anxiety. The second aim is to identify the strategies that UUM Arab students use to overcome public speaking anxiety.

The findings of this study indicates that UUM Arab students have moderate anxiety while giving a speech in public and that the majority of Arab students feel anxious and tense when they try to speak in public. These results proved that Arab students have a lack experience in speaking English language in public which is due to the ignorance of speaking activities in the classroom language in the primary and secondary levels.

This study has revealed a number of issues related to Arab students in terms of lack of experience, lack of self-confidence, tension, shyness, fear of negative evaluation, and losing face in public. These factors have negatively affected UUM Arab student's oral skills which were clearly seen in the findings of the questionnaire.

Finally, UUM Arab students have revealed some practical strategies to overcome public speaking anxiety such as imitating worldwide broadcasters of CNN and BBC. They believe that in order to get rid of anxiety, they have to learn how to they deliver their speeches with high confidence and then learning the accurate spelling and ultimately pronunciation.

CHAPTER 1

1.0 INTRODUCTION

“... my heart starts pumping really fast, and the adrenaline running. Then I feel myself start to go red ... and by the end of the ordeal - for it is - I am totally red, my hands shake and my heart pounds If anyone laughs at my mistake, I feel really embarrassed and foolish, and the physics of my body don't return to normal for ten minutes or so It's pure trauma for me.”

(Cohen and Norst, 1989:68)

The above statement is very common in any language classroom because of the anxiety of losing face in class, and losing self-confidence or self-esteem. These serious problems are prominent among second language learners since second language requires more contribution in oral interaction (Aizan Yaacob and Rohaiza Jupri, 1999).

Almost the majority of Arab-students studying in UUM, especially those who are enrolling in *English Intensive Course* consider public speaking as the most difficult factor among the four language skills; because they believe that speaking needs strong volition and self-confidence, they believe that speaking and communicating with people is a tough task. Moreover, they have to be responsible of what they are going to say, they have to be self-satisfied to what they are going to speak about, otherwise their speech will prove incoherent. We should not forget that a good speaker and efficient one who does not stammer when delivering a speech.

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