

INVESTIGATING STUDENTS' ANXIETY IN CONDUCTING PROPOSAL SEMINAR AT ENGLISH DEPARTMENT OF UNIVERSITAS MUHAMMADIYAH MAKASSAR

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ARTICLE INFO	ABSTRACT
<p><i>Article history:</i> Received: July 5, 2022 Revised: July 9, 2022 Accepted: July 13, 2022 Published: July 15, 2022</p> <p><i>Keywords:</i> Students' Anxiety Proposal Seminar Presentation</p>	<p>This study aims to determine the types and effects of anxiety and then investigate the causes and strategies to reduce speed in the seminar proposal exam. The method used is qualitative research. The population of this research is the students of Muhammadiyah University of Makassar in 2021/2022. The number of samples is 15 students. The instruments used in this research are observation and interview. This research was conducted for students in the English Department of Muhammadiyah Makassar University". The qualitative approach used in this study. More specifically, this study uses a qualitative descriptive method. The data collection procedure is the distribution were the observation and interview. Researchers distributed observation were used to analyze data on the causes and strategies of dealing with students in the proposal exam. Meanwhile, from the interview system used to get more accurate data. The findings show that there are four causes of anxiety are (1) lack of confidence (2) lack of mastery of the material, (3) forgetting the material or blank, (4) lack of concentration. Furthermore, the researcher classified the strategies used by students to reduce their anxiety in the seminar proposal exam into several categories as follows: (1) Making Preparation (2) Taking Deep Breath, (3) Doing Physical Movement, (4) Peer Seeking, (5) Ignoring Audiences. and (6) Handling Paper or Script.</p> <p style="text-align: right;"><i>This is an open access article under the CC BY-SA license.</i></p> 
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INTRODUCTION

Before completing study at tertiary education level, all final semester students are required to submit their work in the form of a thesis. The student must provide a scientific paper that has been written based on the results of research conducted by students independently. In the process of writing the thesis, the students will be guided by lecturers or supervisors to develop ideas relate to the topic being studied.

The first thing they have to do is to make a proposal and present it to the examiners through a seminar. Proposal seminars in general are one way to convey a student's final project research plan in front of an examiner and attended by students who are the audience, usually from the same department. The students will present the proposal starting from chapter 1 to 3. After that, there will be question and answer sessions where the examiners and the audience may give question or comment in the presentation and the content of the proposal. The presenters are supposed to answer the questions correctly and clearly. Lastly the proposal seminar is closed with a conclusion, and the proposal must be corrected before conducting research so that everything is easy and smooth without any problem.

seminar proposal is an important step in a final student's journal to graduation. Many students are struggling in doing it because proposal seminar or often known as proposal seminar is part of the advanced stage to present the thesis plan that students will work on. In this seminar, examiners and lecturers will be invited to listen to students in explaining the research to be carried out. In addition the lecturer will provide input so that it can help students in terms of research methods. Aims to assist final students in completing studies in college. To obtain an undergraduate degree the final student must undertake a research action whereby the final assignment of the final student, in general, to undertake research there are rules in the manufacturing process whereby a study must be critical and analytical, contain appropriate concepts and theories, rational (sensible), objective, consistent in outlining, explaining, concise and concise brief sentences and coherence (interrelated hooks).

In addition the correct proposals generally define, clear objectives and problems, detailed techniques and procedures, the research objectivity of the sample to be used, the shortcomings in the study should be expressed openly and honestly, the degree of validity and reliability of the data, conclusions related to research conducted, objectivity or phenomena in accordance with the ability, experience and motivation of researchers.

This research proposal aims to find out to what extent the knowledge of students in academic, be it cognitive, psychomotor, and affective they have taken in the lecture bench, with the proposal of this research will certainly hone the skills of students in their academic.

The objectives of proposal seminar, identify research topics, find research mentors, formulate hypotheses, understand the background of the research, develop or adapt appropriate methods, and summarize the state of the project as a proposal. After the research proposal has been reviewed, the student should discuss the suggestions made by the examiner with the supervisor or supervisor. In consultation with your supervisor, make any necessary adjustments to the research proposal and draft an outline of the changes and if necessary, defend the examiner's recommendations. After you revise the research proposal, please ensure that the supervisor is satisfied with the final document. The revised proposal will then enter the approval process. Each university or college has its own structure according to the provisions made.

This anxiety occurs because students have never experienced this, such as guidance with lecturers, seminars with several lecturers in the room, and the influence of the stories about theses they get from seniors and their friends. This causes students to have thoughts that will form students will be feelings of anxiety for example tension, fear, sleep disorders, intelligence disorders, depressed feelings, somatic (muscle and sensory) symptoms, cardiovascular symptoms, and respiratory symptoms.

Based on the explanation of the background of the problem above, it can be seen that the problems experienced by students in facing the proposal seminar can cause anxiety. Because of that, the researcher is interested in further researching how "Investigating Students'

RESEARCH METHOD

Salmaa (2021) she stated that the research subject is an important thing that must be arranged and determined from the beginning of the research. Because by knowing the subject, researchers can find out what or who will provide researchers with data and information. The subjects of this research were 15 active students who have completed the proposal seminar at English Department Muhammadiyah University of Makassar, and identified themselves to be anxious in proposal seminar. The subjects included in this research were they who have attended the proposal seminar in the period of 2021/2022.

RESULT AND DISCUSSION

The findings include data obtained from audio recording, study room observation, and interviews mostly based on the descriptive qualitative study design at Muhammadiyah University of Makassar's English department.

The data obtained by video/audio recording of the classroom observation and interview are among the research outcomes. statement used to examine the reasons and techniques of anxiety among the scholars Meanwhile, the interview was legitimately recruited to uncover the data in addressing three research questions that the researcher established, which include the sources of tension in college students concept seminar test"and the ways that students take to reduce their stress in proposal seminar exam."

The researcher demonstrated the findings in particular by displaying the sector note of the commentary and providing an example extract for each student's interview solution inside the lecture room.

1. Causes of Anxiety in Proposal Seminar

The second purpose of this research is to identify the sources of anxiety in college students taking a proposal seminar test. Furthermore, the records were obtained by the

researcher while conducting an interview with students at the English department of University Muhammadiyah Makassar. Furthermore, the study discovered four causes of anxiety experienced and demonstrated by EFL college students in their in proposal seminar exam: lack of confidence, lack of mastery of the content, forgetting the material or blank, lack of concentration, and poor achievement. This was found by observation and interview outcomes among college students in proposal seminar assessment.

a. Lack of Confidence

According to the interviewees, if they were irritated throughout the proposal seminar test, their self-esteem may suffer. A lot of students lack self-confidence, which prevents them from performing optimally in the proposal seminar test, as evidenced by the following extraction:

Extract 1

Researcher : What are the sources of your nervousness during the proposal seminar exam?

Participant 1,7 and 12 : I am not confidence in proposal seminar exam

According to the results of the interview, one of the anxiety reasons in proposal seminar assessment became significantly less confident. According to the students, "If I'm anxious, I don't feel confident in proposal seminar test." Based on the students' rationale above, the researcher obtained records or acquired data about the sources of anxiety. According to the students, when they were stressed about their proposal seminar test, their self-confidence dropped, and their performance was no longer at its peak. included college students who are weary, stiff when speaking, and inattentive throughout the proposal seminar test

b) a lack of material mastery

According to the interview, the students' focus may be affected if they were apprehensive throughout the performance. As a result, mastery of the content may suffer. It is demonstrated by the extraction as follows:

Extract 2

Researcher : What are the sources of your concern throughout the proposal seminar examination?

participant 4 : When I propose a seminar examination in front of examiners and target audiences, I see that I no longer understand the topic.

participant 5 : My grasp of the content vanished as a result of my nervousness.

According to the results of the interview, one of the worry reasons proposing seminar examination converted into mastery of the content. According to the pupils, "I do not understand the material when I perform to proposal seminar test in front of examiners and audiences." The researcher obtained data or information on the causes of anxiety from the students' clarification above. The students stated that when they were nervous about their proposal seminar assessment, their knowledge of subject may deteriorate to the point that their performance was no longer optimal. This was further seen as the researcher observed the college students proposal seminar test. In imparting the framework and recalling others, the scholars appeared unfluent or stammered.

c) Forgetting to bring the Material or Blank

This was taken from the interview part. The students who showed their overall performance in the proposal seminar test were interviewed at this step. According to the findings of this study, several students reported being blank or forgetful of the subject when performing in front of examiners and audiences. As illustrated in the following extract:

Extract 3

Researcher : What are the sources of your concern throughout the proposal seminar examination?

Participant 4 : Very powerful. Occasionally, a lot has been prepared, but because there is a sense of doubt, the emotions become jumbled up, and I am blank and do not know what to say.

Participant 5 : Generally, when performing under stress, all material that has been learned is immediately forgotten.

According to the findings of the above-mentioned interview, one of the worry causes has transformed into occasionally forgetting or even going blank on the material to be added, and the fabric cannot be persevered once more. If the students were upset over their proposal seminar assessment, they may lose or neglect their challenge. According to a scholar in the interview, "I forget about what to say and abruptly blank." According to the academics' clarification, one of the reasons of college students' nervousness was a fabric mastery item that they occasionally forgot when they were nervous. This was also evident in the findings of observations that revealed the look of college students who appeared to forget the stuff that they would bring.

d) Inability to concentrate

This cause was extracted from the interview segment. This phase's interviewees were the students who had demonstrated their performance in the proposal seminar test. Three sentiments emerged from the interview that might make individuals feel less confident; they could even make a person feel unable to propose a seminar evaluation.

Extract 4

Researcher : What are the sources of your nervousness during the proposal seminar exam?

Participant 6 : Because I'm apprehensive, I frequently don't deal with what I want to say when I propose seminar examination, and I'm terrified and shook when asked by the examiners.

According to the students' responses in the aforementioned interview, the sources of students' concern when taking the proposal seminar test became no longer fluent. As said, "since I am worried, I frequently do not deal with what I need to say once I propose seminar examination," the scholar's response became one of the proof concerning the causes of feeling demanding experienced whilst conducting proposal seminar examination or losing attention. It was also observed that the pupils appeared to be stuttering in the inspiration seminar test

or occasionally repeated what had been delivered afraid, and shook when prompted by the examiner.

2. Students' Anxiety-Reducing Strategies in Proposal Seminar

The tactics for reducing students' fear as the final conclusion from the data were developed with the assistance of the researcher through observation and interviews at the university Muhammadiyah Makassar's English department. As a result, this part is the ultimate purpose of this research, which presented techniques to lessen anxiety in college students taking the proposal seminar test. The researcher defines a few classes based on the ways that students used to lessen their nervousness in proposal seminar examinations, such as making preparation, taking deep breaths, practicing physical movement, ignoring audiences, and holding paper/script.

1) Making Preparation

Making preparation refers to attempts to control an impending threat by improving mastery and study skills. Making preparation may be thought of as thinking about a behavioral approach since it specializes in behavioral components of language acquisition that can be related to powerful overall performance in elegance. The use of these tactics is predicted to increase college students' subjectively expected mastery of the issue topic, and so lessen anxiety linked to language elegance. As a result, preparation is the process or approach of becoming ready for a specific event, exam, or responsibility.

The daily items of making preparation are: try to get using English, examine hard, ask for help from audiences, look at dictionary, ask examiners some questions, exercise English inside the mind, pay careful attention to what the examiners says, try to perform better, try to make a habit of studying English every day, prepare our self-higher, try and examine cautiously, concentrate, looking material from google, and many others.

Extract 5

Researcher : How are you dealing with your nervousness during the proposal seminar exam?

participant 1,2,3 : Before I execute, I prepare and practice.

participant 8 and 9 : I use Google to look up fabric.

According to the excerpt above, one of the students' strategies to reduce anxiety was preparation, as a stated that "I making preparation and exercise prior to carry out." The students defined that prior to carry out in proposal seminar exam, they should make preparation such as searching material from google and then exercising to speak. Aside from that, a number of them have also worked hard before the proposal seminar test in the classroom in front of their examiners and audiences.

2) Deep Inhalation

Relaxation methods are an important part in treating anxiety. However, if we do not find time to practice such sports, we will most likely no longer exist. Taking deep breaths may be an excellent stress reliever and may enhance our minds, bodies, and spirits.

Taking deep breaths got taken from the interview and observation as helpful facts at some point of and after taking proposal seminar test at Muhammadiyah university of Makassar's English department. According to the data, there were a few college students who used a breathing method, such as taking a deep breath slowly, closing their eyes, and transferring their fingers as much as possible to lower their anxiety when they were worried. The following records are shown in the extract:

Extract 6

Researcher : How are you dealing with your nervousness during the proposal seminar examination?

Participant 3 : When the proposal seminar examination, they just take a deep breath, keep their eyes closed, and raise their hands.

Participant 11 and 12 : Take a deep breath and then slowly exhale.

According to the above extract, the breathing method to reduce anxiety is to take a deep breath from the nose and then exhale slowly to the mouth, as said that "like take a long breath and then exhale slowly." According to the explanation, several college students

alleviated their anxiousness by breathing deeply. According to their confession, by undertaking respiration arrangement or resignation, they may experience a little taking deep breath and awareness to performance once more. It was also apparent while they were taking the proposal seminar test.

3) Performing Physical Activity

Physical mobility is an intellectual mentality that encompasses the process of absorbing positive ideas, words, and images for mental development. Furthermore, this program aims to address our mental decline induced by anxiety. We realize that questioning is essential for action. So, if we have a fantastic questioning perception, we will do a very excellent issue, and if we have a terrible thinking perception, we will be vulnerable to doing something. Physical movement is a strategy for reducing nervousness in proposal seminar examinations.

This strategy was derived from an interview part. This information was obtained through an interview in the following manner:

Extract 7

Researcher : How do you plan to relieve your stress throughout the proposal seminar examination?

Participant 9 : I do physical movements to perform in the proposal seminar test, such as placing palms in trouser pockets, passing legs, lips, and hands.

Participant 13 : I'm undertaking physical activity to ensure that I can propose seminar examination. fluently before examiners and audiences

According to the excerpt above, one of the students' strategies for reducing anxiety was to perform expectantly, as a student stated, "I Doing physical activity to proposal seminar assessment." The students identified physical exercise as vital to combating the anxiety or stress that they frequently felt in order to perform properly. The pupils believe that they will be able to pass the proposal seminar assessment. Domesticating their brains via physical exercise would lead to calmer behaving. As a result, self-assurance development is more important in all we do to keep our pastime running well. Then, this component might be quite effective in

reducing anxiety, particularly for audiences performing examiners and exam hobbies. From the reason of the interview outcomes above, it without a doubt illustrates that one method from a nice point of view in reducing college students' anxiety tiers when traumatic is to transport the body, placed palms in trouser pockets, move legs, mouth and hands.

4) Seeking Peers

Peer seeking is the result of this study on the tactics used by college students to reduce their anxiety. Peer seeking is a method of gathering information or looking for other things and students who appear at ease or happy in class and try to make friends who may help them relax. According to the findings of this study, a few college students adopted this method to reduce their nervousness, which included: hunting for comfortable friends or audiences who might help them relax and enjoy the proposal seminar test.

Based on the results of the interviews with the majority of the college students, the researcher determined that the students expected the relaxed students to be self-assured in their performance. It is clear from the following excerpt from the kids' response:

Extract 8

Researcher : How are you dealing with your nervousness during the proposal seminar examination?

Participant 5 : Seek out acquaintances and ask them who can assist me with my seminar test.

Participant 8 : Try asking friends about the fabric, then practice speaking English with them before the proposal seminar test.

Based on the data described above, it is possible to conclude that peer perception is one approach for reducing anxiety during the proposal seminar test. As said by the pupils during the interview, "I look at the audience and see who appreciates it. so that my in proposal seminar test may resume normally "When they were feeling nervous, the academics turned to the audience for assistance by proposing solutions or answers in his proposal seminar examination.

5) Ignoring the Public

Based entirely on the results of the interviews conducted with several of the students, the researcher concluded that the students stated that they neglected the audiences in order to manage their fear in their performance.

Extract 9

Researcher : How are you dealing with your nervousness during the proposal seminar exam?

participant 10 and 15 : When I'm proposal seminar examination, I don't notice my friends' faces and forget about their responsibilities to me.

According to the description recorded above, Ignoring or disregarding the audience in an idea seminar test should reduce tension. As mentioned, "I don't see my pal's face and I forget about their responsibilities to me." This assumption may have an influence on and motivate the scholar's attitude so that they are not stressed by the amount of the presence target market. The scholars stated that they no longer glance at the audiences to avoid nervousness.

6) Script (Paper/Script) in Hand

The pastime of carrying gadgets or holding anything accomplished by employing the pupils to perform their performance is known as instrumental help. On this segment, the researcher described the outcomes of subject findings connected to the instrumental use by students, which may aid in reducing their anxiety throughout the proposal seminar assessment.

Based entirely on the findings of the discussion and interviews with various college students, the researcher discovered that the students held a paper or script after they did. in the proposal seminar examination It is clear from the following excerpt of the kids' reactions from the interview:

Extract 10

Researcher : How are you dealing with your nervousness during the proposal seminar examination?

Participant 7 : When I'm in proposal seminar test, I generally carry a script to rely on if I blank the fabric.

Participant 9 : I'm searching for my script.

Participant 15 : After going blank in the proposal seminar examination, I decided to peer script or the point of fabric in my script.

According to the evidence presented above, one of the tactics used by students to minimize their nervousness was the use of media, such as shielding a desk or pulpit. Some students think that holding a paper or script might relieve anxiety, as demonstrated by "holding the paper or script." While the kids occasionally felt disturbed, they pulled or rolled the script as rough as they could.

According to the data above, one of the media that support or aid in reducing students' anxiety at the time of proposal seminar test is to bring a paper or script so that the scholars felt experience in proposal seminar exam. "I frequently bring a script to proposal seminar examination depend on after I clean the content due to my anxiety," as found. For example, occasionally lifting the hand and accidentally saving the script observed it. According to the argument, carrying a paper or script is a gadget or tool that may aid to minimize a person's anxious sensation when taking a concept seminar test in front of examiners and audiences.

Discussion

This phase provides interpretation of results that have been studied and expanded. The material is presented in three primary parts: components of anxiety experienced by academics and methods for reducing anxiety at the English department of Muhammadiyah University of Makassar.

1.) Causes of Students Anxiety

Anxiety is one of the most detrimental influencing factors that stops beginners from effectively learning a foreign language. It makes language learners nervous and anxious, which may contribute to poor aural/oral performance (Park & Lee, 2005).

The preceding reasons demonstrated many causes of worry closer to college students' reaction to the studying pastime. Those studies are related to those that explored the repercussions of hysteria, but in unique terms, this research discovered four reasons of anxiety that were pointed out in previous discoveries, such as:

a. Lack of confidence is one of the reasons that several students failed their proposal seminar assessment. The students stated that when they became nervous about their proposal seminar assessment, their self-assurance decreased, and their overall performance suffered as a result. Some of them were nervous when speaking English in the thought seminar test. They were unable to speak English fluently in front of their examiners and audiences during the proposal seminar test.

b. One of the worry causes reported by a few college students after their proposal seminar assessment was a decrease in fabric expertise. According to the interview, when the academics felt concerned during the performance, their attention may have suffered. As a result, mastery of the content may suffer.

c. Forgetting the cloth or blank is a symptom of excessive anxiety; everyone has experienced it, especially in the midst of a stressful circumstance such as a presentation, conversation, or performance. In this study, several students said that they were abruptly clean or forgot the cloth after performing in front of examiners and audiences.

d. Consent is less prevalent. Problem speaking in proposal seminar test is caused by a few factors that might impede smoothness when speaking in proposal seminar exam. Fear, anxiety, and despair are examples of restrictions. These three emotions might make people feel insecure and perhaps unable to speak in a proposal seminar test.

2.) Anxiety Reduction Techniques

This study's location revealed the conclusion of interview data on the tactics employed by students to minimize their nervousness when they were proposal seminar test. The researcher classifies a few categories about the strategies that scholars have used to reduce their anxiety in suggestion seminar examination, such as making preparation, taking deep breaths, doing physical movement, peer seeking, ignoring audiences, and holding a paper/script, from the preceding dialogue section of this study.

a. Making Preparedness

According to Weisberg (2006), at this level, the philosopher specializes in the initial conscious painting, in which the mind begins to grow to gather facts and records that serve as the basis or research for the creative painting that is taking place. Following that, the philosopher becomes acquainted with the topic being researched, and then attempts to discover a solution to the problem by learning to presume, seeking for answers, questioning other people, and so on.

One method for overcoming nervousness during the proposal seminar test is to practice exact creating before taking the proposal seminar exam. Making preparation refers to efforts to manage a coming possibility by improving mastery and study practices. Making preparation may include considering behavioral tactics since it specializes in behavioral components of language learning that are related to performance in the proposal seminar test. Use of such tactics is expected to raise college students' subjectively envisioned mastery of the subject matter, and so reduce anxiety associated with the language class. So, preparation is the action or technique of getting ready for an event, examination, or assignment.

The daily objects of making practice are: try to get using English, look tough, ask for help from friends, look at dictionary, look material in Google, ask the examiners some questions, exercise English inside the mind, pay attention carefully what the examiners says, try to perform better, try to make dependancy analyzing English every day, prepare our self-better, try and study carefully, pay attention to the elegance, and many other things.

b. Taking Deep Breath

One of the pillars of reducing anxiety is to practice deep breathing techniques. However, if we do not make time to practice these physical sports, we will most likely no longer exist. Relaxing may be a great stress reliever and can help us gain our ideas, frame, and spirit. The researcher noted a few sorts of deep breathing techniques performed by pupils based on the records obtained. Shaking the body and shutting the eyes are two examples.

Blanchfield (2021) stated that deep breathing activates the vagus nerve, which, like the master of the parasympathetic nervous system, monitors mood, digestion, and heart rate. It will also deliver additional oxygen to the brain and other organs.

Take a moment before beginning the deep breathing exercise to assess how you feel, and then compare it to how you felt subsequently when you were presenting.

c. Doing Physical Movement

Attitude management is an intellectual attitude that entails the process of adding good ideas, phrases, and photos to help our thinking improve. Furthermore, this lesson is required to cope with our reduced mental state induced by worry. We recognize that thinking is essential to achieving anything. So, if we have an amazing thinking perception, we can perform an incredible aspect, and if we have a horrible questioning perception, we will be vulnerable in doing something. Excellent questioning approach was adopted from the final students' method of lessening their anxiety in proposal seminar test.

The researcher defined several categories in fantastic considering technique, ranging from concluding the final result of remark and interview to the pupils' performance. These include: self-assurance and becoming a member of the mastering procedure

d. Seeking Peers

The researcher's findings regarding the tactics employed by college students to overcome stress was dubbed peer belief. Peer belief is a method of informing or locating distinct pupils who look at ease or content with the splendour and/or assume that other students/audiences know nothing, like at a presentation or seminar. According to the findings of this study, some

students employ the following tactics to relieve stress: looking for comfortable friends or audience members and asking them to assist in the discovery of fabric.

e. disregarding Audiences

Ignoring or disregarding the target market in an idea seminar test may relieve anxiety. When taking the thought seminar test, several students tried to avoid looking at their classmates' faces or eyes. When students are inspiration seminar exams in front of their examiners and audiences, they are also unaware of the audiences' responses. When performing concept seminar exams in front of their examiners and audiences, many of the students may periodically look out the door or windows.

f. Holding a Paper or Script

Some students want assistance in guiding their performance in the proposal seminar test. While performing in the proposal seminar test, the pupils were carrying things or holding anything. Keeping a script on paper or in a phone as a strategy employed by students to assist lessen their nervousness proposal seminar test. Before taking the concept seminar test, some students write the fabric factors on a piece of paper or compose a word on their phone. When they were frightened or blank about their performance, they brought and noticed the script. According to the findings of the observations and interviews, the researcher discovered that keeping a paper or script as a method to lessen the scholars' nervousness in the proposal seminar test.

CONCLUSION

Based on the findings and discussions at previous chapter is concluded that; there were four aspects of anxiety experienced by the students at English Department of Muhammadiyah University of Makassar..

The students' anxiety especially in proposal seminar exam was felt anxious caused. This own research found four causes of anxiety experienced and showed by the students in their proposal seminar exam namely: Lack of Confidence, Lack in mastery the material,

Forgetting the material or blank, Lack of Concentration. That was concluded through observation and interview result students in proposal seminar exam.

The final objective of this research was presented the strategies to reduce the anxiety in students proposal seminar exam. From the doing observation and interview, the researcher classifies six categories about the strategies that were used by the students to reduce their anxiety in proposal seminar exam. Those strategies were Making Preparation, Taking Deep Breath, Doing Physical Movement, Peer Seeking, Ignoring the Audiences, and Holding Script or Script in proposal seminar exam.

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