

**EXPLORING UNDERGRADUATE EFL LEARNERS'  
PSYCHOLOGICAL PROBLEMS IN WRITING AND  
COMPLETING THESIS**

**THESIS**

Present to  
**UNUGIRI**

In partial fulfillment of the requirements  
For the degrees of Sarjana in English Language Education

By

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2023**

**UNUGIRI**

## STATEMENT OF ORIGINALITY

I certify that this thesis is original and the examiners have also verified this. I will face consequences in accordance with the rules and regulation is it is later determined that this thesis contains plagiarism.

Bojonegoro, August 30<sup>th</sup>, 2023



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## APPROVAL SHEET

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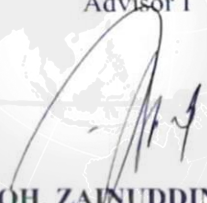
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## RATIFICATION


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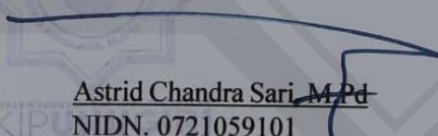
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## MOTTO

Allah subhanahu wata'ala berfirman:

لَا إِنَّهُ اللَّهُ رَّوْحٌ مِنْ تَائِسُوا وَلَا وَأَخِيهِ يُوسُفَ مِنْ فَتَحَسَّسُوا أَذْهَبُوا بِنَبِيِّ  
الْكَفْرُونَ الْقَوْمَ إِلَّا اللَّهُ رَّوْحٌ مِنْ يَأَيْسُ

*Dan janganlah kamu berputus asa dari rahmat Allah. Sesungguhnya tiada berputus dari rahmat Allah melainkan orang orang yang kufur” ( QS Yusuf : 87)*



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Inside the call of Allah, the Almighty and Merciful. reward is most effective to Allah, for all His considerable blessing, mercies, and steering, so that the call of Allah, the Almighty and Merciful. praise is only to Allah, for all His ample blessing, mercies, and steering, so that the author is in a position to complete this thesis writing. Peace and Salutation constantly be given to prophet and messenger, Muhammad (peace be upon him) and his partners, who've guided the people from the stupidity to the cleverness namely Islam religion .He writer is in a position to complete this thesis writing. Peace and Salutation continually take delivery of to prophet and messenger, Muhammad (peace be upon him) and his companions, who have guided the human beings from the stupidity to the cleverness specifically Islam religion.

This Thesis entitled “Exploring undergraduate EFL Learners’ psychological problems in writing and completing thesis” is presented to the English Education Department Faculty of Teacher Training and Education as one of the requirements for the degree “S.Pd”, where is aimed to find out the final semester students in writing a thesis through psychological factors.

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9. All people who the names cannot be mentioned one by one.

Finally, I believe that this thesis still has so many mistakes and it needs to be criticized for revision in order to be useful especially for English Language Education Faculty of Education and Teacher especially for UNUGIRI Bojonegoro.

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## ABSTRACT

**Hayati, Nur Siti (2023). *Exploring Undergraduate EFL Learners' Psychological Problem in Writing and Completing Thesis* , English Teacher Education Department, Faculty of Education and Teacher Training, Universitas Nahdlatul Ulama Sunan Giri Bojonegoro. Advisor I: Moh. Zainuddin, M.Pd. Advisor II: Iin Widya Lestari, M.Pd.**

**Keywords: Writing thesis, psychological factors**

Students has difficulty writing a thesis, they can experience various psychological phenomena which include stress, confusion, frustration, and lack of motivation. which is one of them. Many students tend to procrastinate writing their thesis because they feel overwhelmed or don't know where to start. The purpose of this research is to analyze psychological factors that influence students in writing thesis. The participants are students at UNUGIRI Bojonegoro for the 2019/2020 academic year, majoring in English. Researchers used qualitative descriptions. This research method used questionnaires and interviews as instruments. Questionnaires are used to find detailed information on related factors that influence students in writing a thesis. the researcher made 25 questionnaires and 11 interview questions. then the researcher took 23 students to answer the questionnaire and 8 students to be interviewed to strengthen the questionnaire answers. The question is related to psychological problem factors for writing a thesis. There are 7 factors taken, namely anxiety, motivation, self-esteem, extroversion, empathy, risk taking, inhibition. The results of the psychological problem faced by undergraduate EFL learners show that English language education students have the highest score for the factors that affect writing thesis, namely from the results of the anxiety factor questionnaire shows the highest score gets 49.45% of students agree if they feel worried when comes to the advisor and the lowest inhibition factor gets 1.85% while for the motivation factor 2.5% of students have motivational support from both parent to quickly complete thesis, elf-esteem 2.5% of students agree if they have choose interesting title on writing a thesis, extroversion 2.35% the students was agree always optimistic about what they write in the thesis, empathy 12.18% the student agree the heart is easily touched when the friends and supervisor are giving salutation to the difficulty of writing thesis , risk taking 2.28% the students was will never lose, as long learn to win and improve the thesis. While the undergraduate EFL overcome the problem of writing and completing thesis are when meeting with your supervisor, focus on questions and solutions rather than feeling stressed or worried. If they are unsure about something, ask them honestly and open up.



## ABSTRACT

**Hayati, Nur Siti (2023). *Exploring Undergraduate EFL Learners' Psychological Problem in Writing and Completing Thesis* , English Teacher Education Department, Faculty of Education and Teacher Training, Universitas Nahdlatul Ulama Sunan Giri Bojonegoro. Advisor I: Moh. Zainuddin, M.Pd. Advisor II: Iin Widya Lestari, M.Pd.**

**Kata kunci: Menulis thesis, faktor psikologis**

Mahasiswa mengalami kesulitan dalam menulis skripsi, mereka dapat mengalami berbagai fenomena psikologis yang meliputi stres, kebingungan, frustrasi, dan kurangnya motivasi. yang mana salah satunya. Banyak mahasiswa yang cenderung menunda-nunda penulisan skripsi karena merasa kewalahan atau tidak tahu harus mulai dari mana. Tujuan penelitian ini adalah untuk menganalisis faktor psikologis yang mempengaruhi mahasiswa dalam menulis skripsi. Pesertanya merupakan mahasiswa UNUGIRI Bojonegoro tahun ajaran 2019/2020, jurusan Bahasa Inggris. Peneliti menggunakan deskripsi kualitatif. Metode penelitian ini menggunakan kuesioner dan wawancara sebagai instrumen. Kuesioner digunakan untuk mencari informasi rinci mengenai faktor-faktor terkait yang mempengaruhi mahasiswa dalam menulis skripsi. peneliti membuat 25 kuesioner dan 11 pertanyaan wawancara. kemudian peneliti mengambil 23 siswa untuk menjawab angket dan 8 siswa untuk diwawancara untuk memperkuat jawaban angket. Pertanyaan tersebut berkaitan dengan faktor masalah psikologis dalam penulisan skripsi. Ada 7 faktor yang diambil yaitu kecemasan, motivasi, harga diri, ekstroversi, empati, pengambilan resiko, penghambatan. Hasil permasalahan psikologis yang dihadapi oleh pembelajar EFL S1 menunjukkan bahwa mahasiswa pendidikan bahasa Inggris mempunyai skor tertinggi untuk faktor-faktor yang mempengaruhi penulisan skripsi yaitu dari hasil angket faktor kecemasan menunjukkan skor tertinggi mendapat 49,45% mahasiswa setuju jika mereka merasa khawatir ketika datang ke pembimbing dan faktor penghambat paling rendah mendapat 1,85% sedangkan untuk faktor motivasi 2,5% mahasiswa mendapat dukungan motivasi dari kedua orang tua agar cepat menyelesaikan skripsi, rasa percaya diri 2,5% mahasiswa setuju jika sudah memilih judul yang menarik pada menulis skripsi, ekstroversi 2.35% mahasiswa setuju selalu optimis terhadap apa yang ditulisnya dalam skripsi, empati 12.18% mahasiswa setuju Hati mudah tersentuh ketika teman dan dosen pembimbing memberikan salam atas sulitnya penulisan skripsi, berani mengambil resiko 2.28 % mahasiswa tidak akan pernah rugi, asal belajar untuk menang dan memperbaiki skripsinya. Sementara mahasiswa EFL mengatasi masalah penulisan dan penyelesaian skripsi adalah ketika bertemu dengan dosen pembimbing, fokuslah pada pertanyaan dan solusi daripada merasa stres atau khawatir. Jika mereka tidak yakin tentang sesuatu, tanyakan dengan jujur dan terbuka.

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