

CHAPTER V

CONCLUSIONS AND SUGGESTIONS

In this chapter, the researcher provides a detailed summary of previous research studies related to the research objectives. This chapter also shows the findings drawn from the summarised research. In addition, recommendations that can help participants find different ways to enhance English speaking performance. This chapter has two parts, namely the conclusion part and the suggestion part.

5.1 Conclusion

Based on the results of the research above, it can be concluded that exploring the psychological factors influencing English-speaking performance among Gen Z reveals several key points. Anxiety often serves as a major barrier, making learners fearful and nervous when they have to speak. Low self-esteem causes hesitation and reluctance to participate, while high self-esteem boosts confidence.

Motivation, both intrinsic (from within) and extrinsic (from outside), is crucial. Intrinsic motivation fosters resilience, while extrinsic motivation also helps, although it may be less effective in the long run. Peer influence also plays a significant role, with support from friends boosting confidence and practice opportunities.

Addressing these factors by building a supportive community, providing positive encouragement, and promoting active participation can enhance Gen Z's English-speaking abilities. Understanding and addressing these factors are important in helping learners become more confident and effective communicators.

5.2 Suggestion

Based on the findings obtained in this study, the researcher provides the following suggestions:

a. A suggestion for teachers

Teachers can create an inclusive and supportive learning environment that enhances Gen Z's English speaking proficiency and overall language learning experience. such as creating a supportive and non-judgmental

classroom environment where students feel safe to make mistakes. Foster a growth mindset by encouraging students to view challenges as opportunities for growth and learning. Make lessons relevant and engaging by connecting language learning to real-world contexts and interests of Gen Z and promote peer feedback and peer tutoring to build confidence and provide additional practice opportunities.

b. For students

For students aiming to improve their English speaking performance, managing anxiety is key. Techniques like deep breathing, breaking tasks into smaller steps, and embracing mistakes as opportunities for growth can significantly boost confidence and proficiency. By practicing these strategies consistently, students can enhance their speaking skills and feel more empowered in their language-learning journey.

c. For other researcher

It is recommended to conduct and develop this research by expanding the problems and research participants, focusing more on the problems discussed in further research which are still related to psychological factors and ways of learning in enhancing English speaking performance through English speaking community.



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