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APPENDIX

Appendix 1. Questionnaire (Adapted from Nikite, J. W. (2021). Students' Perception on Their Self-Confidence in Practicing English Language (*Doctoral dissertation, UIN Ar-Raniry*).)

Section 1

Name:

Gender:

Section 2 and 3 Close-ended questions

NO	Statements	Likert Scale				
		Never (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (5)
1.	Fear of making mistakes in speaking English.					
2.	I felt shy when speaking English.					
3.	I felt anxiety when speaking English.					
4.	I felt insecure when speaking English.					
5.	I have difficulties in creating the sentences in English because of my grammar skill.					
	I have difficulties in memorizing					



	vocabularies.					
7.	I am not fluency in speaking English.					
8.	I have the difficulties in pronouncing the word in English language					
9.	I have difficulties in understanding what other people talk in English.					

Section 2 and 3 Open-ended questions

No	Questions
1.	What other psychological factors that you have experienced and affect your self-confidence in speaking English?
2.	What is your personal solution to overcome your psychological factor above?
3.	What other linguistic factors that you have experienced and affected your self-confidence in speaking English?
4.	What is your personal solution to overcome your psychological factor above?



Section 4

Questions
<p>1. What is the most dominant factor that influences your self-confidence in speaking English?</p> <p><input type="checkbox"/> psychological Factors</p> <p><input type="checkbox"/> Linguistic Factors</p> <p>2. Why did you choose the factors above? What is your reason?</p>

Appendix 2. The Results of the Questionnaire

1. Likert Scale Psychological Factors

NO	Students' initials	Statements			
		Fear of making mistakes in speaking English.	I felt shy when speaking English.	I felt anxiety when speaking English.	I felt insecure when speaking English
1.	MF	Sometimes	Often	Often	Often
2.	AS1	Sometimes	Often	Rarely	Rarely
3.	RF	Often	Rarely	Rarely	Never
4.	ZA	Sometimes	Rarely	Rarely	Never
5.	IR	Rarely	Rarely	Rarely	Rarely
6.	SAP	Sometimes	Rarely	Rarely	Sometimes
7.	HI	Rarely	Rarely	Rarely	Never
	MI	Sometimes	Sometimes	Rarely	Often



9.	MFR	Often	Always	Sometimes	Always
10.	AS2	Sometimes	Rarely	Rarely	Sometimes
11.	NAP	Sometimes	Often	Always	Often
12.	SA	Often	Sometimes	Often	Always
13.	R1	Sometimes	Often	Sometimes	Sometimes
14.	IK	Often	Sometimes	Sometimes	Often
15.	KA	Always	Always	Always	Always
16.	SRF	Rarely	Never	Never	Never
17.	NSK	Rarely	Rarely	Never	Rarely
18.	N	Rarely	Rarely	Sometimes	Rarely
19.	BA	Often	Often	Sometimes	Often
20.	DG	Sometimes	Rarely	Never	Never
21.	N	Often	Rarely	Sometimes	Sometimes
22.	R2	Always	Often	Sometimes	Never
	FMB	Always	Often	Never	Often



24.	AWD	Always	Often	Often	Sometimes
25.	MP	Always	Always	Sometimes	Sometimes
26.	MV	Sometimes	Often	Rarely	Rarely
27.	MPA	Always	Always	Often	Often
28.	AD	Often	Sometimes	Sometimes	Rarely
29.	AR	Often	Often	Sometimes	Rarely
30.	KPN	Sometimes	Often	Never	Sometimes
31.	T	Always	Sometimes	Sometimes	Sometimes
32.	AN	Rarely	Rarely	Rarely	Rarely
33.	MR	Rarely	Rarely	Rarely	Rarely
34.	BS	Sometimes	Sometimes	Sometimes	Always

2. Students' psychological factors and solutions



Students' Initials	Other Psychological Factors	Students' Solution
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1.	MF	Lack of motivation	Meet people who are practicing their speaking skill.
2.	AS1	Getting correction in front of everyone and it's feels like being humiliation.	Thinking before speaking.
3.	RF	Afraid of being commented on by friends because they think I speak too much English.	Keep speaking English by inserting several English clauses or phrases in your speaking.
4.	ZA	Fear of judgment maybe	I try to practice by record myself speaking and sometimes try to do simple convo with my close friends that I trust will not judge me if I made any mistakes.
5.	IR	No notable psychological factors that affect my confidence in speaking English, it is often more about if I could get it out clearly and not stumble on my words.	Speaking to myself often in English, but the best way is to become more familiar with the language is to legitimately communicate with others with English.
6.	SAP	I often stutter while speaking because my pronunciation is not quite good.	Doing some evaluation to correct the word I mispronounced, so that I can learn the right way.
7.	HI	I don't think there's anything else, but insecurity takes the most.	I think that all we can do is more practice, either in front of mirror or talk with real person.
8.	MI	Afraid of being laughed at by people because of the way I speak.	I have two solutions; speak in front of the mirror using English, and after that after that, I will get used to talking to my family members using English everyday.



9.	MFR	I'm not confident with my voice	By practicing more, taking more frequently.
10.	AS2	When someone corrects my English that would bring down my mood. Even they're not wrong.	Being open-minded about it, that no matter how good our English is, we can't avoid making mistakes.
11.	NAP	People will judge my English.	I'm not fully overcome those factors above because of my speech anxiety but for me personally the best solution is to get used to speak English. Try talk in English with your friends, family etc (If they speak it), involves in international seminar, active in the class (I'm English major).
12.	SA	Nothing.	More practice it.
13.	R1	When I am with my friends, I feel confident.	Increase your self-confidence and be more active in learning to speak English.
14.	IK	People's judgments to how I speak English, like bad pronunciation or having no accent. And nowadays, some people think that someone who speaks or post something in English means showing up and then they start to compare our abilities in different subject.	Think positively and not overthinks people's bad judgment, and start doing self improvement by learning and practice for myself and my goals only.
15.	KA	Insecure, Shy, Overthinking.	To build my confidence in speaking English I must practice my pronunciation with native speaker. For example I always practice my



			English with random people on OME TV and also watched a lot of movies can help me to improve my English.
16.	SRF	Mumbling, slurred (can't say R) so certain sentences might sound different when I say it.	Speak clearly, and speak slow and carefully so others could understand.
17.	NSK	Personally, I feel less confident in speaking English when I'm being judged or when I'm with someone who I think is good at speaking English.	I always try to think that everyone is just in their process of learning, and everyone's processes are different to each other. It is okay to make mistakes because from those mistakes, we learn. I also always spend my time speaking English with myself or with my friends to make it feel more 'normal'. Hope this helps!
18.	N	Motivation in learning a language is quite influential for me.	By suggesting to myself that making mistakes while studying is normal. Apart from that, I also get used to speaking English in everyday life.
19.	BA	Mostly the fear of making mistakes and language proficiency.	Usually arrange the words in my head first.
20.	DG	I think what other's perception is sometimes fear me to speaking English in public. sometimes, I afraid people will judge me.	I tried to not think what other people will think about me when I speak English. I tried to give less attention to what people think about me.
21.	N	Motivation	Using application to study English and speaking with native speaker.
		Always feel nervous when	By daring to appear in class, even



		appearing in front of the class and feel unconfident using English because I think about my pronunciation.	though it had to be pointed out by the lecturer first. And having a conversation with friends when the lecturer assigned a discussion task.
23.	FMB	I feel nervous when presenting in English in front of the class	I have to keep practicing to be confident
24.	AWD	Other's people opinion about me	I try to focus on myself and not care about what others think.
25.	MP	Get ridiculed by other people.	Increase vocabulary.
26.	MV	I think it's like my relation with people I talk, Maybe they are my close friends or my bestfriends, it can be more confidence when i talk to them, but when i talk to person that are not really near to me, and i think that person is who ever talking about me on my back, I have trauma about being betrayed from my own friends, they make a group on a group behind me, and they try to say anything about me that can make my name sounds bad and dirty when people hear it because of them. I think that is my psychological factor, thank u for not tell it to anyone	I try to be more confident, in the front of Everyone like my friends on campus, all my English lecturers, my friends on the game, my friends on the social media that using English, and everybody that I know they will be like to correct me if I wrong, even sometimes when I talk they laugh or smile a little, it's make me more confidence and increase my mental healthy because I'm the person that happy when people smile because of me, when people laugh because of me as long as they not talk about my bad. I will try to be more confidence and will not think very much about what bad people said. (for me , the people that I know they don't like me"
27.	MPA	sometimes I feel afraid when I want to speak English, cause I always think about people's views about me when I wanna speak English or tell about my	for me, I think I should trust myself more and have the courage to speak English a lot.



		opinion	
28.	AD	One of the psychological factors I experience is the fear of other people's judgment of my English skills. If this happens, I tend to lose confidence and refrain from speaking.	One of the personal solutions I found was to shift my mindset from focusing on others' judgment to focusing on the process of learning and growing.
29.	AR	I lack confidence, shy, and a little afraid of making mistakes when speaking English, so I choose not to speak. .	I should learn to be confident, not be afraid, learn more, and keep practicing to make myself more confident and increase my skills. I think it definitely helps a lot but the biggest challenge to doing that is fighting laziness.
30.	KPN	I feel that what makes me less good at speaking English is the same as the options above, I'm afraid of making mistakes, I feel embarrassed and I also feel insecure because my speaker is not good well	You must always have the courage to try and always be diligent in practicing it.
31.	T	Lack of practice or exposure to English-speaking environments.	I can practice speaking English with native speakers, watch movies, listen to music or podcasts, and read English books or articles.
32.	AN	I do always feel confident when I speak English, and I always think that making mistakes is the part of the process, that what I always hold.	I always try to look and remember my potentials, I learned English from 0, and if I ever feel insecure, I will always try to remember, how far I've come and how much I gained.
		To formal.	Talk more with other people.
		I always lazy to speak, because I	Talking to my close friends.



		have low motivation.	
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3. Likert Scale Linguistic Factors

NO	Students' initials	Statements				
		I have the difficulties in creating the sentence in English because of my grammar skill.	I have the difficulties in memorizing vocabularies .	I am not fluency in speaking English.	I have the difficulties in pronouncing the word in English.	I have the difficulties in understanding what other people talk in English
1.	MF	Always	Sometimes	Often	Sometimes	Rarely
2.	AS1	Sometimes	Rarely	Rarely	Rarely	Rarely
3.	RF	Sometimes	Rarely	Never	Rarely	Sometimes
4.	ZA	Sometimes	Sometimes	Rarely	Rarely	Sometimes
5.	IR	Rarely	Never	Sometimes	Never	Rarely
6.	SAP	Sometimes	Never	Sometimes	Often	Rarely
7.	HI	Rarely	Never	Rarely	Never	Sometimes
8.	MI	Always	Often	Rarely	Never	Never
9.	MFR	Often	Rarely	Always	Sometimes	Rarely
10.	AS2	Often	Sometimes	Sometimes	Rarely	Rarely
		Rarely	Rarely	Sometimes	Rarely	Rarely



12.	SA	Always	Always	Sometimes	Sometimes	Sometimes
13.	R1	Often	Often	Sometimes	Sometimes	Rarely
14.	IK	Often	Often	Often	Always	Often
15.	KA	Often	Often	Often	Sometimes	Sometimes
16.	SRF	Rarely	Sometimes	Never	Never	Never
17.	NSK	Rarely	Sometimes	Never	Rarely	Rarely
18.	N	Sometimes	Rarely	Sometimes	Rarely	Sometimes
19.	BA	Rarely	Sometimes	Sometimes	Sometimes	Rarely
20.	DG	Sometimes	Sometimes	Sometimes	Never	Rarely
21.	N	Often	Sometimes	Rarely	Rarely	Rarely
22.	R2	Always	Sometimes	Always	Sometimes	Rarely
23.	FMB	Always	Rarely	Sometimes	Sometimes	Rarely
24.	AWD	Often	Sometimes	Sometimes	Rarely	Sometimes
25.	MP	Often	Often	Often	Rarely	Rarely
		Rarely	Sometimes	Rarely	Rarely	Rarely



27.	MPA	Always	Often	Often	Sometimes	Rarely
28.	AD	Sometimes	Sometimes	Sometimes	Rarely	Sometimes
29.	AR	Often	Rarely	Often	Sometimes	Often
30.	KPN	Often	Often	Sometimes	Sometimes	Rarely
31.	T	Sometimes	Rarely	Rarely	Sometimes	Sometimes
32.	AN	Rarely	Rarely	Never	Rarely	Rarely
33.	MR	Often	Sometimes	Sometimes	Sometimes	Rarely
34.	BS	Often	Sometimes	Always	Sometimes	Sometimes

4. Students' Linguistic Factors and Solutions

NO	Students' Initials	Other Linguistic Factors	Students' Solution
1.	MF	No	Preparing before talk
2.	AS1	someone mocking my pronunciation	Avoid the hard pronunciation
3.	RF	When the person speaks fast	Tell them to repeat the words
4.	ZA	-	-
	IR	When communicating casually using English I don't think about if it is correct or not, more if I	Is to listen and speak English, increase my comprehension ability.



		<p> speak in a more official capacity that I often think too much about the things i am going to say next on if its correct <i>grammaly</i> or structurally or not. </p>	
6.	SAP	<p> I sometimes misplaced some words because my grammar skills </p>	Learn more
7.	HI	<p> I think it's just the grammar that's the problem. </p>	Need more practice and learn.
8.	MI	<p> So far I don't have any </p>	-
9.	MFR	-	By learning about English structure thoroughly
10.	AS2	<p> Mostly just about my grammar and vocabulary </p>	Keep learning and never be satisfied with myself
11.	NAP	<p> I don't have one. </p>	<p> I think watch a movie or reading books is more beneficial for people who are still beginner instead of jump to grammar or structure because it makes your learning progress faster. Well grammar is certainly important, however understanding the sentences goes first then comes grammar. </p>
12.	SA	<p> Nothing </p>	Watch film in English sub more often.
13.	R1	<p> Nothing </p>	Keep learning.
14.	IK	<p> Everything already stated above </p>	Keep learning and practice. Boost self confidence.
	KA	<p> My answer is the same as the answer in the previous question </p>	My answer is the same as the answer in the previous question
	SRF	-	-



17.	NSK	Sometimes, I can't remember the words I'm trying to use. Other times, I forgot to structure my words before I speak out loud.	I try to think about the sentence/word before I speak. When I forget the words mid-sentence though, I usually describe the word or stay quiet to remember the word.
18.	N	Grammar	Improve grammar skill with video in social media.
19.	BA	When they use slang I never heard maybe.	Ask them.
20.	DG	I think the above factors are all I have experienced.	-
21.	N	-	Always watch films, listen to music, and so on to enrich your English vocabulary.
22.	R2	My inability to use proper grammar and vocabulary.	By practicing speaking and memorizing vocabulary, as well as listening to English songs
23.	FMB	mispronunciation and grammar mistakes when I speak English	diligently watching English films and reading the dictionary
24.	AWD	proficiency level	overcome it with practice
25.	MP	-	Increase speaking practice/practice.
26.	MV	Nothing, I just stutter a little	Same as before I will try to be more confidence
27.	MPA	my grammar skill isn't good enough and also my vocabulary is still lacking	I should try to learn a new vocabulary every single day and try to consistent
28.	AD	Linguistic factor that has affected my self-confidence in speaking English is the fear of making grammatical errors or pronunciation mistakes.	One personal solution I've found helpful is practicing mindfulness and staying present in the moment while speaking English.



29.	AR	The factors are grammar, fluency in speaking, and difficulty understanding what other people are saying.	The solution is to keep studying a lot for grammar. Maybe you have to often make correct sentences, and for fluency, learn from YouTube, etc. If you want to understand speech, listen to podcasts or watch films more often.
30.	KPN	Same as the option it.	read more to increase your vocabulary and always practice read more to increase your vocabulary and always practice it
31.	T	No	I struggle with creating sentences in English due to my grammar skills. I find it hard to memorize vocabularies, and I'm not fluent in speaking English. Pronouncing words in English is also challenging for me.
32.	AN	I have lack of internal factors that actually affect my self-confidence, it's more from external reasons/factors.	Again, trying to empower myself by remembering how much energy, time, and tears I had back then when the first time I learn English, if I can face that, I will always face other obstacles.
33.	MR	Tense	Learn more
34.	BS	Accent	I'll ask them to repeat what they say

5. Students' Reasons for Choosing Psychological and Linguistic Factors



NO	Students' Initials	The reason for choosing the psychological and linguistic factors
	MF	Because I have good in linguistic intellectual but I feel shy so my

		intellectual mean nothing in speaking English.
2.	AS1	It's help you to overcome anxiety, fear of mistakes, lack of confidence, lack of motivation, and shyness.
3.	RF	Because my friends rarely speak English, it makes me motivated to introduce English to them by inserting English when speaking.
4.	ZA	Because I think the most reason about my fear of judgment while using English is related to linguistics major.
5.	IR	Because most media or news or content that i consume everyday is always in English that it is close to becoming a second nature to think or speaking to myself in English
6.	SAP	Because I need more confidence in speaking and sometimes with confidence, the words just came out nicely that made me able to produce complete sentences
7.	HI	if we don't have enough self confidence, we can't take any step further
8.	MI	Because I think this factor is a common thing that happens to people who are new and want to learn English (embarrassed to be laughed at by people)
9.	MFR	I'm shy
10.	AS2	From the psychology factors I'm a confident person, so If I'm a master at the linguistic factors, I would have the confidence to speak English more.
11.	NAP	Unfortunately, I have speech anxiety. It means when I talk (both eng and in) in front of many people or audience, my stutter kicks in.
12.	SA	Cause I often feel shy and insecure with my english, thats why i choose psychological factor
13.	R1	Because when I feel comfortable or not afraid, I can have the courage to speak English, even though I don't know whether it's correct or not.
	IK	Because i believe that i am still lacking in so many things about



		English at first that it then affects my psychological condition after.
15.	KA	Because I always overthinking if i've tried to speak english. Especially if my pronunciation is wrong and it makes me overthinking.
16.	SRF	Because I feel like when I interpret something in English, people won't judge me cause they did not know what it means
17.	NSK	Because most of the time, I feel confident. It's the 'not being able to remember what word to use' that affects my confidence.
18.	N	In my opinion, if I feel confident and understand that failure is a normal thing in the learning process, then I will continue to try until I reach the expert stage. Mistakes can be corrected either by yourself or by others. Meanwhile, if psychological factors are weak, even though linguistic factors support it, I think there will be difficulty in speaking English. because speaking requires confidence. Even if you master linguistics, if you don't have the confidence to try to speak, your mouth will automatically feel stiff, making English pronunciation unfamiliar.
19.	BA	Most choices for the psychological one you show feel related most to me
20.	DG	For me the biggest reason why i sometimes didn't want to speak English in public is because i don't know to make the sentence more casual so it will sounds like native. That's why I'm afraid that I will make mistake, and it affect my self-confidence to speak English especially in public.
21.	N	Because I lack confidence in expressing my opinions in English
22.	R2	Because, if I believe in myself, I will be more comfortable and not afraid of making mistakes.
23.	FMB	because until now i still have difficulty understanding grammar
24.	AWD	I choose the psychological factor because I'm a very sensitive person and like i said before, I care about people opinion about me and it influence my self confidence the most.
	MP	Keep studying



26.	MV	The reason is what I explain before, that I'm the person who really think about what people think and said about me, am I a bad person to them, but it was, now I will try to be more confidence, not think about bad people said, I will ignore them , I will ignore my weakness, I will Mastered myself in this field, because the reason I choose English literature because of my wish, my way, I choose this program because of nobody, i choose this only by myself and there is no damn person that suggest me to choose this English literature study program
27.	MPA	cause I often get suggestions and input about if you want to try speaking English, it's a good idea to start by speaking, it's okay if you don't master grammar at least we are braver to try to speak.
28.	AD	Linguistic factors tend to be dominant in influencing self-confidence in speaking English because language proficiency is directly linked to effective communication.
29.	AR	In fact, I feel that if I already understand linguistically, psychological problems can definitely be resolved slowly, it will take time until I get used to it.
30.	KPN	because I feel, even though I'm good at linguistics but if I'm hampered by psychological factors then I can't practice what I know, so I think I have to improve my psychology
31.	T	The most dominant psychological factor affecting confidence in speaking English is the fear of judgment or criticism. This is
32.	AN	It's more like from the inside of my thoughts sometimes.
33.	MR	I have more confident when talking casually.
34.	BS	Because psychology I am more easily influenced.

