

# An Investigation of English Speaking Anxiety in Foreign Language Classroom

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## ABSTRACT

This study attempts to examine English-major college students' anxiety in the foreign language classrooms. 114 students from the department of Applied Foreign Languages (AFL) at a national university of science and technology were recruited as the participants. A questionnaire was adopted as the instrument, designed to explore the potential causes, anxiety-provoking situations, positive and negative effects as well as physical symptoms of English speaking anxiety. It was found that worries about grammar (61%, M=3.61) and fears of making mistakes (61%, M=3.6) were the two biggest causes of English speaking anxiety for these college students. In addition, the students felt most anxious when they were unprepared (76%, M=3.90), and when they spoke in front of their teachers (67%, M=3.86). The major physical symptoms of English speaking anxiety for these English-major college students included speedy heartbeat, blank brain, and trembling voice. In reaction to speaking anxiety, around half of the students studied and practiced harder although only few students did more actively ask teachers questions or take speaking classes at the English Corner of this university.

**Keywords: Foreign Language Classroom, English Speaking Anxiety, English-Major Students**

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## 外語課堂之英語口說焦慮的研究調查

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### 摘 要

本研究的主旨在探討大學主修英文的學生對於英語課程學習的焦慮。研究對象為一百一十四位來自一所國立科技大學應用外語系的學生。本研究採問卷方式，目的在探索造成英語口說焦慮的可能因素、發生情況、正負面影響、以及焦慮時的徵狀。研究結果顯示：擔心文法(61%, M=3.61)、害怕犯錯(61%, M=3.6)是兩個口說焦慮的主要原因。大多數的同學表示他們在沒有準備的情況下(76%, M=3.90)以及在老師面前說英文(67%, M=3.86)最讓他們感到焦慮。常見的焦慮症狀包括心跳加快、腦筋空白與聲音顫抖。面對英語口說焦慮，近半數的學生更認真學習英文，然而只有少數同學更加積極地請教老師問題或參加學校的外語學習園區的英文口說課。

**關鍵字：**外語課堂、英語口說焦慮、英語主修學生

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