

CHAPTER I

INTRODUCTION

A. Background of the Study

Every human being was created by God to have feelings. These feelings cannot be separated from the functioning of the brain's performance. According to Darmiah (2019), feelings and emotions are one unit of the human psychic aspect. Feelings and emotions can affect other psychics such as observers, reactions, thoughts, and desires. Emotions and feelings are reactions to people and events that are happening. The brain will automatically store memories and interpret various activities and events that occur in life. Broadly speaking, feelings are knowledge about events and how humans respond to these events in the form of behavior, actions, or feelings. Several feelings are experienced by every human being. One of them is anxiety. Anxiety is a natural reaction felt by the body from an uncomfortable situation such as stress, pressure, and threat. Therefore, the feeling of anxiety experienced by humans is normal. Feelings of anxiety do not completely have a negative effect, there are positive things that can be taken. An example of the positive side of anxiety is one of the self-alarms to always be alert and careful.

But if the feeling of anxiety is frequent, excessive, and difficult to control, it indicates that it is an anxiety disorder. This anxiety disorder is a very difficult thing and even beyond the control of the patient (Yusmi Nur Aini et al., 2021). Not only does it make sufferers feel uncomfortable, but it can also interfere with human life, including the quality of life they live. The problem of anxiety disorders is not a new phenomenon. According to Vildayanti et al., (2018) anxiety disorders are one of the most common mental disorders in the Western world. However, many people do not realize that these symptoms are symptoms of anxiety that arise when faced with various social situations (Hapsari & Hasanat, 2010).

Anxiety disorder is a psychological disorder that is often experienced by humans without realizing it. This anxiety disorder usually appears when you feel uncomfortable with your

surroundings, feel threatened, and sometimes also appear for no reason. According to Nevid (2014), Anxiety is an emotional state that occurs when people are stressed and is characterized by tension, worrying thoughts, and physical reactions such as increased heart rate and increased blood pressure.

The response or effect of each person who suffers from this anxiety disorder is usually not the same. Some people experience dizziness, nausea, sweaty hands, and very fast heartbeats. Individuals with anxiety disorders experience abnormal symptoms such as unexplained panic attacks, inappropriate fears of objects or the environment, uncontrollable repetitive behavior, reliving the traumatic event, and unexplained excessive worry that can show action (Diferiansyah et al., 2016).

This also happens to EFL students. EFL students are a group of people who are studying at one of the colleges. Named EFL students because the major they take is English Education. As a person who is studying in college, the final stage is graduation. Each college has different graduation requirements. An example of one of the conditions for graduation is to carry out an internship program in the semester that has been determined by the University. Usually, the internship program is carried out between 5th semester and 7th semester.

The internship program is a program carried out by several educational and non-educational institutions such as companies for job training. Internships are unique educational programs that aim to combine learning with intentional and performance-based experiential learning (Parveen & Mirza, 2012). The goal is that participants who take part in this internship program gain knowledge, skills, and also guidance before carrying out actual work. According to Muslem et al., (2018) as quoted from Clark and Cutler (1990) stated that "Pedagogical practice is the central point of teacher education." Therefore, students have the opportunity to apply all the theories they have learned in real teaching situations. This is the time for students studying to become teachers to try out the things they have learned in their teacher training. By participating in the internship program, the University hopes that it can help participants develop and be able to master the skills that have been chosen.

Because of that, after participating in the internship program, participants can have and develop greater self-confidence. But this is different from what EFL students teachers feel.

Previously, previous researchers conducted research that aimed to determine the scale of anxiety experienced by students and also the aspects or triggers of anxiety that arise when teaching. However, there is no research has been conducted to find out what types of anxiety EFL pre-service teachers' experience when teaching in the PLP II internship program. At PGRI Adibuana University Surabaya, carry out an internship program. This internship program is called the introduction to the school field (PLP). The PLP program is divided into 3 stages, namely PLP 1, PLP 2.1 and PLP 2.2. PLP 1 student teachers was sent to observe the school. PLP 2.1 students teachers carry out peer teaching and micro teaching. Peer teaching is carried out by fellow students while micro teaching, students teachers directly practice teaching to students in a lab. Then the last stage is PLP 2.2 where students teachers teach in schools. At this stage, the pressure felt by students teachers when teaching is very large. Because students teachers communicate or interact directly with a number of students in the school. With the internship program, some students teachers experience anxiety. When students teachers carry out this program, many give negative responses because they feel that their performance in class is very poor due to perceived anxiety disorders. This can hinder the learning process and also occur misinformation that occurs due to incomplete delivery during the learning process.

B. Research Question

What kind of anxiety do the ELF pre-service teachers' face anxiety during the internship program of PLP II?

C. Purpose of the Study

The researcher wants to find out What kind of anxiety arises during the PLP II internship program PLP II.

D. Significance of the Study

1. Student teachers'

With this research, researcher hope to help prospective teachers to overcome analytical problems in teaching in the classroom. In addition to analyzing the problem, the researcher hopes to find a way out for prospective teachers through this research.

2. Teachers

For teachers, researcher hope that this research can find out what problems are experienced by students when carrying out the internship program. And can help to deal with problems that will be felt by students.

3. Other Researcher

Other researchers, researcher made this study so that readers would know how the teacher's students' picture or condition when teaching in class. In addition, researcher provide information that is quite important where the reader will know the difficulties experienced by prospective teacher students.

E. Definition of the key terms

Anxiety

A feeling of discomfort, annoyance, restlessness, and tension because you cannot or will overcome a problem that will occur at that time. The feelings that arise of course make the patient uncomfortable and confused about the next steps to be taken.

EFL Pre-service teachers'

EFL is an abbreviation of English Foreign Language. which is interpreted as English is not the native language of several countries. EFL students are a group of people who are studying a foreign language as a means of communication with a group of other people. A group of people studying at a university and taking a predetermined time. at a predetermined time, they will become teacher candidates before being declared graduated from University.

PLP II

Is a program designed by an institution and a company as a means of job training. Serves to train participants to develop skills taken in the majors taken. PLP stands for *Pengenalan Lapangan Persekolahan* where Students are sent or apprenticed to teach in a

school. PLP is a program created by Adibuana University Surabaya. With this program, students can adjust themselves as teachers in schools.