# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perakuan Tentang Hasil Kerja Akademik</td>
<td>iii</td>
</tr>
<tr>
<td>Abstrak</td>
<td>iv</td>
</tr>
<tr>
<td>Abstract</td>
<td>v</td>
</tr>
<tr>
<td>Acknowledgements</td>
<td>vii</td>
</tr>
<tr>
<td>Table of Contents</td>
<td>x</td>
</tr>
<tr>
<td>List of Tables</td>
<td>xi</td>
</tr>
<tr>
<td>List of Abbreviations</td>
<td>xii</td>
</tr>
</tbody>
</table>

## CHAPTER ONE: INTRODUCTION

1.0 Overview                                                            | 1    |
1.1 Background of the Study                                             | 1    |
   1.1.1 The Role and Status of English in the Malaysian Education System | 1    |
   1.1.2 English at Universiti Teknologi MARA (UiTM)                     | 4    |
1.2 Statement of Problem                                                | 5    |
1.3 Purpose of the Study                                                | 8    |
1.4 Significance of the Study                                           | 10   |
1.5 Limitations of the Study                                            | 11   |
1.6 Summary                                                             | 12   |
CHAPTER TWO: REVIEW OF RELATED LITERATURE

2.0 Introduction 13

2.1 Anxiety 13

2.1.1 State Trait Anxiety 14

2.2 Anxiety and Performance 16

2.3 Test Anxiety 18

2.3.1 The State-Trait Model of Test Anxiety 22

2.4 Worry and Emotionality 23

2.5 Facilitating and Debilitating Anxiety 24

2.6 Test Anxiety and Performance 25

2.7 Measures of Anxiety 26

2.7.1 Test Anxiety Inventory (TAI) 27
2.7.2 Achievement Anxiety Test (AAT) 27
2.7.3 Test Anxiety Questionnaire (TAQ) 28
2.7.4 Worry-Emotionality Inventory 28
2.7.5 Foreign Language Classroom Anxiety 29

2.8 Anxiety and Performance in ESL 29

2.9 Gender and Test Anxiety 37

2.10 Summary 38

CHAPTER THREE: METHODOLOGY

3.0 Introduction 39

3.1 Research Design 39

3.2 Subjects 40

3.3 Instruments 42

3.3.1 English Classroom Anxiety Scale Questionnaire 43
CHAPTER FOUR: ANALYSIS OF THE DATA

4.0 Introduction
4.1 Research Question One
4.2 Research Question Two
4.3 Research Question Three
4.4 Research Question Four
4.5 Research Question Five
4.6 Research Question Six
4.7 Research Question Seven

CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction
5.1 Research Question One
5.2 Research Question Two
5.3 Research Question Three
5.4 Research Question Four
5.5 Research Question Five
5.6 Research Question Six
5.7 Research Question Seven

5.8 Conclusion

5.9 Suggestions for Further Study

5.10 Recommendations

5.11 Concluding Remarks

BIBLIOGRAPHY

APPENDICES

Appendix A: Student Questionnaire

Appendix B: Borang Soal Selidik Pelajar

Appendix C: Student Self-Evaluation Questionnaire

Appendix D: Borang Soal Selidik Penilaian Diri Pelajar

Appendix E: Statistics from SPSS
### LIST OF TABLES

<table>
<thead>
<tr>
<th>Table</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table 4.1:</td>
<td>Frequency distribution of test anxiety (AAT-N) scores</td>
<td>52</td>
</tr>
<tr>
<td>Table 4.2:</td>
<td>Means of AAT-N</td>
<td>53</td>
</tr>
<tr>
<td>Table 4.3:</td>
<td>Means of total scores in English examinations</td>
<td>54</td>
</tr>
<tr>
<td>Table 4.4:</td>
<td>Correlation between anxiety groups and total scores</td>
<td>55</td>
</tr>
<tr>
<td>Table 4.5:</td>
<td>Means of ELCAS of different anxiety groups</td>
<td>56</td>
</tr>
<tr>
<td>Table 4.6:</td>
<td>Correlation between ELCAS and test anxiety</td>
<td>57</td>
</tr>
<tr>
<td>Table 4.7:</td>
<td>Means of AAT-N according to gender</td>
<td>58</td>
</tr>
<tr>
<td>Table 4.8:</td>
<td>Anxiety-producing examinations</td>
<td>60</td>
</tr>
<tr>
<td>Table 4.9:</td>
<td>Means of test scores according to the 4 skills tested</td>
<td>60</td>
</tr>
<tr>
<td>Table 4.10:</td>
<td>Means of AAT-N with urban/rural backgrounds</td>
<td>62</td>
</tr>
<tr>
<td>Table 4.11:</td>
<td>Means of total scores with urban/rural backgrounds</td>
<td>63</td>
</tr>
<tr>
<td>Table 4.12:</td>
<td>Means of speaking examination scores with urban/rural backgrounds</td>
<td>64</td>
</tr>
</tbody>
</table>
LIST OF ABBREVIATIONS

UiTM     Universiti Teknologi MARA
UPSR     Ujian Pencapaian Sekolah Rendah
PMR      Penilaian Menengah Rendah
SPM      Sijil Pelajaran Malaysia
STPM     Sijil Tinggi Pelajaran Malaysia
MUET     Malaysian University Entrance Examination
TAI      Test Anxiety Inventory
AAT      Achievement Anxiety Test
AAT-N    Debilitating Anxiety
AAT-F    Facilitating Anxiety
TAQ      Test Anxiety Questionnaire
FLCAS    Foreign Language Classroom Anxiety
ESL      English As A Second Language
EFL      English As A Foreign Language
ELCAS    English Language Classroom Anxiety
Hi-Anx   High-Anxious
Mod-Anx  Moderate-Anxious
Low-Anx  Low-Anxious
SPSS     Statistical Package for the Social Sciences
p-value  Pearson Product Moment Correlation Value