

NAM CAN THO UNIVERSITY
FACULTY OF FOREIGN LANGUAGES



NGUYEN NGOC TRAM ANH

**PSYCHOLOGICAL FACTORS
AFFECTING ENGLISH-MAJORED STUDENTS'
SPEAKING PERFORMANCE:
A CASE OF NAM CAN THO UNIVERSITY**

BACHELOR'S THESIS

Program: English Studies

Code: 7220201

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**SUPERVISOR
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DECLARATION

The thesis entitled “The psychological factors affecting English-majored students’ speaking performance” was conducted under the supervision of Mr. Luong Trong Linh (M.A.), a lecturer at Nam Can Tho University.

I hereby declare that the information reported in this study is the result of my work, except where due reference is made. The thesis has not been accepted for any degree and is not concurrently submitted to any candidature for any degree or diploma.

Can Tho, 12 May 2025

Nguyen Ngoc Tram Anh

ACKNOWLEDGEMENT

First, to complete this thesis, I would like to thank Nam Can Tho University, specifically the Faculty of Foreign Languages, for creating a learning environment, training, and providing a beneficial opportunity to conduct this thesis.

More importantly, I would like to give my deepest gratitude to my supervisor, Mr. Luong Trong Linh, for his wholehearted support and guidance. No matter how busy he was, he also spent time sharing documents, helping me correct this thesis, and guiding me to run SPSS to analyze the data. Without his advice and help, this thesis would not be complete.

Moreover, I would also like to thank Mr. Duong Minh Tuan, who taught me how to write this thesis and how to run SPSS.

Finally, I would like to say thank you to all the help of students who spent their valuable time to do the questionnaire and answer the interview for this thesis. Additionally, I also give my deep gratitude to my dad, my mom, and my whole family. They are always supportive and encourage all conditions me to complete this thesis.

Although I tried my best with all my capacity, this thesis cannot avoid the limitations. I look forward to receiving your suggestions.

TÓM LƯỢC

Yếu tố tâm lý là rào cản lớn của việc nói tiếng anh của học sinh. Hiểu được yếu tố tâm lý có thể giúp chúng ta tiếp cận đến cấp độ cao hơn ở kỹ năng nói. Do đó, mục đích của bài nghiên cứu này là tìm ra những yếu tố tâm lý ảnh hưởng đến việc nói tiếng anh của sinh viên chuyên ngành và cùng với đó là tìm ra những giải pháp để sinh viên vượt qua được các vấn đề tâm lý đó. Dữ liệu định lượng được thu thập qua bảng 32 câu hỏi và dữ liệu định tính được thu thập thông qua 7 câu hỏi của bảng phỏng vấn bán cấu trúc. Có 100 sinh viên năm tư chuyên ngành ngôn ngữ anh của trường Đại học Nam Cần Thơ tham gia vào cuộc khảo sát này. Kết quả của nghiên cứu cho thấy có 6 yếu tố tâm lý ảnh hưởng đến việc nói tiếng anh của sinh viên bao gồm lòng tự trọng, lo lắng, sợ mắc lỗi, ngại ngùng, thiếu tự tin và thiếu động lực. Kết quả của nghiên cứu này cũng đưa ra 4 giải pháp bao gồm tạo ra một môi trường khuyến khích, tạo ra nhiều hoạt động nói tiếng anh thực tế, nâng cao sự tự tin của bản thân, và xây dựng một môi trường thân thiện và ủng hộ.

Từ khóa: yếu tố tâm lý, khả năng nói, giải pháp, tiếng anh.

ABSTRACT

Psychological factors are a big barrier to students' speaking performance. Understanding psychological problems can help approach a better level in speaking skills. Thus, this research aimed to investigate the psychological problems affecting English-majored students' speaking performance and to examine the strategies to overcome these problems. This study used both qualitative and quantitative approaches to examine the psychological problems and solutions. The quantitative data were collected through 32 items in the questionnaire, and the qualitative data were collected through seven semi-structured interviews. There were 100 senior English-majored students at Nam Can Tho University engaged in this study. The findings showed that students' speaking performance was affected by 6 psychological factors, such as self-esteem, anxiety, fear of making mistakes, shyness, lack of confidence, and lack of motivation. The results also showed four strategies, including creating an emotional rapport, creating authentic speaking activities, enhancing self-confidence, and building a friendly and supportive environment.

Key words: psychological factors, speaking performance, solutions, English.

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