

**THE USE OF SONG TO DECREASE ACADEMIC STRESS
AMONG EFL LEARNERS AT SMA MUHAMMADIYAH 1
MALANG**

THESIS



By:

Siska Anggi Rifiani

201810100311120

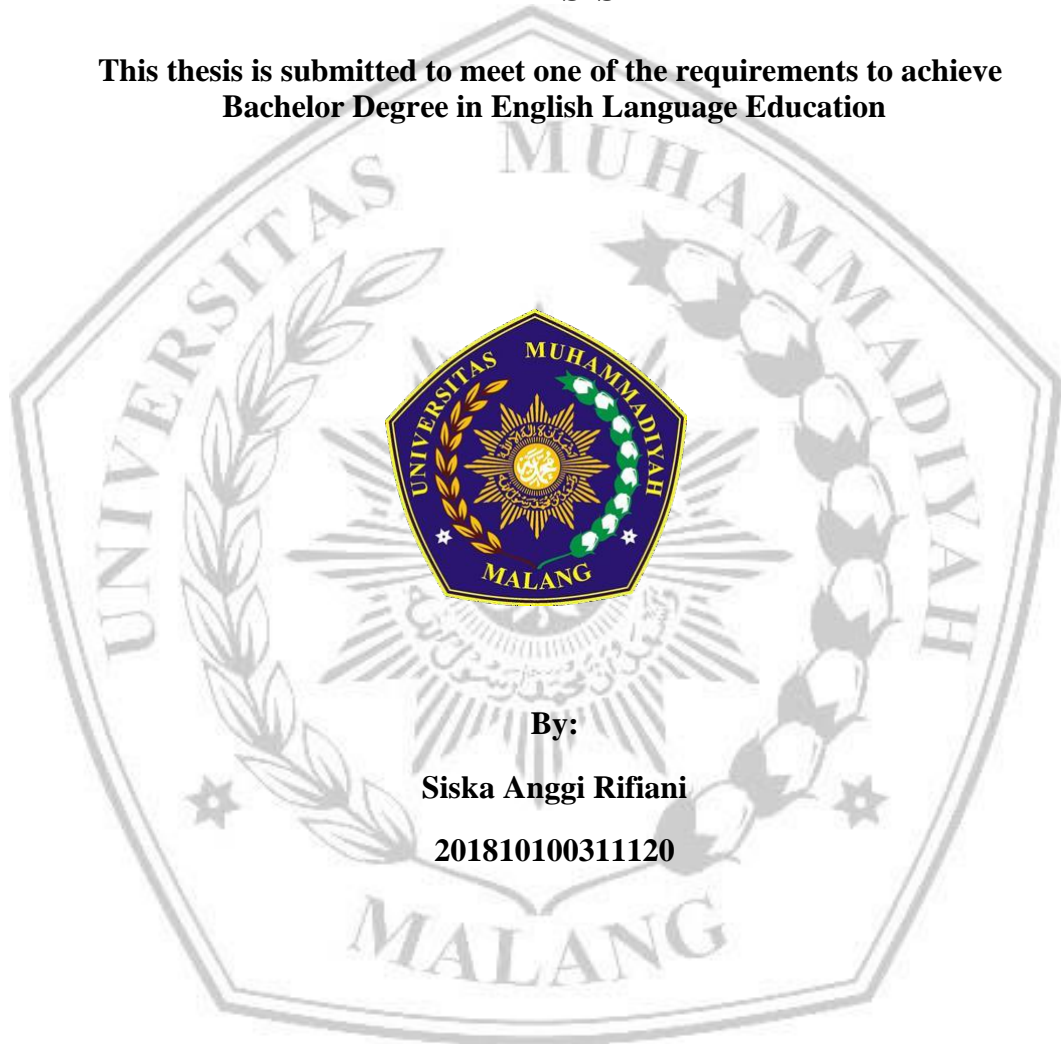
**ENGLISH LANGUAGE EDUCATION DEPARTMENT
FACULTY OF TEACHER TRAINING AND EDUCATION
UNIVERSITY OF MUHAMMADIYAH MALANG**

2024

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THESIS

**This thesis is submitted to meet one of the requirements to achieve
Bachelor Degree in English Language Education**



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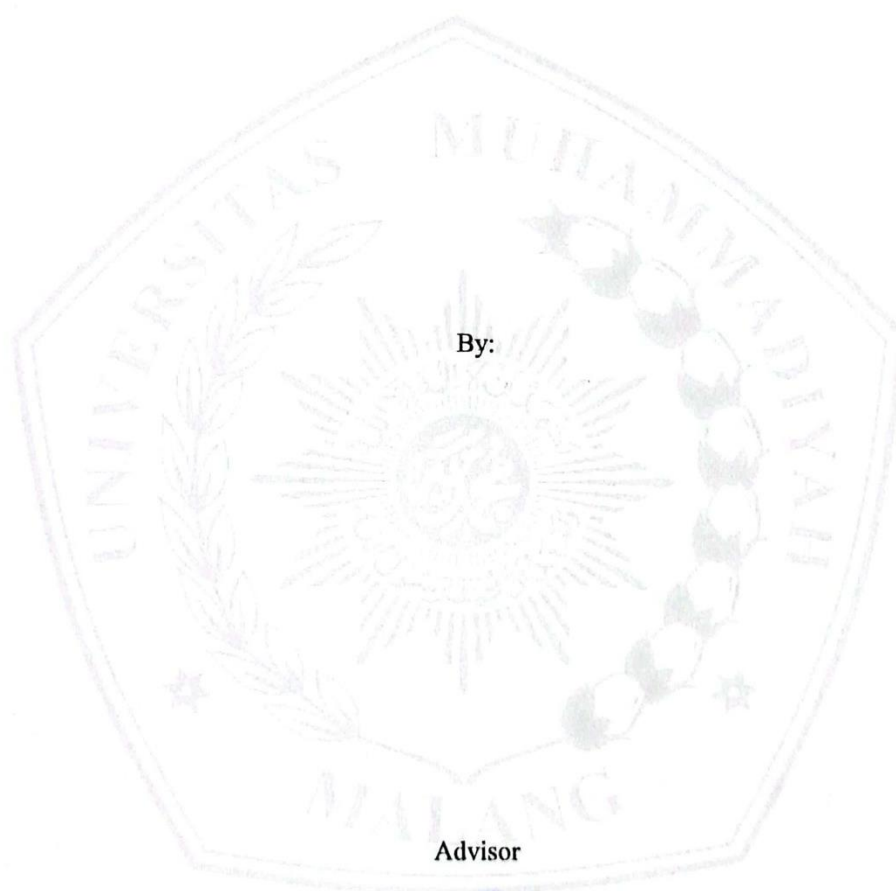
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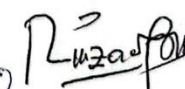

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MOTTO AND DEDICATION

Motto

"Good result is come from difficult process"

Dedication

Thanks to Allah SWT for His mercy and blessings, allowing me to successfully complete my thesis.

My beloved parents, my family, and the people around me, who always give their love, support and pray.

My lectures and my advisor who have imparted knowledge and provided guidance for me to complete my thesis.

Last but not least, I want to express my gratitude to myself for enduring everything to reach this point. I appreciate myself for persevering, fighting, and never giving up.

DECLARATION OF ORIGINALITY

I hereby declare that the intellectual content of this thesis is the product of my own work and has not been submitted to any other University of Institution.

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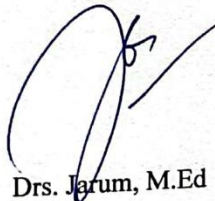
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LEARNERS AT SMA MUHAMMADIYAH 1 MALANG**

ABSTRACT

Mastering English, an international language, poses significant challenges for Indonesian students, leading to stress and anxiety. Stress, a common experience among students, can negatively impact their emotional and physical well-being, academic performance, and language learning abilities. This study aims to investigate the effectiveness of using songs in English learning activities to decrease academic stress among 11th-grade students at SMA Muhammadiyah 1 Malang. Qualitative research design was employed, utilizing observation and questionnaire techniques for data collection. The research population consisted of 92 students from grades 10 to 12, with a focus on grade 11. Cluster Random Sampling was used to select participants. Data analysis involved data reduction, display, and conclusion drawing. The findings suggest that incorporating songs into English learning sessions effectively mitigates stress among students. Observations and questionnaire responses indicate that listening to songs induces relaxation, prevents boredom, and fosters enthusiasm, thereby alleviating academic stress. The selection of appropriate song genres positively impacts students' comfort, mood, and motivation to learn. Incorporating songs into English learning sessions benefits students by decreasing students' academic stress, promoting relaxation, and enhancing concentration. The study emphasizes the importance of creating an enjoyable classroom atmosphere for effective learning.

Keywords: *Academic stress, English learning, Songs.*

Advisor



Drs. Jarum, M.Ed

The Researcher



Siska Anggi Rifjiani

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Finally, the researcher hopes this research can be helpful for the readers and further studies.

Malang, May 24, 2024



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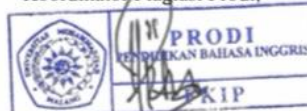
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