

# PEOPLE'S DEMOCRATIC REPUBLIC OF ALGERIA

Ministry of Higher Education and Scientific Research

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Language

## *Anxiety and its Influence on EFL Students' Outcomes Case: EFL students of University of Belhadj Bouchaib*

*An Extended Essay Submitted in Partial Fulfillment of the Requirement for a  
Master's Degree in Didactics and Applied Languages.*

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## *Abstract*

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Any situation that threatens a creature's well-being is thought to induce a state of anxiety. For example, internal conflict and other types of failure are identified as potential sources. In the field of education, the immediate threat to the learner's confidence the great pressure beyond the learner's ability will create great anxiety in him/her. Anxiety is part of everyday life, while mild anxiety can be positive, moderate to severe anxiety can lead to intense stress. When anxiety interferes with a student's performance, it needs to be treated. In this study, anxiety refers to those unpleasant emotions that learners feel during the learning process. The aim of this research was to explore the impact of anxiety on students' performance and to for the reasons behind it and how it can be solved and threaten according to the students himself/ herself and for the teachers too and their role in increasing or decreasing it. The study also included a questionnaire using quantitative research method (N58) participants were randomly assigned, they asked to complete the prescribed questionnaire , the participants results showed that there were differences in the effect of anxiety and the real reason behind it from what the learners declared according to the points where they experienced anxiety , Anxiety scores were high at testing occasion , we observed that the more students got stressed, the lower there academic progress will show. Finally, this research conclude with the discussions of the negativity and positivity of anxiety on the students, and shortly analysis the answers of the participants. It also contains various discussions of the results of this questionnaire, in addition: some recommendations are made at the end of this study.