

## ABSTRACT

This study aims to improve students' speaking skills and reduce the level of students' speaking anxiety using the suggestopedia method in grade eleven at SMA Perintis 1 Bandar Lampung. This study used a quantitative method with a pre-experimental one-group pretest post-test design. This study used data collection techniques such as speaking ability tests using pretest-posttest and students' speaking anxiety tests using a questionnaire with a Likert scale. Data analysis shows a significant difference between the mean pretest scores (60.32) and the average score post-test (74.45). The results questionnaire shows three aspects those who got the initial test score on communication apprehension had a score ( $m=3.84$ ), and the final test score had a score ( $m=1.4$ ). The initial test score on the anxiety test had a score ( $m = 3.65$ ), and the final test score had a score ( $m = 1.3$ ). The initial test score on negative fear evaluation had a value ( $m = 3.84$ ), and the final test score had a value ( $m = 1.26$ ). It can be concluded that the findings show: (1) There is an improvement in students' speaking ability after using the Suggestopedia method. Students improved, especially in pronunciation, vocabulary, fluency, comprehension, and grammar. The Suggestopedia method makes students more relaxed, confident, and comfortable when speaking English, so the second finding shows (2) there is a reduction in students' speaking anxiety after using the Suggestopedia method. So that in this study, the suggestopedia method was considered as a method that could reduce students' speaking anxiety levels so that the positive impact can be seen from improved students' speaking ability.

***Keyword: Speaking Ability, Anxiety, Suggestopedia***