

## **CHAPTER I**

### **INTRODUCTION**

#### **A. Background of The Study**

English has been considering as an international language. It becomes the language of international communication. In Indonesia, the government implements program that English is taught at school because the students are expected to have skill for listening, speaking, reading, and writing. Learning foreign language is different from learning the first language, even for children at the young age range, because the young learners already learned the first language in their surroundings and it has different patterns within foreign language. So that, junior high school students face major difficulties in learning English as they have learned their first language before which has different patterns with foreign language.

As a subject, English is different from other subjects. It has function as a means of communication. It shows that learning English is not only learn about vocabulary, grammatical pattern, and rhetorical structure but also learning about the use of it in the daily activity.

There are four skills in teaching and learning English that should be mastered. Those are speaking, listening, reading, and writing. Speaking have main role in communication to give information to other people.

Speaking is one of the language skills that should be taught by English teacher because it is stated in curriculum. However, among the four skills, speaking skill is a difficult one because to master English speaking skill the learners have to be able in pronunciation, grammar, vocabulary, comprehension, and fluency.

English teacher is a facilitator to help students in order to master all skills. Teacher have to try to give a good model in teaching. Then, encourage them to practice the language.

According to Matthews, classroom behaviour is different in different cultures.<sup>1</sup> So that to support English teaching and learning process, there are many methods and techniques of teaching appear to help the teachers and learners in teaching and learning activity. Because the teacher can use those methods in order to help the students get information then they could process the information which is already acquired from prior learning so the students can learn the important skills. Besides, the teachers must always do their effort to achieve learning goals of the learners through the method, technique, or strategy of teaching.

Teaching speaking skill should be oriented to make the students enable to speak in English in different situations and genres. So, teacher should select the appropriate technique and method to teach speaking.

The technique can help students understand material easily. Basically, it also corresponds to Islamic teaching which is stated in Qur'an Surah al-Maidah in verse 2:

.....وَتَعَاوَنُوا عَلَى الْبِرِّ وَالتَّقْوَىٰ وَلَا تَعَاوَنُوا عَلَى الْإِثْمِ وَالْعُدْوَانِ ﴿٢﴾.....  
 “ . . . . Help one another in what is good and pious, not in what is wicked and sinful . . . . ” (Al-Maidah: 2).<sup>2</sup>

Command to help each other in doing good and godly, is including the main points of social guidance in the Qur'an. Therefore, it obliges the people to provide mutual assistance to each other, both personal and group, both in matters of religion and the world, also in performing any act of piety, by which they prevent the damage and dangers that threaten their safety.<sup>3</sup>

The verse above explains that help each other is very suggested. In this case is on English language learning. English teacher is a facilitator to help students in order to master all skills. So, English teacher should have many

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<sup>1</sup>Candace Matthews, *Speaking Solutions* (New York: Longman, 1994), p. 145

<sup>2</sup> Mahmud Zayid, *The Quran : An English Translation of The Meaning of The Quran*, (Lebanon: Dar Al – Choura, 1980), p. 73.

<sup>3</sup> Ahmad Mushthafa Al-Maraghi, *Terjemahan Tafsir Al-Maraghi Juz 6*, (Semarang: PT. Karya Toha Putra, 1993), p. 86.

inovations in teaching English. The teachers must always do their effort to achieve learning goals of the learners through the method, technique, or strategy of teaching.

One of methods that can be used for teacher is Brain Gym method. Brain Gym was created by Dr. Paul Dennison and Gail E. Dennison. Based on Dennison's discover there is correlation between development of body, mastery of language, and academic achievement. Brain Gym is a series of exercises designed to help students coordinate their brains and their bodies better.

"Movement is the door to learning".<sup>4</sup> By doing several body movements, the students can start the learning optimally in receiving the lesson.

By several bodies movement from brain gym method learning will be enhanced because the left and right brain, front and back brain, top and bottom brain will be coordinated.<sup>5</sup> Therefore, this holistic approach can find balance between parts of the brain and the body. Meanwhile, "traditional teaching and learning concepts focus on the left brain".<sup>6</sup> Many teachers focus on left brain, ignores to utilize the right brain in the learning process.

Brain gym is one of enjoyable activity that can be used in teaching learning activity. It is suitable for first year students because the movement of Brain gym looks like childish movement. It will be loved by first year students who are still in transition from childhood period.

First year students still have basic knowledge about English language because every elementary school necessarily provide English language subject. They are students in junior high school which come from different school background. They still adapt with friend, teacher, and environment.

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<sup>4</sup>Bruer. "Brain Gym Educational Kinesiology", <http://www.skepdic.com/brain gym.html>, accessed January 11<sup>th</sup> 2014.

<sup>5</sup>Paul E. Dennison, and Gail E. Dennison, *Brain Gym*, (California: Edu-Kinesthetics Inc., 1989), p. 30.

<sup>6</sup>Paul E. Dennison, and Gail E. Dennison, *Brain Gym*, p. 30.

They need to enhance their knowledge and get support for their learning English well from the beginning.

As the coordinated the parts of brain, the students' speaking, writing, listening, and reading skill will be improved optimally. But in this research, the researcher will only concern at speaking skill aspect.

Referring to the advantages of Brain Gym and the need to facilitate students' learning is worth conducting this research about "the effectiveness of Brain Gym methods to improve teaching English speaking among the first year students' of SMP N 1 Dawe Kudus".

## **B. Reason For Choosing The Topic**

The writer chooses this topic due to the following reasons:

1. Speaking skill is one of the important English components that have to be mastered by English learners.
2. Some English learners faced difficulties to master speaking skill. They felt difficult to understand the material because of lacking of method and media.
3. The use of method and strategy, especially brain gym method, will offer a different learning situation by increasing students' interest to the lesson. It can be used by both teachers and students.
4. The teacher explains the material with classical ways, such as explaining in front of class, then asking students to answer questions. It makes students bored and difficult to understand the material.
5. The researcher wants to know the effectiveness of using brain gym method as a method to teach speaking in SMP N 1 Dawe Kudus in the Academic Year of 2014/2015.

## **C. Research Question**

In this study, the researcher formulated the problem. The problem is "Is teaching by using brain gym method more effective than teaching without using brain gym method to improve teaching English speaking ?"

#### **D. Objectives**

In line with research question, this study has purpose to find out the effectiveness of using brain gym method in teaching English speaking at SMP N 1 Dawe Kudus Grade VII in The Academic Year of 2014/2015.

#### **E. Significance of The Study**

By conducting this research, hopefully the writer will get some experiences and knowledge directly how to implement brain gym method to teach English speaking. This research will become evaluations for the readers who frequently use monotonous media and technique when teaching in the classroom, and it can be a reference to the next researcher.

For teachers, the result of this study can give a reference to select suitable English teaching methods in order to be aware of the importance of the method in teaching English speaking.

For students, it can also be used to improve and develop their abilities in speaking English. Because it will give them a lot of new experiences in order that they will be more interested and enjoy in speaking English.

For reader, the result of this research can enrich knowledge about the effectiveness of Brain Gym method to teach English.

#### **F. Limitation of The Study**

The limitation of this study can be described as follow:

1. This is an experimental study about the effectiveness of using Brain Gym method to improve teaching English speaking.
2. The object of this research is just the 7th graders of SMP N 1 Dawe Kudus in the academic year of 2014/2015.
3. It only focuses on teaching English speaking skill.
4. This study only focuses on investigating whether Brain Gym method is effective in improving students' speaking skill among the first year students' of SMP N 1 Dawe.