

## The Influence of Teachers Anxiety-Reducing Strategies on Learners Foreign Language Anxiety

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**Abstract :** This study investigated the effects on learner anxiety of anxiety-reducing strategies utilized by English as foreign language teachers in Saudi Arabia. The study was conducted in two stages. In the first stage, sources of foreign language anxiety for Saudi learners of English (N = 596) were identified using The Foreign Language Classroom Anxiety Scale (FLCAS). In the second stage, 465 learners who were divided almost equally into two groups (experimental vs. control) and 12 teachers were recruited. Anxiety-reducing strategies were implemented exclusively in the treatment group for approximately eight weeks. FLCAS was used to assess learners' FL anxiety levels before and after treatment. Statistical analyses (e.g. ANOVA and ANCOVA) were used to evaluate the study findings. These findings revealed that the intervention led to significantly decreased levels of FL anxiety for learners in the experimental group compared with increased levels of anxiety for those in the control group.

**Keywords :** communication apprehension, EFL teaching/learning, fear of negative evaluation, foreign language anxiety

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