

CHAPTER 5

CONCLUSIONS AND SUGGESTIONS

This chapter describes the conclusions and the suggestions from the research that has been carried out. The researcher summarizes the result of this research at the end and provides suggestions aimed at participants related to this research. The researcher explains both as follows:

A. Conclusions

Based on the explanation in the previous chapter and the research results, the researcher concluded that the Pomodoro technique is an effective technique that the teacher can use in class, especially in teaching material of introducing oneself. The Pomodoro technique could also increase students' concentration in the classroom. This means that using the Pomodoro technique can make students more concentrated and interested in learning speaking skills in introducing oneself. If the students are concentrated and interested in the Pomodoro technique, it will make the students more straightforward to understand the teaching materials.

Secondly, the Pomodoro technique effectively enhances the speaking skills related to self-introduction among tenth-grade students. This method contributes to improved scores, as evidenced by the data analysis conducted in the previous chapter. The results indicate that the significance score exceeds 0.05, leading to the rejection of the null hypothesis (H_0) and

acceptance of the alternative hypothesis (H1). Therefore, students instructed using the Pomodoro technique demonstrate better comprehension and proficiency in introducing oneself than those taught through conventional methods. Consequently, the Pomodoro technique significantly enhances the speaking skills related to self-introduction for tenth-grade students.

Third, using the Pomodoro technique toward the speaking skill in introducing oneself benefits the students. The Pomodoro technique allows the students can prevent fatigue. From this, the use of Pomodoro technique is an effective way to teach the speaking skill in introducing oneself.

B. Suggestions

Based on the research results in the previous chapter, the researcher has suggestions to offer to the participants related to this study. The researcher explains them as follows:

1. The Students

The students are expected to understand the material after being explained by the teacher by the Pomodoro technique. They must practice their skills, especially in speaking skills in introducing oneself and related to the method. The students must improve their skills and creativity so that their knowledge continues to grow. They can expand their knowledge not only from school books but also from other sources.

2. The Teachers

The teacher is recommended to apply the Pomodoro technique in the learning process in speaking skill of introducing oneself. By Pomodoro technique, the teacher must explain the process of the activity to be used clearly and in writing, so that the students can understand it easily. The teacher can also use Microsoft PowerPoint media to support the explanation of their material, because this can increase the student interest.

3. The School

The institution is suggested to motivate the teacher to increase their creativity in teaching by using techniques that are appropriate to the material, not only by Pomodoro technique but also expected to be able to use technology that is following today's era, so that it can arouse the student's interest in participating in the learning process in class.

4. The Future Researchers

Further researchers are advised to conduct other research using the Pomodoro technique. Future researchers can change the type of material used for further research. They can also use other techniques to improve the teaching and learning process.