

**STUDENTS' SELF-DISCIPLINE STRATEGIES IN IMPROVING SPEAKING
SKILLS THROUGH “SPEAK ENGLISH WITH CLASS” YOUTUBE CHANNEL**

THESIS



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**DEPARTMENT OF ENGLISH LANGUAGE EDUCATION
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STATE ISLAMIC UNIVERSITY OF KEDIRI**

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THESIS

Presented to

State Islamic University (UIN) Kediri

In Partial Fulfillment of Requirements

For the Degree of Sarjana in English Language Education



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I hereby declare that the thesis and the work presented in it are my own and it has been generated by me as the result of my own original research. It does not incorporate any materials previously written or published by another person except those indicated in quotations and references. No portion of this work has been submitted in support of an application for another degree or qualification of this or any other university or institution of higher education. Due to this fact, I am the only person responsible for the thesis if there is any objection or claim from others.

This thesis is to fulfill the requirement for the degree of Sarjana (S1) in English Study Program, State Islamic University (UIN) of Kediri.

Kediri, 18 May 2026

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MOTTO

❦ الإِحْسَانُ إِلَّا الإِحْسَانُ جَزَاءُ هَلْ

“Adakah balasan kebaikan selain kebaikan (pula)?”

The opposite of "to bloom" isn't "to fall"

Just look at you, how beautiful you are

(Lucy – Falling Flower)

DEDICATION

Thanks to Allah SWT because whatever we have done in this world goes by Allah SWT will, I might not be able to complete this thesis properly. This thesis is dedicated to:

1. To my beloved parents, Almarhum Bapak Harjito and Ibuk Hj. Umi Salamah, Thank you for your endless love, tireless prayers, and unconditional support
2. My sister, Alishia Eka Widyarahman, Isna Zuhriatul Husna, and Nurin Imanina Zahra Abida who always support me during the process of finishing this thesis.
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In the name of Allah SWT who is the most gracious and the most merciful. Praise be to Allah because with His grace the author can complete the thesis as one of the requirements to complete the study at the English Department of State Islamic University (UIN) of Kediri smoothly without obstacles.

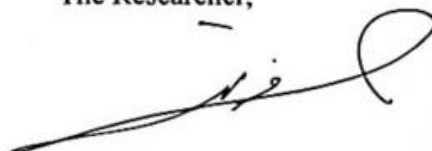
This thesis will not be complete if there is no support and guidance from every individual and institution. Therefore, researcher would like to express special thanks to:

1. Dr. Wahidul Anam, M.Ag. as the Rector of State Islamic University (UIN) of Kediri.
2. Prof. Dr. Hj. Munifah, M.Pd. as the Dean of Tarbiyah Faculty, State Islamic University (UIN) of Kediri.
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The author realizes that this thesis still far from perfect. The suggestions and critics for the author are very welcomed. Hopefully, this thesis can be useful for us and become the input for the parties in need.

Kediri, Kediri, 18 May 2026

The Researcher,



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ABSTRACT

Putri Fatma Azzahrona. (2026). Students' Self-Discipline Strategies in Improving Speaking Skills through "Speak English With Class" Youtube Channel. Thesis. Department of English Language Education, Faculty of Tarbiyah, State Islamic University (UIN) of Kediri. Advisor: (I) Dr. Irma Khoirot Daulay, M.Hum. (II) Yogi Rohana, M.Hum.

Keywords: *Autonomous Learning, EFL, Explanation Text, Grit, Self-discipline, "Speak English With Class", Speaking Skills, YouTube.*

For EFL students, speaking is still one of the hardest skills because of their little vocabulary, lack of confidence, and lack of experience. YouTube provides a wealth of tools for self-directed learning in the digital age, but sustained progress necessitates a strong sense of self-control. The purpose of this study was to examine the self-discipline techniques students used when practicing speaking, especially with explanatory texts, on the "Speak English With Class" YouTube channel and to find out how they perceived the impact of self-discipline on improving their speaking.

A descriptive qualitative design was used in this investigation. This study involved four third-semester students from UIN Syekh Wasil Kediri's English Language Education Department. Participants' learning schedules and in-depth interviews were used to gather data, which was then evaluated utilizing methods including pattern matching and explanation building.

The results showed that students used four primary self-discipline techniques: self-rewarding, goal-setting, scheduling, and avoiding distractions. Despite obstacles including lethargy, a fear of making mistakes, and digital distractions, these techniques enabled them to continue speaking regularly. The participants believed that consistent, focused practice with the YouTube channel greatly enhanced their vocabulary, pronunciation, fluency, coherence, and speaking confidence.

This study comes to the conclusion that leveraging the advantages of digital learning platforms for independent speaking practice requires self-discipline. In EFL environments, self-regulated learning underpinned by strong self-discipline significantly improves students' speaking abilities and learning consistency.

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