

**THE USE OF ONE MINUTE TALK TECHNIQUE IN
IMPROVING SPEAKING SKILL OF THE 8TH GRADE
STUDENTS AT SMPN 1 PUDING BESAR**



A THESIS

**Submitted to the Undergraduate School in partial Fulfillment of
the Requirements for the Degree of
Sarjana Pendidikan (S. Pd) In English Language Education**

By:

MAULIDA FITRIANA

2213024

Tarbiyah Faculty

English Education Study Program

**STATE INSTITUTE OF ISLAMIC STUDIES
SYAIKH ABDURRAHMAN SIDDIK
BANGKA BELITUNG
2026**



KEMENTERIAN AGAMA RI
INSTITUT AGAMA ISLAM NEGERI
SYAIKH ABDURRAHMAN SIDDIK BANGKA BELITUNG
FAKULTAS TARBIYAH
PRODI TADRIS BAHASA INGGRIS

Jalan Raya Petaling KM 13 Kec. Mendo Barat Kab. Bangka Prov. Kep. Bangka Belitung

SURAT KETERANGAN BEBAS PLAGIASI
Nomor: 24/In.40/5.3/PP.00.9/09/2026

Ketua Prodi Tadris Bahasa Inggris Institut Agama Islam Negeri Syaikh Abdurrahman Siddik Bangka Belitung menerangkan bahwa mahasiswa/i dengan identitas berikut:

Nama	: Maulida Fitriana
NIM	: 2213024
Program	: Strata 1
Fakultas	: Tarbiyah
Program Studi	: Tadris Bahasa Inggris
Judul Skripsi	: <i>The Use of One Minute Talk Technique in Improving Speaking Skill of the 8th Grade Students at SMPN 1 Puding Besar</i>

dinyatakan sudah memenuhi syarat batas maksimal plagiasi 30% pada skripsi yang disusunnya.

Demikian surat keterangan ini dibuat untuk dapat dipergunakan sebagaimana mestinya.

Bangka, 02 September 2026

Ketua Program Studi



Dr. Yohan, M.Pd
NIP. 197710092007011014

LETTER OF DECLARATION

The undersigned:

Name : Maulida Fitriana
Students' Number : 2213024
Departement : Tarbiyah
Study Program : Tadris Bahasa Inggris

Here by declare the fact that is my thesis " The Use of One Minute Talk Technique in Improving Speaking Skill of the 8th Grade Studens at SMPN 1 Puding Besar" is the original work of my own and not the works that have been proposed by other people to obtain a degree at college. Furthemore, I aware that have quoted some statements and ideas from a lot of sources such as books, articles and etc. All quotations are properly acknowledged.

Bangka, 8th of August 2026

Proposed by



Maulida Fitriana

NIM. 2213024



KEMENTERIAN AGAMA RI
INSTITUT AGAMA ISLAM NEGERI
SYAIKH ABDURRAHMAN SIDDIK BANGKA BELITUNG
FAKULTAS TARBIYAH

Jalan Raya Petaling Km. 13 Kec. Mendo Barat, Kab. Bangka, Prov. Kep. Bangka Belitung
E-Mail: stainbangkabelitung@kemenag.go.id, stain32_sashabel@yahoo.co.id
BANGKA 33173

NOTA DINAS PEMBIMBING

Hal: Skripsi

Kepada Yth,

Dekan Fakultas Tarbiyah
IAIN Syaikh Abdurrahman Siddik Bangka Belitung
di-
tempat

Assalamu'alaikum Wr,Wb

Setelah membaca, mencermati dan melakukan beberapa kali bimbingan serta mengadakan perbaikan sebelumnya, baik dari segi isi, bahasa, serta teknik penulisan maka kami selaku pembimbing berpendapat bahwa skripsi mahasiswa di bawah ini:

Nama : Maulida Fitriana

NIM : 2213024

Fakultas : Tarbiyah

Prodi : Tadris Bahasa Inggris (TBI)

Judul Proposal Skripsi : The Use of One Minute Talk Technique In Improving Speaking Skill of the 8th Grade Students at SMPN 1 Puding Besar.

Telah dapat iajukan kepada Fakultas Tarbiyah IAIN Syaikh Abdurrahman Siddik Bangka Belitung untuk memenuhi salah satu dari syarat memperoleh gelar Sarjana Pendidikan (S.Pd). harapan kami semoga dalam waktu dekat skripsi ini dapat dimunaqosyahkan.

Demikian Nota Dinas Pembimbing ini kami buat, atas segala perhatiannya diucapkan banyak terima kasih.

Wssalamu'alaikum Wr,Wb.

Bangka, 08 Agustus 2026

Pembimbing I,

Pembimbing II,


Dr. Yohan, M.Pd
NIP. 197710092007011014


Dina Novrieta, M.Pd
NIP. 197911202008012011



KEMENTERIAN AGAMA RI
INSTITUT AGAMA ISLAM NEGERI
SYAIKH ABDURRAHMAN SIDDIK BANGKA BELITUNG
FAKULTAS TARBIYAH
Jalan Raya Petaling Km. 13 Ket. Mendo Barat, Kab. Bangka, Prov. Kep. Bangka Belitung
E-Mail: stainbangkabelitung@kemenag.go.id, stain32_sesibelo@yahoo.co.id
BANGKA 33173

NOTA DINAS KONSULTAN

Hal: Skripsi

Kepada Yth,

Dekan Fakultas Tarbiyah
IAIN Syaikh Abdurrahman Siddik Bangka Belitung
di-
tempat

Assalamu'alaikum Wr,Wb

Setelah melakukan beberapa kali konsultasi serta mengadakan perbaikan sebelumnya, baik dari segi isi, bahasa, serta teknik penulisan maka kami selaku konsultan berpendapat bahwa skripsi mahasiswa di bawah ini:

Nama : Maulida Fitriana
NIM : 2213024
Fakultas : Tarbiyah
Prodi : Tadris Bahasa Inggris (TBI)

Judul Proposal Skripsi : The Use of One Minute Talk Technique In Improving Speaking Skill of the 8th Grade Students at SMPN 1 Puding Besar.

Telah dapat diajukan kepada Fakultas Tarbiyah IAIN Syaikh Abdurrahman Siddik Bangka Belitung untuk memenuhi salah satu dari syarat memperoleh gelar Sarjana Pendidikan (S.Pd). harapan kami semoga dalam waktu dekat skripsi ini dapat dimunaqasyahkan.

Demikian Nota Dinas Konsultan ini kami buat, atas segala perhatiannya diucapkan banyak terima kasih.

Wassalamu'alaikum Wr,Wb.

Bangka, 24 September 2026

Konsultan I,

Konsultan II,

Itha Husnawati, M.Pd
NIP. 197412152009122002

Supiah, M.Pd
NIP. 19770202009122003



KEMENTERIAN AGAMA RI
INSTITUT AGAMA ISLAM NEGERI
SYAIKH ABDURRAHMAN SIDDIK BANGKA BELITUNG
FAKULTAS TARBIYAH

Jalan Raya Petaling Km. 13 Kec. Mendau Barat, Kab. Bangka, Prov. Kep. Bangka Belitung

E-Mail: humas@iainsababel.ac.id, Website: www.iainsababel.ac.id

BANGKA 33173

PENGESAHAN

Nomor: 309.B9/FT/PP.00.9/09/2026

Skripsi dengan judul: The Use of One Minute Talk Technique in Improving Speaking Skill of the 8th Grade Studens at SMPN 1 Puding Besar

Yang dipersiapkan dan disusun oleh:

Nama : Maulida Fitriana
NIM : 2213024
Fakultas : Tarbiyah
Program Studi : Tadris Bahasa Inggris (TBI)

telah dimunaqasyahkan pada hari: Kamis, tanggal 10 September 2026 dengan nilai B (84.75), dan dinyatakan sah dan diterima sebagai salah satu syarat untuk memperoleh gelar S.Pd.

DEWAN SIDANG MUNAQASYAH

Pembimbing I,

Yohan, M.Pd
NIP. 19771009 200701 1 014

Penguji I,

Ihda Husnayaini, M.Pd
NIP. 19741215 200912 2 002

Ketua Panitia

Yohan, M.Pd
NNIP. 19771009 200701 1 014

Pembimbing II,

Dina Novrieta, M.Pd
NIP. 19791120 200801 2 011

Penguji II,

Syariah, M.Pd
NIP. 19771020 200912 2 003



Bangka, 30 September 2026

Dekan Fakultas Tarbiyah,

Dr. Subur, S.Pd.I, M.S.I
NIP. 19740302 200604 1 001

MOTTO

**“Success is the sum of small efforts,
repeated day in the day out”**

-Robert Collier-

“Never, never, never give in”

-Winston Churchill-

“Stop dreaming, Start doing”

-Anonymous-

DEDICATION

Bismillahirrahmanirrahim...

Alhamdulillahil rabbil'alamin...

In the name of Allah, the Almighty and Most Merciful, who has bestowed upon me the gift of health and the opportunity to study and complete this thesis. I also offer my prayers and greetings to the Prophet Muhammad, peace be upon him, who guided his people from the era of ignorance to the present day and serves as the ultimate role model in patience, steadfastness, and perseverance. Here, as a researcher, I would like to state that this thesis is not merely a collection of sheets of paper, but rather a reflection of a journey filled with struggles, prayers, lessons, and meaningful memories. Behind its completion are many people whose dedication, kindness, prayers, support, and encouragement have helped me reach this point. Therefore, with sincere gratitude, I would like to express my deepest thanks to:

- ❖ To my beloved parents, Dewan Tara and Siti Maria. I would like to say Thank you for your endless love, constant prayers, sacrifices, and support that have accompanied me through every step of my journey. Thank you for always believing in me, even when I sometimes doubted myself. I dedicate this achievement to both of you as a small expression of my gratitude for all the love and sacrifices you have given me. No success could ever repay everything you have done for me, but I hope this achievement will make you proud and happy. Thank you for being my strength, my home, and my reason to keep moving forward.
- ❖ To my beloved younger sisters, Silfa Azizah, Layla Nadhifah and Sabira Akifah. I would like to say thank you for bringing color to every journey of my life, for bringing laughter in the midst of weariness, and for being the reason I keep moving forward. May this achievement serve as proof that every struggle will always find its way to the beauty of success.

- ❖ To my beloved older sisters, Nessya Syabilla, Izzati Yazida, Amela Gita. We may not have been born from the same womb or be bound by the same blood, but your love, care, and companionship have made you all like my own siblings to me. Thank you for being there, for giving me strength, and for being a beautiful part of my life's journey. Because in the end, family isn't just about blood it's about hearts that choose to love one another.
- ❖ To the honorable advisor of my thesis, Mr. Dr. Yohan, M. Pd as advisor I and Mrs. Dina Novrieta, M. Pd as advisor II I would like to say thank you for all the knowledge, guidance, patience, advice, and time you have given me throughout the process of writing this thesis. Every piece of advice and correction you have provided has been an important part of my academic journey. May all the knowledge and kindness you have shared continue to be a source of good deeds and bring blessings.
- ❖ To all my lectures in the English Education Study Program. I would like to say thank you for the knowledge, guidance, patience, and sincerity you have shared with me throughout my academic journey. Every piece of knowledge and every piece of advice you have given me will serve as a valuable foundation as I move forward into the future. May all the knowledge and kindness you have shared be a source of blessings.
- ❖ To Mrs. Repinarsi, S. Pd Bio and all the teachers and staff of SMPN 1 Puding Besar. I would like to say thank you for the permission, trust, support, and kindness you have shown throughout the research process. Every bit of help and guidance you provided was invaluable in the completion of my thesis. May all the kindness and knowledge you have shared be a source of blessings.
- ❖ To all teachers and staff of SMPN 1 Mendo Barat. I would like to say thank you for the permission, trust, assistance, and support you have provided throughout the process of conducting the validity and reliability tests for my research. Every act of kindness and every instance of cooperation has been a valuable part of my academic journey. May all these acts of kindness always be rewarded with blessings.

- ❖ To my roommate and my beloved “Acu”, Hayatun Nupus. Thank you for being both my roommate and “Acu” throughout these three years of college. Our time together has been filled with stories, laughter, exhaustion, and so many memories. More than just a roommate, you’ve been someone who’s always been there especially when things weren’t going well and made this journey feel lighter. Thank you for being a beautiful part of my college story. May this friendship and affection endure, even if our paths eventually lead us down different roads.
- ❖ To my beloved cousin, Novalia. I would like to express my sincere gratitude for being a part of this long journey, for being there with such meaningful love, care, and support. Thank you for being someone I can share my stories with, for giving me strength when I’m tired, and for bringing warmth to every step of the way. May this bond of love always endure, wherever our path may take us in the future.
- ❖ To my best friends, Luspina Anugerah, Shafira Suci Rahmadani, Nisa Purnamasari, Nurul Fitri, to all the “Mineral Girls,” “Courier Girls,” “Successful Girls,” and all my friends in the TBI A 2022 class whom I can’t name one by one. I just want to say a heartfelt thank you for being the colors that brightened this journey, for sharing every laugh, tear, moment of exhaustion, and unforgettable story. Thank you for being a place to share, for supporting one another, and for staying by my side when the journey felt tough. You are not just friends, but a beautiful part of a story I will always cherish in my heart. May distance and time never change the love and friendship we’ve built together.
- ❖ Last but not least, to myself “Maulida Fitriana” A simple woman with big hopes and dreams. Congratulations on overcoming this difficult challenge, even though it was filled with tears, laughter, overthinking, and plenty of drama. It’s finally over!! I’m so proud of you, Ana. Thank you for hanging in there and fighting this hard, and for being willing to learn new things along the way. Thank you for always cheering yourself on when things aren’t going well, for always celebrating the little things by doing what you love, and for always saying “I can do it” even when you sometimes feel like you can’t. Thank you for being willing

to learn to love your own flaws and strengths, for learning to accept that sometimes life just doesn't go as expected, and for learning to accept everything with gratitude. Thank you for being by my side from childhood until now. Thank you for persevering, for becoming a stronger, more independent, and braver version of yourself. Stay strong and happy on the journeys ahead, my dear self. May Allah always guide every step, journey, and struggle in achieving those big dreams and hopes. Aamiin

THE USE OF ONE MINUTE TALK TECHNIQUE IN IMPROVING SPEAKING SKILL OF THE 8TH GRADE STUDENTS AT SMPN 1 PUDING BESAR

Maulida Fitriana

2213024

Tarbiyah Faculty

English Study Program

Institute of Islamic Studies

Syaikh Abdurrahman Siddik

Bangka Belitung

Abstract

This study was conducted because the eighth-grade students at SMPN 1 Puding Besar had difficulties in speaking English, particularly in pronunciation and fluency. The objectives of this study were to find out how the One Minute Talk Technique was implemented to improve students' speaking skills and to determine whether there was a significant difference between students who were taught using the One Minute Talk Technique and those who were not. This study used a quantitative approach with a quasi-experimental design. The participants consisted of 52 eighth-grade students, with 26 students in the experimental group (8C) and 26 students in the control group (8B). The data were collected through pre-test, post-test, and observation, and were analyzed using SPSS 26. The first finding showed that the implementation of the One Minute Talk Technique improved students' classroom activities, as seen from the increases in cooperation from 45% to 76%, participation from 50% to 81%, and concept from 35% to 69%. The second finding showed that the experimental group's mean score increased from 57.92 in the pre-test to 80.73 in the post-test, while the control group's mean score increased from 58.38 to 67.54. The independent sample t-test showed that the t-obtained was 18.198, which was higher than the t-table value of 2.011, with a significance value of $0.000 < 0.05$. Therefore, the null hypothesis was rejected and the alternative hypothesis was accepted. In conclusion, the One Minute Talk Technique was effective in improving the speaking skills of eighth-grade students at SMPN 1 Puding Besar, particularly in pronunciation and fluency.

Keywords: *One Minute Talk Technique, speaking skill, pronunciation, fluency, recount text.*

ACKNOWLEDGMENT

First of all, I would like to express my gratitude to Almighty Allah SWT for giving me to opportunity, so that I can finish this thesis entitled “THE USE OF ONE MINUTE TALK TECHNIQUE IN IMPROVING SPEAKING SKILL OF THE 8TH GRADE STUDENTS AT SMPN 1 PUDING BESAR”. This thesis fulfills the academic requirements for a Bachelor’s degree (S. Pd) in English Language Studies at the State Institute of Islamic Studies Syaikh Abdurrahman Siddik Bangka Belitung for the 2026/2027 academic years. The research was conducted by the researcher in July 2026 at SMPN 1 Puding Besar. Additionally the researcher would like to extend heartfelt thanks to:

1. Rector of IAIN SAS Bangka Belitung, Prof. Dr. H. Janawi, M.Ag.
2. The Dean of Tarbiyah Faculty, Dr. Subri, S. Pd. I, M.S.I.
3. The Head of English Education Study Program, Dr, Yohan, M.Pd.
4. The Academic Advisor, Dina Novrieta, M.Pd.
5. The First Advisor, Dr. Yohan, M.Pd.
6. The Second Advisor, Dina Novrieta, M. Pd
7. The First Examiner, Ihda Husnayaini, M. Pd
8. The Second Examiner, Supiah, M. Pd
9. All lectures of English Education Study Program.
10. The Principle and All the teacher of SMPN 1 Puding Besar.
11. All of the 8th grade students in of SMPN 1 Puding Besar.

Bangka, 8th of august 2026



Maulida Fitriana

NIM. 2213024

TABLE OF CONTENTS

LETTER OF DECLARATION	i
SUPERVISORS OFFICIAL LETTER	ii
OFFICIAL MEMO OF ADVISORE	iii
OFFICIAL MEMO OF EXAMINERS.....	iv
DEDICATION.....	v
ACKNOWLEDGMENT	ix
MOTTO	x
LIST OF TABLES	xiii
LIST OF APPENDICES	xiv
Abstract.....	xvi
CHAPTER I INTRODUCTION.....	1
A. Background of the Study.....	1
B. Limitation of The Study	8
C. The Problems of the Study	8
D. The Objectives of The Study.....	8
E. The Significances of The Study	8
F. Other Previous Related Studies.....	9
G. The Structure of the Study	15
CHAPTER II LITERATURE REVIEW	17
A. Definition of Speaking	17
B. The Function of Speaking	18
C. The Component of Speaking.....	19
D. Definition of Teaching Speaking	23
E. The Speaking Process	24
F. Recount text	26
G. Definition of One Minute Talk Technique.....	28
H. The Procedures of One Minute Talk Technique	29

I. The Implementation of One Minute Talk Technique in Improving Speaking Skill.....	35
J. Advantages and Disadvantages of OMT (One Minute Talk) Technique	37
K. Hypothesis of Study	38
CHAPTER III METHOD AND PROCEDURES	40
A. Method of the Research	40
B. The Operational Definition	41
C. The Population and Sample	43
D. The Technique of Data Collection	46
E. The Technique of Data Analysis.....	50
CHAPTER IV FINDINGS, DISCUSSIONS AND INTERPRETATIONS ...	58
A. Finding of the Research	58
B. Discussion of The Results.....	112
C. Interpretation of The Results.....	121
CHAPTER V CONCLUSIONS AND SUGGESTIONS.....	129
A. Conclusion	129
B. Suggestion.....	131
REFERENCE	132
APPENDICES	

LIST OF TABLES

Table I.1: Score in Preliminary Test
Table I.2: The Speaking Test Result
Table III.1: The Population of the Research
Table III.2: The Sample of the Research
Table III.3: Oral English Rating Sheet
Table III.4: Category of Test Score
Table III.5: Observation Score Classification
Table III.6: Category of Test Score
Table III.7: The Result of validity Test
Table III.8: Result of Try out Validity of All Topics
Table III.9: The Result of Reliability Test
Table IV.1: The Result of Observation in Experimental Class
Table IV.2: The Result of Observation in Control Class
Table IV.3: Test of Normality in Experimental Group
Table IV.4: Test of Normality in Control Group
Table IV.5: Test of Homogeneity of Variance in Pre-Test
Table IV.6: Test of Homogeneity of Variance in Post-Test
Table IV.7: Paired Sample Statistics in Experimental Group
Table IV.8: Paired Samples Correlations in Experimental Group
Table IV.9: Paired Sample T-test in Experimental Group
Table IV.10: Paired Sample Statistics in Control Group
Table IV.11: Paired Samples Correlations in Control Group
Table IV.12: Paired Sample T-test in Control Group
Table IV.13: Group Statistics Independent Sample T-Test of Students' PreTest
Table IV.14: Independent Sample T-Test of Students' Pre-Test
Table IV.15: Group Statistics Independent Sample T-Test of Students' Post-Test
Table IV.16: Independent Sample T-Test of Students' Post- Test

LIST OF APPENDICES

- Appendix 1 : The Letter of Validity Test
- Appendix 2 : The Letter of the Research
- Appendix 3 : The Feedback Letter of the Validity Test
- Appendix 4 : The Feedback Letter of the Research
- Appendix 5 : Appointment Letter of Supervisor
- Appendix 6 : Thesis Consultation Card Advisor I
- Appendix 7 : Thesis Consultation Card Advisor II
- Appendix 8 : Approval Letter for serving as Letter I
- Appendix 9 : Approval Letter for serving as Letter II
- Appendix 10: Try out Test for Validity and Reliability
- Appendix 11 : Try out score of Validity
- Appendix 12 : The Result of Validity and Reliability Test
- Appendix 13 : Students' Attendance List
- Appendix 14: Pre-Test / Post-Test Question
- Appendix 15: Description of Students' Performance on the Pre-Test and Post-Test
in Experimental Class
- Appendix 16: Description of Students' Performance on the Pre-Test and Post-Test
in Control Class
- Appendix 17: The Result of Pre-Test and Post-Test in the Experimental Class From
rater I and II
- Appendix 18: The Result of Pre-Test and Post-Test in the Control Class From rater
I and II
- Appendix 19: The Result of Pre-Test and Post-Test in the Experimental Class
- Appendix 20: The Result of Pre-Test and Post-Test in the Control Class

Appendix 21 : Questions of Preliminary Test

Appendix 22 : Score of Preliminary Test

Appendix 23 : CP and ATP

Appendix 24 : Teaching Module

Appendix 25 : Observation Sheet

Appendix 26: Certificate of non-plagiarism

Appendix 27 : Documentation