Self Regulated Learning: Its Role and Influence in Improving Student Achievement and Interest in Learning

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ABSTRACT

At present, many students carry out learning activities without any planning and evaluation of their own learning. So that many students do assignments carelessly, submit assignments not on time and are late in attending lessons. This is because students have not been able to regulate themselves in learning which can affect students' low academic achievement. The purpose of this study is to improve student achievement and interest in learning through self-regulated learning. The method used by researchers in conducting this research is a quantitative method by distributing research questionnaires through google form. The results of this study have many important findings that self regulated learning can help students to improve their ability to learn and understand the material. The conclusion of this study explains that self-regulated learning plays an important role in improving students' achievement and interest in learning. Because it can make it easier for students to understand the lessons explained by the teacher. The limitation of this study is that researchers only surveyed certain students so it will be difficult to obtain appropriate data in choosing the ideal student learning method. The researcher hopes that future researchers can survey all students and not just certain students. This researcher also recommends to future researchers to be a benchmark in conducting research related to self-regulated learning and student learning quality.

Keywords: Student Interest, Learning Achievement, Self-Regulated Learning

INTRODUCTION

Learning as a form where students can develop themselves and increase their potential to achieve changes in behavior, knowledge and skills that are better (Barr & Askell-Williams, 2020; C.-M. Chen et al., 2019). When learning, students gain experience in order to develop in accordance with what the teacher teaches, so the role...
of educators is very important in learning so that students can develop (Lung-Guang, 2019; Saint et al., 2020). Learning should also be at the level in formal educational institutions, viz. Primary school and secondary school. In addition, students start their studies from children, teenagers to adults. The learning process is not only influenced by internal factors such as intelligence and learning motivation, but also external factors that affect the learning process. Namely, the learning environment, learning methods and educators' expertise (van der Graaf et al., 2021). Students can also learn outside of school, such as at home or in other environments, and teachers do not have to be teachers at school, because in addition to being a teacher, they can also educate students depending on the place and environment.

The number of students who realize that education is important for them because they believe education is the key to success (Limone et al., 2020; Tsang, 2020). However, most students are less interested in participating in learning because students do not understand the learning process explained by the teacher, that's where the teacher must be able to increase students' interest in learning (Holzer et al., 2021; Wong et al., 2019). In Order For Students To Be Enthusiastic In Participating In Learning, One Way To Increase Students' Interest In Learning Is With Self Regulated Learning, This Method Is Made For Students Who Do Not Understand The Learning Process So That They Can Understand What Is Explained By The Teacher And Increase Students' Learning Motivation And Academic Ability (Hertel & Karlen, 2021; Lim et al., 2021). Self-regulated learning can also make students more skillful in working on problems from the teacher and being able to work independently without depending on the teacher or their parents.

In the learning process, student learning achievement is often considered (K. Li, 2019; Viberg, Wasson, et al., 2020). Why is this so because students are judged whether or not they are able to solve a problem that is seen first, namely their achievement, even though learning achievement is not the main factor for students to solve a problem (Hooshyar et al., 2020; Jones, 2019). Student achievement is important to be a benchmark for success or failure even though there are other important factors. learning achievement for students can increase self-confidence and can be a great opportunity to be successful (Bai et al., 2021; Yan, 2020). For teachers, student learning achievement is important to assess which students are trying to learn and which students do not want to make an effort in their learning (Y.-L. Chen & Hsu, 2020; Viberg, Khalil, et al., 2020). Learning achievement is also called the result of a student's ability to put effort into his learning and also conduct a series of tests to determine whether this student is achieving or not.

Self-regulated learning is a method of learning independently so that students can understand the material taught by the teacher autodidactically in order to increase learning potential for students so that they are not dependent on teachers or parents (Lee et al., 2019; Moreno-Marcos et al., 2020). Self-regulated learning can increase students' motivation to learn so that students can manage their own learning goals and can also improve their abilities (Atlas et al., 2004; Moreno-Marcos et al., 2020). Students can
develop skills that are useful in learning in order to improve student achievement (Gabriel et al., 2020; Hooshyar et al., 2019). Self regulated learning can reduce stress in learning. Students can avoid unnecessary situations and take control of their learning which can reduce stress and anxiety while learning. Self-regulated learning can help students be more engaged in learning and organize the most effective learning strategies for themselves.

Self-regulated learning is a concept that emphasizes the ability of individuals to regulate and direct their learning independently. Self-regulated learning has become a popular research topic in the fields of educational psychology and cognitive science (Montgomery et al., 2019; Saint et al., 2021). So self-regulated learning in the context of education can be defined as a person's ability to regulate and control their behavior in learning a topic (Khiat, 2022; Palalas & Wark, 2020). From previous research, self-regulated learning has a positive impact on academic presentation in career success (Aguilar et al., 2021; S. Li, Du, et al., 2020). Although there have been many studies on self-regulated learning, there are still many unknowns about self-regulated learning, such as the factors that influence and how to improve self-regulated learning. Therefore, there must be further research so that self-regulated learning can be fully understood.

Self-regulation allows people to manage their learning using efficient and effective strategies. In the ever-evolving information age, self-directed learning is becoming increasingly important to ensure that people adapt and thrive in a rapidly changing environment (S. Li, Chen, et al., 2020). Self-regulated learning is not only about mastering a subject but also about developing important skills such as problem-solving, critical thinking and effective communication. Implementing self-regulated learning requires strong motivation and the ability to define clear goals and the willingness to take the necessary actions to achieve those goals. Self-regulated learning can help people develop independence, self-confidence and the capacity for lifelong learning.

The purpose of this study is to understand how self-regulated learning can help students improve their learning skills in class and outside of class. This research is important because self-regulated learning has been shown to be effective in improving student learning outcomes across a variety of learning contexts. By exploring how self-regulated learning can be applied in different learning contexts, this research can help teachers and educational practitioners develop more effective learning strategies. This research can also help improve our understanding of how students can develop their own self-regulation skills, which are essential skills for success in the academic and professional world. Through this research, we can learn the factors that influence self-regulated learning and how we can facilitate the development of these skills in students. Overall, this research will make an important contribution to our understanding of self-regulated learning and how we can maximize students' learning potential.

Self-regulated learning is a relevant and important topic in the current educational context. Self-regulated learning can help individuals to become more effective and independent learners. In this fast-paced digital era, self-regulated learning can help
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individuals to continuously develop and improve their learning skills. Many studies have shown that self-regulated learning can positively affect individual learning outcomes. By knowing and understanding the concept of self-regulated learning, we can help students to develop their learning abilities better.

RESEARCH METHODOLOGY

The method used by researchers in this study is quantitative method. This quantitative method is a process for finding data which in research using numerical data (Crowther et al., 2019; Lin et al., 2020). This method has advantages such as the accuracy of the facts obtained and the ability to generate easy data. In the context of self-regulated learning, the use of quantitative methods can measure the extent to which this learning model can increase the effectiveness of student learning (Crowther et al., 2019). Researchers conducted research through several stages until reaching the end of the research. The stages carried out by researchers are starting from data collection, making a questionnaire using Google from which the questionnaire contains questions related to the research conducted by the researcher to obtain accurate and specific information, which is directed at teachers and students.

Researchers conducted this research at a nearby school institution. Data collection conducted by researchers is through questionnaires. The research was carried out by distributing questionnaires to subjects who carry out education at the school institution (Dolez et al., 2019). The object of this research is a self-regulated learning model to improve student learning effectiveness. The purpose is to find out how many percentages are related to the importance of self-regulated learning in education to help improve student learning effectiveness. The population in this study were teachers and students at school. The sample taken was 50 people, which was obtained from several teachers and students at the educational institution. The sample is useful to facilitate researchers in obtaining information, which later the data will be obtained using quantitative analysis by researchers for this study.

This research method includes analytical methods, one of which is statistical techniques or data collection methods by mail. Data analysis technique is a data management process that involves studying, processing and modeling data which is later useful for drawing conclusions. This method was chosen because with the mastery of this technique, data can become meaningful information using numbers that are easy for people to understand to find solutions to the problems being investigated. Respondents’ arguments about the technology under study were obtained based on survey results obtained through Google, which had several questions related to the problem under investigation. The survey results can be seen from the background of some respondents who received the self-regulated learning model.
RESULT AND DISCUSSION

Teachers play a very important role in creating students' interest in learning. In the classroom, teachers are not only responsible for providing lessons to students, but also encouraging them to study hard and foster curiosity. A good teacher creates a fun and challenging learning environment for students. He or she chooses appropriate teaching methods that facilitate understanding and increase students' interest in learning. In addition, the teacher knows the individual interests and abilities of the students and helps them develop. Teachers can also play an important role in motivating students who lack enthusiasm or confidence. With the right support and encouragement, a teacher can help students who feel confused or stalled on a topic.

For this reason, an effective method is needed for students to understand learning. With the self-regulated learning method, students become more independent and responsible for their own learning. They also learn to overcome obstacles and difficulties that may arise in their learning process. This helps them achieve better learning outcomes and improve their metacognitive skills to learn effectively in the future. For example, a student who uses self-regulated learning might create a clearly structured study plan, set specific and realistic goals, and monitor their progress regularly. In addition, they will also use effective learning strategies and adjust their learning techniques according to their needs.

<table>
<thead>
<tr>
<th>NO</th>
<th>Question</th>
<th>S</th>
<th>SS</th>
<th>TS</th>
<th>STS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Self regulated learning model helps to provide learning patterns according to students' needs.</td>
<td>68</td>
<td>28</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Self regulated learning can help teachers provide feedback quickly and efficiently by creating a model that can evaluate student work.</td>
<td>71</td>
<td>22</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>3</td>
<td>Self regulated learning can help improve the quality of learning and provide a more personalized and effective learning experience for students.</td>
<td>65</td>
<td>26</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>4</td>
<td>Self regulated learning is a learning model solution for teachers so that it is not boring.</td>
<td>64</td>
<td>23</td>
<td>9</td>
<td>0</td>
</tr>
<tr>
<td>5</td>
<td>Self regulated learning models can be applied at all levels of education.</td>
<td>68</td>
<td>17</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td>6</td>
<td>Self regulated learning can help teachers solve problems in the learning process.</td>
<td>45</td>
<td>17</td>
<td>36</td>
<td>0</td>
</tr>
<tr>
<td>7</td>
<td>Self-regulated learning can be used to evaluate the extent to which students master the material taught.</td>
<td>69</td>
<td>18</td>
<td>12</td>
<td>0</td>
</tr>
</tbody>
</table>
Self regulated learning is the most appropriate solution in this era of technological development. With self-regulated learning, students can increase their creativity in learning. Self regulated learning model can help teachers in explaining learning. Self regulated learning can increase the effectiveness of student learning. Self regulated learning will make students more independent. Self regulated learning will help students focus more on learning. Self-regulated learning makes it easier for students to learn. Self-regulated learning facilitates the learning process.

<table>
<thead>
<tr>
<th>Question</th>
<th>Agree</th>
<th>Strongly Agree</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Self-regulated learning is the most appropriate solution in this era of technological development</td>
<td>51</td>
<td>21</td>
</tr>
<tr>
<td>9</td>
<td>Self regulated learning is the most appropriate solution in this era of technological development.</td>
<td>65</td>
<td>14</td>
</tr>
<tr>
<td>10</td>
<td>Self regulated learning is the most appropriate solution in this era of technological development.</td>
<td>75</td>
<td>14</td>
</tr>
<tr>
<td>11</td>
<td>With self-regulated learning students can increase their creativity in learning</td>
<td>66</td>
<td>14</td>
</tr>
<tr>
<td>12</td>
<td>With self-regulated learning, students can increase their creativity in learning.</td>
<td>68</td>
<td>10</td>
</tr>
<tr>
<td>13</td>
<td>Self regulated learning model can help teachers in explaining learning.</td>
<td>56</td>
<td>7</td>
</tr>
<tr>
<td>14</td>
<td>Self regulated learning model can organize students in learning.</td>
<td>75</td>
<td>8</td>
</tr>
<tr>
<td>15</td>
<td>Self regulated learning can increase the effectiveness of student learning.</td>
<td>73</td>
<td>12</td>
</tr>
<tr>
<td>16</td>
<td>Self regulated learning will make students more independent.</td>
<td>73</td>
<td>17</td>
</tr>
<tr>
<td>17</td>
<td>Self regulated learning will help students focus more on learning.</td>
<td>68</td>
<td>21</td>
</tr>
<tr>
<td>18</td>
<td>Self Regulated Learning Role and Influence in Improving Student Achievement and Interest in Learning</td>
<td>58</td>
<td>15</td>
</tr>
<tr>
<td>19</td>
<td>Self-regulated learning makes it easier for students to learn</td>
<td>66</td>
<td>23</td>
</tr>
<tr>
<td>20</td>
<td>Self-regulated learning facilitates the learning process</td>
<td>47</td>
<td>51</td>
</tr>
</tbody>
</table>

The table above contains several explanations related to self-regulated learning methods in education. The table above contains several questions which make it easier for researchers to research this study. There are 20 questions regarding how important self-regulated learning is in education for teachers and students to improve student learning. The question that contains the self-regulated learning model helps provide learning patterns according to student needs with the acquisition of 68% by choosing to agree and some choose strongly agree with a percentage level of 28%. The table above shows that self-regulated learning can help teachers provide feedback quickly and efficiently by creating a model that can evaluate student assignments with a level of 71% with answers agreeing and 22% for strongly agreeing further researchers also surveyed about self-regulated learning can help improve the quality of learning and provide a more personalized and effective learning experience for students. With a percentage of 65% for agreeing and other supportive answers, namely strongly agreeing with 26%.

Self regulated learning is a learning model solution for teachers so that it is not boring with a percentage of 64% with answers agreeing and answers strongly agreeing.
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23% but there is also a large disagreeing response of 9%. In addition, researchers also examined the learning model related to self-regulated learning can be applied at all levels of education with answers that agree with the percentage of 68% and those who answer strongly agree, namely 17% a there are also people who respond to disagree related to the statement by 14% the table above explains with the existence of self-regulated learning can help teachers in solving problems that exist in the learning process the survey results explain respondents who agree with the percentage of 45% and 17% of respondents who answer strongly agree there are also respondents who answer disagree with the acquisition of a percentage of 36%. Self regulated learning can be used to evaluate the extent to which students master the material taught with 69% of respondents who agree and 18% of answers strongly agree and 12% of respondents who answer disagree then the table above also discusses Self regulated learning the most appropriate solution in the era of technological development now the percentage who agree 51% and answers strongly agree 21% there are also 28% of people who disagree with the statement.

Self regulated learning is the most appropriate solution in the current era of technological development, the answers related to this statement agreed 65% and the answer strongly agreed 14% as well as the answer disagreed by 21%. The next question Self regulated learning is the most appropriate solution in the current era of technological development with the results of a percentage of 75% agreeing answers and 14% strongly agreeing and 10% disagreeing answers. Researchers also examined With self regulated learning students can increase their creativity in learning where the survey results explained respondents agreed with a percentage of 66% and 14% for strongly agreeing and 19% disagreeing for this next question With self regulated learning students can increase their creativity in learning with the results of a percentage of 68% agreeing other respondents 10% strongly agreeing and 21% for disagreeing answers. The question containing the self-regulated learning model can help teachers in explaining learning with a percentage of 56% for the answer agreeing and there is also an answer agreeing about 7% of the answers that disagree by 36% another question asked is the self-regulated learning model can organize students in learning the percentage of respondents 75% who agree and who strongly agree at 8% then the percentage who disagree is 15%.

From the table above, the next question is that self-regulated learning can increase the effectiveness of student learning, many respondents chose to agree by 73% and those who chose strongly agree by 12, % not a few also chose to disagree with the statement about 14% the next answer is that with Self-regulated learning will make students more independent respondents who answered agreed 73% and respondents who strongly agreed with the statement by 17% there were also respondents who disagreed with the statement as much as 8% the following next question is With Self-regulated learning will help students focus more on learning the answers of the most respondents are agreed as much as a percentage of as many as 14%. Self-regulated learning will help students focus more on learning, the answers of the most respondents
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were agreed with a percentage of 68% and respondents who strongly agreed as much as 21% and the least tjaeban was disagreeing as much as 10% Furthermore, the study also examined Self Regulated Learning Role and Effect in Improving Student Achievement and Interest in Learning with 58% respondents who answered agreed and 15% who answered strongly agreed and 26% who answered strongly agreed 15% who answered strongly agree and 26% who answered disagree Self Regulated Learning makes students slow to learn from so many respondents who answered agree with a percentage of 66% and respondents who strongly agreed with the statement were 23% there were also respondents who disagreed with the statement by 10% based on the next question Self Regulated Learning facilitates the learning process respondents who answered agree about 47% and respondents who disagreed were 51%.

The graph above illustrates the self-regulated learning model in education. This research examines the use of 20 self-regulated learning questions to improve student achievement. In this graph, there is the highest data acquisition, namely the respondent's answer agreeing with a percentage of 75% on the question Self regulated learning is the most appropriate solution in the current era of technological development. The next highest question is that the self-regulated learning model can organize students in learning with a percentage of 75% in the agreed category. the question with the next highest percentage is Self regulated learning can increase the effectiveness of student learning with a percentage of 73% in the agreed category as well as the question With self-regulated learning will make students more independent with a percentage of 73% in the agreed category.

Furthermore, the highest percentage based on the answers of the respondents is in Self regulated learning can help teachers provide feedback quickly and efficiently by creating a model that can evaluate student assignments by obtaining 71% with the
category agreeing the next highest percentage Self regulated learning can be used to evaluate the extent to which students master the material taught with a percentage of 69% for agreed answers in this study there are several getting 68% agreed category located on the question Self regulated learning model helps provide learning patterns according to student needs. The next question with the same percentage is that the self regulated learning model can be applied at all levels of education. Furthermore, with the question of self regulated learning, students can increase their creativity in learning. Finally with the question Self regulated learning will help students focus more on learning.

The next highest question with self-regulated learning students can increase their creativity in learning with a percentage of 66% in the category of agreeing the next highest percentage is Self Regulated Learning makes students slow learning with the same percentage of 66% the next highest percentage Self regulated learning can help improve the quality of learning and provide a more personalized and effective learning experience for students. With a percentage of 65% in the category of agreeing other respondents with the same number on the question Self regulated learning the most appropriate solution in the era of technological development now with the next category agreeing the question Self regulated learning learning model solutions for teachers so as not to be boring. With a percentage of 64% in the agreed category, the next highest question is Self Regulated Learning Role and Effect in Improving Student Achievement and Interest in Learning with a percentage of 58% in the agreed category and also questions with other agreed answers are Self regulated learning the most appropriate solution in the current era of technological development with a percentage of respondents' answers of 51% and questions with an answer value of 47% by respondents, namely Self Regulated Learning facilitates the learning process with an agreed category.

Self regulated learning facilitates the learning process with a percentage of 51% then the highest percentage is in question number 1, namely the self regulated learning model helps provide learning patterns according to student needs with a percentage of 28% with a percentage of strongly agreeing the next highest percentage with the highest category strongly agreeing the highest category is at number 3 with the statement Self regulated learning can help improve the quality of learning and provide a more personalized and effective learning experience for students. with a percentage of 26% the next question with question number 4, namely Self regulated learning is a learning model solution for teachers so that it is not boring. With a percentage of 26%, the next question with question number 4, namely Self regulated learning, a learning model solution for teachers so that it is not boring. With a percentage value of 23% with a strongly agree category, then the same percentage as the previous statement with number 19, namely Self Regulated Learning makes students slow learners.

The question with the highest percentage with the next strongly agree category is question 2 Self regulated learning can assist teachers in providing feedback quickly and efficiently by creating a model that can evaluate student assignments with a percentage
of 22% the next highest question is at number 8 which is Self regulated learning the most appropriate solution in the current era of technological development with a percentage of 21% the next question with the same percentage of strongly agree is question 17 Self regulated learning will help students focus more on learning. Moving on to the question with the next percentage is 7 Self regulated learning can be used to evaluate the extent to which students master the material taught with a percentage of strongly agreeing 18%.

From the graph above, another highly agreed question is question 5 Self regulated learning model can be applied at all levels of education with a percentage value of 17% next with a different question but with the same percentage is question 6 With self regulated learning can help teachers in solving problems that exist in the learning process. Furthermore, question 9 Self regulated learning is the most appropriate solution in the current era of technological development with a percentage of strongly agreeing 14% and the next question with the same percentage is number 10 Self regulated learning is the most appropriate solution in the current era of technological development. and question number 11 With self regulated learning students can increase their creativity in learning.

Not only that, then in the disagree section, the highest of the categories in the question with 2 answers are the same with the results of the percentage number 36% With the existence of self-regulated learning can help teachers in solving problems that exist in the learning process. With question 13, the self-regulated learning model can help teachers in explaining learning. Furthermore, with the answer disagreeing with question 18, namely Self Regulated Learning Role and Effect in Improving Student Achievement and Interest in Learning with a percentage value of 26%, then the question with the highest disagreeing answer with 2 answers equal to a percentage of 21% is 9 Self regulated learning is the most appropriate solution in the current era of technological development and number 12 With self regulated learning students can increase their creativity in learning the next question which concerns the learning process 11 With self-regulated learning students can increase their creativity in learning with a percentage of disagreeing 19% questions with the highest percentage other 14 Self-regulated learning models can organize students in learning with a percentage of 15% with the answer category disagreeing the next question with the same answer with a percentage result of 14% 5 Self-regulated learning models can be applied at all levels of education with answer number 15, namely Self-regulated learning can increase student learning effectiveness.

The figure above explains the information about using self-regulated learning to improve students' learning effectiveness. Finally, researchers found that self-regulation is very beneficial because it can facilitate the teaching and learning process of teachers and students in the classroom. This research focuses on students who use self-regulated learning in their learning. This research explains about self-regulated learning to improve learning. Self-regulated learning research often examines adaptive learning methods that are taught according to student ability data The self-regulated learning
model considers the learning assessment that students really need to improve student learning achievement. The use of self-regulation is necessary to motivate students and self-regulate learning. Sri Rahayu Utami et al. The results of Enhancing Student Self-Regulated Learning Through Intensive, Solution-Focused Consultation show that the intensive, solution-focused consultation technique approach emphasizes that everyone has a solution to the problem. Problems but sometimes individuals are also too focused on the problem that they forget the benefits. In this study, the researcher refers to the counseling course where self-regulated learning is better than other guided learning methods in improving the learning effectiveness of students with self-regulated learning. However, the article provides a comparison between self-regulated learning and others. Because if using self-regulated learning, students' educational learning outcomes become easier to understand.

CONCLUSION

Based on the description above, the researcher concludes that many students do not understand the understanding given by the teacher. Due to ignorance of the importance of education, educational goals have not been achieved. One way to overcome this problem is the need for independent learning, where this method helps teachers and students in the teaching and learning process. Student learning thus increases student potential and improves student achievement. Through self-regulation can encourage students to become independent learners. This does not exclude students who are lazy to learn. The researcher also stated that this method will help students better understand the lessons explained by the teacher because they learn independently before starting to study. One of the teacher's efforts to improve student learning outcomes is to use self-regulated learning to gain knowledge from students so that the methods given are correct and successful without error.

ACKNOWLEDGEMENT

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REFERENCES


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