

**INVESTIGATING EFL STUDENTS SELF REGULATION  
IN READING COMPREHENSION**

**THESIS**

**By**

**INTAN ERWANI**



**ANTASARI STATE ISLAMIC UNIVERSITY  
BANJARMASIN  
2023 A.D/1444 H**

**INVESTIGATING EFL STUDENTS SELF REGULATION  
IN READING COMPREHENSION**

**Undergraduate Thesis**

Presented to Faculty of Tarbiyah and Teacher Training  
In partial fulfilment of the requirements for the degree of  
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by  
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2023 A.D/1444 H**

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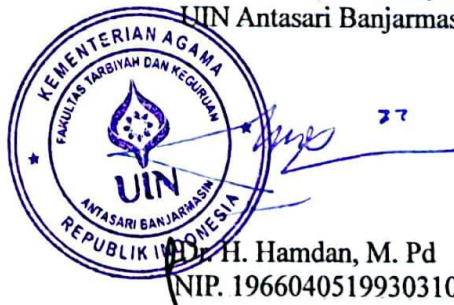
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## ABSTRACT

**Intan Erwani.** 2023. *Investigating EFL Student Self Regulation in Reading Comprehension*. Thesis. English Education Study Program, Tarbiyah and Teacher Training Faculty, Antasari State Islamic University. Advisor: Dr. Hj. Nida Mufidah, M.Pd.

**Keywords:** Investigating, Self Regulation, Reading Comprehension

Self regulation emphasizes the importance of personal responsibility and skills acquired. Self-regulated relates to feelings, thoughts or ideas and the resulting efforts are self-generated following the wishes and plans. Therefore, self regulation is important for reading ability and achievement because self regulation practice improve encoding of knowledge and skills in memory.

This research describe about self regulation strategies in reading comprehension. The main problem in this research are: 1) what are the strategies of self regulation in reading comprehension used in third semester student in English education study program at Antasari State Islamic University Banjarmasin? 2) what is the level of self regulation in reading comprehension in third semester student in English education study program at Antasari State Islamic University Banjarmasin. The purpose of this study is to analyze the strategies and the level of self regulation in reading comprehension used third students semester in English education study program at Antasari State Islamic University

The quantitative research with descriptive approach design was used in this research. The sample of this study were 34 students third semester in English Education study program. The data collected through questionnaire and interviews, then analyze.

The result of this study showed that 29% students using self reward strategy, 37% students using time management, 29% students using peer learning, 29% students using seeking information, 37% students using self evaluation, and 35% students using self efficacy strategy, 31% students using elaboration, 27% students using rehearsal, 19% students using environment control, 14% students using self performance strategy, 30% students using motivational environment control of self-regulation in reading comprehension. These strategies are valuable tools for any student looking to improve their learning and achieve success in reading comprehension. And the level of students in using self regulation in reading comprehension was at moderate level.

## **ABSTRAK**

**Intan Erwani.** 2023. *Investigating EFL Student Self Regulation in Reading Comprehension*. Skripsi. Program Studi Tadris Bahasa Inggris. Fakultas Tarbiyah dan Keguruan, Universitas Islam Negeri Antasari. Dosen Pembimbing: Dr. Hj. Nida Mufidah, M.Pd.

**Kata Kunci:** Menyelidiki, Pengaturan Diri, Pemahaman Membaca

Pengaturan diri menekankan pentingnya tanggung jawab pribadi dan keterampilan yang diperoleh. Pengaturan diri berhubungan dengan perasaan, pikiran atau gagasan dan usaha yang dihasilkan dihasilkan sendiri mengikuti keinginan dan rencana. Maka dari itu, pengaturan diri penting untuk kemampuan dan prestasi membaca karena praktik pengaturan diri meningkatkan penyandian pengetahuan dan keterampilan dalam memori.

Penelitian ini mendeskripsikan tentang strategi pengaturan diri dalam pemahaman bacaan. Masalah utama dalam penelitian ini adalah: 1) apa strategi pengaturan diri dalam pemahaman bacaan yang digunakan pada mahasiswa semester tiga dalam pendidikan bahasa Inggris di Universitas Islam Negeri Antasari Banjarmasin? 2) bagaimana tingkat pengaturan diri dalam membaca pemahaman pada mahasiswa semester tiga dalam pendidikan bahasa Inggris di Universitas Islam Negeri Antasari Banjarmasin. Tujuan dari penelitian ini adalah untuk menganalisis strategi dan tingkat pengaturan diri dalam pemahaman membaca yang digunakan mahasiswa semester ketiga di Program Studi Pendidikan Bahasa Inggris di Universitas Islam Negeri Antasari Banjarmasin.

Penelitian kuantitatif dengan desain pendekatan deskriptif digunakan dalam penelitian ini. Sampel penelitian ini adalah 34 mahasiswa semester tiga di Program Studi Pendidikan Bahasa Inggris. Data dikumpulkan melalui angket dan wawancara, kemudian dianalisis.

Hasil penelitian ini menunjukkan bahwa 29% siswa menggunakan strategi self reward, 37% siswa menggunakan time management, 29% siswa menggunakan peer learning, 29% siswa menggunakan seeking information, 37% siswa menggunakan self evaluation, dan 35% siswa menggunakan strategi self efficacy, 31% siswa menggunakan elaboration, 27% siswa menggunakan rehearsal, 19% siswa menggunakan environment control, 14% siswa menggunakan self performance strategy, 30% siswa menggunakan motivational environment control dalam pengaturan diri pada pemahaman membaca. Strategi-strategi ini adalah alat yang berharga bagi setiap siswa yang ingin meningkatkan pembelajaran mereka dan mencapai keberhasilan dalam pemahaman bacaan. Dan tingkat siswa dalam menggunakan regulasi diri dalam pemahaman membaca berada pada tingkat sedang.



## **DEDICATION**

I dedicate this thesis for:

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وَصَحْبِهِ أَجْمَعِينَ، أَمَّا بَعْدُ

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Finally, the author expresses their desire that future researchers will find this research valuable. The author acknowledges that the thesis is not flawless, hence welcomes any suggestions to enhance it.

Banjarmasin, Ramadan 12<sup>th</sup>, 1444 A.H  
April 6<sup>th</sup>, 2023 A.D



Intan Erwani

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