

Self Management on Self Directed Learning in Learning English Vocabulary

Marita Lailia Rahman
Institut Agama Islam Tribakti Kediri
Kediri, Indonesia
marita.sweet@yahoo.co.id

Abstract—Self management on self directed learning is a process to manage oneself in order to achieve the desired goals. Managing ourselves is very difficult if not balanced with planning, continuous implementation and self evaluation. The step in self management are growing self motivation, planning detail activities, doing continuous activities, and evaluating the obstruction that occur during the activity. Every people can write, speak, and everything because they have many vocabularies. The students who do not have many vocabularies are difficult to learn English. So they have to increase their vocabulary to learn English easily. The students who have good self management on self directed learning will reach their goal in learning English.

Keywords—*self management on self directed learning; learning English vocabulary*

I. INTRODUCTION

Vocabulary becomes very important in language learning. We can write, read, tell stories, and all come from vocabulary. In learning English generally students often have difficulty in writing, reading, telling stories, listening, because of the limitations of vocabulary. This is because English is not the first language for people in Indonesia. Increased vocabulary is needed for students who want to master English. So that English learning becomes more effective.

Effective learning sometimes arises because it comes from a deep sense of curiosity in the students themselves. First, because they are aware of their shortcomings in learning. Second, find out the causes that affect the shortcomings. Third, do everything to correct the shortcomings and increase knowledge for the achievement of goals.

Teachers should use self directed learning in order to explore potential students based on their abilities, motivate students to learn independently and develop based on their talents and abilities, as well as directing students to be responsible with their own learning process. This means that the self directed learning is an enhancement of the knowledge, skills, achievements, or personal development that is selected and driven by their efforts using various methods throughout their lives [1]. Therefore, In order for the students to improve their knowledge with their own business requires self-management.

Self management represents the individual exerting control over some aspect of his or her decision making and selected

behaviors. To do this, the person must define specific behaviors related to identified goals and take appropriate action [2]. Using self management method on self directed learning will make students learn by developing self potential according to their ability. Learning vocabulary will be more fun because it comes from themselves.

II. LITERATURE REVIEW

A. Learning English Vocabulary

Vocabulary is all the words that a person knows or uses. Vocabulary also means all the words in a language. Another meaning of vocabulary is list of words with their meanings, especially in a book for learning a foreign language. In Indonesia, English vocabulary is the words that learned by the most people to learn English.

As foreign language, many people or students are difficult to speak, to read, to write English. This is happened because they do not learn and practice every day. Students should increase their knowledge about vocabulary before they learn about English skill. They can learn English easily because they have many vocabularies.

Students can improve their vocabulary using their abilities according to their ability or pleasure. Suppose for students who have a hobby of singing, they can reproduce the vocabulary that is in the lyrics of the song. Students who have reading hobby can add vocabulary from their reading book. Students who like to tell stories they can add vocabulary from stories made in paragraphs. A teacher should guide and direct the student during the learning process by looking at the talent differences of each student.

B. Self Management

Self management included individual activity that makes student identify their ability in achieving their goals. Self management represents the individual exerting control over some aspect of his or her decision making and selected behaviors. To do this, the person must define spesific behaviors related to identified goals and take appropriate action [2].

Reference [3] stated that self management is one of the models in cognitive behavior therapy. Self management

includes self monitoring, positive reinforcement (self reward), contract or agreement with self (self contracting), and control of stimulus (stimulus control). Some steps in self management will be realized if a teacher provides motivation about the potential of each student who can develop accordance to their ability.

Self management is a technical series to change behavior, thoughts, and feelings. According to ref [4] some aspects that can be grouped into self management procedures are:

- Management by antecedent: controlling the reaction to causes or thoughts and feelings that elicit a response.
- Management by consequence: controlling the reaction to the purpose of behavior, thoughts, and feeling to be achieved.
- Cognitive techniques: changing thoughts, behaviors and feelings. Formulated in how to recognize, eliminate and replace what is reflected on antecedents and consequence.
- Affective techniques: direct emotional change

C. Self Directed Learning

Basically, every child has different abilities. Every child has skill that can be developed with his expertise; one of the ways to increase his skill is by using self directed learning. Self directed learning is any increase in knowledge, skill, accomplishment, or personal development that an individual selects and brings about by his or her own efforts using any method in any circumstances at any times [5]. They have to determine what the method is preferred in learning.

Self directed learning requires a different approach by the teacher and demands new skills from students. Teaching self directed learning requires a full professional repertoire of instruction, including training, coaching, guiding, and counseling skills. Students can be taught to think for themselves, work at their own pace, learn in their own way, choose their own goals, and design their own programs. As Reference [6] stated that the central tenets of self directed learning include the following:

- Learners are responsible for their own learning process.
- Learners self manage and self monitor.
- Learners collaborate with teachers and peers.
- Learners develop specific knowledge and the ability to transfer that knowledge to new situations.
- Motivation and volition are crucial in initiating and maintaining the learner's efforts.

A teacher plays a role in shaping a self-learning student. Besides, the teacher must also be able to guide and direct the students according to their talents and abilities. While in self directed learning, a teacher should does the following action [5]:

- Teaches students to set their own goals and eventually choose what they will study
- Teaches students the skills and processes involved in setting goals, making plans, and initiating action.
- Negotiates students' proposal for learning and acting.
- Guides students through self directed challenge activities.

- Reviews students' assessment of their work.

III. DISCUSSION

Self management on self directed learning is a method to make students motivated to its ability. Teacher has a role to make students spirit and motivate in learning. Many students are unaware of their abilities then they do not try to improve their learning achievement. Reference [7] stated some aspects why the students less successful learners:

- They hold faulty beliefs about their ability, learning, and motivation.
- They are unaware of their ineffective learning behavior.
- They fail to sustain effective learning and motivational strategies.
- They are not ready to change their learning and study behavior.

Learning English is difficult according to some students, because they do not know how to start learning. The more vocabulary they have, they will be able to learn English easily. The teacher must motivate students to improve their vocabulary using self management.

Self-management is expected to change the behavior, thoughts and feelings of students into the spirit of learning. After they are motivated, teachers direct students to identify their individual abilities and guide students to control decisions that have been made and implemented.

In self directed learning, students will explore the knowledge and apply it according to their ability. Students taught to think by themselves, work and learn by their own way, and choose their own goals. Teacher also guides and reviews students work. Essentially self directed learning will develop student on their knowledge, expertise and personality in any circumstances.

For the example, students who have verbal ability are directed to increase their vocabulary in their own way, they make a list of appropriate vocabulary from the story they made, or from the song they were listening to. Teachers direct and guide students to the difficulties encountered during the learning process. Students are trained to make short stories everyday and tell to the others also add vocabulary lists to be reviewed by the teacher. Students are also trained to evaluate the process while adding English vocabulary.

While students who have nonverbal ability are directed to increase their vocabulary from the reading they read, and write the vocabulary and make paragraph conclude of that vocabulary. Teacher only guide students to practice consistently then review the assignment also trained students to evaluate the process of learning English vocabulary.

Self management on self directed learning in learning English vocabulary are: 1. Give motivation on the importance of learning English vocabulary, 2. Motivate children to improve their achievement, 3. Guide students to determine the method to achieve their goal, 4. As facilitator and consulting place for the students, 5. Direct students to learn consistently, 6. Review students assessment of the works.

Making students passionate and motivated to learn is not an easy thing. A teacher must be patient in directing students to learn according to their respective abilities. Students learn to deal with everything that happens in the learning process and try to achieve the expected goals. Self-management on self directed learning aims to train students to take responsibility for what they do in learning process.

IV. CONCLUSION

A common problem that is often faced by students in learning English is the limited knowledge of vocabulary. Therefore studying English vocabulary is very important. Teachers should motivate students to improve their English vocabulary. Motivation will make them spirit to improve their ability.

Motivate students to improve their learning requires more patience. Self-management on self directed learning is the method to make students manage themselves in learning. Teachers must be able to change the students' behavior, thoughts and feelings during the learning process. Students are directed to determine their learning objectives and are responsible during the learning process.

Students who can manage themselves in self-directed learning will be more successful at achieving their goals in learning and achieving the expected achievement. If the students have mastered in English vocabulary, so learning English becomes more fun.

References

- [1] M. Gibbons, *The Self Directed Learning Handbook, Challenging Adolescent Students to Excel*. San Fransisco : Jossey-Bass, 2002.
- [2] C.W. Bergen, V.B. Soper, G. Buddy, *Effective Self Management Techniques*. *Journal of Business and Entrepreneurship*. vol. 14, 2002.
- [3] D. Gunarsa, *KonselingdanPsikoterapi*. Jakarta : PT. BPK Gunung Mulia, 1996.
- [4] B.T. Yates, *Self Management: The Science and Art of Helping Yourself*. Belmont CA: Wadsworth, 1985.
- [5] M. Gibbons, *The Self Directed Learning Handbook, Challenging Adolescent Students to Excel*. San Fransisco : Jossey-Bass, 2002.
- [6] P. Bharathi, *Self Directed Learning and Learner Autonomy in English Language Teacher Education: Emerging Trends*. *International Journals for Teachers of English*, vol. 4, 2014.
- [7] M.H. Dembo, *Motivation and Learning Strategies for College Success, A Self Management Approach*. New Jersey : Lawrence Erlbaum Associates Inc, 2004.