

**An Overview on Research about Self-Regulated Learning Strategies  
Implemented among Indonesian EFL Students**

**SARJANA'S THESIS**

**HIYA SYIFA NUR**

**REG. NUMBER: 1810117320027**



**ENGLISH LANGUAGE EDUCATION STUDY PROGRAM  
FACULTY OF TEACHER TRAINING AND EDUCATION  
UNIVERSITY OF LAMBUNG MANGKURAT  
BANJARMASIN**

**2025**

**An Overview on Research about Self-Regulated Learning  
Strategies Implemented among Indonesian EFL Students**

***SARJANA'S THESIS***

**Presented to Faculty of Teacher Training and Education as a Partial  
Fulfilment of the Requirements for Completing the *Sarjana Pendidikan*  
Program in English Language Education Study Program**

**HIYA SYIFA NUR**

**REG. NUMBER: 1810117320027**

**ENGLISH LANGUAGE EDUCATION STUDY PROGRAM**

**FACULTY OF TEACHER TRAINING AND EDUCATION**

**UNIVERSITY OF LAMBUNG MANGKURAT**

**BANJARMASIN**

**2025**

## LETTER OF APPROVAL

This is to certify that the Sarjana's Thesis Proposal of Hiya Syifa Nur, Reg. Number 1810117320027 entitled "**An Overview on Research about Self-Regulated Learning Strategies Implemented among Indonesian EFL Students**" has been approved by the advisor for oral examination.


Banjarmasin, 02 Juni 2025

Advisor I,



Elwing Arapah, M.Pd.  
NIP. 1979021320050120002

Advisor II,



Elsa Rosalina, S.Pd., M.Pd  
NIP. 199104072019032025

Approved by:



Coordinator of English Language Education Study Program,  
Dr. Moh. Yamin, M.Pd

**REVISION APPROVAL FORM**

the undersigned hereby declares that:

Name : Hiya Syifa Nur  
Student's ID : 1810117320027  
Degree : Bachelor of Education  
Study Program : English Language Education  
Thesis Title : An Overview on Research about Self-Regulated Learning Strategies  
Implemented among Indonesian EFL Students

has completed the revision of the thesis manuscript in accordance with the suggestions given by the Examiner Board therefore, this thesis is ready to be submitted for the Research Result Seminar.

Banjarmasin, June 2025

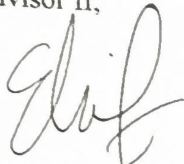
Advisor I,



Elvina Arapah, M.Pd.

NIP. 1979021320050120002

Advisor II,

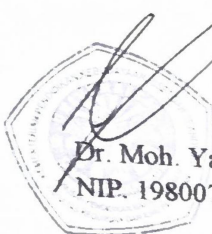


Elsa Rosalina, S.Pd., M.Pd

NIP. 199104072019032025

Approved by:

Coordinator of English Language Education Study Program



Dr. Moh. Yamin, M.Pd

NIP. 198007162010121003

**REVISION APPROVAL FORM RESEARCH RESULTS SEMINAR**

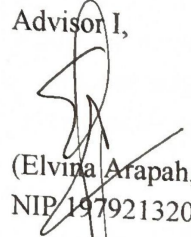
the undersigned hereby declares that:

Name : Hiya Syifa Nur  
Student's ID : 1810117320027  
Degree : Bachelor of Education  
Study Program : English Language Education  
Thesis Title : An Overview on Research about Self-Regulated Learning Strategies Implemented among Indonesian EFL Students

has completed the revision of the thesis manuscript in accordance with the suggestions given by the Examiner Board therefore, this thesis is ready to be submitted for the thesis examination.

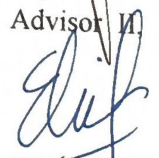
Banjarmasin, 23 Juni 2025

Advisor I,



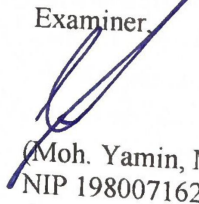
(Elvina Arapah, M.Pd)  
NIP 19792132005012002

Advisor II,



(Elsa Rosalina, M.Pd)  
NIP 199104072019032025

Examiner,



(Moh. Yamin, M.Pd)  
NIP 198007162010121003

Approved by:  
Coordinator of  
English Language Education Study Program,



(Moh. Yamin, M.Pd)  
NIP 198007162010121003

**LETTER OF APPROVAL**

This is to certify the *Sarjana*'s Thesis of Hiya Syifa Nur, Reg. Number 1810117320027 entitled **“An Overview on Research about Self-Regulated Learning Strategies Implemented among Indonesian EFL Students”** has been approved by the Board of Examiners as the requirement for completing *Sarjana Pendidikan* Program in English Language Teaching.

Banjarmasin, June 2025

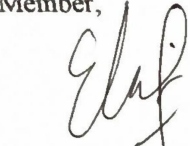
Chair Person,



Elvina Arapah, M.Pd.

NIP. 1979021320050120002

Member,



Elsa Rosalina, S.Pd., M.Pd

NIP. 199104072019032025

Member,

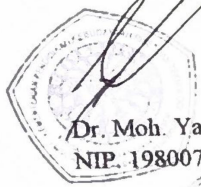


Dr. Moh. Yamin, M.Pd

NIP. 198007162010121003

Approved by,

Coordinator of English Language Education Study Program,



Dr. Moh. Yamin, M.Pd

NIP. 198007162010121003

**PERNYATAAN KEASLIAN TULISAN  
(STATEMENT OF ORIGINALITY)**

Saya yang bertanda tangan di bawah ini:

Nama : Hiya Syifa Nur

NIM : 1810117320027

Program : Sarjana (S1)

Program Studi : Pendidikan Bahasa Inggris

Menyatakan dengan sebenarnya bahwa Skripsi yang saya tulis ini benar-benar merupakan hasil karya saya sendiri, bukan merupakan pengambilalihan tulisan atau pikiran orang lain yang saya akui sebagai hasil tulisan atau pikiran saya sendiri.

Apabila dikemudian hari terbukti atau dapat dibuktikan Skripsi ini hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

Banjarmasin, 23 Juni 2025

Yang membuat pernyataan,



---

Hiya Syifa Nur

## ACKNOWLEDGMENT

*Alhamdulillah Rabbil 'Alamin*, His continuous blessings, particularly the gift of health, guidance and the support of those involved, enabling the researcher to finally complete this Sarjana's Thesis entitled **“An Overview on Research about Self-Regulated Learning Strategies Implemented among Indonesian EFL Students.”** The completion of this thesis would not have been possible without the support, guidance, and contributions of many individuals. Therefore, with utmost respect and appreciation, the researcher would like to express sincere thanks to:

1. Prof. Dr. Ahmad Alim Bachri, S.E., M.Si., as the Rector of Lambung Mangkurat University.
2. Prof. Dr. Sunarno Basuki, Drs., M.Kes. AIFO, as the Dean of the Faculty of Teacher Training and Education, Lambung Mangkurat University.
3. Dr. Moh. Yamin, M.Pd., as the Coordinator of the English Language Education Study Program.
4. Elvina Arapah, M.Pd., as the first thesis advisor, for her invaluable patience, guidance, and motivation throughout the research process.
5. Elsa Rosalina, S.Pd., M.Pd., as the second thesis advisor, for her time, attention, and detailed suggestions that helped improve this work.

6. Dr. Jumariati, M.Pd., as the academic advisor for seventh semester, for her support, lessons, and encouragement during the researcher's study at the university.
7. Elvina Arapah M.Pd., as the expert validator, for her willingness to examine and validate the research instruments.
8. All lecturers of the English Language Education Study Program, for imparting valuable knowledge, skills, and competencies to the researcher for years.
9. The staff of the English Language Education Study Program, for their support in managing administrative matters.
10. The researcher's beloved parents, who have always been the greatest source of strength, inspiration, and unconditional love. Their endless prayers, wise advice, and sincere encouragement have accompanied the researcher in every step of this journey.
11. The researcher's beloved brother, who have always been a constant source of joy and support.
12. The researcher's big family, for their endless prayers, unconditional support, and constant contribution in the researcher's life.
13. The researcher's friends since day ones; Aprilia Nilam Sari, Rika Rianti and Dinela Putri Syafrilla together throughout this long and challenging journey since the very first semester. Endless laughter and precious memories have accompanied every step. The researcher will always cherish their

presence and prays for their continued health, happiness, and success in every path they choose.

## ABSTRACT

Nur, Hiya Syifa. 2025. *An Overview on Research about Self-Regulated Learning Strategies Implemented among Indonesian EFL Students*. Sarjana's Thesis. English Department, Faculty of Teachers' Training and Education, Lambung Mangkurat University, Banjarmasin. The first advisor: Elvina Arapah, M.Pd., the second advisor: Elsa Rosalina, S.Pd., M.Pd.

Key words : EFL students, Self-regulated learning strategies

Self-regulated learning is a learning method where students take charge and put immense efforts into their learning process to reach a particular goal. Self-regulated learning is an adequate learning method since the concept relies on students entirely managing their own learning and flexibility to facilitate it to their inclination. One who accepts responsibility and views problems as challenges not obstacles. Students can improve their learning and impression of control over the learning process by utilizing self-regulated learning strategies.

This study aims to investigate the implementations of Self-Regulated Learning (SRL) strategies for improving Indonesian EFL (English as a Foreign Language) students' proficiency in English language education. By synthesizing observational evidence from 8 peer-reviewed papers between 2020-2025 that were accepted for this investigation by the Preferred Reporting Items for Systematic Review (PRISMA) guidelines. The selected articles result of utilization of inclusion criteria and the PRISMA as tool. When conducting a systematic review or meta-analysis using the PRISMA framework, the data analysis process starts with carefully gathering key information from each selected study.

Based on the result of a Systematic Review of the literature, Self-Regulated Learning strategies emerge as a vital role for EFL students' development of English Language proficiency. The results emphasize EFL learners who actively applied SRL strategies demonstrate tangible improvements in their abilities and have different influences on students' process and results in English learning at different levels of education such as Senior High school and College. The High school students often used Cyclical and Pintrich's regulatory model meanwhile College students used much various SRL strategies due their experiences and knowledge. The efficient application SRL strategies in education not only depends on learners but also is affected by instructor guidance and supportive learning environment.

## TABLE OF CONTENTS

BAB I.....	1
INTRODUCTION.....	1
1.1 Background of the Study.....	1
1.2 Statement of the Problem.....	3
1.3 Objective of the Study.....	3
1.4 Significances.....	3
1.4.1 Theoretical Significance.....	3
1.4.2 Practical Significance.....	3
1.5 Definition of Key Terms.....	4
BAB II.....	5
LITERATURE REVIEW.....	5
2.1 Self-Regulated Learning.....	5
2.1.1 The Concept of Self-Regulated Learning.....	5
2.1.2 The Components of Self-Regulated Learning.....	6
2.1.3 Characteristics of Self-Regulated Learning.....	8
2.1.4 The Importance of Self-Regulated Learning for Learners.....	9
2.1.5 Models of Self-Regulated learning.....	10
2.2 Strategies of Self-Regulated Learning.....	11
2.2.1 Indonesian EFL Learners and SRL Strategies.....	13
2.3 Previous Related Study.....	15
BAB III.....	18
METHOD OF RESEARCH.....	18
3.1 Approach and Type of research.....	18
3.2 Subject of the Research.....	18
3.3 Setting of Research.....	18
3.4 Instrument of Research.....	19
3.5 Data Collection.....	19
3.6 Data Analysis.....	21
BAB IV.....	23
FINDING AND DISCUSSION.....	23
4.1 Finding of the Research.....	23
4.2 Self-Regulated Learning Strategies among Senior High School.....	26
4.3 Self-Regulated Learning Strategies among College Students.....	29
BAB V CONCLUSION AND SUGGESTIONS.....	32

5.2 Suggestions.....	32
REFERENCES.....	34
APPENDICES.....	37

**LIST OF TABLE**

Table 1 .....	23
---------------	----

**LIST OF FIGURE**

Picture 1 .....	20
-----------------	----