

## THE EFFECT OF DISTANCE LEARNING TRAINING ON STUDENTS' KNOWLEDGE OF SELF-STUDY

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### **Abstract**

To increase the readiness, resilience, and success of new student studies, in addition to the New Student Study Orientation (OSMB), UT imposes the obligation to organize Distance Learning Skills Training (PKBJJ) activities for new students. The purpose of this study is to analyze the influence of PKBJJ activities on knowledge in terms of independent learning which includes understanding the concept of PTJJ, self-study, how to manage time, how to read fast, and understanding UT online. In this case, researchers want to try to find out the extent of the influence of PKBJJ activities on new students in the concept of independent learning, especially in the higher education environment. The methods used in this study are the questionnaire method and the documentation method. Data samples were obtained from 4 UPBJJs, namely UPBJJ-UT Manado, Surakarta, Palangka Raya, and Bandar Lampung. The sample taken was 20% of the total number of students from each UPBJJ. The method carried out for sampling researchers uses *purposive sampling techniques and points directly at respondents*. The results of this study show that the highest percentage of PKBJJ activity effectiveness is in choice 4 (good), and UPBJJ which has a figure of 50% or more is UPBJJ Manado (50%), UPBJJ Palangka Raya (54.8%), and the highest UPBJJ Bandar Lampung (76.5%). PKBJJ activities can already be understood by students. This can be seen from understanding the concept of PTJJ, self-study, how to manage time, how to read fast, and understanding UT online

Kata kunci : *PKBJJ, Independent Study, Universitas Terbuka Students*

### **1 INTRODUCTION**

Self-study ability is the ability to set goals and solve difficult problems independently. In helping to develop academic abilities, the most important thing is to make students enjoy a more comprehensive learning process. Universitas Terbuka (UT) plays as a Remote Open College prioritizes and demands independent learning for all its students. In this context, there are two challenges that UT must overcome. Both are related to the diversity of educational service inputs and a culture of self-learning that has not yet been established. However, these two things cannot be used as a justification for the low success rate of student studies. Various interventions that can trigger and support the success of student studies must be carried out in various ways. Education before and when becoming a UT student, curriculum engineering, providing meaningful learning experiences and a wide selection of learning modes, assessments that empower students, and fast and accurate student services, are strategic instruments that will support the success of UT students' learning processes and outcomes. (Kusmawan et al., 2020).

Therefore, to increase the readiness, resilience, and success of new student studies, in addition to the New Student Study Orientation (OSMB), UT imposes the obligation to organize Distance Learning Training (PKBJJ) activities for new students. In this case, researchers want to try to find

out the extent of the benefits and effectiveness of PKBJJ activities for new students in the concept of independent learning, especially in the Higher Education environment.

## 2 METHODOLOGY

The research was conducted intentionally (purposive) techniques and points directly at respondents. It was taken place at UPBJJ- UT Bandar Lampung, UPBJJ Palangkaraya, UPBJJ Surakarta, and UPBJJ Manado. The sample taken was 20% of the total number of students from each UPBJJ, that the sampling refers to Isaac and Michael (Sugiyono, 2014). The data collection techniques used in this study are from questionnaire, obtaining the data on the benefits of PKBJJ by 3rd-semester students, and documentation, that is obtained from students who submit information on complaints and opinions about PKBJJ. The data analysis technique used is in a qualitative descriptive form, leaving no number of elements. The data processing process in this study is to draw conclusions researchers use the data processing process using the percentage formula (%).

## 3 FINDINGS AND DISCUSSION

A recap of the questionnaire data is carried out by entering the respondent's data into the data tabulation. Once grouped, it is summed up and subsequently concentrated. This section is described one by one related to the results of initial data processing and will then be described as follows

*Table 1. Results of the recapitulation of UPBJJ Manado student questionnaires*

NO	QUESTIONS	SCORING SCORE/WEIGHT					NUMBER OF STUDENTS
		1	2	3	4	5	
		SK	K	C	B	SB	
Understanding PKBJJ Material							
1	Do you understand the concept of PTJJ (Distance Higher Education)	0	0	5	25	8	38
2	Do you understand the concept of self-study	0	0	5	18	15	38
3	Do you understand how to manage study time	0	0	7	16	15	38
4	Do you understand how to read fast	0	0	10	18	10	38
5	Do you understand UT Online	0	0	6	11	21	38
<b>Total</b>		<b>0</b>	<b>0</b>	<b>33</b>	<b>88</b>	<b>69</b>	<b>190</b>

Table 2. Results of the recapitulation of the UPBJJ Surakarta student questionnaire

NO	QUESTIONS	SCORING SCORE/WEIGHT					NUMBER OF STUDENTS
		1	2	3	4	5	
		<b>SK</b>	<b>K</b>	<b>C</b>	<b>B</b>	<b>SB</b>	
Understanding PKBJJ Material							
1	Do you understand the concept of PTJJ (Distance Higher Education)	0	0	55	85	101	241
2	Do you understand the concept of self-study	0	0	8	130	103	241
3	Do you understand how to manage study time	0	0	20	127	94	241
4	Do you understand how to read fast	0	0	118	69	54	241
5	Do you understand UT Online	0	0	65	111	65	241
<b>Total</b>		<b>0</b>	<b>0</b>	<b>266</b>	<b>522</b>	<b>417</b>	<b>1205</b>

Table 3 Results of the recapitulation of the UPBJJ Palangka Raya student questionnaire

NO	QUESTIONS	SCORING SCORE/WEIGHT					NUMBER OF STUDENTS
		1	2	3	4	5	
		<b>SK</b>	<b>K</b>	<b>C</b>	<b>B</b>	<b>SB</b>	
Understanding PKBJJ Material							
1	Do you understand the concept of PTJJ (Distance Higher Education)	0	0	7	57	18	82
2	Do you understand the concept of self-study	0	0	10	48	24	82
3	Do you understand how to manage study time	0	0	15	43	24	82
4	Do you understand how to read fast	0	0	25	37	20	82
5	Do you understand UT Online	0	0	10	29	43	82
<b>Total</b>		<b>0</b>	<b>0</b>	<b>67</b>	<b>214</b>	<b>129</b>	<b>410</b>

Table 4. Results of the recapitulation of the UPBJJ Bandar Lampung student questionnaire

NO	QUESTIONS	SCORING SCORE/WEIGHT					NUMBER OF STUDENTS
		1	2	3	4	5	
		<b>SK</b>	<b>K</b>	<b>C</b>	<b>B</b>	<b>SB</b>	
Understanding PKBJJ Material							
1	Do you understand the concept of PTJJ (Distance Higher Education)	7	14	132	124	60	337
2	Do you understand the concept of self-study	5	13	99	135	85	337
3	Do you understand how to manage study time	9	13	101	138	76	337
4	Do you understand how to read fast	5	11	117	145	59	337
5	Do you understand UT Online	14	21	143	101	58	337
<b>Total</b>		<b>40</b>	<b>72</b>	<b>592</b>	<b>643</b>	<b>338</b>	<b>1685</b>

Based on the result data listed in Table 1, Table 2, Table 3, and Table 4, the highest percentage of PKBJJ activity effectiveness is in option 4 (good), and UPBJJ which has a figure of 50% or more is UPBJJ Manado (50%), UPBJJ Palangka Raya (54.8%), and the highest UPBJJ Bandar Lampung (76.5%). As for UPBJJ Surakarta, the percentage of the five choices is all less than 50%. This means that the implementation of PKBJJ has been good enough in the four UPBJJs but not good enough in UPBJJ Surakarta.

The Understanding of material here includes PTJJ concepts, self-study concepts, how to manage study time, understanding how to read fast, and understanding of UT Online

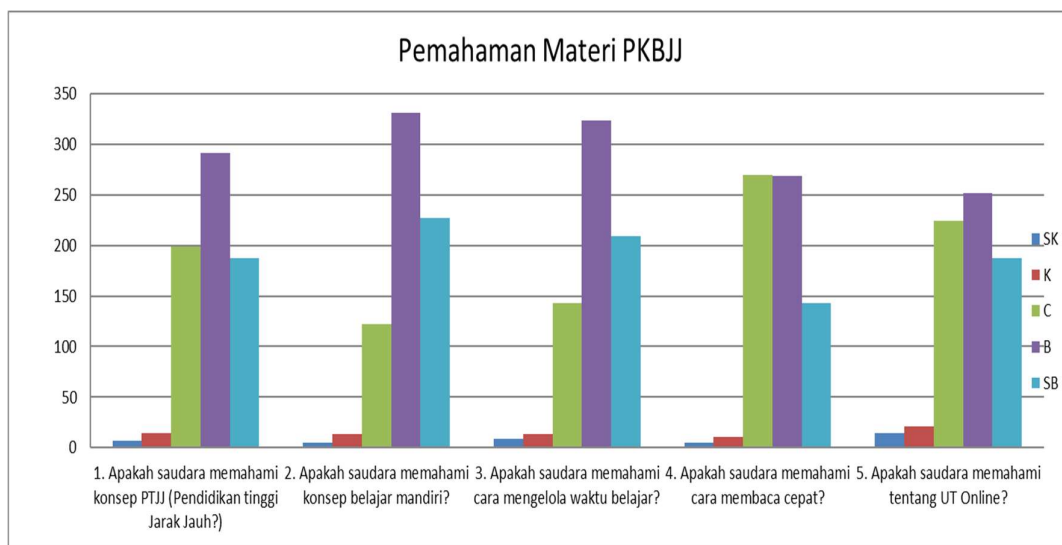


Figure 1. Number of Students from the four UPBJJ (UPBJJ Manado, Surakarta, Palangka Raya, Bandar Lampung) who understand PKBJJ Material

From Figure 1 above, most students understand the concept of self-study, then how to manage study time, the third is the concept of PTJJ, the fourth student understands how to read fast, and the last one is about online tutorial services.

**Lindvist (2005)** mentions that knowledge and comprehension place more emphasis on sensory observation and experience known as empirical knowledge or *aposteriori* knowledge. This knowledge can be obtained by making observations and observations that are carried out empirically and rationally. Empirical knowledge can also develop into descriptive knowledge if one can describe all the characteristics, traits, and symptoms that exist in the empirical object. Empirical knowledge can also be gained through human personal experience that occurs repeatedly. Al-Shboul, et al. (2013) mention that the quality and quantity of knowledge a person has and what kind of knowledge he has mastered plays an important role in his work/actions.

According to Al Fadda (2019), knowledge is an aspect of behavior that is mainly related to the ability to remember the material that has been learned and the ability to develop intelligence. The student knowledge measured in this study is everything that students know about the distance learning system, which is obtained from education, experience, and interaction with other parties. Student knowledge about PTJJ is a student's cognitive ability in aspects of distance learning planning, distance learning strategies, and the distance learning process.

The concept of learning is well understood by students. *Independent learning* is essentially learning that does not depend on the supervision of others and is part of human life. The process of self-study is carried out by students continuously in the long term. Students do not have lecturers who can immediately help solve their learning difficulties, so the learning process depends entirely on their perseverance in managing their learning activities. Koç (2019) reports that most UT students have low or average self-study readiness. Self-directed learning is a learning process in which the learning person is responsible for determining for himself what to learn when to learn, and how to learn it (Ivankova & Stick, 2006). Students have the potential to succeed in learning independently, but they have not been able to take responsibility for determining their own learning needs, planning, implementing, and evaluating their learning (Guglielmino & Guglielmino, 2010). Therefore, PKBJJ is considered very important to be given before the independent learning process is carried out.

The management of study time is reported to be an important factor influencing the completion of student studies in the Distance Education system. This is an important component in *self-regulated* learning, namely the ability to organize oneself in learning. Students who can regulate or regulate themselves are seen as individuals who take learning initiatives and actively strive to achieve their learning goals (Mc Givney, 2004). So, they are responsible people and can control or direct their learning. During the learning process, this individual can direct their motivation, metacognition, and behavior to achieve his learning goals (Schunk, 2008; Zimmerman, 1990).

Studying habits, among others, need to be supported by learning motivation and the ability to manage study time so that it has a regular study schedule and an adequate number of study hours. In addition, good study habits also need to be supported by learning skills, such as skills in understanding reading, taking notes, making summaries, skills in preparing for exams and supported by a conducive learning atmosphere. The ability to manage study time is one of the important factors that support learning success. Because students are expected to compile their study schedules, study time is often defeated by other activities that are also considered important, such as socializing with neighbors, watching with friends, playing with children, and so on.

Procrastinating study time or doing assignments can cause more material to be learned or tasks that must be done in the remaining time. It is possible that students only study when they are about to face an exam. Students in this PKBJJ activity are directed to have a study schedule and carry out a regular study every week, how many hours in one week they study, how many courses are taken in one semester, whether they make notes while studying, whether they study specifically to prepare for exams, whether they study alone or with friends, and when they usually learn. Good student study habits encourage them to successfully obtain a GPA above the minimum required (Ng & Ng, 2015).

The understanding of PKBJJ material relates to the student's motivation to study at UT. The decisions made by students to study and complete their studies at UT are inseparable from the motivation of each student. Motivation is a psychological process that reflects the interaction between attitudes, needs, perceptions, and decisions that occur in a person. Motivation as a psychological process arises due to factors within a person called intrinsic or external factors called extrinsic factors (Prastya & Restia, 2020). Bracey (2010) mentions that intrinsic actors can be personalities, attitudes, experiences, and education, or various expectations, and ideals that reach into the future, while extrinsic factors can be generated by various sources, can be due to the influence of leader, family, colleagues, or other very complex factors.

Several studies have shown that students who are more successful in their studies use more self-regulation strategies in learning than less successful students (Aragon & Johnson, 2004; Doherty, 2006; Holder, 2007). The ability to self-regulate is the most significant predictor of student learning success (Kolpashnikova & Bartolic, 2019). According to Zimmerman (2002), students who set their learning targets are more successful in their studies than those who do not. Previous studies have shown that students who are better able to self-regulate tend to be more successful in learning (Lynch & Dembo, 2004; Zimmerman, 2002).

Based on the interview results, students who are not actively involved in the study group or have less experience interacting in the group, have a lack of understanding of PTJJ. After the PKBJJ activities, they did not delve back into the material provided. This is because there is no communication between fellow students, or the student feels alone because they do not have a study group. So that useful information such as information contained on the UT web is less explored. In addition, there is a lack of access / obtaining information that is useful for increasing knowledge about PTJJ. Students who are involved in study group activities have more opportunities to solve learning problems, obtain important information immediately from the pokjar management, and exchange information with fellow students, and others. Opportunities

like these can support students to further develop their knowledge and ability to learn independently. This indicates that the study group is an effective vehicle to help students meet their needs to optimize the learning activities they are undergoing. The results of this study are following the findings of research by Malta (2011) that students need groups as a forum to discuss problems in learning activities.

Internet proficiency is related to the level of students' understanding of PTJJ. This means that the higher the level of ability to use the internet, the higher the student's knowledge about PTJJ. For students' understanding of PKBJJ to increase, it can be done by motivating students to be active in accessing media as a source of information (such as the UT website, interaction with tutors who provide information about PTJJ) and ensuring the availability of sources of information for students.

#### **4 CONCLUSION**

Distance learning skills training carried out at UPBJJ Manado, Surakarta, Palangkaraya, and Bandar Lampung influences students' understanding of independent learning. PKBJJ activities which include understanding the concept of PTJJ, the concept of independent learning, how to manage study time, how to read fast, and UT online can be well understood by Universitas Terbuka students' distance learning skills training carried out at UPBJJ Manado, Surakarta, Palangkaraya, and Bandar Lampung has an influence on students' understanding of independent learning. PKBJJ activities which include understanding the concept of PTJJ, the concept of independent learning, how to manage study time, how to read fast, and UT online can be well understood by Universitas Terbuka students.

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