

# *Improvement Self-Regulated Learning And Learning Motivation In The Digital Era Through Blended Learning*

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**Abstract:** *This research discusses how Blended Learning contributes to the improvement of Self Regulated Learning (SRL) and learning motivation in the current digital era educational environment. This study discusses the impact of using Blended Learning on the development of SRL skills, including the ability to plan, manage time, monitor, and organize learning strategies. In addition, focus is also given to the role of blended learning in improving students' learning motivation, such as increased self-confidence, interest in the subject matter, and a sense of responsibility for their learning. The method used is a literature study by reviewing national and international journals of previous research relevant to this research. Based on empirical research, it is concluded that Blended Learning plays a role in improving SRL and student learning motivation in the digital era. The integration of technology in learning provides opportunities for students to utilize relevant digital resources, allows for more flexible timing, and provides learning experiences tailored to individual learning styles and needs.*

**Keywords:** *Blended Learning, Self Regulated Learning, Learning Motivation, Digital Learning*

**Abstrak:** *Penelitian ini membahas tentang bagaimana Blended Learning berkontribusi pada peningkatan Self Regulated Learning (SRL) dan motivasi belajar di lingkungan pendidikan era digital saat ini. Studi ini membahas dampak penggunaan Blended Learning terhadap pengembangan keterampilan SRL, termasuk kemampuan merencanakan, mengatur waktu, memantau, dan mengatur strategi pembelajaran. Selain itu, fokus juga diberikan pada peran Blended Learning dalam meningkatkan motivasi belajar siswa, seperti peningkatan rasa percaya diri, minat terhadap materi pelajaran, dan rasa tanggung jawab terhadap pembelajaran mereka. Metode yang*

*digunakan adalah studi literatur dengan cara mengkaji jurnal nasional dan internasional penelitian terdahulu yang relevan dengan penelitian ini. Berdasarkan penelitian empiris disimpulkan bahwa Blended Learning berperan dalam meningkatkan SRL dan motivasi belajar siswa di era digital. Integrasi teknologi dalam pembelajaran memberikan kesempatan bagi siswa untuk memanfaatkan sumber daya digital yang relevan, memungkinkan pengaturan waktu yang lebih fleksibel, serta memberikan pengalaman belajar yang disesuaikan dengan gaya dan kebutuhan belajar individu.*

**Kata Kunci:** *Blended Learning, Self Regulated Learning, Motivasi Belajar, Pembelajaran Digital*

## I. INTRODUCTION

Learning is a process of gaining knowledge as a basic need that must be carried out by students. Learning is a process that must be carried out so that students experience changes in their behavior, mindset, skills, and things related to their lives. [1]. Learning success is reflected in good student learning outcomes, therefore, students will consciously have responsibility for efficient and independent learning. [2].

Learning in formal education in today's digital era, students are expected not only to have the responsibility of learning, but to be able to explore values intelligently and independently in obtaining new information. [3]. However, the current phenomenon is that there are still students who spend their time on entertainment rather than studying. This means that students have

not been able to organize their learning which includes an understanding of thinking skills, thinking processes, and self-motivation to achieve learning goals. [4].

Self-regulated learning is important for students because it has a positive impact on the learning process. [5]. According to Zimmerman [1989] suggests that with self-regulation, students can manage time to study, play and understand what should be done. Therefore, students who are able to do self-management in their learning well will have an impact on their learning achievement [6]. Bandura defines self-regulation as the ability to control their own behaviour and also hard work. Bandura proposed 3 (three) steps of self-regulation:

- a) Self-observation, we look at ourselves, our behaviour, and take care of it;
- b) Judgement, comparing what we see with a standard;
- c) Self-response, if we are better in comparison to our standard, we reward ourselves with self-response[6].

In fact, many students do not have self-regulated learning, such as the lack of willingness in students to repeat and remember the lesson material which results in students not achieving their learning targets.[7]. The results of a research study conducted on medical education students at Pattimura University with 201 respondents stated that 49.8% had a high level of self-regulated learning. [8].

In addition to self-regulated learning, in a learning process students need learning motivation that can encourage enthusiasm to achieve good results. In reality, what often happens today is that students are not active in learning, have difficulty in remembering the material that has just been delivered. [9]. The factors that cause these problems are lack of motivation to learn, lack of enthusiasm

and students not preparing themselves before receiving learning and the use of inappropriate learning models[10]. The results of a research study of high school students in Jabodetabek with 200 students showed that learning motivation affects student achievement by 38.50%.[11]. Student motivation is an important element required in education.

So important is the role of self-regulated learning and learning motivation in supporting student learning success. Therefore, to improve self-regulated learning in students, a lot of interaction with friends and teachers is needed(1). To increase student learning motivation, namely innovation in designing, concocting materials, learning methods and applications that are in accordance with the material[11]. Therefore, it is necessary to develop various learning alternatives that can improve self-regulated learning and learning motivation.

Blended Learning is one of the learning models that can overcome these problems. Because nowadays it has become a demand for teachers to be able to utilize technology, communication and information as a source, media in the learning process.[12].

Blended Learning is a way of teaching and learning that combines, combines and blends the conventional education system with an all-digital system that uses technology[13]. Then, blended learning becomes an option to overcome the weaknesses that arise from teacher-dominated face-to-face learning methods and e-learning that lacks direct teacher involvement[14]. In line with the opinion of Fahma et al. namely one of the innovations of the digital era in education is the use of the Blended Learning model which can provide opportunities for students to explore their own abilities by adjusting current developments[15].

Combined learning can allow students to get learning resources in the form of text, images, videos, and animations that

are presented in a brief, systematic manner, so that they can encourage activeness so that they have high learning motivation[16]. Based on this background, the researcher wants to conduct a further study on "Increasing Self-Regulated Learning and Learning Motivation in the Digital Era Through Blended Learning".

## II. METHOD

This study was prepared based on a review of relevant literature. The literature used is in the form of books and scientific articles from international journals and national journals. The method of discussion is descriptive.

## III. RESULT AND DISCUSSION

### Blended Learning

Blended learning model in this digital era has become a widely developed learning model in various levels of education. Vygotsky's social constructivist theory underlies blended learning. Constructivism is used as the foundation of learning theory which is often called student centered learning that encourages learners to build their knowledge based on their experience and apply it directly from their environment[3].

According to Diann Wilson Ellen & Ellen Smil Anich Blended learning is the application of two or more methods by combining classroom learning with computer-based (e-learning) for learning needs and is the most effective use of training solutions, applied in a coordinated manner, to achieve learning objectives[3]. The evolving concept of blended learning can be identified into four different concepts according to Oliver & Trigwell as follows:

- a) Combination or blending of web-based technologies to achieve educational goals;
- b) A combination of pedagogical approaches (constructivism, behaviorism, cognitivism) to

produce an optimal learning outcome with or without instructional technology;

- c) A combination of instructional technology forms with face-to-face instructor-led training; and
- d) Combination of instructional technology with actual work tasks [3].

According to Husamah [2014], there are 3 important components in the implementation of the Blended Learning model, namely:

- a. Face to face, which is direct learning that takes place at school involving teachers and students..
- b. E-Learning, is a learning process that utilizes the internet as an intermediary in the implementation of learning.
- c. M-Learning, is the media used in carrying out online learning such as cell phones, tablets, PCs, laptops, and many others.

Based on the division of these 3 components, it can be said that the implementation of blended learning requires these 3 components so that the blended learning process can run optimally. If one of the three components is missing, then it cannot be said to be a blended learning model. For this reason, it is very important for teachers to be able to master learning skills that involve these three components [14].

Based on expert opinions, there are some important benefits of using blended learning model in the learning process. Here are some expert opinions along with references regarding the benefits of using blended learning:

- a. Provides more flexible learning
- b. Increase learning effectiveness
- c. Facilitate the use of technology in learning
- d. Increase student interaction and participation

e. Reduces cost and time[13].

### **Blended Learning to Improve Self-Regulated Learning**

Self-regulated learning is a process of careful design and self-monitoring of cognitive and affective processes in the learning process [3]. By using a blended learning model that provides opportunities for students without neglecting interaction in the classroom, students will be more active in learning and the teacher is only a facilitator[1]. The use of this blended learning model can also increase student participation in learning and improve students' ability to work together in groups[13].

This method is efficient because it can be used in a face-to-face classroom with a teacher or facilitator and the material can be accessed online wherever they are[15]. Novitayati [2013] concluded that blended learning can improve students' self-regulated learning and ultimately improve students' cognitive learning outcomes [3]. In addition, the main findings from the application of the blended learning model show that the effectiveness of the blended learning model used with the support of various e-learning aids is mostly very good and appropriate in improving student learning outcomes[16]. In addition, the results of a meta-analysis that has been conducted on 15 articles on the application of blended learning can be concluded that the application of blended learning using the whatsapp platform, learning management system, web enhanced course, google classroom, edmodo, and quipper school is very influential in improving learning outcomes in students [14].

Self-regulated learning is an ability that must be possessed by students because in regulating their learning, students will be able to strategize and carry out their own learning planning so that it will encourage students to produce

an optimal achievement or learning outcome[1]. Thus, to improve students' self-regulated learning, a good learning method is needed in this digital era such as blended learning.

### **Blended Learning to Increase Learning Motivation**

Student learning motivation is influenced by several factors, one of which is the teacher's efforts in providing learning material to students. In addition, one of the indicators of motivation is the existence of interesting activities in learning[17]. To utilize the development of technology and information in learning activities and improve the quality of learning by implementing blended learning. The use of this blended learning model can improve students' ability to understand learning concepts, can improve students' thinking skills both critical thinking and creative thinking, and can increase learning motivation[13].

The results of research conducted in a public vocational high school using experiments to implement blended learning models found that blended learning based on Google Classroom is superior in terms of learning motivation[18]. In addition, research by Siahaan & Pramana [2020] blended learning has a positive and significant influence on learning motivation, the better the implementation of blended learning strategies, in terms of implementation design and also in terms of facilities, the motivation, results and quality of student learning will also increase[19]. With the implementation of the Blended Learning strategy, students are increasingly motivated to learn, because the Blended Learning strategy provides convenience and effectiveness in the teaching and learning process.

Furthermore, research on junior high school students using blended learning has increased learning motivation, therefore the blended learning model is able to provide changes in learning

motivation for students and this model can be used by educators in learning activities to create a new learning atmosphere [7].

#### CONCLUSION

In today's digital era, blended learning is a progressive step in improving students' self-regulated learning and learning motivation for effective learning. Blended learning provides flexibility for students to access learning materials anytime and anywhere. It gives them more control over their learning process. The integration of technology in online learning can provide various resources, such as learning videos, simulations, and discussion forums, which can help students develop self-regulated learning skills.

In addition, the combination of online learning and face-to-face learning provides variety in teaching methods, which can increase students' interest in learning. Then, blended learning allows students to participate in learning activities that suit their learning style, thus increasing their engagement in the learning process.

However, behind the advantages of blended learning there are also disadvantages, namely; this learning requires internet access which of course the network connection affects whether it is good or not, resulting in reduced direct interaction between students and teachers and lack of learning experiences outside the classroom such as practicum or field observation. However, overall the use of blended learning can be an effective alternative in this digital era.

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