



Impact Factor: 4.081

Self-regulated Learning: An important learning process

Jalpa Rajendrakumar Shah

Ph.D. Research Scholar [Education] Faculty of Education Gujarat Vidyapith,
Ahmedabad - 380004.(M) 9510038033

ABSTRACT

Education is an effective means of all-round development of human life. In this modern era, we cannot go ahead without thinking over education and its aims and objectives. Major objective of education, now a day, is to obtain higher scores in examination and to become a doctor, advocate or engineer in future. It is essential to provide such education to students, which can prepare them for better life. Children get education from his home, school and surroundings. Parents having more children or teachers having more students in classroom cannot pay individual attention to students. In such situation, students become responsible to observe and evaluate their learning, so that they can achieve desired goal and bring expected change in their behavior. For this purpose, regulated learning becomes helpful to keep the person a lifelong student, who increases his knowledge and skills continuously. The qualities of self-regulated learning can be developed in a normal student by training and prepares him lifelong learner.(Dixit, 2013, p.3) It is necessary that self-regulated learning establish in the form of an essential component in teaching learning process. Learner should provided training of controlling on himself with the help of parents and teachers from his childhood, so that he can be prepared for life-oriented education. Self-regulated learning is an important process in context to life-long education. The aim of this paper is to motivate and create awareness among students toward self-regulated learning and to provide them necessary guidance. The investigator has discussed concept of self-regulated learning, its specialty, importance in modern time etc elaborately.

Key words: Self-regulated learning, process of learning

1. Introduction

According to Brown (Raval, 2011, p. 9), "Education is a consciously controlled process, by which change can be brought initially in individual's behavior and afterwards, in universe by the individual."

Only learning is not important for students, but it is more important how they learn to achieve desired goals. At this stage, students should learn in such a way that they can regulate their behavior as well as climate. They become self-motivated and manage their feelings and tasks properly. Why are some students brilliant and certain students are weak in study? It is so, because certain students do planning, management, self-evaluation and self-observation of their work. According to Zimmerman (1989,p. 329), the learners, who are self-motivated and self-directed to get knowledge and skills and those who have not to remain dependent on their parents, teachers and friends, are self-regulated learners. Self-regulated learning is a lifelong and continuous process. In this competitive age, the person has to learn by this process to achieve success in any field.

2. Learning process

Process of learning indicates path to learner how he should learn, in which learner can know, which steps are to be followed and what actions are to be taken under those steps. This process brings attainment of desired goals.

3. Concept of self-regulated learning

In context to life-long education, self-regulated learning is considered as an important process for learning. For this purpose, regulated learning becomes helpful to keep the person a lifelong student, who increases his knowledge and skills continuously. The qualities of self-regulated learning can be developed as lifelong learner by training in a normal student. The origin of self-regulated learning is found in social and cultural affairs. Its concept was sparked by Social Learning Theory (1986) by Bandura. According to Zimmerman and Schunk (1989), "Self-regulated learning makes students as a regulator of their learning."

Definitions of Self-regulated Learning

- According to Zimmerman (2002), "Self-regulated learning is not mental ability or educational performance or skill, it is a self-directed process, by which learners transfer mental abilities in educational efficiencies."
- According to Zimmerman and Schunk (1998), "Self-regulated learning is such a learning, which affects mostly on students' self created thoughts, feelings, aspects and behavior that take them to direction of goal attainment."
- According to Zimmerman (1986, 1989), "Self-regulated learning indicates active cognitive, motivational and behavioral partnership in learning process."

Thus, self-regulated learning is such a process of learning, in which learner does rethinking of goal fixation and tasks to be done for it without taking help of others. He manages his works and fixes self-responsibility. He evaluates the result himself and constructs a plan to get expected success. In short, student himself becomes teacher of career and life.

4. Characteristics of Self-regulated Learning

Self-regulated Learning has following characteristics according to Donga (2010, p.169)

- Learner takes responsibility of learning in self-regulated learning.
- Learner himself evaluates learning related progress in self-regulated learning.
- Self-regulated learning fixes aims for expansion of knowledge and maintenance of motivation.
- Learners make changes in his plans (strategies) based on his progress in self-regulated learning.
- Learner predicates obstacles on the path of goal attainment and makes necessary changes.
- Learner monitors his progress toward goals in interval of time.
- Learners are aware of their impulsion mechanism.
- Learners have plans of managing their impulses.

5. Importance of self-regulated Learning in present time

In this competitive age, it is essential for students to become aware towards learning and to identify their efficiencies in order to get success in competitive exams along with educational achievement. According to Donga (2010, p.170), students, who have obtained higher achievement, are self-regulated. Learners having higher educational achievement use more projects for learning in compared with those having lower achievement. Their learning is more self-supervised and having accurate aims. They evaluate their progress toward goals more systematically. Self-regulated learning is connected to understanding of one's ability and control on learning environment. Students should develop independent ideas, strong desire, self-discipline, control, decision power, curiosity and inventive consciousness. Student

becomes more mature, watchful and alert. Students take responsibility of their learning and decide how much the goal has achieved, what plans should be prepared and how they are to be used. According to Karlen (2016), self-regulated learning creates positive effect on educational achievement of students as it is connected to individual development and educational outcome.

Self-regulated learning is useful to solve the following questions.

- Are students aware of their efficiencies today?
- Are qualities like self-responsibility, self-observation, self-evaluation, self-reaction etc developed in our students?
- Is there any awareness about learning and behavior among students?
- Are the abilities of problem solving developed in students?
- Do the students use planning, management etc to achieve their goals?

Conclusion:

Individual differences are found among students studying in a classroom. Why some students are brilliant and certain students are weak in study? Brilliant students are more self-regulated than weak students are. In this competitive age, self-regulated students can take decision themselves. They can face challenges in life and become self-responsible. If they evaluate their learning themselves, they can achieve determined goal. If teachers and parents provide training of self-regulation to normal students, they also can improve their educational achievement and make bright career by systematic preparation for competitive exams. According to Lhotse (Baxi, B. 2017, P. 5), "To know others know, to know any one is wisdom." When our ideas are balanced, we can impress others by our behavior. Courtesy and discretion is seen in our practices. Combination of knowledge and wisdom is possible only when we are familiar with our strength and limitations by analyzing our 'self'. The person, who is conscious about his abilities, can select proper field for career. All this is possible when learner himself is self-regulated.

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