

**IMPROVING READING COMPREHENSION THROUGH THE
EXTENSIVE READING AT INSAN QUR'ANI SENIOR HIGH
SCHOOLS**

THESIS

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EXTENSIVE READING IN INSAN QUR'ANI SENIOR HIGH SCHOOLS**

adalah benar-benar karya saya, kecuali semua kutipan dan referensi yang disebutkan sumbernya. Apabila terdapat kesalahan dan kekeliruan didalamnya, maka akan sepenuhnya menjadi tanggung jawab saya. Demikian surat pernyataan ini saya buat dengan sesungguhnya.

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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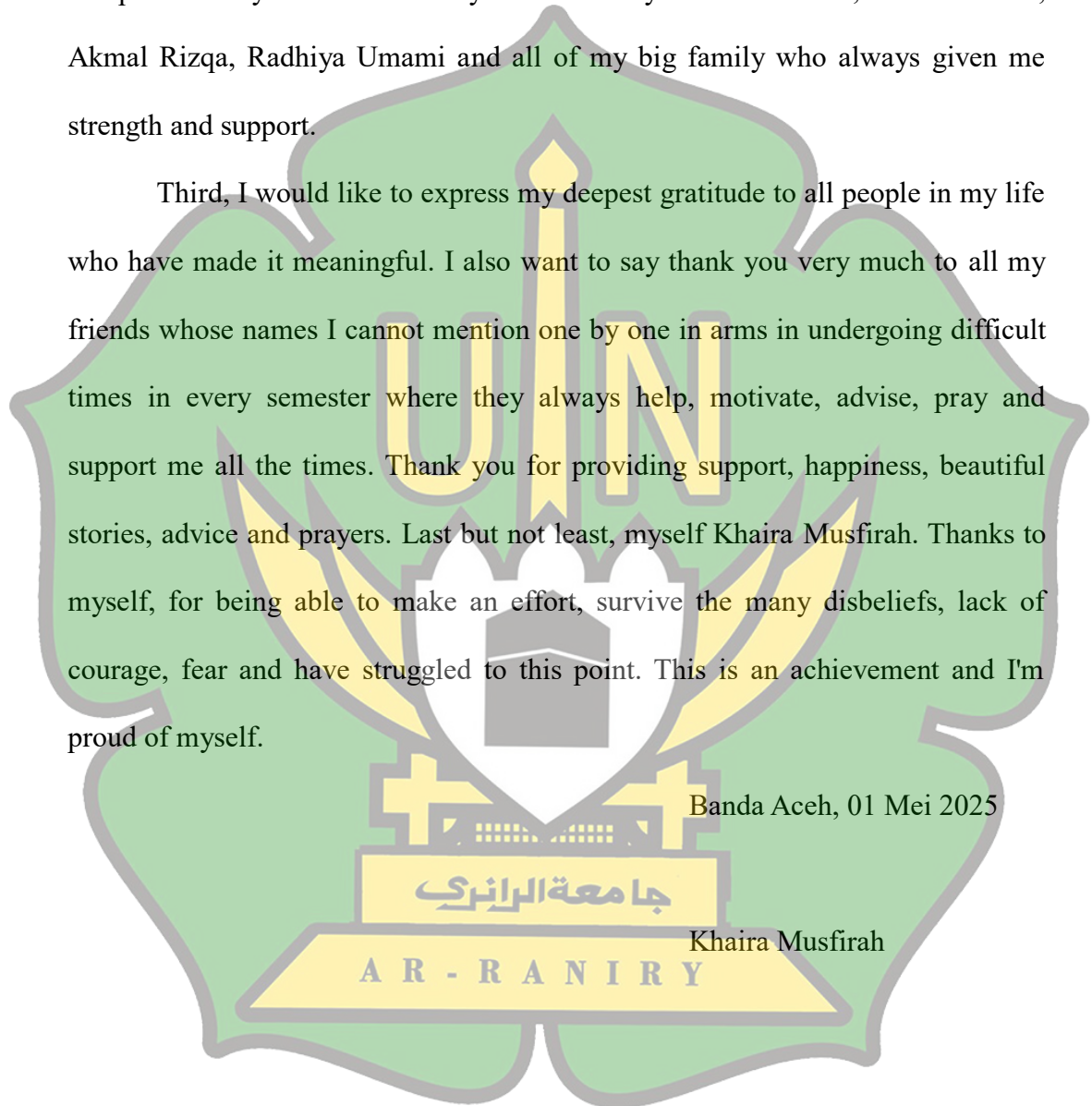
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ABSTRACT

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Reading comprehension is a crucial skill in English language learning, especially for senior high school students who are expected to engage with increasingly complex texts. However, in many EFL (English as a Foreign Language) contexts, including at Insan Qur'ani Senior High School, students often face challenges in reading English fluently and effectively. These difficulties stem from limited exposure to English reading materials, lack of motivation, unfamiliar vocabulary, and rigid classroom reading practices that do not foster reading enjoyment. To address these issues, this study explores the use of the extensive reading method as an alternative approach to improve students' reading comprehension skills. The research employed a quasi-experimental design involving 30 eleventh-grade students who participated in a two-week extensive reading program. Students were encouraged to select and read English short stories that matched their proficiency levels and personal interests. Data were collected through pre-tests and post-tests to measure students' reading improvement, along with questionnaires to gather insights into their motivation, perceived skill development, enjoyment, and challenges during the program. The findings revealed that the majority of students showed significant improvement in their reading comprehension scores. Several students increased their scores by 30 to 50 points, demonstrating better understanding of main ideas, vocabulary acquisition, and inferential thinking. Additionally, 80% of participants reported increased interest in reading English, and 76% expressed a desire to continue reading independently after the program. Despite some challenges, such as vocabulary difficulties and time constraints the program was generally well received. In conclusion, extensive reading proved to be an effective and enjoyable method to enhance reading comprehension in an EFL classroom. This study recommends integrating extensive reading into the English curriculum and providing continuous support from teachers to help students develop sustained reading habits.

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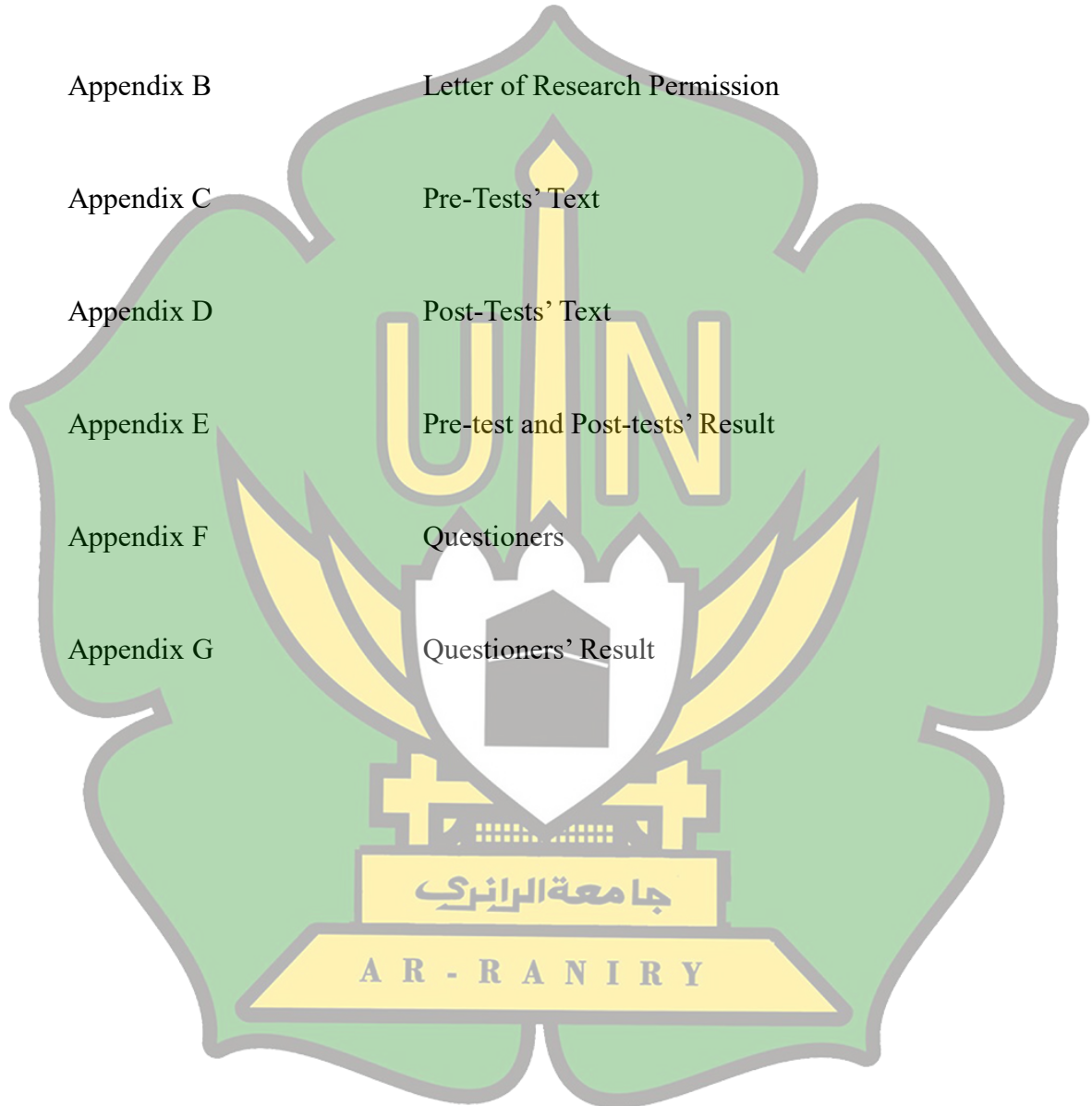
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CHAPTER I

INTRODUCTION

This chapter discusses the background of study, research question, research aims, significance of study and terminology

A. Background of Study

Reading is a fundamental skill in learning English, particularly at the senior high school level. Effective reading comprehensions are crucial for students as they not only help in understanding texts but also enrich vocabulary, improve grammar, and enhance critical thinking abilities (Grabe & Stoller, 2011). Despite its importance, many students struggle with comprehending long and complex English texts, which can lead to decreased motivation and interest in reading (Nuttall, 2005). These challenges highlight the need for effective teaching methods to improve reading proficiency among students.

One promising approach that has gained attention for its effectiveness in enhancing reading comprehensions is the extensive reading method. Extensive reading encourages students to read broadly and continuously, focusing on overall comprehension and enjoyment rather than detailed analysis or word-for-word translation (Day & Bamford, 1998). This approach emphasizes the selection of reading materials that are interesting and appropriate to the students' proficiency levels, which helps in maintaining their engagement and reducing the feeling of being overwhelmed.

Extensive reading has been shown to offer numerous benefits. Research indicates that extensive reading can significantly improve vocabulary acquisition, reading fluency, and overall language proficiency (Pigada & Schmitt, 2006; Nation, 2009). Through extensive reading, students are exposed to a vast array of language inputs, which aids in the natural internalization of language structures and usage (Krashen, 2004). Additionally, extensive reading has been associated with increased motivation and positive attitudes toward reading in a second language, as students often find the process more enjoyable and less stressful (Takase, 2007; Mason & Krashen, 1997). Given the potential of extensive reading to transform the learning experience and outcomes for students, it is essential to explore its application in the context of senior high schools. This study aims to measure the effectiveness of the extensive reading method in improving reading comprehensions among senior high school students. By examining its impact on students' reading proficiency, motivation, and interest in reading English texts, this research seeks to provide valuable insights and practical recommendations for educators.

Several studies have shown that the use of extensive reading at the middle school level has a positive impact on students' reading skills. A study by Yamashita (2013), she found that middle school students involved in extensive reading programs significantly improved their vocabulary and reading comprehension compared to students who used traditional methods. Additionally, research by Suk (2017) concluded that extensive reading helps students develop a greater interest in reading, reduces their anxiety towards english texts, and boosts

their reading confidence. Another study by Rokni and Hajilari (2013) in Iran demonstrated that extensive reading programs enhanced the reading comprehension skills of middle school students, particularly in narrative texts.

At the high school level, research also shows that extensive reading is an effective method for improving students' language skills. A study by Nishino (2012) revealed that high school students who engaged in extensive reading for one semester experienced significant improvements in both their reading skills and reading speed. Research by Sheu (2019) in Taiwan found similar results, showing that high school students participating in extensive reading programs had better comprehension of more complex texts. In Indonesia, a study by Nurhayati (2020) found that extensive reading in high schools increased students' motivation to learn English, particularly in terms of their active engagement in reading classes.

At the college level, extensive reading has also been proven to have significant benefits. A study by Suk (2017) on Korean university students found that extensive reading not only improved their reading skills but also broadened their understanding of foreign culture and literature. Similarly, Zhang's (2021) research in China concluded that extensive reading programs helped students develop sustainable reading habits and critical thinking skills when engaging with academic texts. More recent research by Fadillah and Rahman (2022) in Indonesia also supports the effectiveness of extensive reading in enhancing academic reading skills, particularly for students in social science fields.

Despite these documented advantages, the implementation of extensive reading in educational settings remains limited. One major barrier is the lack of understanding and resources among educators (Renandya & Jacobs, 2002). Many teachers may not be familiar with how to effectively incorporate extensive reading into their curriculum or may lack access to a sufficient variety of reading materials suitable for their students' levels.

The findings of this study could help bridge the gap between research and practice, encouraging a broader adoption of extensive reading in language education. Understanding the factors that facilitate or hinder the successful implementation of extensive reading can assist schools in creating supportive environments that promote sustained and meaningful engagement with reading.

In conclusion, the extensive reading method presents a promising avenue for enhancing reading comprehension and overall language proficiency in senior high school students. By fostering a love for reading and providing ample opportunities for language exposure, extensive reading can play a vital role in language education. This study endeavors to shed light on the practical benefits and challenges of implementing extensive reading, ultimately contributing to more effective and enjoyable language learning experiences.

The output of this study is expected to provide comprehensive insights into the effectiveness of the extensive reading method in enhancing reading comprehension among senior high school students. Specifically, the findings will assess improvements in students' reading proficiency by measuring changes in

comprehension levels before and after extensive reading activities, identifying growth areas such as vocabulary acquisition, reading fluency, and overall text comprehension. Additionally, the study will evaluate the impact of extensive reading on students' motivation and interest, analyzing whether extensive reading activities contribute to increased enjoyment, confidence, and reduced anxiety when engaging with English texts. The study also aims to identify practical challenges and facilitators for implementing extensive reading in educational settings, such as teacher readiness, resource availability, and institutional support, offering suggestions to overcome these barriers.

Based on the findings, practical recommendations for educators will be provided, including guidance on selecting appropriate reading materials, structuring extensive reading sessions, and tracking students' progress effectively. Finally, the study will highlight the broader implications of extensive reading for language education, demonstrating how this method can create a more enjoyable and effective learning experience for students. These insights are anticipated to be valuable for educators, program developers, and policymakers by emphasizing extensive reading's potential to strengthen reading skills, motivate students, and support innovative language learning programs in schools.

B. Research Question

This present study seeks to answer the following research question:

1. Does the use of extensive reading help improve the reading comprehension of Insan Qur'ani Senior High School students?

2. What is the student's perception on the use of extensive reading to help increase their reading comprehension?

C. The Aim of Study

This research aims to find out whether the use of extensive reading can help increase the reading comprehension and the student's perception on the use of extensive reading to help increase their reading comprehension of Insan Qur'ani Senior High School.

D. Research Hypothesis

According to Turney (2022) the null hypothesis (H_0) states that there is no significant effect or difference hypothesis, while the alternatives hypothesis (H_a) suggests that there is a significant effect or difference.

H_a : The extensive reading method significantly improves the reading comprehensions of senior high school students at Insan Qur'ani Senior High School.

H_0 : The extensive reading method does not significantly improve the reading comprehensions of senior high school students at Insan Qur'ani Senior High School.

E. Significance of the Study

This study aims to explore the effectiveness of the extensive reading method in improving the reading comprehensions of senior high school students at Insan Qur'ani Senior High School. The significance of this study is manifold,

encompassing theoretical, pedagogical, and practical contributions to the field of language education.

1. Theoretical significance:

Enhancing academic knowledge: This study contributes to the existing body of literature on language acquisition by providing empirical evidence on the impact of the extensive reading method in an EFL (English as a Foreign Language) context. Research indicates that extensive reading can significantly improve vocabulary acquisition, reading fluency, and overall language proficiency (Pigada & Schmitt, 2006; Nation, 2009). By focusing on a specific educational setting in Indonesia, this research will help broaden the geographical scope of extensive reading studies, which are often concentrated in Western or highly developed educational systems.

Broadening Research Horizons: By adding to the understanding of how extensive reading influences various aspects of language proficiency, this study will offer insights into how cultural and educational contexts influence the effectiveness of extensive reading (Grabe & Stoller, 2011; Day & Bamford, 1998).

2. Pedagogical significance

Informing teaching practices: The findings of this study will provide valuable information for educators on how to effectively implement the extensive reading method in their teaching practices. Understanding the benefits and challenges associated with extensive reading can help teachers tailor their instruction to meet the needs of their students (Renandya & Jacobs, 2002).

Motivating students: Demonstrating the positive impact of extensive reading on students' reading comprehensions and motivation can encourage more teachers to adopt this method. Increased motivation and positive attitudes towards reading are crucial for lifelong learning and can lead to better academic outcomes (Takase, 2007; Mason & Krashen, 1997).

3. Practical Significance:

Improving language skills: The practical implications of this study include the potential for improved reading and speaking skills among students at Insan Qur'ani Senior High School. Enhanced language proficiency can lead to better performance in other academic subjects and improve students' overall academic success (Krashen, 2004; Nation, 2009).

Providing practical recommendations: This study aims to identify specific strategies and practices that can be employed to overcome barriers in implementing extensive reading. These recommendations will be valuable for educators and policymakers in designing effective language education programs (Day & Bamford, 1998).

Supporting Curriculum Development: Insights gained from this study can inform curriculum developers in creating more engaging and effective English language programs that incorporate extensive reading, thereby improving the overall quality of language education (Nuttall, 2005).

4. Social Significance:

Promoting reading culture: By highlighting the benefits of extensive reading, this study can contribute to promoting a culture of reading within the school and the broader community. Encouraging students to read extensively can have a lasting impact on their personal and academic lives (Grabe & Stoller, 2011).

Equipping future generations: Improving English language skills is critical in today's globalized world. This study can help equip students with the language skills necessary for higher education and future career opportunities, thus contributing to their personal and professional development (Nation, 2009).

In summary, this study seeks to make significant contributions to the field of language education by providing empirical evidence on the benefits of the extensive reading method. The findings are expected to have practical implications for educators, curriculum developers, and policymakers, ultimately enhancing the quality of English language education at Insan Qur'ani Senior High School and potentially beyond.

F. Terminology

To avoid readers' misunderstanding, the terms used throughout this research report need clear explanations. The terms are as follows:

1. Extensive reading

Extensive reading is a language learning approach designed to encourage learners to read large quantities of material that are comfortably within their linguistic competence. The primary objective of extensive

reading is to foster an overall comprehension and enjoyment of reading, rather than concentrating on a detailed understanding of every single word or sentence. This method emphasizes the importance of reading broadly and frequently, which helps in building a reader's fluency and confidence (Day & Bamford, 1998). One of the fundamental aspects of extensive reading is the large volume of reading involved. Students are encouraged to read extensive amounts of text, ideally at a level where they can understand most of the content with minimal assistance. This extensive exposure to language in context aids in the natural acquisition of vocabulary and syntactic structures.

Another key feature of extensive reading is the element of self-selected reading material. Learners often choose what they read based on their interests and preferences, which can significantly enhance their motivation and engagement with the reading process. This autonomy in selecting reading materials ensures that students are more likely to find the reading experience enjoyable and fulfilling (Day & Bamford, 1998).

2. Reading comprehensions

Reading comprehension is a set of skills required to understand, interpret, and derive meaning from written texts. These skills include comprehension, which involves identifying main ideas, recognizing supporting details, and making inferences. This aspect allows readers to engage with the text on a deeper level and draw meaningful conclusions (Grabe & Stoller, 2011). Another crucial element is vocabulary

acquisition, which involves learning and retaining new words, fundamental for understanding texts and enhancing expression. A rich vocabulary enables readers to comprehend a wider range of texts (Grabe & Stoller, 2011).

Fluency, the ability to read text accurately and quickly, is essential as it allows for more efficient text processing and a more enjoyable reading experience. Additionally, critical thinking enables readers to evaluate and synthesize information, helping them assess arguments and form reasoned conclusions (Grabe & Stoller, 2011). Techniques like skimming and scanning help readers quickly identify key ideas or specific details, useful for academic and professional reading (Grabe & Stoller, 2011).

In the context of Insan Qur'ani Senior High School, implementing extensive reading could be particularly beneficial. This approach, tailored to the school's cultural and educational environment, can enhance students' English proficiency, improve their reading comprehension, and foster a love for reading. The insights from this study can guide educators in designing more engaging language programs that incorporate extensive reading, thus improving the overall quality of English language education (Grabe & Stoller, 2011).

3. Assessment

Assessment is a structured approach to measuring students' knowledge, skills, and abilities, essential for tracking progress and

evaluating learning outcomes. Different assessment types include formative assessments, which provide on-going feedback during learning; summative assessments, which gauge overall achievement at term's end; and diagnostic assessments, which assess prior knowledge to guide instruction. Self-assessment and peer assessment allow students to reflect on and critique their learning, fostering a sense of responsibility and engagement (Grabe & Stoller, 2011).

Effective assessment not only measures student performance but also supports learning growth by identifying areas for improvement. Reliable and valid assessments are crucial, ensuring that results accurately reflect intended learning objectives, which is vital for refining teaching strategies and enhancing educational outcomes (Grabe & Stoller, 2011).

4. Insan Qur'ani Senior High School

Insan Qur'ani Senior High School is a bilingual Islamic senior high school located in Indonesia. The school is dedicated to providing a comprehensive education that integrates both religious and general knowledge, with instruction offered in both Indonesian and English. With a strong emphasis on the teachings of the Quran, Insan Qur'ani Senior High School aims to develop students who are not only academically proficient but also morally and spiritually grounded.

The curriculum at Insan Qur'ani Senior High School combines standard subjects such as mathematics, science, and languages with Islamic studies, including Quranic studies, Hadith, Fiqh, and Arabic. This

holistic approach ensures that students receive a balanced education that prepares them for both worldly challenges and spiritual growth.

The school places significant emphasis on character building, instilling values such as honesty, integrity, respect, and responsibility. Extracurricular activities, such as sports, arts, and community service, are also an integral part of the school program, providing students with opportunities to develop their talents and interests outside the classroom.

Insan Qur'ani Senior High School is committed to creating a nurturing and supportive learning environment. The teachers are not only educators but also mentors who guide and support students in their personal and academic development. The school's mission is to produce well-rounded individuals who can contribute positively to society and uphold Islamic values in their daily lives. With its bilingual approach, Insan Qur'ani Senior High School also aims to equip students with the language skills necessary to thrive in a globalized world.

