

BEHAVIORAL TECHNIQUES TO REDUCE LAZINESS IN READING ARTICLES CASE STUDY OF PGRI UNIVERSITY OF BANYUWANGI STUDENTS

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Abstract

It is very important that students' reading interest affects their learning outcomes, because a high interest in reading allows someone to understand the basics of science perfectly. The purpose of this study is to what extent students increase their willingness to read to understand articles at the University of PGRI Banyuwangi college in order to obtain the expected results of the study. The method used is descriptive qualitative. Data were obtained from active students in the Guidance and Counseling study program at the University of PGRI Banyuwangi who attended lectures from semesters 2 and 4 of the 2022 and 2023 classes. Qualitative research collects data through observation and interviews. The Guidance and Counseling Study Program at the University of PGRI Banyuwangi, the 2022 and 2023 classes still do not understand how to read articles properly and also as a requirement to support completing lecture assignments. With this, they still do not understand what is being done and what is understood by the students. Reading articles is more searched on the *Google Scholar site* than on other websites. The results show that to avoid laziness in reading, students must first understand how they learn and change their behavior to create a personalized learning plan. The stimulus given by lecturers to students who want to read articles for lectures and other assignments, so that they can gain knowledge about the articles they read while improving their understanding both material and also its contents .

Keywords : reading interest, reading articles, laziness in reading, students

Introduction

At the college level, reading activities must include strong understanding, reflection, and broader interpretation by the reader. Reading activities do not only provide etymological or factual understanding of words. Reading must involve extraordinary thinking skills, from analysis to evaluation, in order to make judgments and conclusions about the text being read. Good readers continuously monitor their understanding of the text as they read it. They predict, question, clarify, summarize, connect, and evaluate as they read (Pujiastuti et al., 2022) .

Reading books is one of the effective learning activities to gain knowledge and science. By reading, students or lecturers can gain knowledge quickly and easily because they only need to choose the book they want to read, open it and start reading the words. That is why reading should be the main activity of the academic community, especially students (Batubara & Hidir, 2014) .

Efforts to build a reading culture among students are intended to create an Indonesian society that is insightful and responsive to changes that occur in the external environment so that a knowledgeable society is created. Thus, the culture of reading as a character possessed by the Indonesian nation needs to be developed in every society from an early age in their environment. Because with a high reading culture, society will be able to capture strategic issues that arise from the culture of globalization that has penetrated all corners of the country.

Through reading, society can also assess good educational concepts and theories that are suitable to be applied in this beloved republic as a result of globalization (Fauzi, 2018)

It is very important that students' reading interest affects their learning outcomes, because a high interest in reading allows someone to understand the basics of science perfectly. Conversely, a low interest in reading will reduce students' intellectual abilities. A child, for example, who has an interest in art will try to find out more about art. Learning methods are a way in which students carry out learning activities such as how they prepare to study, follow lessons, independent learning activities carried out, their learning patterns, how to take exams. The quality of learning methods will determine the quality of learning outcomes obtained. A good learning method will lead to successful learning, conversely a bad learning method will lead to less successful or failed learning. Poor student reading interest is one of several factors causing low learning outcomes, thus causing a decline in the quality of education (Musafiri, 2016) .

Reading has an important role because it makes someone get new information and new knowledge. Reading has many benefits in life. Reading skills and high interest are the basic capital for children's success in various subjects. Reading skills are also one of the main capital for children. Children's reading skills can learn something they want. Because reading skills are very much needed when speaking (Wijaya et al., 2021) .

Effective policies and steps are needed to motivate the growth of reading interest among students. For certain communities , reading is part of their daily activities. certain has integrate read to in routine daily they, make it as need fundamental, simultaneously with need base For endure life like water, place stay, And food . Such an environment is an educated environment, such as scholars, government officials , and especially the campus community and generally all elements involved in scientific activities. However, for other communities, reading activities have different meanings. This meaning is related to educational background, social, economic, and professional conditions. It can be understood that the purpose of reading for manual workers who are not directly involved in scientific activities is different from the purpose and motivation for reading for the campus community. Such as students who are preparing to take exams (Firman et al., 2021) .

Reading interest is only part of the variables that influence the learning outcomes achieved by students. There are still many other variables that influence, including learning interest, environment, facilities, infrastructure, lecturers, and so on. On the other hand, for students who have high motivation but do not have adequate books, this also affects student learning outcomes (Musafiri, 2016) . The decline in students' reading interest in reading activities requires special attention, which can help avoid boring activities but instead become what students like.

Research methods

The method used is qualitative research. Qualitative research or also called natural research or natural research is a type of research that emphasizes the process and meaning that is not tested, or measured as precisely as possible with data in the form of descriptive data (Hanggraito et al., 2021) . Data were obtained from active students in the Guidance and Counseling study program at Universitas PGRI Banyuwangi who attended lectures from semesters 2 and 4 of the 2022 and 2023 classes. Qualitative research collects data through observation and interviews. The purpose of this study is to what extent students increase their willingness to read to understand articles at Universitas PGRI Banyuwangi colleges in order to obtain the expected results from the research.

Results and Discussion

Results

Based on the research results that have been obtained, that from the Guidance and Counseling Study Program of Banyuwangi PGRI University, batch 2022 and 2023 still do not understand how to read articles properly and also as a requirement to support completing lecture assignments. With this, they still do not understand what is being done and what is understood by the students. Reading articles is more searching on the *Google Scholar site* than on other websites.

The findings in the interview showed that there were different learning patterns. As conveyed by a student of the PGRI Banyuwangi University, Guidance and Counseling Study Program, SHF, class of 2023, who said that learning prefers listening (auditory). I prefer to listen to lecture presentations during class. I don't read articles often and also read social media on my cellphone more often. And so on as conveyed by a student of Universitas PGRI Banyuwangi, Guidance and Counseling Study Program, NTA, class of 2022, said that I once tried to find out my learning pattern with one of the lecturers and it turned out that my learning pattern was visual. I often look at books in PDF format and online websites. Even so, I can still read physical books but am lazy to borrow from the library and I don't often read articles.

From the results obtained from SHF and NTA students, there are differences in learning patterns that show how they learn so they can feel comfortable in the learning process. However, they are less interested in reading, especially in articles. They are more interested in observing and reading content on social media and books, according to what they are currently reading.

Students of Universitas PGRI Banyuwangi Guidance and Counseling Study Program in the 2022 and 2023 batches Students still do not fully understand the contents of the writings they read, which is an obstacle in completing their lecture assignments. As conveyed by the Students of Universitas PGRI Banyuwangi Guidance and Counseling Study Program by SHF class of 2023 said that they still do not understand how to read articles correctly, because there are several sentences that are still not understood and there are a lot of writings in it. I read the article when a lecturer gave an order to find an article according to the course being carried out during the class. And also as conveyed by the Students of Universitas PGRI Banyuwangi Guidance and Counseling Study Program by NTA class of 2022 said that I do not understand sentences that are too scientific, the rest I can still understand the reading of the articles I read. When I read an article I am able to read it, but there is an assignment that requires me to read the article for the course assignment that I am currently working on.

That SNF and NTA students have similarities in facing the same obstacles in understanding sentences in articles, both sentences containing scientific terms and complex sentences. Reading articles is only done when the lecturer provides articles that are in accordance with the course and looking for articles that are relevant to the course being worked on.

After reading, students can engage in various independent or structured activities. Independent reading activities that are widely carried out by students include writing and summarizing interesting quotes, noting vocabulary that is not yet understood, and discussing it with friends. Good words play an important role in raising literalism by giving credibility to literary works. Lecturers regarding students who are "lazy to read" also depend on the availability of reading materials. This can be seen from the response of most students to the obstacles they face in completing reading assignments due to the unavailability of reading materials. The unavailability of reading materials makes students look for shortcuts in completing assignments by plagiarizing other people's work. The content of the reading will affect interest in reading (Pujiastuti et al., 2022).

Discussion

One of the schools of psychology that emphasizes the observation of behavior that can be measured and observed objectively is the theory of behaviorism. The theory of behaviorism is based on the assumption that human behavior is influenced by stimuli from the environment and the results (responses) of the behavior itself. The theory of behaviorism ignores mental processes that cannot be observed, such as thoughts, feelings, and desires. The theory of behaviorism assumes that human behavior can be learned, controlled, and modified using learning principles. In line with this, the problem of this research is based on the fact that everyone must have had a bad experience and everyone must also have different responses to bad events that they have experienced. (Isnaini et al., 2023) .

The application of behaviorism theory in learning activities depends on several things such as learning objectives, types of subject matter, student characteristics, media, and available learning opportunities. Learning designed based on behavioral theory assumes that knowledge is objective, certain, permanent, and unchanging. Knowledge is well structured so that learning is the acquisition of knowledge, while teaching is the transfer of knowledge to learners (*knowledge transfer*) (Haile G, 2023) .

Interest in reading is not automatically owned by a student but must be formed. This formation is caused by the presence of a drive that encourages the birth of behavior that leads to the achievement of a goal. So from the opinion above it can be concluded, interest in reading is influenced by two factors as follows: a. Internal factors, namely factors that come from within the individual himself, including: intelligence, language knowledge possessed, basic individual needs, gender, psychological factors, and so on. b. External factors, namely factors that come from outside the self, including: family socio-economic, school environment, peer influence, and so on (Musafiri, 2016) .

The role of students as *agents of change*, *iron stock* , and *social control* requires students to be aware and care about their environment so that they can easily see all the problems that exist in society. Because only students who are aware of the current situation have the ability and value to make changes. The act of reading is not just a visual process, but involves two types of information: information that comes from what is in front of the eyes and information that comes from what is behind the eyes. The end result of the reading process is that someone can understand the nature of reading. Reading is also the ability and skill to interpret what is read. Literacy is not just the ability to interpret letters, images, and numbers, but more broadly, the ability to understand the meaning of what is read. The reading process allows us to recognize aspects of thinking such as memorizing, understanding, distinguishing, comparing, finding, analyzing, organizing, and ultimately applying what we read. Therefore, reading requires a high level of intelligence. Furthermore, reading is a form of communication between the reader and the paper media that is read on behalf of the author. Good communication requires language experience that is closely related to the aspect of expression (Fauzi, 2018) .

Reading assignments are assignments given by lecturers to students to make students learn and read. These assignments include reading reports, papers, group assignments, reading interactions, mid-term and final exams (Wijaya et al., 2021) . Students also will find Lots idea And information latest through program studies Which allow students reading article journal academic And use it as material reading main lectures. Contents And idea article journal scientific sourced from results study Which currently ongoing, give information And data latest, And published or published on each journal scientific (Rahmani, 2019) .

To avoid laziness in reading, students must first understand how they learn and change their behavior to create a personalized learning plan. The stimulus given by lecturers to students who want to read articles for lectures and other assignments, so that they can gain knowledge about the articles they read while increasing their understanding of both the material and its contents. The direction given by lecturers can be able to motivate them to read articles. This

can be an indicator that more structural support and guidance is needed to increase their involvement in reading academic literature. Students can also use reputable websites to access information both nationally and internationally. This shows that they can understand the latest data as well as the advantages and disadvantages of the articles they are reading. The more Lots time Which poured out by students For read article, magazine, or book For increase ability cognitive And to obtain outlook to Contents Which read it, so the more big also trend they For enjoy read.

Conclusion

Students of the Guidance and Counseling Study Program, Universitas PGRI Banyuwangi, class of 2022 and 2023, still have difficulty in understanding readings, which hinders the completion of lecture assignments. They tend to search for articles on *Google Scholar* rather than other websites, indicating a preference for leading academic platforms. Different learning patterns were found among students, with some preferring auditory and visual methods. Students are still reluctant to borrow books from the library and rarely read articles. Limited understanding of articles and complex sentences leads to laziness in reading. Students need direction and motivation from lecturers to increase their involvement in reading academic literature.

The application of behaviorism theory in learning activities depends on several things such as learning objectives, types of subject matter, student characteristics, media, and available learning opportunities. Learning designed based on behavioral theory assumes that knowledge is objective, certain, permanent, and unchanging. Knowledge is well structured so that learning is the acquisition of knowledge, while teaching is the transfer of knowledge to learners (*knowledge transfer*) (Haile G, 2023) .

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