

# Effective Teaching of Teachers, Self-Regulation, and Study Habits among Students: Structural Equation Model on Learning of Filipino

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## ABSTRACT

**Aims:** To investigate the causal relationship between and among effective teaching, self-regulation, and study habits.

**Study design:** Causal Relationship Analysis

**Place and Duration of Study:** The study was conducted at CARAGA Region, Philippines during the school year 2022-2023.

**Methodology:** A four-dimensional and validated survey questionnaire was used in gathering the data. Four hundred seventeen grade 12 Senior High School students were randomly chosen to be the respondents of the study.

**Results:** Both perceptions of effective instruction and student study habits scored extremely well. Additionally, there were high levels of self-control, study habits, and Filipino proficiency. Furthermore, it was discovered that learning Filipino was significantly correlated with good teaching, self-control, and study habits. Model 5 produced the model that fit the data the best.

**Conclusion:** The very high levels of perceived effectiveness in teaching and studying suggest that teachers fully model efficient learning and self-control in helping students learn Filipino. Similar to how strong study habits and serious Filipino learning indicate pupils who follow good study habits. Furthermore, the relationship between efficient instruction, self-control, and study habits demonstrates that these factors should be taken into account by teachers when instructing Filipino. The findings of this research demonstrate that learning Filipino is comparable to learning any other language.

*Keywords: Effective teaching, self-regulation, study habits, Structural Equation Model, learning Filipino*

## 1. INTRODUCTION

With the government's announcement on strengthening and deepening English learning as a language of globalization, it ignores the huge problem facing the Filipino subject that the Department of Education itself has admitted under K to 12 [1] [2]. This could be supported by studies that revealed low academic performance in subject Filipino among students [4] due to the lack of a learning method [4]. The complexity of comprehension is viewed as impeding the first language and Filipino proficiency; [5] [6] so is the grammar that students never wanted to learn [7] [8].

In addition, there is also a problem with producing the sounds of the word [9]; writing and reading with limited vocabulary [10] [11], and even speaking with shame when using a second language due to fear [12]. Because the senior year of high school determines a student's readiness for both college and the workforce, it is alarming that these issues are plaguing students [13].

On the positive side, since language is a powerful tool that people use for communication [14], learning it fully represents the confidence of a student [15] as reflected in the objective stated in Article XIV, Section 7 of the 1987 Constitution. This is adopted by the Department

of Education [16] to achieve the national level in Filipino, and to improve learning, as well as global. So, it is worth training more and more students, especially with four macro skills of language [17]. Because of students' low proficiency [18], the strengthening and development of excellence in Filipino is the key to responding to the student's poor performance, [19] as well as critical language teaching can also be applied to poor learning students [20].

As an educator, the researcher explores various colleges and universities in the province of Agusan del Sur and even the CARAGA region if there are researchers about the Structural Equation Modeling of Senior High Schools' literacy in Filipino that include independent variables of effective teaching, self-regulation, and study habits of students, found that no studies to be explicitly found to consist of 400 more respondents compared to the other study [21] with 286 total respondents of SEM. Even from a global perspective, no studies about SEM in learning Filipino compared to the study of [22] [23] in English, and [24] Physics.

There is also gap for learning in Filipino because students lack of vocabulary, grammar, language misuse, and even the use of English in the discussion [25]. The research also showed that students have weak foundations and no commitment and learning motivation due to the influence of a teacher with an inadequate teaching foundation and who does not plan classes [26]. Often these teachers have little teaching experience, are traditional, have poor teaching tools, and have too much work to do than teaching; therefore, they neglect proper planning for effective teaching [27] [28].

On the other hand, it is stressed that there is a need for related research into self-regulation [29] because when a student is less likely to be self-regulating, there is a significant influence on lower academic performance [30] [31]. The exact outcome is when students' academic study habit is poor, it will result in low academic performance [32]. One of the factors affecting study habits is spending on social media and other entertainment on the internet [33] [34]. These gaps mentioned motivate the researchers to conduct this kind of study, especially amid the pandemic and the exclusion of Filipino subjects in general education in tertiary education in the Philippines. So, this study was conducted to help fill those gaps in students' learning of Filipino among Grade 12 Senior High School students of the CARAGA region.

## **2. MATERIAL AND METHODS**

### **2.1 Research Design**

In this study, Causal Relationship Analysis research was used. This attempts to extract sustainable sources of cause and impact relationships from research data [35]. It is also a measure of the impact of a few variables on the performance of an action on the impact of other actions [36]. To get the best fit model of the study, the structural equation model was used. It aims to use different types of models to describe the relationship between the observed variables [37] [38].

To achieve interpretation from the data, the researchers used the following statistics: Mean, Pearson Product Moment Correlation, Multiple Regression; and Structural Equation Modelling. The respondents of this study are grade 12 senior high school students from the Caraga region's various public schools. The researchers used stratified random sampling in which the total population was divided into strata [39] [40]. Then, **the respondents were selected randomly** in a unit [41] [42]. It is also better to use because [43] says it reduces the use of representations and avoids the probability of bias in samplings. There are 417 samples in this study.

A contextualized, expert-validated survey questionnaire was used as the research tool in order to accomplish the study's goals. The four-dimensional questionnaire was created by credible scholars and researchers on the topics and was based on their existing materials and get the responding Cronbach alpha, to include effective teaching (.93), self-regulation (.90), study habits (.88), and learning of Filipino (.95). Because the respondents are minors, a copy of the informed consent and assent form was also given to them for the approval of their parents or guardians to participate in this study. Finally, the researchers followed all of the protocols established by the University of Mindanao Ethics Review Committee (UMERC Protocol Number – 2022 - 229) prior to collecting data from various schools in the Caraga region.

### 3. RESULTS AND DISCUSSIONS

#### Level of Perception of Effective Teaching

Presented in Table 1 is the Level of Perception of Learners in Effective Teaching. The total Mean=4.50 which is Very High. That means the level of perception of students regarding effective teacher teaching has consistently been demonstrated. The data exhibit "Inter-action among students" as the highest level of indicators with Mean=4.61 and SD=0.47 and was described as a Very high level of description, while "Marking and Evaluation" earned the lowest Mean=4.37 but still had a descriptive level of Very High. It means that teachers fully demonstrated effective teaching to students.

Table 1. Level of Students' Perception of Effective Teaching

| Indicators                 | SD          | Mean        | Descriptive Level |
|----------------------------|-------------|-------------|-------------------|
| Knowledge and Organization | 0.46        | 4.57        | Very High         |
| Clear Explanation          | 0.51        | 4.41        | Very High         |
| Grading and Evaluation     | 0.55        | 4.37        | Very High         |
| Teaching Methods           | 0.41        | 4.53        | Very High         |
| Interaction with Students  | 0.47        | 4.61        | Very High         |
| <b>Total</b>               | <b>0.41</b> | <b>4.50</b> | <b>Very High</b>  |

The teacher needs to expand his professional development so that he can be updated with effective teaching methods in the present and not just in one and back-and-forth activities [44] [45] [46]. A teacher should also be able to stimulate interest and encourage students to learn different concepts by using meaningful and appropriate feedback [47] [48] [49] [50]. Additionally, it turns out that "Interaction with students" have achieved the highest indicator and can be supported by the previous studies that having a teacher respond to students will encourage them and increase their motivation for learning especially among students with low academic performance [51] [52] [53]. Communication and respect also play an important factor in students for successful academic performance [54] [55] [56] [57]. Also, the data described "Grading and Evaluation" as the lowest level among all indicators with Mean=4.37 with has a very high level. Having a clear and orderly standard of marking will provide guidance to learners, help them to fill out the tasks properly, and also guide teachers to be fair in grade-giving [58] [59] [60] [61].

#### Level of Self-Regulation of Students

Table 2 presents the Level of Self-Regulation of Senior High School students. The data shows that the level of student self-regulation revealed a total of SD=.41, Mean=4.23 with a descriptive level of Very High. "Managing Physical Environment" is displayed as the highest with Mean=4.45 with a Very High-descriptive level, while "Goal Setting" demonstrate the lowest with Mean=4.14 with a descriptive level High. It means that students have fully demonstrated the regulation of their studies in Filipino.

Table 2. Level of Self-Regulation of Students

| Indicators                    | SD          | Mean        | Descriptive Level |
|-------------------------------|-------------|-------------|-------------------|
| Goal setting                  | 0.56        | 4.14        | High              |
| Help seeking                  | 0.56        | 4.16        | High              |
| Self-study strategies         | 0.50        | 4.19        | High              |
| Managing physical environment | 0.53        | 4.45        | Very High         |
| Effort Regulation             | 0.66        | 4.20        | Very High         |
| <b>Total</b>                  | <b>0.41</b> | <b>4.23</b> | <b>Very High</b>  |

Having high-level self-regulation impacts a successful learning experience. It turns out that students demonstrating metacognition strategies often achieve their academic goals but should be accompanied by help from a teacher [62] [63] [64] [65]. Moreover, it appears that "Managing physical environment" is the highest level of all indicators with Mean=4.45. That means improving the physical environment has a major factor in improving and improving academic performance [66] [67] [68] [69] [70].

### Level of Study Habits of Students

Table 3 shows the Level of Student's Study Habits as a third independent variable with indicators of homework and assignment, time allocation, reading and note-taking, test preparation, and examinations/test taking. The data demonstrate that the level of students' study habits Mean=3.71 with a High descriptive level. Out of all indicators, "Reading and Note-taking" had the highest Mean=3.83 with a High Descriptive level, and "Test Preparation" was the lowest with Mean=3.46 but still garnered a High descriptive level. It means that students that senior high school students demonstrated their study habits in the study.

Table 3. Level of Student's Study Habits

| Indicators                                 | SD          | Mean        | Descriptive Level |
|--|-------------|-------------|-------------------|
| Homework and assignment                    | 0.53        | 4.13        | High              |
| Time allocation                            | 0.67        | 3.58        | High              |
| Reading and note-taking                    | 0.62        | 3.85        | High              |
| Student period procedures/test preparation | 0.78        | 3.46        | High              |
| Examinations/test taking                   | 0.68        | 3.54        | High              |
| <b>Total</b>                               | <b>0.49</b> | <b>3.71</b> | <b>High</b>       |

A study shows that students use different strategies to understand the text [71] [72] [73]. It is essential to take the necessary time to avoid having low academic performance in order to effectively achieve reading comprehension [74] [75] [76]. While another study reveals that in reading, women read more often than male students because male students prefer lecture handouts given by their teacher [77].

To be specific, the "Test Preparation" indicator had the lowest Mean=3.46 with a high level. It indicates that exam preparation is very essential for students to attain high scores [78] [79] [80] [81] [82]. Previous studies also discovered that the main reason why most students are unmotivated to study is that their parents put too much pressure on them to do so. Another issue with exam preparation is the limited time available, and another is the common occurrence of students studying right before an exam [83] [84] [85] [86].

### Level of Learning in Filipino

Table 4 shows the Level of Learning in Filipino among students. The "Reading in Filipino" indicator indicated to have reached the highest level and had Mean=4.14 with a High descriptive level. While the "Vocabulary Learning" indicator gained its lowest level with

Mean=3.83 but is still described as a High descriptive level. Overall, the learning of Filipino level among students earned SD= 0.49 and Mean = 4.05, which is described as a High descriptive level. It means that students at the senior high school in Caraga have fully exhibited in learning Filipino.

Table 4. Level of Learning in Filipino

| Indicators                              | SD          | Mean        | Descriptive Level |
|---|-------------|-------------|-------------------|
| Improving the general level of Filipino | 0.51        | 4.12        | High              |
| Vocabulary learning                     | 0.66        | 3.83        | High              |
| Studying grammar                        | 0.64        | 4.04        | High              |
| Reading in Filipino                     | 0.45        | 4.14        | High              |
| Writing in Filipino                     | 0.45        | 4.12        | High              |
| Speaking in Filipino (outside class)    | 0.45        | 4.06        | High              |
| <b>Total</b>                            | <b>0.43</b> | <b>4.05</b> | <b>High</b>       |

This could be supported by a study indicating that students are highly motivated [87] [88]. One of the reasons for increasing the factor in reading is the strategy used by the teacher to ensure that students read comprehensively from a reliable source [89] [90] [91] [92]. Vocabulary is also an important part of learning a new concept. It enables students to apply previous knowledge to a new concept in order to generate new knowledge. However, their effectiveness is dependent on how they are used [93] [94] [95].

#### **Significant Relationship between Effective Teaching, Self-Regulation, Study Habits to Learning of Filipino**

Table 5 shows the correlation between Effective Teaching, Self-Regulation, and Study Habits as latent exogenous variables to Learning Filipino as a latent endogenous variable. It can be gleaned from the result that effective teaching has a significant relationship to the learning of Filipino and can be supported by the previous studies [96] [97] [98] [99]. The p-value of 0.000 is less than the 0.05 level of significance. Thus, the null hypothesis is rejected. In addition, the correlation coefficient,  $r=.229$ , suggests that learning Filipino is related to and can be explained by effective teaching by approximately 23 percent. The other 77 percent can be explained by other variables not covered in this study and may be attributed to stochastic error.

Table 5. Significant Relationship between Effective Teaching, Self-Regulation, Study Habits and Learning of Filipino

| Exogenous Variables | Learning of Filipino |
|---------------------|----------------------|
| Effective Teaching  | .229***<br>.000      |
| Self-Regulation     | .601***<br>.000      |
| Study Habits        | .593***<br>.000      |

As for Self-Regulation, the results affirmed that self-regulation is significantly related to learning Filipino which confirms the previous studies of [100] [101] [102], as reflected by the p-value of 0.000, which is less than the 0.05 level of significance. Thus, the null hypothesis is rejected. Likewise, the correlation coefficient,  $r=.601$ , suggests that learning Filipino is also related to and can be explained by self-regulation by approximately 60 percent. The other 40 percent can be explained by other variables not covered in this study and may be attributed to stochastic error.

At the same time, with a p-value of 0.000, which is less than 0.05, the Study Habits results indicate that it is significantly related to learning Filipino. Thus, the null hypothesis is rejected. Correspondingly, the correlation coefficient,  $r=.593$ , suggests that learning Filipino is also related to and can be explained by study habits by approximately 59 percent. The other 41 percent can be explained by other variables not covered in this study and may be attributed to stochastic error. In other words, the relationship between the variables means that Study Habits and Learning of Filipino are significantly supported in these studies [103] [104] [105] [106], but this could be a source of concern in the research results of another study that there is no significant relationship between study habits and academic performance among senior high school students [107] [108].

### **Significant Influence of Effective Teaching, Self-Regulation, Study Habits in Learning of Filipino among Students**

Table 6 shows the results of the regression analysis that describes the significant predictor of Learning Filipino among students to the observed variables of this study. The analysis shows that the standard coefficient of Self-Regulation has a maximum Beta garnered .450. This suggests that The Learning of Filipino Students is significantly influenced by Self-Regulation. This result agrees with the previous study's findings that self-regulation is a very important predictor of student learning [109] [110] [111]. It is observed that high achievers adopted a variety of self-regulation strategies compared to low achievers because their perceptions and knowledge are different regarding self-regulation. In addition, teachers must continue to provide explicit instruction and scaffolding to facilitate academic learning [112] [113].

Also, the findings about Study Habits among students accumulate a Beta of .416, meaning that there is a significant influence between study habits and learning Filipino. This result is aligned with and supports the study by [114] [115] [116]. In contrast, Effective Teaching in Filipino Learning with Beta -.032. That means that the relationship between the two variables is not direct, and it was accompanied by two interpretations. First, it means that high-quality teachers do not match the academic scores/performance of students who can be supported by the study [117] [118]. In contrast, the student learns quickly and independently, and he or she depends less on the teacher's instruction. If this is the case, a teacher must make modifications and carry out a variety of high-quality standard assessments to increase students' capacity for learning [119] [120] [121] [122].

While the F-value of 143.382 with the equivalent p-value of 0.000 suggests that the regression model is relevant, thus, it does not accept the null hypothesis in such observed latent variables. That means that a variable has been predicted in the learning of senior high school students in Filipino.  $R^2$  has a value of .510, meaning that the combination of two variables contributed 51 percent to students' learning of Filipino. In contrast, the remaining 49 percent could be attributed to other variables not covered by the study.

**Table 6. Significant Influence of Effective Teaching, Self-Regulation, Study Habits in Learning Filipino among Students**

|                     |      | Learning of Filipino |         |          |             |
|---------------------|------|----------------------|---------|----------|-------------|
| Exogenous Variables |      | <i>B</i>             | $\beta$ | <i>t</i> | <i>Sig.</i> |
| Constant            |      | .871                 |         | 4.458    | .000        |
| Effective Teaching  |      | -.033                | -.032   | -.783    | .434        |
| Self-Regulation     |      | .469                 | .450    | 10.299   | .000        |
| Study Habits        |      | .362                 | .416    | 10.938   | .000        |
| R                   | .714 |                      |         |          |             |
| $R^2$               | .510 |                      |         |          |             |
| $\Delta R$          | .507 |                      |         |          |             |

|   |         |
|---|---------|
| F | 143.382 |
| P | .000    |

### Summary of Goodness of Fit of Measures of the Five Generated Models

The initially proposed model required some adjustments and modifications to adapt the data. There were five completed models presented in the study. A summary of the Goodness of Fit review of the five completed models is presented in Table 7.

In recognition of the best fit model, all the Indexes involved are in the accepted range. The chi-square/degree of freedom (CMIN/DF) value should be between 0 and 2, with its corresponding p-value greater or equal to 0.05. The Root Mean Square of Error Approximation (RMSEA) value must be less than 0.05, and its corresponding p-close value must be greater or equal to 0.05. The other indices, such as the Normed Fit Index, Tucker-Lewis Index, Comparative Fit Index, and Goodness of Fit Index, must be all greater than 0.95.

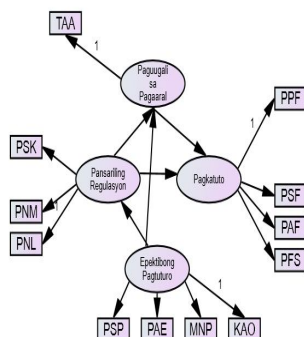
**Table 7. Summary of Goodness of Fit Measures of the Five Generated Models**

| Model | p - value   | CMIN / DF    | GFI         | CFI         | NFI         | TLI         | RMSEA       | P - close   |
|-------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1     | .000        | 6.215        | .794        | .805        | .777        | .780        | .112        | .000        |
| 2     | .000        | 6.010        | .784        | .814        | .786        | .789        | .110        | .000        |
| 3     | .000        | 5.452        | .814        | .836        | .808        | .812        | .103        | .000        |
| 4     | .000        | 5.425        | .815        | .836        | .808        | .813        | .103        | .000        |
| 5     | <b>.248</b> | <b>1.137</b> | <b>.981</b> | <b>.998</b> | <b>.981</b> | <b>.996</b> | <b>.018</b> | <b>.997</b> |

Legend: CMIN/DF – Chi-Square/Degrees of Freedom  
 GFI – Goodness of Fit Index  
 RMSEA – Root Mean Square of Error Approximation  
 NFI – Normed Fit Index  
 TLI – Tucker-Lewis Index  
 CFI – Comparative Fit Index

The generated structural model 5 in the standardized solution, as portrayed in Table 7 is the generated best-fit model. Results indicate that the latent variables of Effective Teaching, Self-Regulation, and Study Habits significantly contribute to the latent variable Learning of Filipino. Model 5 has indices that consistently indicate a perfect fit to the data as indicated by p-value = .248, CMIN/DF = 1.137, GFI = .981, CFI = .998, NFI = .981, TLI = .996, RMSEA = .018, and p-close = .997. All of these fall within each criterion. Thus, there is no need to find another model for testing because it is already the best fit among all tested models. Therefore, the null hypothesis is rejected. It could be stated that there is a model that best fits the learning of Filipino among Grade 12 students in Caraga.

### Best Fit Model



**Fig.1: The Relationship of Study Habits, Self-Regulation, and Effective Teaching and the Direct Causal Relationship towards Filipino Learning with Final Remaining Indicators**

Legend:  
 TAA – takdang aralin (homework and assignment)

|     |  |
|-----|--|
| PSK | - pamamahala sa pisikal na kaligiran ( <i>managing physical environment</i> )                    |
| PNM | - paghahanap ng makakatulong ( <i>help seeking</i> )   |
| PNL | - pagtatakda ng layunin ( <i>goal setting</i> )  |
| PSP | - pamamaraan sa pagtuturo ( <i>teaching method</i> )   |
| PAE | - pagmamarka at ebalwasyon ( <i>grading and evaluation</i> )                                     |
| MNP | - malinaw na pagpapaliwanag ( <i>clear explanation</i> )   |
| KAO | - kaalaman at organisasyon ( <i>knowledge and organization</i> )                                 |
| PFS | - pagsasalita ng Filipino sa labas ng silid-aralan ( <i>speaking in Filipino outside class</i> ) |
| PAF | - pagsusulat sa Filipino ( <i>writing in Filipino</i> )  |
| PSF | - pagbabasa sa Filipino ( <i>reading in Filipino</i> )   |
| PPF | - pagpapabuti ng pangkalahatang lebel sa Filipino ( <i>improving general level of English</i> )  |

The model shows the importance of study habits and self-regulation in learning of senior high school students in Caraga region. The research results recommend that SHS students continue developing and strengthening their natural and learning initiatives by improving their metacognitive and learning strategies. By consistently learning and engaging in experience-based skills, successful academic performance can be achieved even in times of problems cause by academic, contextual, and personal factors.

In the study, it was shown that with all strategies, students often use metacognitive strategies, [123] [124] [125] [126], and social strategies [127] [128] [129] by often consulting fellow students for learning [130]. Therefore, teachers should be able only to consider what strategies students want to use to achieve learning because they are the ones who are better informed of their understanding [131] and the repetitive memorization of the concept to overcome learning difficulties [132].

## CONCLUSION

Based on the data collected, the following conclusions are as given: the level of student perception regarding effective teacher teaching has very high level; the level of self-regulation of students is very high; the level of students' study habits is high, and the level of learning of Filipino among students is high.

The relationship between effective teaching and learning in Filipino, self-regulation and learning in Filipino, and study habits and learning in Filipino has a significant relationship. While self-regulation has the highest beta of .450, it suggests it is highly influencing the learning of Filipino students.

And the fifth hypothesized model is the best fit model for learning in Filipino among students, so there is no need to examine an alternative model.

## RECOMMENDATION

Based on the results of the study, the researchers recommend the following:

1. For each student's critical thinking to advance their proficiency in studying Filipino, teachers may provide projects and activities. In order to adjust to the academic challenge that emerges with a moderate level in this study, teachers or schools may also hold seminars on physical and mental well being.
2. For students to succeed in self-regulation, more instruction is required. This can be done by creating a strategy or program that teaches students to actively evaluate tasks, come up with innovative solutions to problems, put those solutions into practice, and assess the significance of various solutions in different situations. In order for the system to support the expected successful self-regulation, teachers may first receive training so that they may advise pupils on how to develop metacognitive personalities.
3. The study's findings suggest that learning Filipino may be best anchored in three areas: self-regulation based on managing one's physical environment, seeking help, and goal

setting; study habits based on homework and assignments; and effective teaching based on teaching method, grading and evaluation, clear explanation, and knowledge and organization. Therefore, teachers can further support students' efforts and raise the possibility that they will learn Filipino and other subjects more effectively by assigning them difficult exercises and detailed examinations.

## Consent

As per international standard or university standard, parental(s) written consent has been collected and preserved by the author(s).

## Ethical Approval:

As per international standard or university standard written ethical approval has been collected and preserved by the author(s).

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