

**SELF-REGULATED LEARNING IN EFL SPEAKING: INSIGHTS FROM  
STUDENTS AND LECTURERS ON PLANNING, MONITORING  
AND REFLECTION**

**A THESIS**

Submitted to the English Language Teaching Department of Tarbiyah and Teacher  
Training Faculty of Syekh Nurjati Cyber State Islamic University Cirebon  
In partial Fulfillment of the Requirement for Undergraduate Degree



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**ENGLISH LANGUAGE TEACHING DEPARTMENT  
TARBIYAH AND TEACHER TRAINING FACULTY  
SYEKH NURJATI CYBER STATE ISLAMIC UNIVERSITY CIREBON**

**2025**

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**2025**

## ABSTRACT

Speaking is one of the most challenging skills for English as a Foreign Language (EFL) learners since it requires not only linguistic competence but also self-regulation and confidence. To address these challenges, Self-Regulated Learning (SRL) helps learners take control of their learning through planning, monitoring, and reflection. This study aims to investigate how EFL students apply SRL strategies in speaking activities and to identify the supporting and inhibiting factors influencing their implementation. The research also explores both students' and lecturers' perspectives on SRL in speaking. This research employed a qualitative descriptive design. The participants were six EFL students and one lecturer from an English Education Department at an Indonesian university. Data were collected through semi-structured interviews and questionnaires and analyzed using thematic analysis supported by descriptive statistics. The results showed that students applied SRL in three main stages: planning, by setting goals and preparing materials; monitoring, by observing their performance and using feedback; and reflection, by evaluating results and revising strategies. Lecturer feedback, motivation, and peer support acted as supporting factors, while low confidence and speaking anxiety served as inhibiting factors. Overall, SRL was found to significantly improve students' speaking performance by enhancing autonomy, awareness, and self-confidence.

*Keywords: Self-Regulated Learning, EFL Speaking, Planning, Monitoring, and Reflection.*



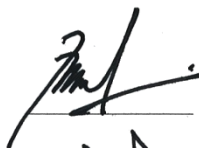



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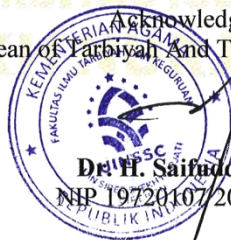
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## RATIFICATION

The thesis which is entitled “**SELF-REGULATED LEARNING IN EFL SPEAKING: INSIGHTS FROM STUDENTS AND LECTURERS ON PLANNING, MONITORING, AND REFLECTION**” written by Qori Riyanda Alifia, with registered number 1908103143, has been examined on October, 27<sup>th</sup> 2025. It has been accepted by the examiners as one of requirements for Undergraduate Degree in English Language Teaching Department of the Faculty of *Tarbiyah* and Teacher Training Syekh Nurjati Cyber State Islamic University Cirebon.

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Submitted by:

**QORI RIYANDA ALIFIA**

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Submitted to English Language Teaching Department of *Tarbiyah* and Teacher Training Faculty of *Syekh Nurjati* State Cyber Islamic University Cirebon in Partial Fulfillment of the Requirements for Undergraduate Degree in Education

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## OFFICIAL NOTE

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*Assalamu'alaikum Warahmatullahi Wabarakatuh*

After guiding, analyzing, briefing, and correcting the writing of Qori Riyanda Alifia with register number 1908103143 entitled “**SELF-REGULATED LEARNING IN EFL SPEAKING: INSIGHTS FROM STUDENTS AND LECTURERS ON PLANNING, MONITORING, AND REFLECTION.**”, we are of the opinion that his thesis can be offered to be presented to the English Language Teaching Department, *Tarbiyah* and Training Faculty, *Syekh Nurjati* State Cyber Islamic University Cirebon as a requirement of an undergraduate degree in English Education.

*Wassalamualaikum warahmatullahi wabarakatuh*

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## LETTER OF AUTHENTICITY

*Bismillahirrahmaanirrahiim*

Hereby I acknowledge that this thesis which is entitled in: **“Self-Regulated Learning In EFL Speaking: Insights From Students And Lecturers On Planning, Monitoring, And Reflection”** is really my own writing with some quotations from some sources by using the acceptable scientific method of writing.

I have written this letter of authenticity according to the truth. I will be responsible for any risk that will happen in the future, if it is proven to offend the ethics of scientific writing.

Cirebon, 03 November 2025

The Writer



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## DEDICATION

All praise to Allah Subhanawata'ala, Lord of the world, who always gives me blessings and strength, always shows me the light, and guides me in every step. Thank you to my beloved parents (Mr. Supardi and Mrs. Hanita Indahyani), who always support me and give me encouragement, advice, and prayers. Thank you to my sister Dita Laila Nafisah and Melida Audrey Khoirunnisa, S.Ds, and my brother Safei Said, S.Ak., S.H., M.H., and Kakey Khadafi Al-Hafidz, who are always beside me and make me happy. Thank you to my beloved grandparents (Mr. Lukman Rumaedi, S.H and Mrs. Haryati). Thank you to my best friends, Anggi Yuliyana, S.Pd and Malhalalika, S.Pd who helped me understand and exchange ideas at the stage of the thesis completion process. Lastly, thank you to Muhamad Parmansyah, who has always been the best encouragement and motivation.



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## **MOTTO**

“Strive not to be a success, but rather to be of value”

Albert Einstein



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The researcher realizes that this thesis was completed because of help from all parties who gave them guidance, advice, suggestions, motivation, and knowledge in waiting and finishing this thesis. Hence, the researcher would like to express special gratitude to:

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3. Dra. Hj. Amroh Umaemah, M.Pd as the Head of English Education Department of Tarbiyah and Teacher Training Faculty of The Cyber Islamic University Syekh Nurjati Cirebon.
4. Hendi Hidayat, M.Pd, as the Secretary of English Education Department of Tarbiyah and Teacher Training Faculty of The Cyber Islamic University Syekh Nurjati Cirebon.
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15. Lastly, thank you to myself for never giving up and always striving to complete this thesis. Thank you for persevering in yourself on this journey.

Finally, this thesis is still far from being perfect. However, the researcher hopes this research will bring advantages for developing English Language Teaching (ELT).

**UINSSC** Cirebon, 03 November 2025  
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**Qori Riyanda Alifia**

## PREFACE

In the name of Allah, the most Gracious, the most merciful. All praises and thankfulness to God because all his permission and blessing, the writer has able to finish this thesis and also the invocation and safety always been given to the prophet Muhammad SAW (peace be upon him), his family, his colleagues, and his followers up to the end of the world.

The thesis entitled “**SELF-REGULATED LEARNING IN EFL SPEAKING: INSIGHTS FROM STUDENTS AND LECTURERS ON PLANNING, MONITORING, AND REFLECTION**” is presented to the English Language Teaching Department of the Faculty of Tarbiyah and Teacher Training Syekh Nurjati Cyber State Islamic University Cirebon in partial fulfillment of the requirements for undergraduate degree.

The researcher realizes that this research is far from perfect. All mistakes and errors in this paper will be my responsibility and every suggestion or idea of any kind to make it perfect will be gladly welcome. Finally, the researcher expects this research would give some contributions to the English Language Teaching Department, School, teachers, students, future researchers, and all readers in general.

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Cirebon, 2 November 2024

The Researcher

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