

***YOUTUBE VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC  
SPEAKING***

**A THESIS**



**Samsul Khabib**

**8212714014**

**ENGLISH EDUCATION DEPARTMENT  
GRADUATE SCHOOL  
WIDYA MANDALA CATHOLIC UNIVERSITY  
SURABAYA**

**2019**

**Running head: *YOUTUBE* VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC SPEAKING**

***YOUTUBE* VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC  
SPEAKING**

**A THESIS**

Presented to Widya Mandala Catholic University Surabaya

in partial fulfilment of the requirement for the Degree of Magister in Teaching English

as a Foreign Language



**Samsul Khabib**

**8212714014**

**ENGLISH EDUCATION DEPARTMENT GRADUATE SCHOOL**

**WIDYA MANDALA CATHOLIC UNIVERSITY**

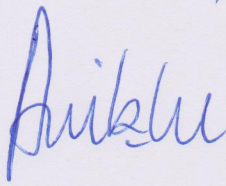
**SURABAYA**

**2019**

## Approval Sheet

(I)

This thesis entitled “*YouTube* Vlogging: Promoting Self-Regulation in Public Speaking” prepared and submitted by Samsul Khabib/ 8212714014 has been approved to be examined by the Thesis Board of Examiners.

A handwritten signature in blue ink, appearing to read 'Anita Lie', is positioned above the printed name of the thesis advisor.

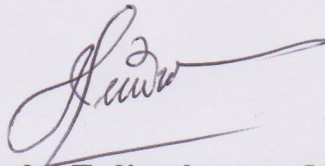
**Prof. Anita Lie, Ed.D.**

Thesis Advisor

## Approval Sheet

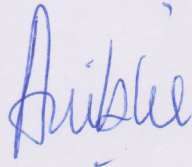
(H)

This thesis entitled “*YouTube Vlogging: Promoting Self-Regulation in Public Speaking*” prepared and submitted by Samsul Khabib/ 8212714014 has been approved to be examined by the Thesis Board of Examiners on July 11<sup>th</sup>, 2019.



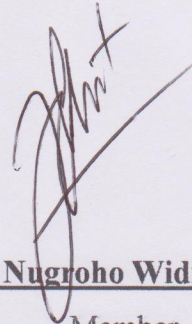
**Dr. Hendra Tedjasuksmana, M.Hum.**

Chair



**Prof. Anita Lie, Ed.D.**

Secretary



**Yohanes Nugroho Widiyanto, Ph.D.**

Member



**Prof. Dr. J. S. Ami Soewandi**

Director

### Statement of Authenticity

I declare that this thesis is my own writing, and it is true that I did not take any scholarly ideas of work from others deceitfully. All cited works were quoted in accordance with the ethical code of academic writing.

I also declare that I agree to submit my thesis entitled “*YouTube Vlogging: Promoting Self-Regulation in Public Speaking*” to Widya Mandala Catholic University library and fully understand that it will be made public via internet and other uses of online media.

Surabaya, July 15<sup>th</sup>, 2019



Samsul Khabib  
8212714014

# **YOUTUBE VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC SPEAKING**

## **Abstract**

This study explored the use of *YouTube* video blogging to promote self-regulation in an *English for Public Speaking* class. The self-regulation includes four essential components namely planning, monitoring the plans, controlling and changing the plans, and reflecting on the works. Furthermore, the investigation was to determine what self-regulation improvement has developed through *YouTube* vlogging and how *YouTube* vlogging can improve students' self-regulation. The research method was a Classroom Action Research. To obtain the data, Self-Regulation Questionnaires in the Pre-Survey and Post-Survey, students' journal entries, and semi-structured interviews were employed as the instruments. Then, the data were analyzed using Quantitative and Qualitative approaches. The data analyses results show that participants improve their self-regulation. The improvement can be seen from the results of the Post-Survey compared to Pre-Survey and the second students' journal entries compared to the first students' journal entries. Furthermore, the results of semi-structured interviews reveal that the improvement was caused by the process of *YouTube* vlogging creation.

**Keywords:** *YouTube* vlogging, self-regulation, *English for Public Speaking*

# ***YOUTUBE VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC SPEAKING***

## **Acknowledgements**

[All] praise is [due] to Allah, Lord of the worlds. I would first like to thank my thesis advisor Ibu Anita Lie. The door to Prof. Lie's office was always open whenever I ran into a trouble spot or had a question about my research or writing. She consistently allowed this paper to be my own work, but steered me in the right direction whenever she thought I needed it.

I would also like to thank my thesis examiners: Bpk. Hendra Tedjasuksmana and Bpk. Yohanes Nugroho Widyanto who gave much input for my thesis writing. Without their passionate participation and contribution, the validation of this research could not have been successfully conducted.

I would also like to acknowledge Bpk. Djoko Adi Walujo, the rector of Universitas PGRI Adi Buana Surabaya, my wonderful colleagues and friends that I cannot mention one by one for the support given.

Finally, I must express my very profound gratitude to my parents, sisters and to my wife and daughter for providing me with unfailing support and continuous encouragement throughout my years of study and through the process of researching and writing this thesis. This accomplishment would not have been possible without them. Thank you.

Surabaya, July 1<sup>st</sup>, 2019

# **YOUTUBE VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC SPEAKING**

## **Table of Contents**

Approval sheet.....	ii
Approval sheet.....	iii
Statement of Authority .....	iv
Abstract.....	v
Acknowledgment.....	vi
Table of Contents.....	vii
List of Tables.....	x
List of Figures .....	xi
Chapter 1.....	1
Background of the Study.....	1
The Research Questions.....	4
The Purpose of the Study.....	4
Significance of the Study.....	4
Scope and Limitation.....	4
Theoretical Framework.....	5
Definition of Key Terms.....	5
Thesis Organization.....	6
Chapter 2.....	8
Relevant Theories.....	8
Self-Efficacy.....	8
Source of Self-Efficacy.....	9
Self-Efficacy and Speaking.....	10
Self-Efficacy and Self-Regulation.....	10
Self-Regulation.....	10

# ***YOUTUBE* VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC SPEAKING**

Self-Regulation Processes.....	11
Self-Regulation in Speaking.....	12
Measuring Self-Regulation in Speaking.....	12
Previous Studies.....	13
Videoblogging in Teaching Speaking.....	13
Videoblogging and Self-Regulation.....	13
<i>YouTube</i> in Language Teaching and Learning.....	14
Summary of Previous Studies.....	14
Chapter 3.....	16
Research Design.....	16
Participants.....	19
Source of Data, Data, and Unit of Analysis.....	19
Instruments.....	20
Self-Regulation Questionnaire.....	20
Students' Journals.....	20
Semi-Structured Interview.....	21
Data Collection.....	21
Data Analysis.....	23
Triangulation.....	24
Chapter 4.....	25
Findings.....	25
Cycle 1.....	25
Acting.....	27
Observing.....	28
Reflecting.....	31

## ***YOUTUBE VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC SPEAKING***

Cycle 2.....	32
Re-Planning.....	32
New Action.....	33
Observing.....	33
Further Reflecting.....	37
Semi-Structured Interview.....	38
Post Survey.....	40
Discussion.....	41
Chapter 5.....	45
Conclusion.....	45
Suggestions.....	46
References.....	48
Appendixes.....	53
Appendix A The results of Pre and Post Survey	
Appendix B The results of Students' Journal Entries	
Appendix C Self-regulation Students' Worksheet	
Appendix D The result of Semi-Structured Interview	
Appendix E Photo Documentation of Research Activities	

# ***YOUTUBE VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC SPEAKING***

## **List of Tables**

Table 3.1 Data Analysis Process.....	21
Table 4.1 The results of students' journals in Cycle 1.....	28
Table 4.2 The results of students' journals in Cycle 2.....	34
Table 4.3 The average score of Pre Survey and Post Survey.....	40
Table 4.4 The results of students' journal Cycle 1 and Cycle 2.....	41

# ***YOUTUBE VLOGGING: PROMOTING SELF-REGULATION IN PUBLIC SPEAKING***

## **List of Figures**

Figure 3.1 The Action Research Spiral.....	16
Figure 3.2 Research Design.....	17
Figure 4.1 The results of the students self-regulation Pre Survey.....	24
Figure 4.2 The results of students' journal in Cycle 1 and 2.....	36
Figure 4.3 The percentage of the students' self-regulation.....	38
Figure 4.4 The results of Pre Survey compared to Post Survey.....	38