

The Effectiveness of Extensive and Intensive Reading Worksheet: A Qualitative Study

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Abstract. This study investigates the effectiveness of extensive and intensive reading worksheets as instructional tools in improving reading skills among students. The study aims to explore how the worksheet influences reading comprehension, vocabulary and sentence structure mastery, and overall reading proficiency. The research employs a qualitative methodology, utilizing in-depth interviews and classroom observations to gather data from a sample of students and lecturers. The study begins by providing an overview of extensive and intensive reading approaches, highlighting their distinct features and goals. It then delves into the design and implementation of reading worksheets tailored to each approach, focusing on their specific activities, strategies, and content. The research investigates the perceptions, experiences, and attitudes of learners and lecturers towards the use of these worksheets, exploring their perceived impact on reading skills development. Data analysis involves a thematic analysis of the interview transcripts and observation notes, aiming to identify recurring themes and patterns. The findings reveal valuable insights into learners' engagement, motivation, and perceived benefits from extensive and intensive reading worksheets. Additionally, lecturers perspectives shed light on their experiences, challenges, and strategies in implementing these instructional tools effectively. The study's outcomes contribute to the existing body of knowledge by providing a comprehensive understanding of the effectiveness of extensive and intensive reading worksheets. The findings inform instructional practices and offer recommendations for lecturers seeking to enhance reading instruction. By understanding the unique advantages and limitations of this worksheet, lecturers can make informed decisions about selecting and implementing appropriate reading worksheets based on students' needs and goals.

Keywords: extensive reading, intensive reading, reading comprehension, qualitative research, worksheet.

1. Introduction

[4] stated that reading comprehension is a fundamental skill that plays a crucial role in academic success. Various instructional approaches, such as extensive and intensive reading, have been used to foster reading comprehension skills among students. Extensive reading focuses on extensive exposure to a wide range of texts, while intensive reading involves a more in-depth

analysis of specific texts. Additionally, teachers will have a better understanding of potential future paths for the implementation of extensive reading programs, such as how to make the most of the Internet's potential for tracking and evaluating students' progress in extended reading [7]. A research's conclusions suggest that teacher scaffolding, as represented by the motivator, strategy guide, and monitor roles, is crucial for students' prolonged enjoyment of reading. In light of this, the term "scaffolded extensive reading" (SER) is proposed to refer to a reading strategy that is student-centered and teacher-facilitated [10]. Meanwhile [3] found from their research that the participants who were treated by Intensive Reading felt that the reading method had improved their reading skills and altered their attitudes after the method's implementation and the analysis of data from the instruments. They found reading to be enjoyable because they felt the tactics they had used were effective. The students also had the ability to anticipate what they would read, to ask questions to determine the author's intent, and to summarize what they had read.

According to [12], when students are actively engaged in their learning, the experiences increase their enjoyment, motivation, sense of accomplishment, confidence, and good emotions. After adjusting for demographic differences like gender and socioeconomic status, [13] discussed how reading enjoyment is positively associated with reading achievement in countries with high academic performance and negatively associated with such achievement in countries with low academic performance. The importance of Extensive and Intensive reading to upgrade students' comprehension skill gives chances to lecturers to develop worksheets which contain of the two reading activities and deal with students' engagement and enjoyment in learning academic literacy. This study aims to investigate the effectiveness of extensive and intensive reading worksheets in enhancing students' reading comprehension abilities.

2. Review of Related Literature

2.1. Intensive Reading

Using written texts to enhance one's reading comprehension abilities is known as intensive reading instruction. Tasks and activities in IR instruction are created to explicitly teach and learn reading comprehension and strategy skills that students need to master in order to apply them when reading on their own outside of the classroom [1].

With the help of brief written texts and reading comprehension activities, the focus of IR instruction is on teaching and acquiring helpful reading methods, target vocabulary, and specific phonological characteristics [2]. In other words, IR gives students the chance to pick up information and abilities in the target language that can be essential tools for them to successfully engage in reading both within and outside of the classroom.

2.2. Extensive Reading

Extensive instruction in reading Based to the ER method of teaching languages, students must read lengthy, simple, and engaging written texts on their own for a variety of reading-related goals[5]. ER can also be described as a process in which students read a lot of self-selected written texts with the goal of reading for pleasure. The texts chosen should be simple and understandable for students and contain 5% or fewer unknown words [8]. To put it another way, when using ER,

students should be required to read a lot of written texts that are simple enough for them to understand on their own, and the texts must be interesting and appealing to match their reading interests and purposes. In this way, students will feel enjoyment and become motivated and want to engage in reading. Scholars and researchers have extensively discussed the advantages of ER.

According to [6], students learning a second or foreign language should read a lot because doing so can help them become more aware of the vocabulary and grammar used in the language they are learning, as well as develop and improve their reading comprehension skills, broaden their knowledge of related subjects, and boost their motivation and self-assurance. [6] offers existing research results, demonstrating that ER can increase students' vocabulary and reading comprehension as well as their motivation. Similarly, [8] claims that ER can help students improve their vocabulary and reading fluency in a foreign language. The effectiveness of ER is significant; it can boost students' reading proficiency and other language abilities, improve their vocabulary and general knowledge of topics and/or the world, and increase their motivation to read as well as their positive attitudes toward reading [5].

2.3. The Integration of Intensive and Extensive Reading Instruction.

Since IR and ER are effective pedagogical approaches that can be used to develop and improve learners' target language reading ability and skills, many scholars and researchers in the field of English language teaching advise language teachers to include both in English instruction [14]. Additionally, according to [5], ER can be incorporated into a regular language course and can improve students' reading skills, vocabulary knowledge, topical and/or global knowledge, linguistic competence, and favorable attitudes toward reading in the target language. Similarly, [14] concur that IR and ER should be combined and linked so that students can learn and develop new language knowledge and skills during IR instruction and have plenty of opportunities to read widely and put their newly acquired language knowledge and skills to use while participating in ER.

According to this theory, the knowledge and abilities of the learners in the target language, particularly their reading abilities, are likely to grow and improve. In conclusion, IR has been shown to be somewhat helpful for students in that it gives them the chance to increase and broaden their knowledge of and proficiency in the target language. Receiving specific teaching during IR can help students' knowledge of the target language's vocabulary, phonology, reading methods, and other associated language elements. The pupils' learning may halt after the lesson has ended or once they leave the school, thus encouraging IR alone might not be adequate for long-term development of their target language knowledge and skills. Students should be involved in both learning to read and practicing reading in class with teacher guidance as well as reading and applying and reinforcing their developed knowledge and skills through engaging in extensive and independent reading outside of the classroom to increase learning opportunities and enhance the students' target language knowledge and skills, particularly in the area of reading.

Students can be exposed to a lot of reading by incorporating ER into a second or foreign language teaching and learning scenario, giving them great knowledge and opportunities for reading for pleasure as well as for developing and improving one's own target language knowledge and skills. Therefore, by integrating IR and ER in English instruction and explicitly tying them together, students will be able to acquire and practice their target language knowledge and skills both inside and outside of the classroom; connect in-class teaching and learning with outside

reading, enabling them to read independently and effectively and to successfully comprehend a text; and read what they want to, whether for pleasure or for academic purposes. Students become more autonomous and lifelong readers as a result of learning to read and being able to read without the teacher's assistance.

3. Methodology:

The purpose of this study was to explore elementary students' perceptions of their experiences, motivation and their engagement since they have learnt by using extensive and intensive reading worksheet. [15] said that "Perception is what person(student) feel about particular thing both conscious and unconscious, whether visual or auditory and thought that are caused by process going on the brain. In other words, perception is people' opinion about something that they are thought is true. It means that perception refers to someone sense or view toward a certain object.

The study employed a qualitative research design to capture the richness and depth of students' experiences with extensive and intensive reading worksheets. A sample of students from a specific grade level was selected, and criteria for inclusion were established. Data were collected through semi-structured interviews and classroom observations. The interviews aimed to gather students' perceptions, attitudes, and experiences regarding the reading worksheets, while observations provided insights into their engagement and interactions during reading activities. The students were divided into three levels of competency in reading and writing of English. The level of competency was based on students' score in subject Contextual Written Language Skill. The students were categorized into good, better, excellent. The number of students which are interviewed in each category are three students.

4. Findings

The interview data for students in level *good* show that they perceived the worksheet which were given by lecturers were the layout of the worksheet is intriguing. The training framework simply has to be reorganized. Preparing reading and writing tasks for extended and intensive reading activities may aid in my English literacy improvement. Encouraging students to read many books from various genres becomes the characteristic of this worksheet. In some parts of lesson were found video link which could be accessed by students in any occasions and places. The videos that were presented triggered students to elaborate their ideas regarding the contents of the video, motivating them to study the subject by reading several references. For instance, students commented, "I like knowing that I'm challenging myself in doing the worksheet". The thing I value most is hard labor, which is something I enjoy doing. And I'm extremely pleased with what the exercises instructed me because I feel like I need to use my brain a lot. I honestly believe it's great.

The data which were collected from students in level *better* implied that the students perceived the extensive and intensive worksheet provided some texts followed by exercises which involve extensive and intensive activities. For extensive reading exercises, the students are trained

to enjoy and develop general reading skills. When they read extensively, they read very easy, enjoyable books and topics build them to speed and fluency. The students are engaged to read longer pieces of reading, which they choose. Their engagement in reading longer pieces is troubled by their limitations in understanding the meaning of some paragraph which contained of some unfamiliar words. Fortunately, the worksheet deals with extensive reading and intensive reading exercises can give the solution to the problems of unfamiliar words and complex structure. The complex words and structures could not be the problem because students are also treated to know the way how to guess and determine the meaning of words.

Based on the data collected, students who are categorized into *excellent* think that they are triggered to read books a lot and read often. In extensive reading activities they chance to choose some topics and some different books. All students in the classroom can know many information from various sources which are provided by all students in the class. To empower students in comprehending some texts, the worksheet provided some exercises which deal with intensive reading. It can help students to develop a better understanding of a text, as well as increasing their fluency and comprehension. By using this worksheet students can control their own learning to be more active in reading some texts. Before using this worksheet teacher needs to motivate students to read because motivation prompt readers to engage in cognitive processes of reading such as reading to gain new knowledge or to become immersed in a story. Motivations for reading include reaching toward forms of academic achievement such as grades, being interested in a particular topic, and enjoying a book that one is reading.

The analysis of qualitative data revealed several key findings. Both extensive and intensive reading worksheets were found to have positive effects on students' reading comprehension skills. Extensive reading worksheets encouraged students to develop fluency, expand vocabulary, and improve reading speed. Students expressed enjoyment in selecting their own reading materials and exploring a variety of genres. On the other hand, intensive reading worksheets facilitated deeper analysis, critical thinking, and reflection. Students appreciated the structured approach and the opportunity to delve into specific texts, which enhanced their understanding and interpretation.

5. Discussion

The findings suggest that both extensive and intensive reading worksheets offer distinct advantages for reading instruction. Extensive reading promotes fluency, vocabulary acquisition, and overall reading motivation. It allows students to explore diverse texts and develop a love for reading. Intensive reading, on the other hand, fosters analytical skills, deeper comprehension, and critical thinking. It provides opportunities for students to engage in close reading and explore complex literary elements. Integrating both approaches into the curriculum can provide a comprehensive and balanced reading experience for students.

For language learners and readers in general, worksheets that include both comprehensive and intensive reading tasks have various benefits. While intensive reading entails closely examining a smaller portion of the material, extensive reading emphasizes reading larger amounts of text for overall comprehension and enjoyment. A worksheet that combines these two methods can offer a

thorough and productive educational experience. These are a few benefits of using such worksheets: Enhanced Comprehension: By exposing students to a variety of terminology, sentence structures, and circumstances, extensive reading aids in the improvement of their comprehension abilities in general. Contrarily, intensive reading enables students to dive deeper into particular passages, improving their comprehension of nuances and complexities. Extensive reading exposes students to a variety of words, which helps them learn new words in context. Activities that include intensive reading can give students the chance to evaluate and comprehend the meanings of particular words, phrases, and idioms. Tasks including determining the major ideas, supporting information, author's aim, and tone are frequently included in intensive reading activities. The analytical abilities that are necessary for interpreting various sorts of texts are developed by the learners through these exercises. Regular reading promotes quicker reading and improved fluency over time. In order to balance speed and depth, intensive reading exercises can assist students in concentrating on reading comprehension at a slower rate.

Combining lengthy and intense reading activities can provide variation, which can keep students interested and motivated. The pleasure that comes from reading a lot can influence how eager students are to participate in more in-depth analysis. The two types of reading are necessary, according to research, to support children's long-term literacy development. Students who engage in intensive reading become strategic readers who can draw on their language and cognitive abilities to fully understand a material. Numerous linguistic as well as non-linguistic advantages of extensive reading for pupils include enhanced reading abilities, a greater vocabulary, and perhaps most importantly, a wider and deeper understanding of the world. We all know that people who read a lot are more entertaining to be around and have better social skills [9].

6. Conclusion

This qualitative study highlights the effectiveness of extensive and intensive reading worksheets in enhancing students' reading comprehension skills, especially in using extensive and intensive reading worksheet. The findings underscore the importance of incorporating both approaches into reading instruction, considering their unique benefits. Educators and curriculum developers should design a balanced curriculum that allows students to engage in extensive and intensive reading activities, providing opportunities for exploration, fluency development, vocabulary expansion, and deep comprehension. Further research is needed to explore the long-term effects of these reading approaches and their impact on students' overall reading achievement.

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