Andragogy's Approach in Micro *Teaching* Project-Based Learning *Equality Program*

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Abstract. The increasing demand for effective adult education methods highlights the importance of learner-centered approaches like andragogy and Project-Based Learning (PBL), particularly in addressing challenges in motivation, engagement, and educational equity. This study examines the integration of the andragogy approach in micro-teaching with PBL within educational equality programs, focusing on its impact on critical thinking, teaching competence, and program retention. The research aims to evaluate the effectiveness and challenges of this pedagogical combination, particularly in underserved communities. Using a systematic literature review, this study synthesizes data from reputable international and national sources to analyze trends and outcomes. The findings reveal that the approach improves critical thinking by up to 50%, enhances problemsolving abilities by 70%, and increases retention rates by 60% compared to traditional methods. Additionally, PBL effectively fosters motivation and collaboration among adult learners, while micro-teaching enhances teaching competence by 80%. However, challenges such as limited digital infrastructure and the need for curriculum adaptation persist, particularly in rural areas. This study concludes that integrating andragogy with PBL in micro-teaching significantly enhances learning outcomes and promotes educational equity. Future research should address implementation barriers and explore scalable models to maximize the potential of this approach in diverse educational contexts.

Keywords: Andragogy, Approach, Micro Teaching, Project, Equality Program

1 Introduction

Equality education programs have an important role in providing access to education for individuals who are unable to complete formal education at the expected age. In this context, project-based learning (PBL) teaching methods and androgynous approaches become relevant because they focus on the needs of adult learners. Andragogy, defined as the arts and sciences of helping adults learn, provides a conceptual basis for a more self-sustaining, relevant to life experience, and based on real contexts [1], [2].

Micro teaching, which was originally designed to train aspiring educators through smallscale teaching scenarios, can be used in the development of PBL to improve tutors' pedagogical skills in equity programs. The combination of micro teaching and PBL with an androgogi approach allows tutors to design a more meaningful learning experience for learners [3], [4]

Equality education has become one of the important pillars in increasing public participation in education in various countries, especially for those who experience obstacles in completing formal education. Based on UNESCO data, in 2021 more than 244 million children and adolescents worldwide were out of formal education, with most of them in developing countries [1]. In Indonesia itself, data from the Central Statistics Agency (BPS) shows that the dropout rate at the junior high and high school levels reached 4.45% in 2022, which is a big challenge in achieving the target of quality education for all [5].

Equality programs, level B and level C, offer opportunities for the public to obtain nonformal education equivalent to the formal level. However, one of the main challenges in the implementation of this program is how to create relevant and engaging learning experiences for adult learners, which have unique characteristics compared to learners of child or adolescent age. The Andragogy approach, introduced by Malcolm Knowles, emphasizes that adult learners are more effective in learning when the material is directly related to their experience and allows them to actively contribute to the learning process [6], [7].

Micro teaching, a training method originally designed to prepare prospective teachers, is now widely applied in the context of non-formal education to train tutors in creating interactive and experience-oriented learning. Project-based teaching (PBL) methods offer a practical approach that can be combined with micro teaching to support active learning, where learners engage in the completion of real-life projects that are relevant to their lives. This systematic review aims to explore how the androgyny approach is applied in PBL to micro teaching programs in equality education, providing insight into the effectiveness, challenges, and best practices based on the existing literature [8].

Various studies show that the application of PBL can improve student learning outcomes by up to 25% compared to conventional methods, especially in developing critical and collaborative thinking skills [8], [9]. However, the implementation of this approach often requires intensive training for tutors, sufficient resources, and adaptation to local needs. Equality in education is a crucial global goal, but significant challenges still lie ahead, especially in reducing dropout rates and ensuring sustainable access to education. According to a UNESCO report, around 244 million school-age children will be out of school in 2023, including at the primary and secondary education levels. Of these, girls in rural areas, especially in developing countries such as Afghanistan, are the most vulnerable to lack access to proper education.

This inequality has a negative impact on the global achievement of the fourth target Sustainable Development Goals (SDGs), which is to ensure inclusive and equitable quality education for all [11]. Meanwhile, data from Our World in Data shows that although the gender gap at the primary and secondary education levels has narrowed globally, regional challenges such as poverty and limited access to qualified educators continue to be major barriers[12], [13].

In line with this need, the project-based Andragogys approach (Project-Based Learning or PBL) in micro teaching has great potential in improving the teaching ability of educators. This model is not only relevant for professional trainers but also for educational equity programs[5], [14]. This system allows adult students to learn in a participatory manner, focusing on real problems that are relevant to their context[15], [16]. The application of this approach to the equality program is believed to be able to reduce the dropout rate and improve the skills and job readiness of adult students. The following summarizes some relevant data related to education and global dropout rates:

Table 1. Dropout rate global					
Years	Number of Children Not in School (Millions)	Dominant Region	Gender Gap (%)		
2020	244	Sub-Sahara Afrika, Asia Selatan	4-10% more women		
2023	244	Sub-Sahara Afrika, Asia Selatan	Almost equal in some areas [17], [18]		

Based on the table above, it can be seen that the distribution of out-of-school children by global region such as Sub-Saharan Africa leads with the highest number of school-age children who do not attend school. Then, South Asia came in second, largely due to poverty and conflict. Furthermore, there has been a change in the trend of the gender gap, namely the existence of a global trend showing a decrease in gender inequality in access to education since 2000, but some regions such as Afghanistan still experience large inequality.

So, in this systematic literature review, we explore how the Andragogy approach is applied in project-based micro teaching learning for equity programs. Using the Systematic Literature Review (SLR) methodology, this article aims to identify, evaluate, and synthesize relevant literature, as well as provide insight into best practices and potential applications of this approach in the context of informal education[19]. The systematic approach in reviewing existing literature through the Systematic Literature Review (SLR) method in this article aims to identify evidence-based solutions to support the implementation of PBL-based programs in micro teaching for educational equity programs. This analysis serves not only to understand the effectiveness of the model, but also to recommend education policies based on global best practices.

2 Research Method

This study uses the Systematic Literature Review (SLR) method, which aims to identify, evaluate, and synthesize relevant literature in a systematic and transparent manner. The SLR method ensures that the entire research process can be replicated and minimizes subjective bias in literature selection and analysis. This approach follows the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) framework to ensure accuracy and consistency of results[16], [17]. This research was carried out through the following stages:

a. Literature Identification

The data sources used are obtained from academic articles and journals from databases such as Scopus, IEEE Xplore, SpringerLink, and Google Scholar. Using the keywords "Andragogy," "Micro Teaching," "Project-Based Learning," and "Equality Program," with a combination of Boolean such as AND and OR. Then, the inclusion criteria used are articles in the 2013–2023 time frame and articles relevant to the implementation of the andrography approach in micro teaching or PBL and publications in English. Meanwhile, for the exclusion criteria, articles without full access and studies with the context of formal education without application to non-formal education or equality are used

b. Literature Selection

The selection process uses two stages, the first is screening based on abstracts and titles. Second, full text assessment to ensure the relevance and quality of the research.

c. Critical Appraisal Each included article is evaluated using the CASP (Critical Appraisal Skills Programme) tool to measure validity, methodology, and contribution to the research.

d. Analysis Process

Data analysis was carried out with a thematic and meta-synthesis approach. Thematic means identifying key themes related to effectiveness, challenges, and best practices in the implementation of andragogy and PBL. Meanwhile, meta-synthesis means integrating findings across studies to obtain more comprehensive conclusions.

e. Data Visualization

The results of the analysis are presented in the form of tables, diagrams, and graphs to show the main trends, research distributions, and quantitatively and qualitativelybased findings. Research protocols, including a list of the literature used, are provided to allow validation and replication by other researchers.

The following is a form of PRISMA table that summarizes the research process systematically:

Process Stages	Number of Articles	Explanation	
Identification			
Articles are identified through database searches	100	Articles found from databases such as Scopus, IEEE Xplore, SpringerLink.	
Articles after duplicates are removed	90	The same article was removed to prevent double analysis.	
Filtering			
Articles filtered by title and abstract	90	Articles are checked for compatibility with the research topic.	
Articles issued	20	Articles are irrelevant or do not meet the inclusion criteria.	
Credentials			
Articles assessed for eligibility via full-text	70	Articles are thoroughly checked for relevance and quality.	
Articles issued	15	Articles are removed for a specific reason (e.g., low quality, different context).	
Synthesis		,	
Articles included in qualitative synthesis	65	Relevant articles analyzed for qualitative findings.	
Articles included in the meta- analysis	40	Relevant articles that are analyzed in more depth for quantitative synthesis.	

Table 2. Summarizes the research process systematically

3 Result and Discussion

3.1 The Effectiveness of the Andragogy Approach to Micro Teaching

The andragogy approach allows adult learners to learn by integrating their experiences. As many as 75% of the studies reviewed reported that this approach improved critical thinking skills up to 50% higher than traditional methods [6], [18]. Improvement of Teaching Competence: Project-based micro-teaching provides up to 80% better teaching effectiveness in the development of learning planning competencies[19]. The Andragogy approach yielded significant results in increasing the active participation of adult participants. Knowles' theory (2015) emphasizes that adult participants learn more effectively when learning is relevant to their personal needs. These results are reinforced by the findings of Zhang et al. (2020), which show improved critical thinking skills through an experience-based approach. Project-Based Learning (PBL) provides a relevant, contextual learning experience. A study by Darling-Hammond & Hyler (2020) found that 75% of participants in PBL felt more confident in implementing learning outcomes. However, this success depends on the ability of educators to design relevant projects [23], [24].

3.2 Implements Project-Based Learning (PBL)

The effect on Learning Motivation was found as many as 85% of adult participants reported to be more motivated when participating in project-based learning because of the direct relevance of the material to daily life [20]. Then, collaboration and Problem Solving: Participants' ability to solve complex problems increased by up to 70% after engaging in PBL compared to the lecture method[21].

3.3 Educational Equity Program

In terms of student access and retention, this approach has been successful in increasing the retention of equity program participants by up to 60% higher than conventional programs in rural areas in Indonesia[26] and South Africa[23]. Meanwhile, dropouts: PBL-based programs reduced dropout rates by 35% in the last three years (2020–2023) in study areas that include India, South Africa, and Indonesia[23].

3.4 Implementation Challenges

A possible implementation challenge is resource limitations. About 40% of studies highlight constraints on digital infrastructure, especially in remote areas[23], [24]. Then, the challenge also lies in curriculum adaptation. Most studies emphasize the importance of curriculum adaptation to integrate the PBL approach with Andragogy[20].

3.5 Discussion

The findings of this study underscore the value of combining the andragogy approach with Project-Based Learning (PBL) to enhance adult education outcomes, particularly in micro-teaching and educational equity programs. To understand these results in depth, a comparative analysis with previous studies is critical, highlighting consistencies, discrepancies, and opportunities for further development.

3.5.1 The Effectiveness of the Andragogy Approach in Micro Teaching

This study found that the andragogy approach improved critical thinking skills by up to 50% compared to traditional teaching methods, echoing findings by Zhang et al. (2020). The emphasis on learner-centered and experience-based methods aligns with Knowles' (2015) theory of adult learning. These results suggest that adult learners engage more effectively when their experiences are integrated into the learning process. Comparison with previous studies is presented in the form of a table as follows:

Aspect	Explanations
Consistency	Studies by Brookfield (2013) and Merriam (2018) similarly found that integrating real-world experiences leads to more meaningful learning outcomes. Merriam emphasized that adult learners who connect course content to their prior knowledge demonstrate better retention and critical analysis skills.
Advancement	The inclusion of micro-teaching amplifies the Andragogycal benefits by providing immediate, structured feedback, which was less explored in earlier studies. This feedback loop enhances self-reflection and competence development[23].
Discrepancy	While previous research focused largely on theoretical applications, this study provides a practical lens by integrating PBL into micro-teaching contexts. Earlier studies often overlooked the scalability of such methods in diverse socio-economic settings.

Table 3. Effectiveness Comparison

3.5.2 The Impact of Project-Based Learning (PBL)

The study highlights PBL's efficacy in fostering motivation and problem-solving skills. 85% of participants reported higher motivation due to the real-world relevance of learning tasks. Additionally, problem-solving capabilities increased by 70% compared to traditional lecture methods. These findings mirror those of Barron and Darling-Hammond (2021), who found that inquiry-based learning models empower learners to approach complex challenges

collaboratively. Comparison with Previous Studies is presented in the form of a table as follows:

Table 4. The impact of PBL		
Aspect	Explanations	
Consistency	Gordon (2018) demonstrated that PBL significantly enhances adult learners' engagement and performance in problem-solving tasks. This study corroborates those findings[24], with data showing improvements in both individual and group learning outcomes.	
Advancement	This study goes further by connecting PBL with program retention rates, illustrating its broader societal impact, especially in underserved areas. Earlier studies focused more narrowly on classroom-level effects.	
Discrepancy	While Gordon (2018) highlighted the universal applicability of PBL, this study identifies implementation barriers specific to adult learners, such as digital literacy and access to technology.	

3.5.3 Educational Equity Programs

One of the most striking findings of this study is the 60% increase in retention rates among participants in educational equity programs utilizing the andragogy-PBL approach. Dropout rates also declined by 35% across multiple geographies, including Indonesia, India, and South Africa. These results reinforce the potential of combining innovative pedagogical approaches to tackle systemic barriers in education. Comparison with Previous Studies is presented in the form of a table as follows:

Table 5. Educational	Equity	Program
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Aspect	Explanations
Consistency	The findings are in line with those of Smith and Naidoo (2020), who reported that adult learners in marginalized communities exhibit higher retention rates when learning methods are contextualized and engaging[27].
Advancement	This study expands the scope by incorporating multi-regional data and demonstrating the approach's scalability across different socio-economic contexts. For instance, rural communities in Indonesia benefited significantly from PBL, as evidenced by retention improvements not addressed in earlier localized studies.
Discrepancy	Previous research by Aker et al. (2017) emphasized financial barriers as the primary driver of dropout rates, while this study highlights motivational and structural factors[29], such as curriculum relevance and teaching methods, as equally critical.

3.5.4 Challenges in Implementation

While the findings demonstrate the efficacy of the andragogy-PBL approach, challenges such as resource limitations and curriculum adaptation remain significant barriers. About 40% of studies cited inadequate digital infrastructure as a key obstacle, particularly in rural and underserved areas. Ghavifekr et al. (2017) identified similar challenges, noting that the lack of reliable internet access and educational technologies hinder the adoption of modern teaching methods[28]. Unlike earlier studies, this research ties these challenges to specific pedagogical approaches, such as the need for project-based learning tools and platforms. While earlier studies emphasized infrastructure as the main challenge, this study also highlights the importance of training educators to adapt curricula to adult learning contexts.

So, the integration of andragogy with pbl offers a holistic approach to adult education, addressing cognitive, motivational, and societal dimensions. By fostering critical thinking, increasing motivation, and reducing dropout rates, this approach has the potential to transform educational equity programs globally. In the future, there will still be research gaps berupa technology access, dimana future research should explore cost-effective, scalable digital solutions to address infrastructure gaps in rural areas. Then, educator training, dimana additional studies are needed to assess the impact of structured training programs on the ability of educators to design and implement pbl effectively. Then, long-term impact that affects, where longitudinal studies could provide insights into the long-term benefits of these approaches on learners' professional and personal development.

4 Conclusion

The integration of andragogy and Project-Based Learning (PBL) offers a paradigm shift in adult education, addressing critical needs such as learner motivation, critical thinking, and educational equity. This study highlights significant advancements, including a 50% improvement in critical thinking skills, 70% enhancement in problem-solving abilities, and 60% increased retention rates in equity programs. These results demonstrate the power of combining learner-centered pedagogy with practical, contextualized learning models.

However, the findings also reveal persistent challenges, such as resource limitations and the need for curriculum adaptation, which must be addressed to ensure the approach's sustainability. By leveraging technological innovations and investing in teacher training, educators can unlock the full potential of this method, bridging gaps in underserved communities and transforming adult education on a global scale.

Future research should focus on scalable, localized solutions and explore long-term impacts to sustain these gains. The combination of andragogy and PBL not only reshapes how adults learn but also fosters a more inclusive and equitable education system. This approach is not just a teaching strategy but a powerful tool for societal transformation, empowering individuals to thrive in their personal and professional lives.

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