

**THE USE OF POMODORO TIME MANAGEMENT TECHNIQUE IN EFL
READING COMPREHENSION**

A Research Paper

Submitted to the English Education Study Program in a Partial Fulfillment of the
Requirements for *Sarjana Pendidikan* Degree



by

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Sebuah skripsi yang diajukan sebagai salah satu syarat untuk memperoleh gelar
Sarjana Pendidikan pada Program Studi Pendidikan Bahasa Inggris Fakultas
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**“THE USE OF POMODORO TIME MANAGEMENT TECHNIQUE IN
EFL READING COMPREHENSION”**

An Undergraduate Thesis

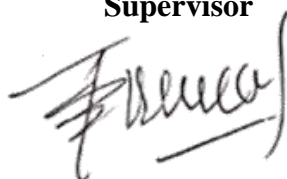
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STATEMENT OF AUTHORIZATION

I hereby declare that this paper entitled “The Use of Pomodoro Time Management Technique in EFL Reading Comprehension” submitted as one of the requirements for bachelor degree, is my own work. I am fully aware that I have cited and quoted some statements and ideas from numerous sources in this paper. All the materials from other references and sources done by other people have been properly cited.

Bandung, July 2023



Lauda Muyassaroh

PREFACE

Alhamdulillah rabbil 'alamin, all praise to Allah Swt. for His graces, mercies, and blessings, who has given the opportunity to me to complete this undergraduate thesis entitled “The Use of Pomodoro Time Management Technique in EFL Reading Comprehension” on time. My prayer goes upon the Prophet Muhammad Saw. as the greatest and the most wonderful mankind in this world.

This study is submitted as a partial fulfillment of the requirements for *Sarjana Pendidikan* Degree of English Language Education Study Program, Faculty of Languages and Literature Education in Universitas Pendidikan Indonesia. This study is aimed to investigate how the implementation of Pomodoro time management technique can help EFL students improve their reading comprehension. I do hope that the findings of this study could be beneficial to the EFL teaching field and contribute for further research concerning the EFL reading comprehension strategy. I also hope that this study could provide insightful knowledge to the readers. Nonetheless, I am well aware that this study is still lacking in some aspects. Therefore, any criticism and recommendations are welcomed and highly appreciated.

Bandung, July 2023



Lauda Muyassaroh

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In completing this journey, I have been blessed by a lot of people who have constantly given me love, support, and assistance. Without the contribution of these precious people, I would not have completed this paper after the ups and downs I have been through for the past couple of months. Hence, I would like to acknowledge those who always support and help me during this journey.

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Lastly, thanks to my dearest friends: Nida, Furi, Rani, Nabilla, Oracle, Storiavera members, and all my classmates in A1 and A2 English Education for the support and precious times we have spent together. I acknowledge that this paper is still far from perfect, but I do also hope that it would have a lot of meaningful benefits for me and for those who are reading this. *Aamiin ya rabbal 'alamin*.

ABSTRACT

Problems encountered by students in EFL reading comprehension, such as the difficulty in maintaining focus and cutting down distractions are found frequently in the classroom. To overcome those obstacles that came from the lack of time management skill during reading, using effective strategies is crucial to help them improve their reading comprehension. In response to this issue, this explanatory mixed methods study aimed to investigate how the implementation of Pomodoro time management technique can help EFL students improve their reading comprehension. Thirty-three 10th grade students of a senior high school located in Depok were first assigned by a pre-test and post-test while being observed for five meetings. Afterwards, fourteen participants were selected to participate in two grouped interviews. Drawing from the descriptive statistics, the quantitative findings obtained by comparing students' pre-test and post-test mean scores using the Wilcoxon Signed-rank test revealed that there was a significant difference in students' pre-test ($M = 82.3$, $SD = 13.040$) and post-test ($M = 88.73$, $SD = 12.143$), $p = 0.001$. As $p < 0.05$, it suggested that the H_0 was rejected and the H_a was not rejected. The qualitative findings analyzed by thematic analysis added to explain several reading comprehension aspects that were supported by Pomodoro technique, they are the reading productivity and reading distractions. This study concluded that Pomodoro technique has helped students improve their reading comprehension by enhancing their focus and time management performance, as well as reducing internal and external factors of interruptions encountered by students during reading.

Keywords: reading comprehension strategy, time management technique, Pomodoro technique, EFL classrooms

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