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## LEARNING AUTONOMY AND SELF-REGULATED LEARNING IN ENGLISH LANGUAGE EDUCATION

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**Abstract:** Learning autonomy and self-regulated learning have become central concepts in modern English language education. As educational systems increasingly emphasize learner-centered approaches, students are expected to take greater responsibility for their own learning processes. Learning autonomy refers to the ability of learners to manage and direct their own learning independently, while self-regulated learning involves planning, monitoring, and evaluating one's cognitive, motivational, and behavioral strategies during learning. In English language education, these concepts contribute significantly to improving learners' communicative competence, critical thinking, motivation, and lifelong learning skills.

**Keywords:** Learning autonomy, self-regulated learning, English language education, learner-centered approach, motivation, independent learning, language acquisition, metacognition, reflective learning, educational technology.

### Introduction

The development of independent learners has become one of the primary goals of modern education. In the field of English language teaching, educators increasingly recognize that successful language learners are not only knowledgeable about grammar and vocabulary but are also capable of managing their own learning effectively. Learning autonomy and self-regulated learning are therefore considered essential components of effective language education.

The rapid growth of information technologies and access to digital learning resources have transformed traditional educational practices. Students now have opportunities to learn English beyond classroom boundaries through online courses, language applications, videos, podcasts, and social media. Consequently, learners need skills that enable them to organize, monitor, and evaluate their learning independently.

This article explores the concepts of learning autonomy and self-regulated learning, their importance in English language education, and methods for promoting these skills among learners.

**Learning Autonomy in English Language Education:** Learning autonomy is commonly defined as the learner's ability to take responsibility for their own learning. The concept was strongly influenced by the work of Henri Holec, who described autonomy as "the ability to take charge of one's own learning."

Autonomous learners are capable of:

- Setting learning goals;
- Selecting appropriate learning strategies;
- Monitoring their progress;
- Evaluating learning outcomes;
- Identifying strengths and weaknesses.

In English language education, autonomous learners actively engage in activities such as independent reading, listening to authentic materials, practicing speaking outside the classroom, and using digital tools to improve language proficiency.

Importance of Learning Autonomy; Learning autonomy offers several benefits in language education: Increased Motivation: Students become more motivated when they have control over their learning decisions.

Improved Language Proficiency:

Independent practice allows learners to increase exposure to the target language.

Lifelong Learning Skills:

Autonomous learners continue improving their language skills beyond formal education.

Enhanced Critical Thinking:

Students develop problem-solving and reflective thinking abilities.

Personalized Learning:

Learners can choose methods and materials that match their individual needs and interests.

Self-Regulated Learning: Self-regulated learning (SRL) refers to the process through which learners actively control their cognitive, emotional, and behavioral learning processes. According to Barry Zimmerman, self-regulated learners are proactive participants who use strategies to achieve academic goals.

Self-regulated learning generally consists of three phases:

Planning Phase:

Learners set goals, select strategies, and organize resources.

Performance Phase:

Students apply learning strategies and monitor their understanding during tasks.

Reflection Phase:

Learners evaluate their performance and make adjustments for future learning.

Components of Self-Regulated Learning

Self-regulated learning includes several important components:

- ✓ Metacognition: Awareness of one's thinking and learning processes;
- ✓ Motivation: Maintaining interest and persistence;
- ✓ Behavioral Control: Managing time, environment, and learning resources;
- ✓ Self-Evaluation: Reflecting on learning outcomes and progress.

In English language learning, self-regulated students may create vocabulary schedules, practice speaking regularly, track grammar mistakes, and assess their own progress through journals or portfolios.

Relationship Between Learning Autonomy and Self-Regulated Learning:

Learning autonomy and self-regulated learning are closely interconnected. While autonomy focuses on learner independence and responsibility, self-regulated

learning provides the strategies and processes necessary to achieve autonomous learning.

Autonomous learners often demonstrate strong self-regulation skills because they can:

- ✓ Plan learning activities independently;
- ✓ Monitor language development;
- ✓ Adapt learning strategies when necessary;
- ✓ Evaluate personal progress effectively.

Similarly, self-regulated learning supports the development of autonomy by encouraging learners to become active participants in their educational experiences.

### Conclusion

Learning autonomy and self-regulated learning are essential elements of successful English language education. They enable learners to become active, motivated, and responsible participants in their learning journeys. Autonomous and self-regulated learners are better prepared to face academic and professional challenges in an increasingly globalized and technology-driven world.

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