

# Implementation of SMART Adult Learning Strategy on Educational Culture Exchange Workshop: Integrating International Language in Learning Experiences to Prepare Young Generation for Global Challenges

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## Abstract

This article aims to describe how community service through implementation of the SMART Adult Learning Strategy to prepare the young generation (in English ability) for global challenges. The activity was carried out in October 2023 at Bengkulu University, with a total of 51 participants in the workshop who were students, teachers, community members, and lecturers from various institutions. To see the workshop's impact on participant English Self-Efficacy which is closely related to their readiness to communicate with international, English-speaking countries, instrument of a closed questionnaire with 7 answer choices of English Self-Efficacy (ESE) Scale was used. The data then analysed by descriptive statistical analysis. The results showed that there was a significant increase in ESE level between pre-implementation and after the implementation. Selected ESE tested had significant increases (on average) were: discussing in English with classmates some topics in which they are interested with a 20% increase; participants' confidence in understanding songs in English was 17%, while the on reading news in English was 17%. The highest increase in ESE level was in understanding English articles about Indonesian culture which has an average increase of 21%. The respondents who believed to have more confidence in their ESE as there was a positive statements impact range between 16-21% increase in the tested ESE level. So, it can be concluded that The implementation of the SMART Adult Learning Strategy to prepare the young generation for the global challenges from the perspective of English ability received a positive response from the participants.

## A. Introduction

Educational Culture Exchange Workshop: Integrating International Language in Learning Experiences to Prepare Young Generation for Global Challenges is a community service program that conducted in facilitating the young generations to be ready for the global challenges, especially in international language challenge, English. Learning English speaking quite challenging for some people, especially for those with low level of self-efficacy (Kashinathan & Aziz, 2021). In relation to learning foreign language, the most suitable approach is highly important to deliver the learning objectives, which is in this moment to increase participants' ESE, therefore they are more prepared for the international language communication.

The activity aims to help the younger generation get equipped for difficulties in adapting across the globe (Bayuseto et al., 2023), particularly those involving the English language. It utilizes the SMART Learning strategy through the workshop in hoping to increase the level of participant's ESE which in line positively to the participants' English skill (Bai et al., 2018). Bandura in Pajares & Urdan (2006) described that self-efficacy is the belief in oneself to successfully accomplish a certain job based on one's appraisal of one's own abilities. It is important for learning since it affects one's motivation, emotions, and behaviours.

When defining objectives for projects and professional growth, people utilize the term SMART as a guidance. First used in Management Review magazine, coined by Doran in 1981 (Bjerke & Renger, 2017). It's common knowledge that the SMART method is the gold standard for creating quantifiable, impactful goals and objectives. And when it's combined with the adult learning strategy, the learning framework will be suitable for more purpose learning which will be according to its learner as an adult learner, whom have tendency in self-regulated their own learning process.

The focus of adult learning strategy is on the various learning demands of students, taking into account their unique circumstances and psychological requirements. According to Knowles et al. (2014), learners possess fundamental experience, a self-concept that includes self-planning and self-evaluation, readiness, goal orientation, and a greater degree of motivation. There are four principles that are relevant to adult education (Knowles, 1980). During the workshop whom mostly were adult participated in course design and assessment. This is in order to build learning as part of experiences, and connecting the significance of studying subjects that are applicable to their daily lives, and an emphasis on problem-solving (Teng, 2022).

Firstly, the participants in the workshop were invited to diagnose the gaps in their English communication skills and set goals that increase their awareness of the learning process and, consequently, their control over their learning. After that, they were asked to design ways to close these gaps so they could see that they might be able to improve their international communication skills. The workshop covered the theory and practice of the SMART Adult Learning Strategy. Because learners could envision how they would be able to meet their learning objectives, they were eventually able to enhance their level of English self-efficacy. The purpose of the workshop is to prepare the next generation to face globalization challenges by introducing and socializing a purposive English learning activity, the SMART Adult Learning Strategy.

The trend of Internationalization in higher education, required both the lecturer and the students to communicate in English (Arroyo-Barrigüete et al., 2022). In more developed universities (Bowles & Murphy, 2020), they offer international classes as one of the requirement to be part of world class university which is one of the objectives of University of Bengkulu. The community service through workshop: implementation of the SMART Adult Learning Strategy to prepare the young generation (in English ability) for global challenges contribute on helping the participants to equip themselves in their learning process on enabling to communicate in international language, English.

## B. Methods

The activity was carried out in October 2023 at Bengkulu University, with a total of 50 participants from various background within the same interest which to improve English communication skills. There was a pre-test before the SMART Adult Learning Strategy applied, and the post-test of ESE scale, the instrument was selected and modified accordingly from 4 out of 32 items in Wang & Bai (2016) Questionnaire of English Self-Efficacy (ESE) scale. The selected questionnaire are close related to the theme of the workshop, International language, English communication skill. The participants asked to rate their ability to complete specific tasks in the context of learning English as a foreign language which are to understand, to read and discuss topic, song and Indonesian culture or other topics that are interested to them.

The instrument used was a closed questionnaire with 1-7 choice of answer that represent participants English self-efficacy. The data analysis technique used is descriptive statistical analysis by comparing the pre and post ESE scale level. The participant response analysis related to workshop activities carried out on the data obtained in the form of an average. The higher the number of the ESE, the more confident the participants about their English skill. Furthermore, the average before and after will be analyzed to see the impact of the SMART Learning Strategy that had applied. Instrument items are given quantitative values as in table 1.

**Table1.** The Level of ESE Scale

| Description      | Scale Value |
|------------------|-------------|
| I can do it well | 7           |

| Description           | Scale Value |
|-----------------------|-------------|
| I can do it           | 6           |
| I can basically do it | 5           |
| Maybe I can do it     | 4           |
| Maybe I can't do it   | 3           |
| I can't do it         | 2           |
| I can't do it at all  | 1           |

Cronbach's alpha for all 32 items ranges from .96 to .99 in prior investigations, indicating good evidence for internal consistency (Kim et al., 2021; Yip, 2017). It means that all items in the instrument are valid, meaning that all items can be used to measure what is to be measured. The study used an experimental approach (quasi-experimental) with a one-group pre-test post-test design, an investigation of the implementation of SMART Adult Learning Strategy that can improve ESE participants as seen in Table 1. *One group pre-test post-test design*

**Table 2.** One Group Pre-test and Post-test Design

| Pre-Test      | Treatment                     | Post-Test     |
|---------------|-------------------------------|---------------|
| T1= ESE scale | SMART Adult Learning Strategy | T2= ESE Scale |

Before the treatment of SMART LO from the andragogy perspective, the 50 participants ESE Scale was assessed first in order to find out the starting point of the participant's ESE (T1 Scale), which will be compared to their ESE scale after the treatment (T2 Scale).

### C. Results and Discussion

After analyzing the data from the questionnaire, It can be seen that there was an increase level of English Self Efficacy before and after the treatment of SMART Adult Learning Strategy in Educational Culture Exchange Workshop: Integrating International Language in Learning Experiences to Prepare Young Generation for Global Challenges (Table 3)

**Table 3.** One Group Pre-test and Post-test Comparison

| The area of English Self-Efficacy  | Pre-ESE Scale | Post-ESE Scale | An Increase (%) |
|--|---------------|----------------|-----------------|
| Can you discuss in English with your classmates some topics in which you are interested? | 4.95          | 5.94           | 20%             |
| Can you understand English song?   | 5.34          | 6.26           | 17%             |
| Can you read news in English?  | 5.04          | 5.85           | 16%             |
| Can you understand article in English about Indonesian's culture                         | 4.78          | 5.09           | 21%             |

The finding shows that ESE level increased significantly. Talking in English with classmates about subjects they are interested in by 20%; Participants' confidence in their ability to understand songs in English reach an increase by 17%; participants' confidence in their ability to read English news increase by 16%; and the participants' highest average increase in ESE level which is 21% was in their comprehension of English articles about Indonesian culture.

During the workshop which exposing the SMART Adult Learning Strategy in theory and practice, Where the participants were invited and instructed to diagnosed the learning gap of their English communication skill, setting up their objectives which increase their awareness of their learning process therefore increase their control on their learning, followed by inviting them in designing how they can fulfil their learning gaps, so they see that they might able to increase their international communication skill.

Through the SMART Adult Learning Strategy, eventually increase participant's level of English self-efficacy as they were able to see clearer their learning objectives on fulfilling their English communication skill gap, and better understanding how they will able to reach their learning goals. This findings relates to

Shopova (2014) that mention a person with well-thought-out learning objectives is more willing to take risks and invests greater courage, effort, and perseverance in completing tasks. This finding in line with previous research which indicates a strong positive correlation between self-efficacy and motivation to study, with highly self-efficacious learners being more self-assured, self-reliant, and driven to learn (Prior et al., 2016c).

It is an inevitable that the globalization along with its opportunities its brings, also has real challenges in almost every side of our lives which required the global citizen to be more competitive in order to thrive (Boso et al., 2018). The globalization required the learners to adapt and improve themselves according to their needs that will always changes that brought by the internationalization. As a learners in this global citizen will need to be able to adapt their learning pattern purposively which will speed up the adaptation.



Figure 1. Documentation of Activities

#### D. Conclusion

Following the implementation of the SMART Adult Learning Strategy in the Educational Culture Exchange Workshop: Integrating International Language in Learning Experiences to Prepare Young Generation for Global Challenges, there was a rise in the degree of English Self-Efficaciousness.

The results indicate a considerable increase in ESE level. Students' confidence in their ability to understand English songs increased by 17%, their confidence in their ability to read English news increased by 16%, and their comprehension of English articles about Indonesian culture showed the largest average increase in ESE level, at 21%. Students also showed a 20% increase in speaking English with classmates about subjects they are interested in. Given that positive words had an impact on the measured ESE level that ranged from 16 to 21%, it can be concluded that the respondents who made up the study's sample had greater confidence in their ESE.

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