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# THE EFFECTIVENESS OF TOTAL PHYSICAL RESPONSE METHOD (TPR) TO IMPROVE STUDENTS' VOCABULARY MASTERY FOR ELEVENTH GRADE AT SMKN 1 NGANJUK

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*Abstract — Vocabulary mastery is very important in learning English. In reality, there are currently a lot of students who do not know the benefits of learning vocabulary mastery. The first problem is the lack of understanding so that students find it difficult to master vocabulary. The objectives of this research are: 1) To find out the application of vocabulary mastery learning strategy 2) To analyze students' ability in English 3) To describe the vocabulary with total physical response method for eleventh grade students of SMKN 1 Nganjuk in the academic year 2023/2024. The results showed that the application of vocabulary mastery using the total physical response method in learning in class XI SMKN 1 Nganjuk was very helpful. This can also be seen in the average value of the pre-test with a sufficient category of 63.47 and the average post-test of 96.66. Based on the results of the analysis with a significant level of 5%, the value of tcount (15.54) ttable (1.690) so is counted. This means there are effective in students learning before and after using TPR Method to improve vocabulary mastery on subject matter in class XI students of SMKN 1 Nganjuk.*

**Keyword:** *vocabulary mastery, total physical response method*

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## INTRODUCTION

Language is a complex system that humans use to communicate, both orally and in writing. It involves the use of sound or letter symbols that have specific meanings in specific social and cultural contexts. In everyday life, language becomes the main tool for conveying thoughts, emotions, and information between individuals. Language also includes grammatical structures and syntactic rules that enable the formation of complex sentences and discourse. Language can be defined as a social code or conventional system used to convey concepts through agreed symbols and combinations of symbols governed by certain rules (Owen, 2006:1).

Language plays a central role in human life in various aspects. Language enables individuals to communicate and interact with their social environment. It facilitates the exchange of ideas, problem-solving, and cooperation in various areas of life, such as in work, education, and family life. In addition, language is also an important tool in the process of learning and understanding. Through language, humans can convey and understand abstract concepts, expand their knowledge, and gain a deeper understanding of the world around them. In other words, language serves as a useful instrument for communication since it gives symbols-like words and sentences meanings that are recognized by the speakers of the language. Grammatical rules are used to combine these symbols to create meaningful messages. People can clearly communicate their thoughts, feelings, and ideas to others thanks to this social accord. The importance of language to humans is inherent in its ability to facilitate social interaction, understanding, and cultural development.

The importance of language for humans cannot be overstated as it is the main tool for communicating and interacting with their social environment. Without it, cooperation in various aspects of life becomes difficult and may not happen at all. More so, language plays a crucial role in the process of learning and understanding, allowing humans to acquire knowledge and comprehend the world around them. Lastly, language also plays a crucial role in maintaining and preserving culture and identity, connecting past and present generations through inherited values, traditions and stories. Thus, language is not only a means of communication, but also the foundation of human social, intellectual and cultural development.

In the modern world, the English language is essential, impacting a wide range of facets of society, culture, and the workplace. In terms of international trade, diplomacy, media, telecommunications, print media, and scientific publications, it is the most often used language. English is a tool for international communication, cross-cultural interchange, and socioeconomic advancement in addition to its linguistic use. Being a lingua franca, it facilitates communication and collaboration between speakers of other languages, promoting understanding and teamwork in a variety of contexts, including business and academia. This language standardization opens doors for mutual development and advancement in addition to facilitating cross-cultural communication.

Vocabulary mastery is fundamental to effective communication and intellectual development, a sentiment echoed by experts across various disciplines. Liz McCarthy (2014:156) state that,

vocabulary mastery is not just about memorizing words, but rather about "understanding how words work and how to use them effectively in different contexts". Thornbury (2015:123) highlights the significance of vocabulary mastery, stating, "A large and active vocabulary is essential for effective communication", he emphasizes that a wide range of words empowers individuals to express themselves precisely and fluently, enabling them to navigate various communicative situations with confidence.

Mastering the English language is increasingly recognized as essential for navigating the complexities of contemporary society. Experts from various fields highlight its pivotal role in fostering communication, cultural exchange, and professional success. According to linguist David Crystal (2018:48), mastering the English language is not about achieving a state of flawlessness, but rather about becoming a confident and effective communicator. Ultimately, mastering the English language empowers individuals to participate fully in the interconnected world of today, unlocking avenues for personal growth, professional advancement, and meaningful cultural exchange.

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Vocabulary problems are conditions in which a person has difficulty in understanding, remembering, or using words appropriately in verbal or written communication. This problem can arise due to a variety of factors, including limited vocabulary, lack of understanding of the meaning of words, or difficulty in associating words with the concepts or objects they represent. In addition, vocabulary problems can also be caused by lack of exposure to a particular language or lack of practice in the use of those words in different contexts. This can hinder one's ability to communicate effectively and make them less confident in communication situations. Vocab problems can affect various aspects of life, including academic, professional and social, as the ability to communicate effectively is essential in many areas of life.

Students in class XI of SMKN 1 Nganjuk often have difficulty in understanding the technical words that are an integral part of their curriculum. These technical terms are often complex and require in-depth understanding in their respective contexts, ranging from information technology to engineering

science. Limitations in understanding these terms can affect students' ability to comprehend the material as a whole, given the importance of understanding details to apply concepts in practice. Therefore, a more in-depth and sustained approach in facilitating the understanding of technical terms is necessary to effectively support their learning process.

Addressing this learning problem requires targeted interventions, such as vocabulary-building exercises, interactive learning activities, and personalized support to enhance students' word acquisition, retention, and usage in different contexts. Collaborative efforts between teachers, students, and parents are crucial in providing the necessary resources and strategies to help students overcome their vocabulary challenges and thrive academically. Language acquisition experts have praised the Total Physical Response (TPR) Method, developed by linguist and educator James Asher, for its creative approach to language learning. Asher's idea, which was first presented in the 1960s, is centered on using movement to enhance language learning and correspond with the ways in which language is naturally acquired. With this approach, students duplicate verbal instructions by physically reacting in ways related to vocabulary or grammar rules. Mario Fant (2010:15), he emphasizes that Total Physical Response (TPR) stands out as a highly effective methodology in vocabulary mastery, rooted in a brain-based approach. By utilizing the brain's natural mechanisms.

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TPR engages students in multisensory experiences, integrating physical movement and vocabulary mastery. TPR is a method that fits the theory of second language acquisition that he proposes. He argues that TPR helps students get the language input they need to learn effectively. Overall, TPR stands as a testament to the power of immersive, experiential learning in language acquisition, providing a unique and engaging method for learners to develop linguistic skills with ease and confidence.

Misra Fadhilah (2011) in this research entitled "The Effectiveness of Teaching Vocabulary Through Total Physical Response Method.". This research was conducted at MTs Khazanah Kebajikan Pondok Cabe Ilir, Jakarta. The sample of this study consisted of 30 seventh grade students at MTs Khazanah Kebajikan Pondok Cabe Ilir. The method used in this research is experimental method. The purpose of this research was to determine the effectiveness of the TPR Method in teaching vocabulary. This study also discusses the differences in vocabulary mastery of students who learn through the Total Physical Response method and the vocabulary mastery of students who learn through the Total Physical Response Method and the vocabulary mastery of students who learn by using the Grammar Translation method. Based on the results of the study, the use of Total Physical Response Method is more successful than using the GTM method in teaching vocabulary. Because there is a significant difference of applying by using the TPR method in teaching vocabulary (Ha is accepted).

Fahrurrozi (2017) in this research entitled “Improving Students’ Vocabulary Mastery by Using Total Physical Response Method”. The purpose of this study is to describe how the Total Physical Response method can improve students’ vocabulary mastery in third grade students of SD Guntur 03 South Jakarta, Indonesia. The sample of this study consisted of 40 students. The researcher used the classroom action research method. The results of data analysis showed that the percentage of learning outcomes in cycle I was 74.13% and in cycle II was 83.38%. In cycle I the increase reached 64.29% and in cycle II the increase reached 87.14%. This shows that the application of the TPR method can improve students’ vocabulary mastery. The application of TPR method in vocabulary teaching is effective in Guntur 03 Elementary School, South Jakarta.

Based on previous studies, the research is aimed (1) To find out the application of vocabulary mastery learning strategy 2) To analyze students’ ability in English 3) To describe the vocabulary with total physical response method for eleventh grade students of SMKN 1 Nganjuk in the academic year 2023/2024.

## RESEARCH METHODOLOGY

In this research, researcher used quantitative methods as research. Researcher conducted research with experimental research, in experimental research there are several designs and researcher used Quasi Experimental Design. The reason for using quasi experimental design is because in reality there is a situation that does not allow to use a control class in this research. Because, the situation the researcher used Quasi Experimental, which only used one class.

This research is to find out whether there is a significant difference students’ vocabulary mastery by using the Total Physical Response (TPR) method, researcher use this method to analyze and compare students’ vocabulary before and after applying by using the Total Physical Response Method (TPR) in class XI TKRO 1 students-of SMKN 1 Nganjuk in the academic year 2023/2024. In this research, the independent variable is “Total Physical Response Method (TPR)” as a teaching media to improve students’ vocabulary mastery. In this research, the dependent variable is students’ vocabulary mastery and students can improve their vocabulary mastery after using by Total Physical Response Method (TPR).

Sugiyono (2018:130) state that, “population is a generalization area consisting of objects or subjects that have the qualities and characteristics set by researchers to research from which conclusions will be drawn”. The population of this research was the XI grade of SMKN 1 Nganjuk in academic year of 2023/2024. The XI grade had 15 classes with the amount of population are 535 students.

Sample is a number of individuals for a study in such a way that the individuals represent the larger group from which they selected (Arikunto, 2006:109). In addition, according to Sugiyono (2012:81) sample is the smaller group having the same characteristics which are owned population.

In getting the research sample, the researcher used a convenience sampling technique. The sample in this research were students in class XI TKRO 1 SMKN 1 Nganjuk, totaling 36 students in the academic year of 2023/2024.

Data collection uses a multiple-choice test of 20 questions. “Test is a method or procedure used to measure and assess by asking questions” (Sugiyono, 2009). The test used in this research aims to measure students' abilities through multiple-choice questions. From the test results, it will be known the increase in students' vocabulary, especially by using the Total Physical Response Method (TPR) technique. Because the pre-test and post-test questions have 20 multiple-choice questions, the value of multiple choice is 5 and the result will be the score of each student. The questions consist of the identify the meaning vocabulary, and identify the synonyms and antonyms from vocabulary. Just like the post-test and pre-test, the questions given are different.

Creswell (2012: 207) states that, “research instruments are tools used to collect data, both quantitative and qualitative data. This tool must be carefully selected to suit the research design and the type of data to be collected”. Meanwhile according to Ankunto (2010: 192), “research instruments are tools used by researchers in collecting data to make their work easier and the results are better in a more complete and systematic way so that the data is easy to process.”

Table 1 Research Instrument Pre-Test and Post-Test

No.	Indicator	Amount of Question	Score
1.	Identify the meaning vocabulary	10	Correct Answer: 5-point
2.	Identify the synonyms and antonyms from a vocabulary	10	

**Maximum score: Total of the correct answers x 5 point**

$$\underline{20 \times 5 = 100}$$

## RESEARCH FINDINGS AND DISCUSSION

The pre-test was conducted before the treatment was carried out with a total of 20 questions in the form of multiple-choice questions. The number of students who attended the class and took the test was 36 students. From the pre-test, researcher find that the highest score on the pre-test was 75 and the lowest score was 30. There were 25 students with good criteria, 8 students with enough criteria, 2 students with very poor criteria and 1 student with poor criteria. Based on the results of the table above, the average score of students' vocabulary mastery before applying by using Total Physical Response Method is 63,472. So that it can be categorized as “Enough”.

In this section, the researcher shows the results of students' vocabulary mastery after applied being Total Physical Response Method by giving a post-test conducted after treatment with a total of 20 questions in the form of multiple choices. The number of students who attended class and took the test was 36 students. From the pre-test, researcher find that the highest score on the pre-test was 100 and the lowest score was 70. There were 34 students with very good criteria, 2 students with good



criteria. Based on the results of the table above, the average score of students' vocabulary mastery before applying by using Total Physical Response Method is 96,666. So that it can be categorized as "Very good".

Table 2 The analysis of the student's improvement result

Characteristic	N	Mean	Lowest Score	Highest Score
Pre-test	36	64	30	75
Post-test	36	97	70	100

From the table, it can be determined that the average of the student's learning result increased from 64 to 97.

The pre-test results served as a baseline to measure initial proficiency levels, while the posttest results showed improvement after using the TPR method. This structured evaluation not only highlights the impact of this method in improving students' vocabulary mastery, but also underscores the methodological rigor used in the research process to ensure reliable and valid conclusions. To find out whether the difference is significant or not from the pre-test and post-test results that have been described, it must be returned to the hypothesis. The researcher already has the hypothesis in question. From the data obtained during the study before and after the use of TPR Method, the t test obtained  $t_{count} = 15,54 > t_{table} = 1,690$ . So that  $H_a$  is accepted.

Based on the research results, the t test obtained  $t_{count} = 15.54 > t_{table} = 1.690$ . So that  $H_a$  is accepted. This means that there is a significant difference in student learning before and after the application of the Total Physical Response (TPR) method to improve vocabulary mastery. From the discussion above, it can be concluded that eleventh grade students at SMKN 1 Nganjuk have very good vocabulary mastery after the application of the Total Physical Response (TPR) method, especially in understanding narrative texts.

## CONCLUSION AND RECOMENDATIONS

The vocabulary of the students before the applying by using of Total Physical Response method was quite limited, some students did not know the vocabulary in English even words or objects that they often use in vocational practice and they use in daily life. Some students did know some English vocabulary, as can be seen from their pre-test scores. There were some students who scored below average.

Students' vocabulary after applying by using of Total Physical Response Method gained new knowledge and their vocabulary increased, many students were active and happy to learn English, all of that was seen from the number of students who got good grades at the time of the post-test.

Students' vocabulary before applying by using of Total Physical Response Method is quite limited. There was a significant improvement after applying by using Total Physical Response Method.

The improvement can be seen from the students' scores in the pre-test and post-test. Another difference is that students are more active and dare to speak English in class after applying by using the method.

The researcher recommends the following, for teachers: It is recommended to apply the Total Physical Response Method (TPR) as an alternative to vocabulary mastery learning to help students better understand the material. For students: Students use Total Physical Response Method (TPR) when reading texts to improve their vocabulary mastery and students will express and present ideas and opinions, as well as be active in learning. For future researchers: to be able to use this research as a reference in conducting future research, so that it can be carried out and developed and conduct research on the effectiveness of Total Physical Response Method (TPR) in other learning.

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