

The Influence of Reading Habits on the Reading Competencies of Casa Miani's Learners

Joy Hallig Estremera

School of Graduate Studies, St. Louise de Marillac College of Sorsogon, Inc., Sorsogon City, Philippines

E-mail: joyhlestremera14@gmail.com

Abstract— Establishing reading habits at an early age provides a strong foundation for learning among schoolchildren. Integrating reading activities into the daily routine of these learners paves the way for a better learning experience. Such were the views that propelled the researcher to conduct this qualitative research work on the influence of reading habits on the reading competencies and academic performance of Casa Miani learners.

Specifically, the study explored how the frequency of reading, types of reading materials, physical reading environment, time management, and the guardians' support influence the learners' reading competencies and academic performance. Based on the narratives of the informants, it was revealed that regular reading activities and dedicated sessions foster positive outcomes. The curriculum standards-based textbooks complemented by literacy enhancement resources significantly support reading habit formation. The physical reading environment and its proximity play a crucial role in reading habits and academic progress. Both the structured study schedule and time blocking promote a more focused reading habit. Likewise, the provision of guardian support yields a significant impact on the reading ability of the learners.

The given results were affirmations of the value of establishing reading habits, thus adaptive reading activities such as personalized or differentiated reading tasks are proposed to scaffold the reading habit formation of the learners, thereby improving their academic performance.

Keywords— reading habits, academic performance, reading competencies, literacy enhancement resources, adaptive reading activities.

I. INTRODUCTION

Reading is an essential skill that significantly impacts cognitive development and academic achievement. The psychology of reading explores how readers extract and comprehend visual information from written texts. It is the process of extracting and comprehending visual information from written text. Meanwhile, the science of reading has resulted in a preponderance of evidence to inform how proficient reading and writing develop; why some struggle; and how we can most effectively assess and teach, and thus improve student outcomes, by preventing and intervening in reading difficulties.

The development of reading competencies is not only a reflection of one's ability to decode words but also an indicator of the broader skills required for comprehension, critical thinking, and knowledge acquisition.

For young learners, developing effective reading habits at an early stage can lay the foundation for lifelong learning and success. In recent years, educators have increasingly focused on the role of reading habits in shaping the overall literacy abilities of students.

At Casa Miani, an institution known for being a home for orphans, neglected, abandoned, school dropout, physically abused children and those in high-risk situations, who, because of pitiful circumstances are deprived of their rights and possibility of a proper, harmonious development (Fr. Arganiosa, 2023). Understanding how Casa Miani's reading habits influence their reading competencies is crucial to enhancing teaching strategies and improving student outcomes. Reading habits encompass not only the frequency of reading but also the types of texts engaged in the environment in which reading occurs, and the purpose behind the reading activity.

Students' reading habits may impact their reading competencies and cognitive growth. There is no denying that reading is a skill that has an immeasurable effect on a student's academic journey. Reading is defined as, cognitive development in which the learner can comprehend text through understanding, interpreting and relating the meaning of the text (Olifant et. al., 2019). One of the key abilities a student must develop to excel in life is the skill of reading; reading is crucial not only for academics but also for daily activities.

According to Egong (2015), reading is a cognitive task conducted in literate societies to gain information and increase understanding. Reading is a crucial activity in an individual's life as it stimulates their curiosity and drives them to gain more knowledge. It also allows individuals to enjoy and be entertained by sharing the experiences of others through printed and non-printed materials. It is a process of capturing, deciphering, and communicating printed words into spoken words to comprehend the message and implement it regularly.

Developing reading routines can equip students with productive study techniques, obtaining familiarity with diverse study materials, and enhancing memory capacity. Reading serves as a crucial instrument for transferring knowledge and cultivating a habit of reading is a significant academic practice that enhances proficiency in reading approaches. Therefore, cultivating reading habits is comparable to students' academic success and accomplishments. Academic success is often seen as a complex phenomenon that involves language skills, effective study habits, and specific personal qualities. In addition, this can be achieved by developing a good habit of reading, which will turn someone into a dedicated learner. Developing a habit of reading at a young age is crucial in acquiring the essential skill of gaining knowledge, which plays a significant role in everyone's life. The Interpretation Reading Association states that reading involves a full process of understanding both printed and non-printed material, which includes having the motivation to read, using active strategies to understand content, having background knowledge and vocabulary for comprehension, decoding unfamiliar words, and reading fluently. On the flip side, a reading habit can be described as the continuous practice of reading. Academic achievement as stated in the Cambridge University Reporter in Emeka (2017) is commonly described by how well students perform on exams. Academic performance is defined as the skills that students have acquired and is typically evaluated through assessments such as standard tests, performance assessments, and portfolio assessments (Santrock, 2016). The grading system, such as Grade Point Average (GPA) and course grade, is consistently used to translate descriptive assessment information. One of the primary objectives of school is to achieve academic success as shown through examination outcomes.

Students establish regular reading routines to understand academic subjects and excel in tests. These behaviors

are essential in influencing academic success. Reading and academic success are closely connected, influencing each other simultaneously. Students' reading patterns differ as a result of their varied backgrounds. Some students show great reading habits, while others display bad ones. Academic success reflects the level of knowledge acquired through schooling (Bashir & Mattoo, 2019). If students desire to promote a creative education, they need to develop positive reading practices. Regular reading is essential for developing a habit of reading, especially during leisure time. Reading can provide students with an amazing journey of self-discovery and a deeper comprehension of their experiences. Developing a habit of reading is most impactful in the early years of schooling, but once established, it can last a lifetime.

Successful learning is dependent on successful reading, as it is closely connected to academic success. Hence, establishing strong reading practices is necessary for academic achievement. By incorporating these habits into their routine, students can enhance their academic performance by improving their comprehension skills. There is a strong connection between academic success and reading. Good reading habits can improve a student's performance, not just in academic courses but also in a range of other situations. These reading habits enable children to acquire valuable and meaningful knowledge. Good reading habits are crucial for children to thrive and achieve success in life.

Stakeholders in the education system are increasingly worried about the negative effects of students' inadequate reading habits on their exam performance. Insufficient programs in schools have impeded the fostering of beneficial reading habits. As a result, most students in the educational system lack enthusiasm for reading voluntarily, pleasurably, and extensively. Based on Vygotsky's perspective, children acquire skills by engaging with adults. Vygotsky believes that parents play a crucial role in shaping their children's reading skills. Cook-Cottone (2015), Dodici and Pertson (2018), and Rashid (2015) observed that children are more inclined to view reading as important if they receive encouragement and recognition for their reading endeavors at home. Parental encouragement plays a vital role in inspiring children to read both at home and in schools. Research conducted by Fan and Chen (2021) as well as Dearing et al. (2015) have shown that parents' participation in their children's reading can lead to improved academic results. When parents are

actively engaged, supportive, and motivating towards their children, the children are more likely to be motivated to work hard, resulting in academic achievement.

Developing a habit of reading at a young age in school is ideal, as it can continue throughout one's entire life according to Green (2017).

Reading in an educational setting helps individuals enhance their understanding and intelligence. The retention of information helps students and has a significant impact on a person's social, spiritual, and economic standing. Effective reading habits lead to better understanding and can be observed through a student's increased comprehension. Hence, in this research, reading habits refer to intentionally scheduling and dedicating time to read for enjoyment and educational purposes until an individual develops a passion for reading.

Reading routines have been identified as exerting a substantial influence on the intellectual productivity of learners. It plays a key role in achieving higher academic success, a method of acquiring information, and it impacts the performance of learners globally. (Tus, Lubo, Rayo & Cruz, 2020). Reading, especially non-academic books, boosts learners' emotional and intellectual intelligence.

Developing good reading habits enables learners to enhance their critical thinking skills and ultimately enhance their academic performance. Moreover, reading fictional books that are not academic can also enhance learners' language abilities. Students' performance and development are affected by inadequate reading habits, leading to a significant impact on their comprehension (Kuijpers et al., 2019).

Academic success is determined by how well students perform and relates to achieving educational objectives. Crow and Crow (2016) stated that, academic achievement is defined by how well a person has gained knowledge skills through the training they have received.

Nevertheless, academic success is evaluated by school-determined ratings following assessment tests taken by students. Student achievement is frequently assessed based on their Grade Point Average (GPA).

II. OBJECTIVES

This study primarily aimed to present the influence of reading habits of Casa Miani's learners to their reading competencies.

Specifically, the effect of the frequency of reading, the types of reading materials, the physical reading environment, the learners' time management, the extent of guardians and teacher's support to the reading competencies of Casa Miani's learners.

III. METHODOLOGY

This study employed qualitative method and used researcher-made survey questionnaire because the researcher considered it most appropriate to gather relevant data. Additionally, this study sought to offer a reading scaffolding activities for the Casa Miani's learners, which in turn will contribute to their general academic achievement in the classroom.

The population of participants for this research consists of six (6) advisers and/or subject teachers who are currently teaching Casa Miani's learners. One (1) social worker, two (2) brothers and one (1) priest or guardian who takes care of the Casa Miani's learners, a total of ten (10) participants. This study used purposive sampling technique in determining the participants of the study which happened to be the most accessible.

To gather the data needed, the researcher utilized a survey questionnaire to elicit vital information from the participants. Data collection also included demographic information such as checklist for the position of the participants whether a teacher, social worker, Somaskan father or brother. The survey questionnaire had six questions. For further clarification and verification of data, the researcher also conducted a short interview and follow-up questions in connection to the survey questionnaire.

IV. RESULTS AND DISCUSSION

This chapter presents the data which the participants provided, likewise, these data have been analyzed and interpreted in this chapter.

I. The Frequency of Reading Affects the Learners' Academic Performance

Reading habits have a significant effect on students' academic achievement. Regular reading habits have been linked to better academic results in a variety of subjects, according to numerous research. In addition,

reading regularly introduces students to a variety of words, expressions, and sentence patterns. Students' performance on tasks, essays, and tests improves as a result of their increased vocabulary, which helps them communicate more effectively both orally and in writing.

Building Reading Habits of Learners

Developing good reading habits in students is crucial for their cognitive development, personal development, and academic performance. Reading develops a lifetime love of learning, increases critical thinking, and expands knowledge in addition to improving reading abilities. Strong reading habits take time to develop and call for interest, patience, and persistence. Students are more likely to form and maintain a lifetime reading habit if a range of reading materials are provided, realistic goals are set, a routine is established, and reading is made social and participatory. With the correct techniques, reading may develop into a passion that drives education and individual development rather than merely a skill.

This idea has been given emphasis by the sharing made by research participant 6 statement "Casa Miani learners often engage in reading activities when complying with their assignments. It contributes to their academic performance because they use their knowledge and critical thinking." On the other hand, participant 8 stated that "Casa Miani's learners often engage in reading activities especially in their classroom, they also have reading activities every Saturday at Casa Miani." Reflected from the responses of the participants it is evident that when Casa Miani's learners are often engaged in reading activities it leads to building reading habits and eventually it will contribute to their academic performance.

Literacy Resources of Learners

Having access to a variety of materials that accommodate various learning requirements, interests, and styles is essential to developing good reading abilities. Students may participate meaningfully with reading and writing by combining digital resources, tangible materials, instructor assistance, and interactive exercises. Participant 5 shared that "For those who can read properly, they were very enthusiast to lead the readings or reading our materials" however participant 6 firmly stated "As I observe Casa Miani's learners engage in reading only during their reading hour/subject in school." Teacher-made reading materials and

textbooks for their subjects are the common resources the learners utilize regularly.

Daily Reading Schedule

Practicing these routines helps learners improve their literacy skills while fostering a consistent or daily habit. By making reading a part of the daily routine, learners will not only improve their reading comprehension and fluency but also develop a lifelong passion for reading.

Establishing and sustaining regular reading habits can be achieved through a well-planned daily reading schedule, which encourages students to engage with texts consistently. This routine not only enhances their literacy but also cultivates a lifelong passion for reading. At Casa Miani, participant 1 noted that learners engage in regular reading, especially during the Saturday activities with tutors. While, participant 7 further explained that in their class, students participate in daily reading activities that help them understand basic phonetics and spelling. Practicing such routines not only improves learners' literacy skills but also fosters a consistent reading habit. By incorporating reading into their daily routine, students enhance their reading comprehension and fluency while developing a lasting love for reading.

Benefits of Regular Reading

Reading regularly offers a wide range of benefits that extend far beyond simply acquiring new information. It enhances cognitive function, improves language skills, boosts emotional intelligence, fosters social connections, and even provides stress relief.

Whether for educational purposes, entertainment, or personal growth, reading enriches nearly every aspect of life. Participant 2 mentioned that "Students at Casa Miani are often able to read whenever it is related to a subject they are studying, and these methods will definitely help them improve their reading skills." Similarly, participant 9 shared that "They usually engage in reading activities at their school and every Saturday.

It improves their reading comprehension and understanding in various subjects." By establishing a consistent reading routine both inside the classroom and at home, learners can tap into these benefits, leading to improved reading skills, better comprehension, and overall well-being.

Impact of Regular Reading on Academic Performance

Frequent reading has a significant impact on academic performance, enhancing critical thinking, linguistic proficiency, cognitive ability, and overall academic success. Students, who establish regular reading habits, whether engaging with research papers, fiction, non-fiction, or textbooks, tend to perform better academically. However, participant 3 expressed concerns, stating that Casa Miani's students have little to no engagement with reading, which negatively affects their academic performance. They struggle with activities that require reading, have difficulty comprehending simple instructions, and often depend on others to read and spell for them. On the other hand, participant 4 disagreed, mentioning that regular reading does not necessarily contribute to their academic performance. The clear impact of regular reading on academic success is evident; when students engage in reading infrequently, it leads to negative consequences such as poor comprehension, weak spelling skills, and a dependence on others for learning.

II. Types of Reading Materials Associated with Learners' Academic Performance

Reading materials have a substantial impact on students' academic achievement by improving comprehension, critical thinking, and problem-solving skills. Reading materials may have a variety of effects on learning, depending on the content and how students interact with it.

Story Books as Reading Resources for Literacy Development

Storybooks are effective tools for promoting literacy development in young readers, as they stimulate imagination, increase vocabulary, and enhance cognitive abilities. When asked about the types of reading materials, two participants shared similar views. Participant 7 stated, "In my own opinion, I think storybooks like *The Tortoise and the Hare*, *The Ugly Duckling*, *The Little Red Riding Hood* for primary pupils and *Hansel and Gretel*, *The Tale of Peter Rabbit* and *The Merry Adventures of Robin Hood* can be used for intermediate pupils." Meanwhile, participant 2 observed that, I find storybooks, especially those with illustrations like *The Little Red Hen*, *The Monkey and The Turtle*, *The Princess and the Pea* and *Rapunzel* that helps children empathize and sympathize with the characters. It not only enhances their understanding but also broadens their perspective of reality. Storybooks

are an invaluable resource in developing literacy. They provide children with the tools to build language skills, foster creativity, and enhance cognitive abilities. By making storybooks a regular part of a child's life, it can help lay the foundation for their lifelong literacy and a love for reading.

Textbooks and Reference Materials

When it comes to textbooks and reference materials, there are several resources available to support various academic disciplines and subjects. Depending on the subject area, textbooks often give in-depth treatment of certain topics, whereas reference resources are intended to provide rapid, thorough information for research or clarification. Participant 1 supports that textbooks, curriculum-related materials have the most impact and also helps with vocabulary. Similar to participant 10 saying textbooks like *Number Smart 1-6*, *Lahing Pilipino 1-6*, *Science Links 1-6*, *Enjoying Life Through Music, Arts, Physical Education and Health 1-6*, *Yamang Filipino 1-6*, *Signs of The Times 1-6*, *Tanglaw sa Kagandahang Asal at Wastong Pag-uugali 1-6* and *Essential English for Active Learners 1-6* since they can learn foundation knowledge about their subjects or lessons. Based on the answers of the research participants it clearly reflects that textbooks are valuable tools for students. Textbooks provide a vital foundation for regulated learning, allowing students to gain information systematically. It helps the learners become well-rounded learners capable of deeply engaging with their topics and effectively applying their knowledge.

Phonics and Decodable Literacy Materials

Phonics and decodable reading materials are critical tools in literacy development, especially for young children who are learning to read and write. These activities are intended to help students develop phonemic awareness, letter-sound connections, and decoding abilities, all of which are necessary for a solid reading foundation.

While most of the research participants believed that textbooks, articles and storybooks are the reading materials that are associated with learners' academic performance. Participant 7 believed that the flashcards which contains simple spelling of words is one of the associated reading materials with learners' academic performance. Together, they support the development of essential reading skills such as correct spelling, decoding, fluency, and comprehension.

Teacher Made Literacy Materials

These are the materials that educators produce to help and improve pupils' reading skills. These products may be modified to match the individual requirements of their pupils, reinforcing concepts, offering practice opportunities, and accommodating a variety of learning styles. Participant 3 shared that "Reading materials that can catch their attention, depends on their interest." Participant 4 also has the same response saying "I think the best reading material for them is reading manipulative material. They are always active and they always use their hands, feet and their bodies." Based on the response of the participants, teacher-created resources provide individualized, adaptable, and highly engaging literacy materials. Teachers can also use culturally appropriate resources for their pupils, such as real-life examples, local language, or familiar subjects, to make the learning experience more personal and meaningful.

III. How the Physical Reading Environment Influences Learners' Reading Habits

The physical reading environment plays a critical role in shaping learners' reading habits and overall engagement with reading. Research shows that the design, atmosphere, and accessibility of the environment where reading takes place can significantly influence how students' approach and develop their reading skills.

Proximity of the Reading Spaces for Learners

The proximity has a substantial impact on learners' reading habits, engagement with texts, and overall literacy development. The placement and accessibility of reading locations, whether in a classroom, library, or at home, can encourage or discourage frequent reading. This feature of the learning environment is often underestimated, although it has a significant impact on how frequently and successfully learners engage with reading content. When asked about the influence of the physical reading environment on learners' reading habits, Participant 1 stated, "A quiet and organized space like a small, dedicated space in the corner of the classroom, featuring low bookshelves filled with a variety of books. It's designed to be inviting and comfortable enhances focus. In noisy environments, they tend to get distracted more easily." Moreover, participant 10 said that "The physical environment of Casa Miani's learners greatly affects the reading habits in a way that they are prone to playing, and there is no follow-up at home." Pertaining to the responses of the two participants, it is apparent that a well-organized,

inviting, and resource-rich reading space encourages learners to engage more deeply with texts and fosters a positive attitude toward reading. On the other hand, an uninspiring or chaotic environment can discourage reading, reduce focus, and hinder literacy development.

Common Designated Reading Spaces

These are areas designated in a school, library, or home to encourage reading and enhance students' literacy development. These rooms are intended to be comfortable, peaceful, and inviting, providing an ideal atmosphere for reading, whether for individual or group activity. These places are critical in instilling a love of reading, boosting literacy abilities, and motivating kids to interact with books on a regular basis. According to Participant 4 Casa Miani have study room where they can study and read, while Participant 3 said that their physical environment is spacious but lacks posters that includes reading posters. Their place is bland. Although, they have ample books, they don't use it.

With these given statements, it is noted that Casa Miani has a specific designated reading spaces, but it is not regularly utilized by the learners. However, designated reading areas are important because they establish surroundings that encourage focus, comfort, and enjoyment of reading. These places promote personal well-being, intellectual progress, and the formation of a good relationship with books and reading, so improving the quality of our lives.

Enticing Learners' Desire to Read

Designated reading areas are crucial for a variety of reasons, including creating conditions that promote attention, relaxation, and general enjoyment of reading. For example, offering a diverse selection of reading materials—fiction, nonfiction, graphic novels, etc.—ensures that students of all interests and reading levels find something to like so they will be interested in reading. In addition, one of the best ways to ignite a love for reading is to connect books to students' personal interests. Whether its sports, fantasy, mystery, or real-world topics, finding books that resonate with the learner's passions makes reading feel more relevant and engaging. The research participants are asked how the physical reading environment influences learners' reading habits participant 8 stated that "The physical environment where Casa Miani's learners engage significantly influences their reading habits by having a comfortable and inviting space." Additionally, participant 9 describes that "A well-designed reading

environment like a spacious library, with rows of bookshelves and clearly defined sections for different types of books, such as fiction, non-fiction, reference, and study materials. There are tables and chairs for group reading or individual study. It significantly enhances engagement and motivation leading to better reading habits”

Referring from the statements of the research participants, it is clear that enticing students to read entails developing a supportive, engaging atmosphere that is suited to their specific needs and interests. By combining the correct resources, tactics, and a good reading culture, we can help students develop a strong, long-term relationship with books, making reading something they want to do rather than something they have to. These initiatives not only improve reading abilities, but they also encourage critical thinking, creativity, and a lifetime love of learning.

Providing a Positive Social Interaction

Positive social interaction while reading is critical for establishing a love of books, improving literacy abilities, and cultivating a feeling of community among readers. Whether in a school, library, book club, or at home, reading-related social contacts foster conversation, cooperation, and idea sharing. One participant agrees to this idea and said “The physical learning environment where Casa Miani’s learners engage in reading has significant role in shaping their reading habits. If their colleagues are starting to read and study, some of them will do too. They need a reading space designed for group work and collaborative reading with a circular table and a projector or television for displaying shared reading material wherein it encourages them to have longer reading sessions”

Having this feedback, it shows that positive social interactions when reading not only improve literacy and learning, but also help to develop crucial social and emotional skills like communication, empathy, and teamwork. Whether through book clubs, joint projects, or simple talks, these connections foster a feeling of community surrounding reading, making it a more fun and engaging activity.

IV. Time Management Strategies Casa Miani’s Learners Practice to Ensure Effective Study Routines

Academic achievement is emphasized not only via the topic presented, but also through the development of time management skills. Time management is an

essential component of keeping students organized, meeting deadlines, and balancing academic and personal responsibilities. Students may improve their study habits, manage their time more effectively, and achieve their academic goals with greater comfort and confidence by creating clear routines, setting attainable goals, and keeping a healthy balance.

Structured Daily Schedule

A Structured Daily Schedule is more than simply scheduling study time; it’s about developing a habit that allows you to be productive, remain healthy, and manage your time successfully. Sticking to a regimen like this will help you focus better, enhance your academic achievement, and reduce stress over time. Participant 1 revealed that Casa Miani’ learners have study time every day from 6:00 P.M to 6:45 P.M. for study and reading. Participant 6 also follows a nightly “study time” schedule for everyone, divided into two parts before dinner from 5:00 to 6:00 P.M. and after dinner from 7:30 to 8:00 P.M. to avoid exhaustion. A structured daily schedule is an important component of good study habits, as it helps students manage their time efficiently while maintaining a healthy lifestyle. A well-structured plan not only schedules study periods but also incorporates breaks, self-care, and other necessary tasks.

Time Blocking

Time blocking is a practice that students utilize to be focused and productive. Instead of multitasking, which can lead to distraction, students concentrate on one activity at a time. This strategy is very beneficial for ensuring that study sessions continue uninterrupted while still respecting personal time.

When asked about the time management the Casa Miani’s learners do the research participant 2 observed that “They allocate study schedules after school from 5:00PM to 6:00 P.M. to finish their homework along with reading and reviewing the lessons on Monday and Tuesday in Mathematics, English, Science, Araling Panlipunan, and Filipino.

Then, on Wednesday and Thursday its their time to read the lessons for MAPEH, Edukasyon sa Pagpapakatao, and Christian Living in preparation for the quizzes every Friday.” By using time blocking, it can optimize both productivity and comprehension. This approach helps in staying organized, reduce distractions, and ensure effective study routines.

V. Extent of Teacher and Guardian Support and Its Effect on Learners' Development of Reading Habits

The involvement of teachers and guardians is critical in the establishment of students' reading habits. Teachers and guardians have important roles in creating an atmosphere that fosters and maintains reading, whether at home, school, or in the community. The level of this assistance can have a substantial influence on a child's capacity to form strong reading habits, enhance literacy abilities, and cultivate a lifetime love of reading.

Common Types of Teachers and Guardian Support

Teachers and guardians both play vital roles in nurturing and supporting the development of reading habits in children. Their involvement can take various forms, each contributing in unique ways to the learner's growth. When asked about the extent of support they provide to the learners, most of the research participants said they will encourage the learners like participant 5 said that "As their teacher I encourage and support them to read as much as possible. I keep reminding them every day not just to improve their readings but also their comprehension." Same as participant 8 statement that "I always encourage or support Casa Miani's learners to ensure that they can read letters." Therefore, teachers and guardians must work together to help children become confident, fluent readers who love reading for both educational and recreational purposes.

Extent of Teachers and Guardian Support on Developing Learners' Reading Habit

The degree of support from parents and teachers has a big impact on how students establish their reading habits. Children's attitudes about reading are shaped by this assistance, which also improves their literacy abilities and fosters an atmosphere in which reading is valued and a necessary part of everyday life rather than merely a chore. In connection to the extent of teachers and guardians' support, research participant 6 stated that "Each learner has a different schedule when I am teaching them.

The methods depend on their grade level and reading capacity but I make sure that they remember the letter and what it sounds like." Moreover, participant 7 extend support through giving printed reading materials to read not only at school but also at home. In order to enhance children's reading development, teachers and guardians both perform complimentary roles. Their duties are somehow distinct yet it is still related.

Effects of Teachers and Guardian Support on Learners' Development of Reading Habits

Teachers and guardians have an important influence in influencing a student's reading habits. Their engagement not only improves literacy skills but also instills a lifetime love of reading. Both instructors and guardians help to create a reading-friendly atmosphere, ensuring that pupils learn the skills, motivation, and enjoyment required to become successful readers. The research participants directly answered the question that regular encouragement builds consistency and making a habit over time according to participant 1. Then, participant 5 added "I think that if the student feel that they are supported and encouraged to read by teacher they will follow especially if they like the teacher."

Teachers and guardians work together to help pupils develop good reading habits. Teachers foster a good, engaging, and informative reading environment, while guardians offer emotional and practical assistance outside the classroom. Together, they can improve children' reading abilities, instill a love of reading, and cultivate lifelong literacy habits that lead to academic achievement and personal growth.

VI. Proposed Reading Scaffolding Activities to Improve Learners' Reading Habits

Reading scaffolding is the support given to students to help them become independent readers. These exercises are intended to progressively help kids develop confidence, abilities, and motivation in reading. The essential idea of scaffolding is that it provides assistance when necessary while gradually reducing support as learners achieve competency.

Interactive Reading Activities

Interactive reading activities keep children engaged and creative. These activities promote active involvement, cooperation, and reflection, all of which are essential for creating good reading habits. By incorporating these interactive strategies into normal reading instruction, teachers may create a dynamic and engaging learning environment that encourages children to become self-sufficient readers. Research participant 9 greatly believed that "peer to peer reading at Casa Miani after classes. That should serve as back up reading to widen their reading skills and comprehensions." Participant 10 also agrees saying "Interactive story reading that challenge their reading capacities." Interactive reading exercises help students to actively connect with texts, making reading a more dynamic and pleasant

experience. These exercises promote not only reading, but also critical thinking, creativity, and communication skills. Whether in the classroom or at home, these activities may make reading more pleasurable and encourage pupils to form reading habits.

Building Reading Habits: Routine and Motivation

Developing healthy reading habits is critical for children's academic success and lifetime learning. Establishing a consistent reading pattern and engaging students to engage with books on a regular basis are critical components of developing these habits. Teachers and parents or guardians may foster a strong connection with reading that extends beyond the classroom or school environment by implementing effective motivating tactics and establishing disciplined routines. When asked about the scaffolding activities research participant 3 suggested that "The Casa Miani has to enforce stricter reading habits because Casa Miani has no enough efforts in teaching them how to read." While participant 1 suggested setting reading goals, rewards for completed sessions and motivate them to read more. Developing reading habits is a long process that necessitates the use of disciplined routines, incentive techniques, and a supportive environment. Establishing regular reading periods, providing a range of reading materials, and fostering thought and conversation can help children build a lifelong love of reading. Motivation is essential, and when kids are encouraged to read via positive reinforcement, choice, and engaging activities, they are more likely to build lifetime reading habits.

Post-Reading Activities: Reinforcing Understanding and Reflection

Post-reading exercises are vital for strengthening comprehension, stimulating critical thought, and developing deeper engagement with the material. These tasks assist students in processing what they have read, analyzing significant themes, and applying the content to their personal experiences or bigger concepts.

Therefore, participant 5 recommended chunking texts where they will break down the reading materials like the paragraph into sentences and sentences to words. If they can read the words properly, they will start to read it in a longer. Engaging in these activities allows individuals to deepen their understanding, make connections to prior knowledge, and assess their interpretation of the reading.

Personalized Support: Addressing Different Needs

Reading is a complicated skill that requires a variety of cognitive processes, and learners have varying requirements and capabilities when it comes to learning and mastering it. Whether the learner is struggling with comprehension, word decoding, or just remaining interested, tailored help may make a big difference in promoting reading success. When asked about the scaffolding activities participant 7 said that "I think it is a must to use visual aids to ensure that you catch their attention because their learning span is too short." Personalized reading support entails identifying each learner's distinct requirements and developing solutions to address those issues. Teachers and guardians or parents may establish a supportive and productive reading environment for every learner, regardless of starting position or difficulty, by concentrating on tactics such as phonics instruction, reading aloud, multisensory learning, and vocabulary development.

Guided Reading Sessions

Guided reading is an educational approach in which a teacher works with a small group of students to personalize the session to their individual reading levels, talents, and requirements. The goal is to encourage and guide children through slightly tough readings, offering scaffolding to help them develop critical reading methods and fluency. Research participants 6 and 8 suggested that the suitable scaffolding activities are group activities that challenge their reading capacities and guided reading groups that is composed of Casa Miani's learners where they can read together. It is an effective teaching method that promotes literacy development by giving students focused help, tailored instruction, and opportunity to interact fully with books. Teachers may help all kids develop into proficient, confident readers by carefully organizing each session, assessing progress, and customizing teaching.

V. CONCLUSIONS AND RECOMMENDATIONS

Based on the preceding findings, the researcher concludes that Pupils found time to read after completing their assignments and participated in subject-based reading sessions. Regular attendance in these activities helped build positive reading habits, though some students did not engage, negatively impacting their academic performance. Textbooks aligned with curriculum standards were seen as the most impactful on academic performance. Additional resources like storybooks, reference materials, phonics,

and teacher-made literacy tools also supported reading habits and academic success. A well-organized reading environment, with accessible bookshelves, comfortable seating, and quiet spaces, encouraged reading. Social interactions in reading areas, such as group discussions, increased motivation and engagement, fostering regular reading habits. Structured reading schedules, with specific times for different subjects, promoted consistent reading habits and helped pupils prepare for quizzes without feeling overwhelmed. Teachers provided necessary support, but the pupils' attitude and readiness towards reading were crucial in developing strong reading habits. Interactive, goal-oriented, and responsive reading activities, along with guided sessions, were suggested to improve reading habits further.

From the findings and conclusions, the following recommendations are forwarded as follows: (1) More engaging and interactive reading activities, along with personalized support be designed by teachers to encourage consistent participation and foster the development of positive reading habits for all pupils. (2) The school has to maximize the use of textbooks alongside with the current literacy enhancement resources to effectively support reading habit formation and enhance the reading level of the learners. (3) The school has to innovate and provide interactive technologies with strategically arranged reading spaces and opportunities for positive social interactions among learners to further enhance reading habits and academic engagement. (4) The structured study schedule and time-blocking techniques to cultivate a more balanced, consistent, and focused reading habit be sustained. (5) Fostering a positive attitude towards reading to develop strong reading habits among learners. (6) The proposed reading scaffolding activities to improve learners' reading habits be implemented.

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