





# **PROBLEMS** AND PERSPECTIVES **OF CONTEMPORARY EDUCATION**



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### UNIVERSITY STUDENTS' MOTIVATION AND LEARNING STRATEGIES FROM THE PERSPECTIVE OF SELF-REGULATED LEARNING<sup>1</sup>

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#### INTRODUCTION

Education for lifelong learning is one of the primary goals of education in modern society. Each individual is expected to manage their own process of learning and development throughout life. This is why learning to learn is regarded as one of the key competences, whose progress is encouraged all through the educational process (European Commission, 2002). Students who have mastered self-regulation as one of the highest levels of metacognitive activity, can manage learning actively and autonomously, and improve their knowledge (Puustinen & Pulkkinen, 2001). Learning is self-regulated insomuch as the person is motivationally, cognitively and affectively engaged in this process (Zimmerman, 1986). Self-regulated learning is a key conceptual framework for understanding the cognitive, motivational and emotional aspects of learning (Panadero, 2017). Regulation includes activities like planning, selection and use of strategies, and allocation of sources, whereas monitoring is regarded as a key component of self-regulation (Borkowski, 1996). Metacognitive processes depict the ways in

<sup>1</sup> This research was funded by the Ministry of Education, Science and Technological Development of the Republic of Serbia (Contract No. 451-03-9/2021-14/200018).

which students regulate their learning, while motivation provides an answer to the guestion of why they do that (Garcia & Pintrich, 1994). Therefore, motivation is perceived as an integral component of self-regulated learning (Zimmerman, 2001).

Over the last few decades, different models of self-regulated learning have been developed, and in empirical research great attention is given both to testing different models and examining the influences of particular self-regulation components on the process and outcomes of learning. The most significant models of self-regulated learning are considered to be models developed by Boekaerts (1996, 1997), Borkowski (1996), Pintrich (2000, 2004), Winne (Butler & Winne, 1995; Winne & Hadwin, 2013) and Zimmerman (Zimmerman & Bandura, 1994). These models were developed on the bases of different theories and they define self-regulated learning in different ways, include different components, and also differ in terms of empirical evaluations (Dent & Koenka, 2016; Hadwin, Nesbit, Jamieson-Noel, Code, & Winne, 2007; Panadero, 2017; Paris & Paris, 2001; Peng, 2012; Perels, Dignath, & Schmitz, 2009; Perry, Phillips, & Dowler, 2004; Postholm, 2011; Puustinen & Pulkkinen, 2001; Torenbeek, Jansen, & Suhre, 2013; Wolters, Pintrich, & Karabenick, 2003; Zimmerman, 2008).

According to some authors, an important and unique contribution to studying self-regulated learning was the one made by Pintrich's model (Panadero, 2017). This model is based on socio-cognitive theory and is characterised by integration of motivational constructs within self-regulation (Garcia & Pintrich, 1994; Pintrich, 2000; Pintrich, 2004; Pintrich & Schunk, 2002; Wolters, 2003, 2011). In line with the general framework set by Pintrich (2000), self-regulated learning occurs in four phases: planning, monitoring, control and reflexion. In each phase, selfregulatory activities occur within four separated areas: cognition (prior content knowledge activation and metacognitive knowledge activation), motivation-affect (goals orientation adoption and efficacy judgements), behaviour (time and effort planning), and context (perception of task and perception of context). Special importance is placed on monitoring, which includes awareness and refers to cognition, motivation, affects, use of time, effort and conditions relating to the task and context. Control activities include selecting and adjusting strategies for managing learning, thinking, motivation and impulse, as well as effort investment. Reflexion includes cognitive judgements, affective reactions, making choices, and evaluation of task and context. So, according to Pintrich, self-regulated learning is an active, constructive process through which the students set learning goals and then monitor, regulate and control their cognition, motivation and behaviour, led by their own goals and the contextual features of their environment (Dent & Koenka, 2016; Pintrich, 2000). Pintrich's greatest contribution regarding selfregulated learning was made in the following fields: conceptual framework and model of self-regulated learning; the role of motivation in self-regulated learning with a focus on goal orientations; relationships between self-regulated learning, motivation and learning outcomes; the role of classroom context in self-regulated learning and motivation; development of self-regulated learning through empirical studies; and development of an MSLQ instrument for measuring self-regulated learning (Schunk, 2005, according to: Panadero, 2017).

Regarding the methods that examine self-regulated learning empirically, empirical research often uses questionnaires and inventories composed for estimations of different components in the models. The most frequently used instrument is MSLQ (Motivated Strategies for Learning Questionnaire) developed by Pintrich and associates (Pintrich, Smith, Garcia, & McKeachie, 1991, 1993). This is the most commonly used instrument in research in this field. A number of studies in our country and in the region are also based on this model (Mujagić & Buško, 2013; Stančić & Bulatović, 2017; Radulović, Stančić, & Bulatović, 2019; Zobenica & Oparnica, 2018).

Most of the studies done by Pintrich point to relations between the motivational orientation of students, self-regulated learning, and academic achievement. Pintrich particularly analyses the role of motivation in self-regulated learning, i.e. what the relationship is between orientations focused on mastery and achievement, as well as orientations to approach versus avoidance, and selfregulated learning (Wolters, Yu, & Pintrich, 1996). Even though empirical results may be somewhat contradictory, it is general expected that mastery/approach orientation (due to students' focus on learning, understanding and mastering the task) leads to more positive results compared to other orientations. This is confirmed in a great number of other studies (see Mirkov, 2013).

In the meta-analysis of relationship between self-regulated learning and academic achievement (Dent & Koenka, 2016) it has been confirmed that correlations between use of cognitive and metacognitive strategies, particularly monitoring, control, and academic achievement increase with age. At higher educational levels, a more efficient use of cognitive and metacognitive strategies

is needed to achieve success. Academic tasks become more complex, and lowerlevel cognitive skills are no longer sufficient for their execution. The results further indicate that changes in the relationship between self-regulated learning and academic achievement are influenced by changes in the students themselves, as well as changes in academic context and methods of assessment.

The effects of interventions aimed at promoting self-regulated learning also vary depending on age (Panadero, 2017). The most powerful motivation factors for students are goal orientations, perseverance, investing an effort, and self-efficacy. The most important predictors of academic success are academic self-efficacy and achievement motivation. On these grounds, it can be concluded that at universities the best results come from interventions which are aimed at motivational and emotional aspects, more precisely on self-efficacy and goal setting. Therefore, models of self-regulated learning which put emphasis on motivation and emotions, Pintrich's model included, can have a stronger influence at higher-level education. Teachers at different levels in the educational system have different approaches to self-regulated learning, whereas what actually occurs in practice is not in line with what the research of application of self-regulated learning at different educational levels implies. In higher education, emphasis is on the content of subjects, which implies that, in comparison with other teachers, university teachers provide limited possibilities for encouraging self-regulated learning. So, a need for teacher training in this field is emphasised (Panadero, 2017).

The results of some research show that metacognitive processes correlate more strongly with achievements in social sciences than those in natural sciences, since the structure of academic tasks in social sciences requires a higher-quality self-regulation in order to attain higher achievement (Dent & Koenka, 2016). Highly structured tasks with very detailed requests, clear linear procedures, single-meaning answers, and precise assessment criteria (as in natural sciences) may require self-regulation to a lesser extent, because a strategic plan, specific goals, and methods of monitoring achievement are already incorporated in the structure of the task. Even students themselves report that they use cognitive and metacognitive strategies less often when completing highly structured tasks. Since less-structured tasks require higher self-regulation to a greater extent in order to achieve success, use of self-regulating strategies is likely to correlate more strongly with academic success in social sciences than in natural sciences.

Research whose focus is identifying differences in self-regulated learning according to gender show that female students use self-regulated learning to a greater extent than male students (Banarjee & Kumar, 2014). As regards individual domains of self-regulation, significant differences have been observed only vis-à-vis regulation of environment, while gender differences have not been identified regarding the regulation of motivation, cognition (use of cognitive and metacognitive strategies) and behaviour. Male students use environmentstructuring strategies to a greater extent than female students.

Based on Pintrich's model of self-regulated learning, the goal of this research is to examine relationships between student motivation and learning strategies. Furthermore, our intention was to examine whether student motivation and learning strategies are related to academic achievement (current average grades at exams), fields of studying, and gender.

#### **METHOD**

Sample. The research included 520 respondents (85% female, 15% male) aged 19 to 38 (M = 22.40). Most of the respondents study in Belgrade (84.6%), followed, number-wise, by students studying in Jagodina (13.1%). The research included only 1.7% of students studying in Kragujevac, 0.4% in Niš, and 0.2% in Novi Sad. Regarding distribution of students according to the field of study, 43.1% of students study social sciences, 45% study natural sciences, and 11.9% attend faculties of art. According to current years of study, we divided the students into three categories: 1) the first and second years of study (26.9%); 2) the third and fourth years of study (56.9%), and 3) the fifth and sixth years of study, and 4) master and doctoral studies (16.2%). The respondents commenced their studies in different school years: 2011 to 2019; the largest number of students (27.9%) commenced their studies in the school year 2016/2017. 46.5% of respondents had finished high school (gymnasium), and 53.5% had finished one of the vocational secondary schools, such as a secondary school of economics, medical, or technical secondary school. The success achieved at university so far, measured by the average grade at exams varies from 6 to 10 [out of 10] (M = 8.46, SD = 0.80). 37.7% of respondents had an average grade of 8 or lower, while 61.7% reported an average grade higher than 8.

Instrument. We used the Motivated Strategies for Learning Questionnaire (MSLQ) for collecting the data and for the purpose of our research we adapted it linguistically and translated into Serbian language (Duncan, Pintrich, Smith, & McKeachie, 2015). This instrument collects data on motivational orientations, as well as on strategies used when learning. The questionnaire includes 81 items in total and consists of two parts. The first part refers to motivation and includes 31 items grouped into six sub-scales (Intrinsic goal orientation, Extrinsic goal orientation, Task value, Control of learning beliefs, Self-efficacy for learning and performance, and Test anxiety). The second part refers to learning strategies and includes 50 items grouped into nine sub-scales (Rehearsal, Elaboration, Organization, Critical thinking, Metacognitive self-regulation, Time and study environment, Effort regulation, Peer learning, and Help seeking). The introductory part of the original questionnaire was adapted and complemented with additional questions on general, educational, and demographic data of the respondents. In our sample, the reliability of MSLQ scale measured by Cronbach's alpha is very high, equalling  $\alpha = .928$ .

Variables. We examined students' motivation for learning and the learning strategies they use. Table 1 presents the components of motivation and learning strategies, and provides definitions of variables taken from the Manual for the Use of MSLQ questionnaire (Duncan et al., 2015). In addition to the variables described, this research also includes variables such as academic achievement (current average grade on exams), field of study, and gender.

Data collection method. The data were collected during June and July 2020, via Internet (an online questionnaire). The average time needed for completing the questionnaire was 20-30 minutes.

Data analysis. Data analysis was conducted using statistical software SPSS 27. Statistical analysis included descriptive statistics (frequencies and percentage), parametric (Pearson correlation coefficient) and non-parametric inferential statistics (Mann-Whitney U-tests; Spearman's coefficient; Kruskal-Wallis tests).

Table 1. Components and definitions of motivation and learning strategies subscales (according to: Duncan et al., 2015)

#### MOTIVATION Components and subscale definition

#### Value Component:

Intrinsic Goal Orientation concerns the degree to which the student perceives him/herself to be participating in a task for reasons such as challenge, curiosity, and mastery.

Extrinsic Goal Orientation concerns the degree to which the student perceives him/herself to be participating in a task for reasons such as grades, rewards, performance, evaluation by others, and competition.

Task Value refers to the student's evaluation of the how interesting, how important, and how useful the task is. High task value should lead to more involvement in one's learning.

#### **Expectancy Component:**

Control of Learning Beliefs refers to students' beliefs that their efforts to learn will result in positive outcomes, and that such outcomes are contingent on their own efforts, in contrast to external factors such as the teacher. If students believe that their efforts to study make a difference in their learning, they should be more likely to study more strategically and effectively.

Self-Efficacy for Learning and Performance examine two aspects of expectancy: expectancy of success (performance expectations) and self-efficacy (selfappraisal of one's ability to master a task).

#### Affective Component:

Test Anxiety has been found to be negatively related to expectancies as well as to academic performance. Test anxiety has a cognitive component (students' negative thoughts that disrupt performance), an emotionality and component (affective and physiological arousal aspects of anxiety).

#### LEARNING STRATEGIES Components and subscale definition

#### Cognitive and Metacognitive Strategies:

Rehearsal strategies involve reciting or naming items from a list to be learned.

Elaboration strategies (paraphrasing, summarizing, creating analogies, and generative note-taking) help students store information into their long-term memory by building internal connections between items to be learned.

Organization strategies (clustering, outlining, and selecting the main idea in reading passages) help the learner select appropriate information and also construct connections among the information to be learned.

Critical Thinking refers to the degree to which students report applying previous knowledge to new situations in order to solve problems, reach decisions, or make critical evaluations with respect to standards of excellence.

Metacognitive Self-Regulation focuses on the control and self-regulation aspects of metacognition (not the knowledge aspect). Three general processes make up metacognitive self-regulatory activities: planning, monitoring, and regulating.

#### Resource Management Strategies:

Time and Study Environment Time management involves scheduling, planning, and managing one's study time (effective use of study time and setting realistic goals). Study environment management refers to the setting where the student does her/his class work.

Effort Regulation - students' ability to control their effort and attention in the face of distractions and uninteresting tasks which reflects a commitment to completing their study goals, even when there are difficulties or distractions.

Peer Learning - Collaborating with one's peers has been found to have positive effects on achievement and can help a learner clarify course material and gain insights s/he may not have attained alone.

Help Seeking – Good students know when they don't know something and are able to identify someone to provide them with some assistance.

#### **RESULTS**

Table 2 displays values of correlations between the subscales of motivation for learning. The presented values indicate moderate correlations between all subscales. Within motivation subscales, statistically important correlations are recorded between all subscales except between Test anxiety and Intrinsic goal orientation, and Test anxiety and Task value. The highest correlations between motivation subscales are observed between Intrinsic goal orientation and Task value (r = .576), as well as between Self-efficacy for learning and performance and Task value subscales (r = .529), while somewhat lower correlation values are recorded between Control of learning beliefs and Self-efficacy for learning and performance (r = .459); then between Control of learning beliefs and Task value (r = .442), as well as between Intrinsic goal orientation and Self-efficacy for learning and performance (r = .429). The results show that intrinsic orientation is less connected to Control of learning beliefs (r = .337), and that those students who express test anxiety to a greater extent demonstrate weaker tendencies to adopt extrinsic goal orientation and they believe in their abilities less (r = -.280).

Table 2. Correlations between motivation subscales

	Intrinsic goal orientation	Extrinsic goal orientation	Task value	Control of learning beliefs	Self- efficacy for learning and performance	Test anxiety
Intrinsic goal orientation						
Extrinsic goal orientation	.163**					
Task value	.576**	.272**				
Control of learning beliefs	.337**	.086*	.442**			
Self-efficacy for learning and performance	.429**	.228**	.529**	.459**		
Test anxiety	-0.038	.311**	0.030	126**	280**	

<sup>\*\*</sup> Correlation is significant at the 0.01 level (2-tailed)

<sup>\*</sup> Correlation is significant at the 0.05 level (2-tailed)

All the obtained correlations between examined learning strategies are positive. As shown in Table 3, the highest correlation (r = .711) is recorded between Elaboration and Metacognitive self-regulation subscales. Metacognitive self-regulation correlates with Organization, Rehearsal, as well as with Critical thinking. Furthermore, Metacognitive self-regulation also correlates with Effort regulation and also, to a somewhat lesser degree, with Time and study environment management. The results also show that students who use Organization strategy in the learning process, simultaneously use Elaboration and Rehearsal. In other words, the students who can organize the content they learn, separating the important from the less important, simultaneously use their previous knowledge when learning new contents (paraphrasing, revising and making analogies between old and new learning contents), as well as rehearsal, whose goal is repetition of the material they have learnt. The correlation between Critical Thinking and Elaboration (r = .594) is also confirmed. So, students who, in their learning process, use paraphrasing, make analogies, and connect knowledge from different fields, also apply critical thinking, i.e. use the already acquired knowledge for decision making, solving different problems, and critical appraising what they are learning. The connection between Time and study environment management and Effort regulation (r = .577) indicates that students who are good at planning the time required for learning and organizing the space in which they learn, at the same time have the ability to complete the task successfully, regardless of the obstacles they encounter in the learning process.

	Rehearsal	Elaboration	Organization	Critical thinking	Metacognitive self-regulation	Time and study environment management	Effort regulation	Peer learning	Help seeking
Rehearsal									
Elaboration	.465**								
Organization	.581**	.615**							
Critical thinking	.253**	.594**	.277**						
Metacognitive self-regulation	.510**	.711**	.571**	.505**					
Time and study environment	.366**	.421**	.346**	.213**	.480**				

.211\*\*

.322\*\*

.187\*\*

.541\*\*

.344\*\*

.200\*\*

.577\*\*

.140\*\*

.089\*

.181\*\*

0.081

.526\*\*

Table 3. Correlations between the learning strategies subscales

.246\*\*

.333\*\*

.432\*\*

.405\*\*

.302\*\*

.302\*\*

.353\*\*

.201\*\*

management

Peer learning

Help seeking

Effort

regulation

When observing connections of the subscales from two separate sets, i.e. motivation subscales and learning strategy subscales, the results presented in Table 4 indicate that Elaboration and Intrinsic goal orientation (r = .578) correlate most, as well as Metacognitive self-regulation and Task value (r = .577). Intrinsic orientation predominantly correlates with Elaboration, Critical thinking and Metacognitive self-regulation. Task value, as expected, correlates significantly with Metacognitive self-regulation and Elaboration, and to a smaller extent with Effort regulation, Time and study environment management strategies, Organization strategies, as well as with Critical thinking. This means that attaching more importance and value to what is being learned influences intensity of effort, better organisation of learning activities, and predominantly, a deeper processing achieved through use of elaboration strategies and, above all, engagement of metacognitive processes using different cognitive strategies. According to the results obtained, Self-efficacy moderately correlates with Metacognitive selfregulation and Effort regulation, and less with Elaboration and Time and study

<sup>.213\*\*</sup> \*\* Correlation is significant at the 0.01 level (2-tailed)

<sup>\*</sup> Correlation is significant at the 0.05 level (2-tailed)

environment management. This indicates that beliefs regarding students' own capacities to perform tasks set before them during studies, stand as one of the factors that positively influence engagement of those mechanisms which enable managing the learning process, adequate selection and use of cognitive strategies in acquiring knowledge, and fulfilment of obligations during studies.

Table 4. Correlations between motivation and learning strategies subscales

	Intrinsic goal orientation	Extrinsic goal orientation	Task value	Control of learning beliefs	Self-efficacy for learning and performance	Test anxiety
Rehearsal	.257**	.187**	.334**	0.075	.182**	.106*
Elaboration	.578**	.211**	.555**	.183**	.357**	0.012
Organization	.352**	.147**	.406**	.097*	.204**	.103*
Critical thinking	.537**	.181**	.384**	.100*	.281**	0.039
Metacognitive self-regulation	.533**	.193**	.577**	.292**	.462**	-0.031
Time and study environment management	.359**	.214**	.434**	.148**	.334**	-0.054
Effort regulation	.322**	.247**	.463**	.205**	.450**	210**
Peer learning	.264**	.230**	.241**	0.053	.208**	0.033
Help seeking	.249**	.160**	.157**	-0.023	.088*	0.026

<sup>\*\*</sup> Correlation is significant at the 0.01 level (2-tailed)

We wanted to examine whether student motivation and learning strategies differ depending on academic achievement (current average grade at exams), field of study, and gender. Table 5 shows the results relating to correlations of academic achievement expressed by average grade during studies with the scores on MSLQ subscales.

As shown on Table 5, the obtained values of Spearman's rho correlation indicate that higher scores on the following subscales of motivation and learning strategies are followed by higher average grades during studies: Effort regulation, Self-efficacy for learning and performance, Extrinsic goal orientation, Time and study environment management, Task value, Metacognitive self-regulation, Intrinsic goal orientation and Elaboration. Obtained correlations are not high, but

<sup>\*</sup> Correlation is significant at the 0.05 level (2-tailed)

they are statistically significant, except for the subscales Control of learning beliefs and Test anxiety. Critical thinking, Peer learning, Help seeking, Organization and Rehearsal do not correlate with success.

Table 5. Correlation between average grade at studies and scores on MSLQ subscales

Subscale	Correlation coefficient	Sig. (2-tailed)
Intrinsic goal orientation	.211**	.000
Extrinsic goal orientation	.310**	.000
Task value	.225**	.000
Control of learning beliefs	.072	.102
Self-efficacy for learning and performance	.347**	.000
Test anxiety	069	.117
Rehearsal	009	.835
Elaboration	.205**	.000
Organization	.087*	.049
Critical thinking	.183**	.000
Metacognitive self-regulation	.216**	.000
Time and study environment management	.272**	.000
Effort regulation	.375**	.000
Peer learning	.145**	.001
Help seeking	.101*	.022

<sup>\*\*</sup> Correlation is significant at the 0.01 level (2-tailed)

The differences in average scores at MSLQ subscales depending on the field of study were examined by the series of Kruskal-Wallis tests, which are a non-parametric alternative for one-way analysis of variance. Non-parametric alternative was chosen because of the low representation of respondents who study at the faculties of art, compared to faculties of natural and social sciences. The results revealed several subscales where statistically significant differences between these three groups of respondents were recorded. For example, in the case of the Intrinsic goal orientation subscale, a statistically significant difference was observed: H(2) = 8.73, p<.05 between respondents oriented toward natural sciences (Mdn = 5.31) and art-oriented respondents (Mdn = 5.75):  $U(N_{science})$ 

<sup>\*</sup> Correlation is significant at the 0.05 level (2-tailed)

= 234,  $N_{act}$  = 62) = -59.63, z =-2.79, p< .05 which indicates that students at faculties of art have a more pronounced intrinsic motivation than students from faculties of natural sciences. With regard to learning strategies, statistically significant differences were observed on the subscales Rehearsal H(2) = 9.87, p<.05; Critical thinking H(2) = 9.85, p<.05 and Time and study environment management H(2) = 22.91, p < .05. Students of social sciences, when learning, use Rehearsal to a greater degree than the students of natural sciences (U =42.59, z = 3.04, p<.05). Critical thinking strategy is mostly used by students of art faculties, when compared to the students of natural sciences (U = -66.76, z = -3.11, p<.05) and students of social sciences (U = -58.11, z = -2.70, p<.05). Students of natural sciences use Time and study environment management strategy least, when compared to the students of social sciences (U = 64.22, z =4.58, p<.05) and students at faculties of art (U = -60.00, z = -2.80, p<.05).

Regarding gender of the respondents, the number of male vs. female respondents is very small. For this reason, we conducted the series of Mann-Whitney U-tests which are non-parametric alternative to the t-test for independent samples.

The data in Table 6 indicate that male students have more pronounced selfconfidence and belief in their abilities to achieve learning success than female students do, which is confirmed by the data that female students have more pronounced test anxiety, i.e. concern about whether they will achieve satisfactory results in a test. In addition to this, when learning, male students apply critical thinking to a greater extent than female students, so they use previous knowledge in new learning situations as well as in solving problems and decision making. Statistically significant differences in favour of female students were noted in the following subscales: Rehearsal, Elaboration, Organization, Metacognitive selfregulation, Time and study environment management and Peer learning. The results further indicate that statistically significant differences between male and female students have not been observed in the following five subscales: Intrinsic goal orientation, Extrinsic goal orientation, Control of learning beliefs, Effort regulation, and Help seeking.

Table 6. Relation of gender and scores at MSLQ subscales

	Mean rank		Mann	Standard-	Asymptotic	
Subscale	Female	Male	Whitney U-test	ized Test Statistic	Sig. (2-sided test)	
Intrinsic goal orientation	259.20	267.86	17812.000	.470	.638	
Extrinsic goal orientation	262.03	251.81	16560.500	554	.579	
Task value	266.18	228.34	14729.500	-2.054	.040	
Control of learning beliefs	255.72	287.57	19.348.500	1.733	.083	
Self-efficacy for learning and performance	253.88	298.00	20163.000	2.393	.017	
Test anxiety	272.26	193.84	12038.500	-4.254	.000	
Rehearsal	272.56	192.16	11907.500	-4.365	.000	
Elaboration	269.86	207.48	13102.500	-3.384	.001	
Organization	274.31	182.22	11132.000	-4.999	.000	
Critical thinking	253.40	300.76	20378.000	2.569	.010	
Metacognitive self- regulation	267.78	219.26	14021.000	-2.631	.009	
Time and study environment management	266.07	228.91	14774.000	-2.015	.044	
Effort regulation	263.51	243.43	15906.500	-1.090	.276	
Peer learning	266.54	226.28	14568.500	-2.186	.029	
Help seeking	263.21	245.14	16040.000	981	.327	

#### DISCUSSION

Our research results indicate that within motivation subscales, the highest correlation was determined between the variables Intrinsic goal orientation and Task value, followed by Intrinsic goal orientation and Self-efficacy for learning, as well as between Self efficacy and Task value. These results are in line with research results published in our country as well as in countries in the region (Kuzmanović & Vučetić, 2015; Lončarić, 2014; Mujagić & Buško, 2013; Zobenica & Oparnica, 2018), which also confirmed the highest correlations between these motivation components. This result can be interpreted by the nature of intrinsic motivation which is associated with a positive experience of the whole learning process, i.e. with finding meaning in what is being learned, which is also accompanied with attaching high value to the tasks and learning content.

According to Bandura (Bandura, 1993), motivation occurs under the influence of expectations vis-à-vis the outcomes of actions and perception of self-efficacy. So, the perception of oneself as someone capable of completing a particular task and achieving success is a powerful motivational driver. In addition to this, perception of oneself as an agent of change and personal development, where success is perceived as the result of effort that we invest in the process of learning, also influences our motivation powerfully (Ng, 2008). This result can be commented on in the light of positive development theory, which emphasises the significance of a developmental mind-set playing an important role in the self-regulation of behaviour of an individual and the selection of strategies they use in the learning process, in order to achieve success and contribute to different aspects of personal development (Dweck, 2006).

With regard to learning strategies, results of our research indicate that the highest correlation is obtained between Elaboration and Metacognitive selfregulation subscales. This is in line with the results of previous research (Mirkov, 2014), which indicate that metacognition shows the strongest correlation with those learning strategies focused on deeper understanding of learning material. In other words, a developed awareness and competence for managing one's own learning process enable the connecting of new information with already acquired knowledge when mastering learning material, in the process of constructing a system of knowledge that constantly expands and deepens. Other research (Mirkov, 2014) indicates that different aspects of self-regulation are connected with different orientations in learning, as well as with applying different cognitive strategies. Therefore, managing one's own learning enables the conscious setting of learning goals and, in line with one's own intentions, learning in a way that will lead to success as defined by a student according to their own criteria. In doing so, it is crucial for the student to choose those strategies that are adequate for accomplishing the set goals and to use them efficiently, and this is exactly what metacognitive self-regulation enables them to do. This is particularly important in higher education, taking into consideration the maturity of students when compared to younger students, and also because this is the final level of formal education, after which further learning and education is expected to be organized individually and throughout a lifetime.

The results of our research indicate that, unlike extrinsic motivation, intrinsic motivation has a higher potential for encouraging students to use different

strategies of self-regulated learning, which confirms the results of previous research and theoretical considerations on the importance of intrinsic motivation for the quality of the learning process (Wolters & Rosenthal, 2000). The received result is also in line with the results of previous research which shows that individual forms of motivation had different significance in the prediction of individual selfregulation strategies (Mujagić & Buško, 2013). Personal valuing of tasks and learning content implies, among other things, that a person who is learning finds meaning in it, which is also a significant motivational driver for use of different learning strategies. This result is in line with theoretical considerations within constructivist learning theories which emphasise that for the success of learning it is important for the person to, among other things, find personal meaning in what they are learning (Tomlinson, 2000).

The results of our research indicate that the students who are more intrinsically oriented, who believe that material is interesting and important, and who have high self-efficacy for learning and performance achieve better learning success in comparison with less successful students, which is also confirmed by the results of other studies (Pintrich & Garcia, 1991; Pintrich et al., 1993). The results further indicate that the majority of the offered learning strategies is also in correlation with the success that students achieve at university, so the more successful students use Elaboration, Organization, Critical thinking, Metacognitive self-regulation, Time and study environment management, Effort regulation, Peer learning and Help-seeking to a greater extent than less successful students. These results are in line with the results of other research (Garcia & Pintrich, 1996) which indicates that use of learning strategies is associated with academic success. Therefore, the results of our research confirm that for achieving success in learning it is important for students to be motivated and to achieve a certain level of self-regulation by using different learning strategies. The results of our research indicate that there are no statistically significant differences between successful and less successful students regarding Test anxiety, which is opposed to results of some other researchers conducted on student samples (Pintrich & Garcia, 1991; Pintrich et al., 1993). Namely, our research does not confirm that less successful students express to a greater extent anxiety in testing situations. Test anxiety is not a feature which refers only to successful or less successful students. While with less successful students it can occur as a consequence of their insecurity and insufficient knowledge, in more successful students it can

occur because they care about achieving success and maintaining it over the course of time. With regard to learning strategies, it is noteworthy that, according to our research findings, there are no statistically significant differences between more and less successful students in using Rehearsal strategy. This result is somewhat expected having in mind that, at the age of our respondents, rehearsal as a learning strategy in relation to achieving success does not have the same potential as other learning strategies whose application requires higher levels of cognitive engagement (Panadero, 2017).

One of our research results indicates that students of faculties of art use critical thinking as a learning strategy to a greater extent than the students of natural and social sciences. A possible explanation of this result lies in specific activities and learning contents at art faculties, which to a greater extent require using previously acquired knowledge and skills when learning new contents. The inclination of art students toward critical thinking can be explained by their greater creativity, closely connected with the talent they possess in the field of art they study. This can also be the result of an orientation of the art faculties toward encouraging the artistic identity of students, development of their personal artistic poetics, and creative and critical approaches to problem solving (Vujačić, Vesić, & Joksimović, 2019). The results indicate that students of the faculties of art, when compared to the students of natural sciences, have a more pronounced intrinsic motivation for learning study programs. This result is in line with the generally accepted belief that artists have an intrinsic motivation to deal with artistic work and aspiration to connect personal identity with creative, artistic practice (Bridgstock & Cunningham, 2016). This result is supported by findings of research conducted in our country with its focus on the Faculty of Fine Arts students' visions on their future professional work. The results of this research indicated that "the work of a fine artist implies continuous effort and work, and a clearly underlined initiative followed by self-confidence, self-belief, and belief in the creative potential" (Vujačić, Vesić, & Joksimović, 2019: 353).

The results of some previously published research (Jakšić & Vizek-Vidović, 2008; Patrick, Ryan, & Pintrich, 1999; Pajares, 2002) indicate that, when compared to male students, female students use different learning strategies to a greater extent, which is also confirmed by our research. Namely, it has been established that out of nine learning strategies offered, our female respondents, when compared to male students, use six strategies more often: Rehearsal, Elaboration, Organization, Metacognitive self-regulation, Time and study environment management, and Peer learning. On the other hand, our results indicate that male students demonstrate higher self-confidence and belief in their abilities, and that female students express a more pronounced test anxiety when compared to male students. This result is in line with the results of previous research which confirmed that female students demonstrate a greater concern about their success and less faith in achieving satisfactory results at tests (Elliot & McGregor, 1999; Schunk & Pajares, 2005).

#### CONCLUSION

The results obtained in our research confirm the results of previous studies in this field. It was confirmed that for achieving learning success it is important for students to be motivated and to achieve a certain level of self-regulation by using different learning strategies; that individual forms of motivation have importance in predicting different self-regulation strategies; that at University level, rehearsal as a learning strategy has a lower potential of leading to success than learning strategies that require higher levels of cognitive engagement; and that female students, when compared to male students, use different cognitive and metacognitive strategies to a greater extent. The results of our research contribute to this field by pointing out the differences in levels of self-regulation between students of different fields of study, considering that in previous research high correlation values between these variables have not been established. Unlike the results of previous research, it is established that test anxiety is not and exclusive feature for less successful students, which can be of use for further study and an understanding of connections between anxiety and motivation.

We see the key implications of our research in the need for teaching practice at faculties to be based, as much as possible, on modern theories of development and the learning process, based on self-regulation being a necessary aspect of the learning process, personal development, and the success of an individual. The skills of self-regulated learning are developed over the course of time, and can be encouraged in teaching practice by designing situations and activities in which students can practice these skills, as well as by continuous monitoring by teachers and providing adequate feedback (Zimmerman & Kitsantas, 2005). Thus, applying

the formative assessment, which puts emphasis on constructive feedback provided by a teacher to students, is of a great importance as it encourages motivation and the use of different strategies, as well as more efficient regulation of one's own learning process.

In further research in this field it would be useful to examine whether students who have different motivational profiles and who use different learning strategies, achieve success in different ways, in other words, to investigate whether there is one or more different ways to achieve success at studies. This is why the application of cluster analysis can provide an answer to the question of which components of self-regulation could be crucial for different ways of achieving success in the teaching environments included in research. In addition to this, by applying mixed method research it would be interesting to examine which teaching practices at universities lead to higher levels of self-regulated learning in students, and whether they differ depending on the field to which the faculty belongs. In order to attain a more reliable data on effects of different teaching practices, it would be useful to apply a longitudinal approach.

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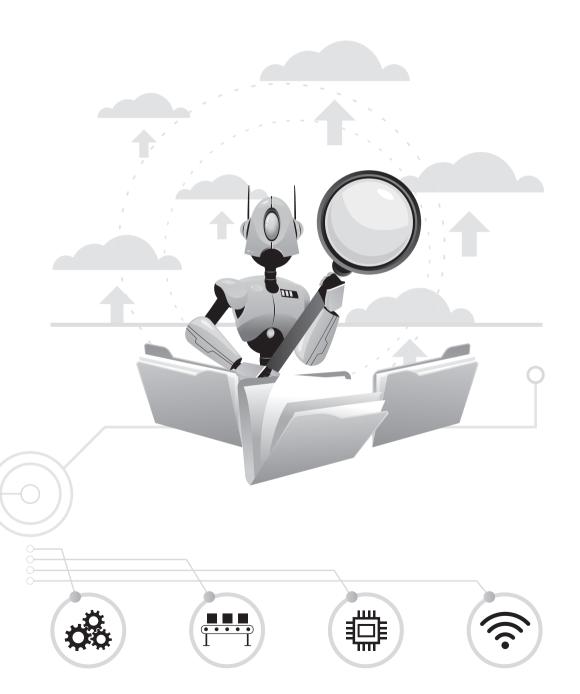
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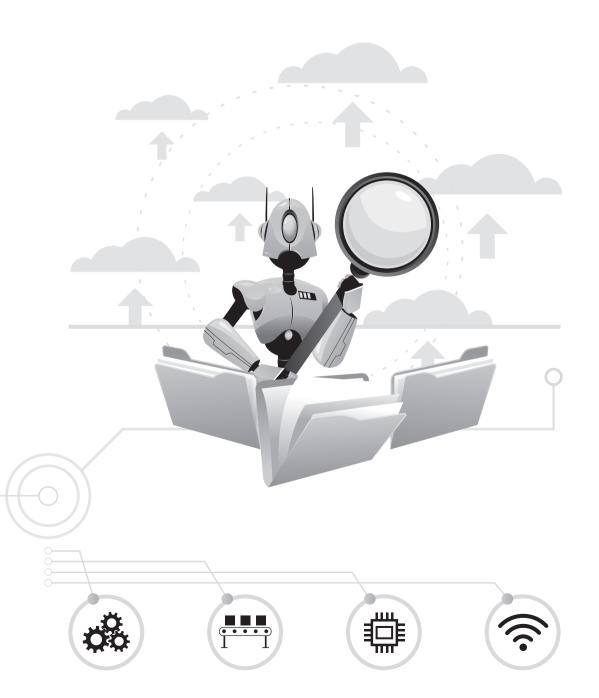
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#### FROM REVIEWS

Main aim of the monograph titled *Problems and perspectives of contemporary education*, is to thorough explore, critically analyze and elaborate complex, dynamic, multilayers and reciprocal relationship between significant changes in educational social environment and readiness, of educational system to anticipate, recognize, understand and adequately respond to those challenges. All contributing authors enthusiastically embraced the notion that education presents an important and proactive agent of social changes and consequently accepted all challenges as an opportunity for improvement and development of both society and educational system.

Professor Emeritus Djuradj Stakic Pennsylvania State University, USA

The monograph is dedicated to looking into extremely significant and current concerns within educational policy and educational practice. The selected topic is viewed from the perspectives of contemporary theoretical approaches, but it is also empirically researched. A very large and relevant literature was used both for explaining the selected research subject and discussing the obtained results. A diverse, contemporary methodology was applied in researches, and the authors of works, starting from the existing results, analysed issues at a deeper level and illuminated some aspects that had not been studied thus far.

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Professor Teodora Stoytcheva Stoeva University of Sofia "St. Kliment Ohridsky", Bulgaria

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