

**Goal-Settings and Study Skills Training in Enhancing Academic Motivation among
Second Year Students in Colleges of Education in South-West Nigeria**

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**In Partial Fulfillment of the Requirements for the Award of Doctor of Philosophy
Degree (PhD) in Guidance & Counselling**

Certification

This is to certify that Alaba Cynthia AIGBEKAEN with matriculation number LCU/PG/005427 carried out this research work titled “Goal-Settings and Study Skills Training in Enhancing Academic Motivation among Second year Students in College of Education in South-West Nigeria” in the Department of Arts & Social Science Education, Faculty of Education, Lead City University, Ibadan, Oyo State, Nigeria for the award of Doctor of Philosophy Degree (PhD) in Guidance and Counselling, and this has not been previously submitted.

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Date

Dedication

To God Almighty, My father, Pa Joshua, O. Osiki whose love for knowledge encourage all his children. To my deceased brothers, Prof. Jonathan. O. Osiki; Dr. Odion M. Osiki whose mentorship and guidance facilitated my journey.

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Abstract

Academic motivation a form of behaviours the need for academic success is still lacking among Students especially in the Colleges of Education in South-West Nigeria. Most of the previous studies on academic motivation had examined its predisposing factors such as low academic self-efficacy, poor study habits, lack of self-regulation and inadequate learning practices, while little attention is paid to interventions to remediate the problem such as Goal-Settings and Study Skills Training. This study, was therefore, designed to investigate the effect of goal-settings and study skills training on academic motivation among second year students in colleges of Education in South-West Nigeria. The moderating effects of academic self-efficacy and locus of control were also examined. Self-Determination, Expectancy-value and self-regulation learning theories served as the framework. A quasi-experimental design with a $3 \times 2 \times 3$ functional matrix was adopted. All Colleges of Education in South-West formed the population selected for this study. A multi-stage sampling technique was used to select 300 students who consented to participate and were screened with academic motivation scale and 96 who scored below 40 were selected. The instruments used were Academic Motivation Scale ($\alpha=0.87$), Academic Self-Efficacy Scale ($\alpha=0.81$) and Locus of Control ($\alpha=0.79$) scales and intervention guides. The treatment lasted 10 weeks. The data were analysed using descriptive statistics Analysis of Covariance and Sheffer post-hoc test at 0.05 level of significance. There was a significant main effect of treatments in the enhancement of academic motivation among the participant. The findings of the study indicated that the main effect of Goal-Settings ($F_{(1,351)}=22.364$, $p<0.05$) and Study Skills Training ($F_{(1,351)}=18.473$, $p<0.05$) on academic motivation were significant. The main effect of academic self-efficacy was significant ($F_{(1,351)}=15.218$, $p<0.05$), the main effect of locus of control was significant ($F_{(1,351)}=13.487$, $p<0.05$). The statistical significance of the interaction effects between treatment and self-efficacy ($F_{(2,351)}=9.667$, $p<0.05$), treatment and locus of control ($F_{(2,351)}=8.314$, $p<0.05$), and the three-way interaction among treatment, academic self-efficacy, and locus of control ($F_{(4,351)}=6.927$, $p<0.05$) was not significant.. Academic motivation of second year students in Colleges of Education South-West Nigeria was effectively enhanced by the application of Goal-Settings and Study Skills Training among second year students in Colleges of Education South-West of Nigeria. Counselling psychologist and other educational experts should adopt both techniques when handling academic motivation among students of Colleges of Education

Keywords: Goal-Setting, Study Skills Training, Locus Control, Academic Motivation Second Year Student, Self-Efficacy

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List of Acronyms

Abbreviation

Meaning

ANCOVA

Analysis of Variance

LOC

Locus of Control

SST

Study Skill Training

GST

Goal Setting Training

CGPA

Cumulative Grade Point Average

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