
Experiences of Undergraduate Students in Doing Research in the New Normal: A Mixed Method

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ABSTRACT:

Participation in research is a vital part of the undergraduate experiences of students at Bukidnon State University. Students from across the academic disciplines can be found investigating, discovering, creating, and innovating. Research experiences allow students to explore situation, practices and understand a phenomenon. Undergraduate research experiences is a learning activity that enriches a student's learning, attitude, determination and discovering new knowledge. Furthermore, this knowledge can be either the development of new concepts or the advancement of existing knowledge and theories, leading to a new understanding that was not previously known. This study attempts to determine the level of difficulty experienced by undergraduate student to enhance their research competencies. Specifically, it aimed to answer the following question: 1) What is the level of difficulties experienced by the undergraduate student in doing research such as: a) Developing a research problem; b) Reviewing literature; and c) Selecting appropriate methodology? 2) What are the challenges experience by the undergraduate student in doing research? and (3) What intervention plan can be proposed to address the problems encountered by undergraduate student in conducting research and enhance the teaching of the course?

The study utilized an exploratory sequential mixed method design was utilized - it is an approach to combining qualitative and quantitative (QUAN+qual) data collection and analysis in a sequence of phases in a single study to understand a research problem to determine undergraduate student difficulties in doing research (Creswell & Plano Clark, 2018). There were 86 BPeD students enrolled in Research-1 for SY 2020-2021 purposively selected as the subject respondents of the present study. Mean values and standard deviation were used to answer problem number 1, Furthermore, Explanatory-sequential approach and documentary analysis were also employed in following up the quantitative results and analysis with qualitative data. Analyzing documents incorporates coding content into themes similar to how focus group or interview transcripts are analyzed (Bowen, 2009).

The result of the study revealed that over-all the undergraduate student-researchers find much difficult or were Novice in constructing the research processes, specifically in a) Developing a research problem ; b) Reviewing literature; and c) Selecting appropriate methodology. Furthermore, Time management, Poor/slow Internet connection, and Self-Motivation where the topmost problems encountered by the undergraduate (BPeD5) student in doing research. The challenges experience by the undergraduate students in doing research were addressed through constant guidance by PED Teachers as research advisers, that strengthen their knowledge in research activity.

KEY-WORDS : *Difficulties, Experiences, Undergraduate student-researchers.*

INTRODUCTION:

Participation in research is a vital part of the undergraduate experiences of students, the essence of undergraduate research is to support and encourage intellectual partnership among students, between students and their faculty mentor through which they apply knowledge gained in the classroom to answer new questions and problems, (Tan 2007). Undergraduate research experiences help students understand a particular topic or phenomenon in a field while simultaneously strengthening their comprehension of research and research methods. Undergraduate research is inquiry-based learning that involves practicing a discipline, not just being told about it. Students learn and apply the tools by which knowledge is created in their disciplines, (Lopatto, 2006). Moreover, results of a research study is often done to be used as a basis for discovery, enhancement, anticipation, intervention and recommendations. Research Writing is included in the Tertiary Curriculum to enhance students' research competencies and to prepare them for their needs and career in the future C.M.O. No. 80.s. 2017: Policies, Standards and Guidelines for Bachelor of Physical Education (BPEd), the guidelines required all students enrolled in course subject BPEd5 to conduct or formulate research paper, with the general concepts and methods of research focused on the physical and health education specializations. Which emphasis is on the actual experience in the research process from the conceptualization to gathering of support literature and corresponding methodology. Wherein, a Research proposal is a requirement in the course that should be done/completed by the students at the end of the semester.

Research, by its nature, is a critical challenging tasks that requires in depth knowledge of the subject matter, planning, persistence, determination and hard work are essentials. Hence, "Research is a process of steps used to collect and analyse information to increase our understanding of a topic or issue". It consist of three steps: Pose a question, collect data to answer the question, and present an answer to the question. (Creswell, 2012). Research is an art of scientific investigation. It is regarded as a systematic efforts to gain new knowledge. The dictionary meaning of research is "a careful investigation or enquiry especially through search for new facts in any branch of knowledge. Furthermore, In conducting research, researchers must be cautious. They must allocate plenty of time to complete each stage of the activity. They must be conscientious and need to work in the library for a certain number of hours each week. They need to add some more hours or weeks before the scheduled deadline because there are some things that take more time than what is planned, and there are some stages in research work that are more difficult than what the researchers expect. (Bocar, 2009).

From students' point of view, understanding the basic concept and principles in writing a research paper are deemed necessary to make the topic more interesting. Without a well-defined research problem the research project could not justify a strong basis for a good research. However, Students may encounter many challenges and problems during their initial stage of organizing and writing a research proposals in physical education and health. The primary reason for student's research paper is to address the common difficulties and challenges in the early stage of writing research proposals. There were several observable items emerge which are considered by the undergraduate students as problems in conducting their research. like: (choosing an appropriate thesis problem statement; can't relate the

essential points or topic sentences to the overall point of the paper or the thesis statement.; improper citing sources within the texts and utilization of transitions words between paragraphs). As a result, the student may choose a topic that is too general or too specific. Moreover, they fail to support the paper with adequate information that is relevant only to the topic of the paper; or they fail to correctly cite their sources. Furthermore, the difficulties in writing research proposals may vary from; writing main ideas, structure, lack of vocabularies, and re-write or paraphrase are some examples of the difficulties in writing research topic that the undergraduate students commonly face, (Rupista, 2019).

This study attempts to determine the level of difficulty experienced by undergraduate student to enhance their research competencies. Specifically, it aimed to answer the following question: 1) What is the level of difficulties experienced by the undergraduate student in doing research such as: 1.1; Developing a research problem, 1.2; Reviewing literature; and 1.3 Selecting appropriate methodology? 2) What are the challenges experience by the undergraduate student in doing research? and; 3) What intervention plan can be proposed to address the problems encountered by undergraduate student in conducting research and enhance the teaching of the course? This study is conducted to investigate the most difficult item of all the problems that the undergraduate student of Bachelor of Physical Education in Bukidnon State University felt most difficult in writing their research proposal, during the first semester of the school year 2019-2020. Finally, enhance student's cognitive abilities and facilitate in comprehending research process. The researcher will focus on the Experiences of Undergraduate Students in Doing Research on writing thesis proposal three (3) main component, they are: Introduction , Review Literature , and Methodology.

METHODOLOGY

This present study utilized an exploratory sequential mixed method design- it is an approach to combining qualitative and quantitative (QUAN+qual) data collection and analysis in a sequence of phases in a single study to understand a research problem to determine undergraduate student difficulties in doing research (Creswell & Plano Clark, 2018). Hence, the *explanatory-sequential approach* is used when the researcher is interested in following up the quantitative results/analysis with qualitative data. Within this design, a researcher analyzes the relevant QUAN results then uses the QUAL findings to further explain the initial QUAN results. (Creswell & Plano Clark, 2011). Furthermore, *documentary analysis* were also employed in which documents are interpreted by the researcher to give voice and meaning around an assessment topic. Analyzing documents incorporates coding content into themes similar to how focus group or interview transcripts are analyzed (Bowen, 2009).

In the *quantitative part*, the descriptive analysis was applied to evaluate the responses of students. The present study adapted the research instrument, from Garingan, (2019) Difficulty in Conducting Research and Bocar (2009) Difficulties Encountered by the Undergraduate student. Some items were revised in order to suit for the purpose of the study. In the *qualitative part* under graduate students took part the un-structured interviews through on-line. The research instrument provides an answer the question of inquiry: What are the difficulties experienced by the undergraduate student in doing research during the online learning, furthermore, the use of qualitative narrative inquiry encompass the study of the experiences of a single individual embracing stories of the life and exploring the learned significance of those individual experiences and Narrative methods can be considered "real

world measures" that are appropriate when "real life problems" are investigated. The research instrument were deployed through an online survey tool. The data gathered for quantitative were assessed based on a five-point Likert scale. The scale described the student-researchers Level of difficulty in writing a research proposal with the following (5 – Very much difficult ; 4 – Much difficult ; 3 – Moderately difficult; 2 – Less difficult; and 1 – Not difficult), as scoring procedures, (Vagias, 2006)

DISCUSSION:

Table 1 disclose the main difficulties experienced by student-researchers in writing chapter 1. The overall mean shows that the student-researchers were *Novice* in constructing the different contents in chapter 1, The result also reveals that respondents had exerted more effort in writing introduction or rationale of their preferred research study which consumes much of their time found to be very difficult on their part as shown in the weighted mean average interpreted as strongly agree, which clearly signifies that they find difficult in making a Rationale that enables to convey a reader exactly what is the research topic and why the study is significant to be studied. Moreover, the respondents strongly agree that they feel disoriented and confused of writing good introduction that will prepare a reader for the information they'll gain in reading the article or convince the reader what they want to read an interesting article. (Free Lance Writer, 2007). Hence, it also establishes the context of the research being conducted by summarizing current understanding and background information about the topic, stating the purpose of the work in the form of the hypothesis, question, or research problem, and briefly explaining the methodological approach. Furthermore, the student-researchers find it difficult in constructing the Introduction to give a reader a clear idea and provide some background information on the specific problem or issue being addressed. Moreover, Rupista, (2019) simply stated that many undergraduate students may vary on some factors of the difficulties they will encounter. The ideas, structure, lack of vocabularies, and re-write or paraphrase are some examples of the difficulties in writing thesis that the students commonly face.

Table – 1 Weighted Mean as to the Level of Difficulties encountered by students in conducting research in Chapter 1

	Indicators <i>As a student I,....</i>	Mean	SD	Qualitative Description
1	Find difficulty in formulating a title	3.83	0.87	Agree
2	Exerted more effort in writing introduction or rationale	4.21	0.65	Strongly Agree
3	Experienced anxiety on how to state the problem clearly	4.19	1.02	Agree
4	Feel confused on how to formulate objectives of the study	4.07	0.86	Agree
5	Discovered it is not easy to state the hypothesis	4.17	0.91	Agree
6	Feel disorganized on the scope and limitation of the study	3.79	0.96	Agree
7	Experienced worry on the importance of the study	4.02	0.95	Agree

8	Struggled in the selection and Formulation of theories/concepts as anchorage to the proposed study	4.15	0.82	Agree
9	Face difficulties in formatting research proposals.	4.05	0.96	Agree
10	Find it hard to Generate an Abstract of the research study	3.91	0.81	Agree
Average Mean		4.04	0.88	Agree

Meanwhile, the respondents Feel disorganized in writing on the scope and limitation of the study which refers to the boundaries within which the research project will be performed; Define all aspects that will be considered in the research project. However, the Scope broadly refers to the extent to which the plan to study a research topic this is done mainly to keep the research practical and feasible. Additionally, the limitations of the study refers to the shortcomings of the study – things that the researcher’s believe that the research lacked or ways in which it could have been better. Since Limitations are important to understand for placing research findings in context as indicated by the weighted mean, which discloses that the student-researchers were Novice in identifying the importance of scope and limitation in constructing the research process particularly in chapter 1.

On the other hand in writing chapter 2, the respondents claimed that, they experience difficulty or were *Novice* in assembling and choosing literature this was reflected in the over all mean. The term ‘*review*’ means to organise the knowledge of the specific area of research to evolve an edifice of knowledge to show that this study would be an addition to this field. The task of review of literature is highly creative and tedious because the research has to synthesize the available knowledge of the field in a unique way to provide the rationale for his/her study, (Singh, 2006). Which refers to the knowledge of a particular area of investigation of any discipline which includes theoretical, practical, and its research studies in chapter two. However, the result indicate that the subject-respondents experience great challenge to locate or find online references and resources which are most useful when beginning to work on a topic and need to acquire some background knowledge about it that will support their research project as posted as the highest weighted which is interpreted as agree. Hence, referencing is an important part of academic work. It puts the researcher’s work in context, demonstrates the breadth and depth of their research, acknowledges other people's work and use someone else's idea. In addition, the importance to cite sources in a research paper for several reasons is: a) To show the reader that the researcher have done proper research by listing sources they used to get varied information; b) Allows to acknowledge the contribution of other writers and researchers in your work. and c) Referencing is also a way to give credit to the writers from whom they have borrowed words and ideas. ([https://www.student.unsw.edu.au › why-referencing-im.](https://www.student.unsw.edu.au › why-referencing-im))

Table – 2 Weighted Mean as to the Level of Difficulties encountered by students in conducting research in Chapter 2

	Indicators	Mean	SD	Qualitative Description
	<i>As a student I,....</i>			
1	Am anxious in using transition words in a paragraph	3.73	1.02	Agree
2	Can access to literature needed for my research paper	3.56	0.88	Agree
3	Find it difficult in gathering and selecting related literature and studies as bases to support the study	3.77	0.88	Agree
4	Am able to make use of online references and resources	4.06	0.79	Agree
5	Have knowledge on how to quote ideas and concepts from references	3.41	0.79	Agree
6	Am knowledgeable of the well-known modern, and specific references which help in writing research proposals	3.10	0.88	Neither Agree or Disagree
7	Have knowledge on various sources of literature which may be used for my research paper	3.27	0.87	Neither Agree or Disagree
8	Have hard time writing/selecting the review of related literature and studies that are related to the research project	3.74	0.80	Agree
	Average Mean	3.58	0.86	Agree

Likewise, the respondents claimed that when reviewing related literature, the respondents neither agree or disagree that they were knowledgeable of the well-known modern, and specific references which help in writing research proposals on the identified variable as revealed by their weighted mean which is the lowest in all indicators. This difficulties encountered by the student-researchers could be due to their Personality factor that reflect people's characteristic patterns of thoughts, feelings, and behaviors (self-esteem and self-confidence) in identifying updated resources and specific references which help in writing research proposals. Self-esteem is probably the most pervasive aspect of any human behavior. It could easily be claimed that no successful cognitive or affective activity can be carried out without some degree of self-esteem, self-confidence, knowledge of yourself, and self-efficacy belief in your own capabilities to successfully perform that activity, (Rupista, 2019).

Furthermore, the study conducted by Rupista, (2019) supports the difficulties experienced by the undergraduate students in selecting appropriate literatures, on Her study, she tries to find out the factors that affect students' difficulties in writing thesis. She used questionnaire and the interview to find the students' difficulties in writing thesis. Based on the result of her study, she find out that the student's were lack of confidence in deciding the thesis topic and in writing a proper literature review. In addition, Bond, (2006) conducted also a study to identify the online information resources available to assist students develop Internet searching skills, and to explore the students' priorities in online guides. The result of her study reflects that majority of the students have the skills to locate such resources but that

they wouldn't use a study guide to improve these skills, and if they would not think of using an online guide to develop them in spite of good online guides searching skills to locate resources available.

For writing of chapter 3, a statements posted an over all mean indicate they strongly agree, that student-researchers find it *Hard* in constructing the research methodology which they experienced very difficult. Moreover, the respondents agree that they are worried on what appropriate research methodology or design to be used in their research work. Which means that student-researchers were Novice in constructing research methodology or design. The result further reveals that the undergraduate student were uncertain to explain why they want to do the research in a particular way, and visualized what a spectrum from a predominantly quantitative approach towards a predominantly qualitative approach that helps other understand what they are doing in a research project. Walker and Myrick (2006), simply clarify that “The choice of research methodology is a difficult step in the research process”. However, Sileyew, (2019) stated differently, Research methodology is the path through which researchers need to conduct their research. It shows the path through which these researchers formulate their problem and objective and present their result from the data obtained during the study period. She added, that research design is intended to provide an appropriate framework for a study. A very significant decision in research design process is the choice to be made regarding research approach since it determines how relevant information for a study will be obtained, (Sileyew, 2019).

Table – 3 Weighted Mean as to the Level of Difficulties encountered by students in conducting research in Chapter 3

	Indicators <i>As a student I,</i>	Mean	SD	Qualitative Description
1	Am worried on the appropriate use of methodology in research	3.98	0.85	Agree
2	Have problem on the statistical treatment of data or what statistical tool to use	3.89	0.91	Agree
3	Can easily follow instruction on research ethical considerations	3.37	0.83	Agree
4	Struggled constructing researcher made questionnaire	3.70	0.84	Agree
5	Don't have a good skills in selecting research design	3.76	0.80	Agree
6	Have difficulty in selecting appropriate sampling procedures	3.70	0.84	Agree
7	Have a good skills in selecting appropriate data collection	2.99	0.91	Neither Agree or Disagree
8	Am bothered how to create scoring procedures	3.88	0.87	Agree
	Average Mean	4.64	0.85	Strongly Agree

However, the respondents claimed that they experienced moderately difficulty in selecting appropriate data collection in the process of gathering and measuring information on variables of interest and analysing accurate insights for research using standard validated

techniques with has the lowest mean of all the items presented in Table 3, *Neither Agree or Disagree*, Which mean, that the student-researchers find it *Normal* in constructing the research process. Likewise, based on the general weighed mean, the results clearly shows that the student-researchers find it hard in constructing the research methodology. Hence, Research Methodology is the most vital part of a research study; it can be called as the spine of a research. A research methodology determines the direction that your study will follow and the manner in which you would collect your data and the depth of your data. It also determines the quality of the data you collect. Further, the methodology can also determine the analytical tools you would be using for deriving conclusions from the data collected. It is very common for students to start with data collection without defining the methodology and then trying to fit the data into pre-existing methodological framework. (Fayz, 2021). The foregoing results may be construed by undergraduate students to view research negatively. The negative attitudes of undergraduate towards research includes difficulty in identifying a sound problem, formulating research objectives, determining valid literature, designing and conducting research, (Garingan, 2019).

What are the challenges encountered by the undergraduate (BPed5) student in doing research?

Frame 1 presents the challenges encountered by the undergraduate students in doing research which were taken from collective information through Online interview on; “What are the lessons learned by undergraduate student in doing the research”. Based on the result of their responses, it reveals that, “*Time Management*”, is their number one biggest challenge. According Juneja, (2015) Time Management refers to managing time effectively so that the right time is allocated to the right activity. Effective time management allows individuals to assign specific time slots to activities as per their importance. He further elaborates that Time Management plays a very important role not only in organizations but also in our personal lives. Effective time management can make an individual more productive as a researcher and minimize the factors that drain their time such as procrastination and interruptions. One of the biggest advantages of time management is that it allows students to be more efficient by being in control of how they spend their time and focus better on important tasks, thus better focus leads to better efficiency. To cope up with these problem undergraduate student have to be resourceful and take extra careful in scheduling important activities, since Each step of a research project requires time and attention, (Australian Christian College, 2020). Careful planning helps ensure that will keep the researcher set up their project running smoothly and produce best work. Effective time management allows students to complete more in less time, because their attention is focused and they're not wasting time on distractions (such as social media, for example. Efficient use of time also reduces stress, as students tick off items from their to-do list. Having these skills gives students the ability to plan ahead and prioritize upcoming assignments and events. This is an important factor in keeping students organized and avoiding procrastination, and ultimately leads to academic success. Time management can be very useful in a student's hectic schedule, (ACC, 2020).

Frame 1

<i>Challenges Experience by the Undergraduate Student in Doing Research</i>	<i>Frequency Counts</i>	<i>Rank</i>
Time Management	28	1
Poor/slow Internet Connection	17	2
Self- Motivation	15	3
Team Collaboration	6	4
Stress Management	5	5
Difficulty in Selection of a Research Topic	4	6
Self Determination & Confidence	3	7
Availability of Electronic Gadgets	2	8
Utilization of Research Methods or Design	1	9

Furthermore, one of the most valuable skills that an online student is very effective their time management is the ability to plan out and complete tasks in a timely and productive manner. This includes deciding how much time to spend on each task to maximize time during the day and throughout the week. It's important to work both effectively and efficiently, (ACC, 2021). In addition, Efficient time management is essential at every stage of a researcher's career. A researcher is expected to undertake amidst many frustrations including constant interruptions from emails, and co-researchers. To be a successful researcher, it is important to remain focused on your work. This can be accomplished by effectively managing your time. Effective time management can make you more productive as a researcher and minimize the factors that drain your time such as procrastination and interruptions, (Enago Academy, 2019).

The second challenges that most student researchers encountered is “*Poor/slow Internet Connection*”. Internet is a very powerful worldwide instrument, which serves as a good source for research work and learning. It generates current information, facts-finding, and is the most outstanding invention in the area of communication in the history of human race, (Lynas, 2020). Students can use the internet for quick purposes to avail information and the knowledge they need for the projects and assignments. The internet has diverse uses depending on the needs of an individual or the setting. Regardless of the purpose, the importance of the internet in our daily lives is unquestionable. According to Davis, (2021) The used of Internet in scientific research and its most used component WWW has turned into important source of information with widest coverage and the fastest access. It can be a great place to accomplish scientific research on many topics but finding quality web materials and using them in scientific research can be challenging. The Internet is a very powerful worldwide instrument, which serves as a good source for research work and learning. It generates current information, facts-finding, and is the most outstanding invention in the area of communication in the history of human race.

However, Navarro, (2021) his article “Why is the Internet in the Philippines so expensive and slow?” He said that it is due to thousands of Philippine islands surrounded by the ocean and sea, the requirement for laying a fiber optic cable in the Philippines requires a huge amount of investment to successfully achieve an effective infrastructure for the growing telecommunications and communications needs of the several businesses in the country.

Furthermore, a most common question is on What causes bad internet connection? Two of the most frequent causes of poor Internet performance are *spyware and viruses*. Spyware can slow your system by interfering with your browser and monopolizing your Internet connection. Spyware monitors your Internet use and keystrokes, which adds delays. ... Computer viruses can also cause poor Internet performance.

This statement was supported by Globe Telecom' Chief Sustainability Officer and SVP for Corporate Communications, (*Maria Yolanda Crisanto*, ND) said. "For many years, the telecom operators in the Philippines have been hampered by the notorious bureaucratic red tape imposed by local government units particularly permitting issues that severely hampered the development of telecom infrastructure," According to Globe's statement, before 2020, it took 29 to 35 permits to build one cell tower. Among these are a barangay (village) permit, neighbour's consent, radiation evaluation, mayor's permit, occupancy permit, and more. "This is the primary reason why the internet is '**slow**' in the Philippines,". Natividad, (2021) states that "When ICT infrastructure is underdeveloped while consumers continue to demand for more data and higher bandwidth, the effect is a sub-optimal service experience."

Accordingly there are around 18,000 telecom towers installed across the Philippines. The country would need 50,000 more for optimal coverage. Since most Filipinos rely on their mobile phones to access online services, these cell towers are crucial in providing connectivity to the masses. This creates a disparity between those who have internet access and those who don't, one that is emphasized more so now that COVID-19 has moved much of the world online. There are now posts circulating of Filipino children in rural areas climbing mountains to get an internet signal, just so they can attend classes or submit assignments. And because connectivity isn't cheap, many families are making sacrifices to accommodate the new normal, (Natividad, 2021). Given the ease of access to information provided by the internet, modern researchers can interact faster with each other. This rapid interaction enhances research skills as learning ensues online. It facilitates information exchange at the speed of light. Hence, The Internet is a very powerful worldwide instrument, which serves as a good source for research work and learning. It generates current information, facts-finding, and is the most outstanding invention in the area of communication in the history of human race, (Lynas, 2020).

The third challenges that being encountered by the undergraduate is "*Self-Motivation*". Self-motivation is the best form of motivation for oneself, it is an important element which is required to stimulate the desire in people for performing and giving their best at their work. Self-motivation or the ability to motivate yourself is an important skill. It helps individuals to carry on despite setbacks and seek new opportunities, (Shiwani, 2019). Furthermore, she added that self-motivation is a very important factor in a person's life because this helps them see things in a positive way. This will enable them to overcome challenges by developing an attitude that could withstand trials and failures. If one is able to develop a good outlook in life, everything will start falling into their proper places. Therefore, individuals who are self-motivated tend to be: More organized;- Great at time management; – Self-confident– And also have a high self-esteem, (Shiwani, 2019). Hence, Self-motivation is encouraging oneself to continue making progress toward a goal even when it feels challenging and the ability to do what needs to be done without the influence from other people or situations. People who are self-motivated will always want to give their best and also be willing to take various responsibilities. A self-motivated person will have the tendency to work for longer hours than

others, become team leaders, come up with solutions to various problems, and also learn and develop new skills, (Shiwani, 2019). From the researcher’s point of view there is no doubt that these different challenges encountered by the undergraduate students in doing research has to be taken serious consideration. Since, Challenges is the core of the growth mindset; without it, students don't get the opportunities to take risks, learn to fail and figure out how to pick themselves up again. This “sense of progress” is central to developing growth mindsets, (Dweck, 2020).

What intervention plan can be proposed to address the problems encountered by undergraduate student in conducting research and enhance the teaching of the course?

The challenges encountered by the undergraduate students in doing research have specific objectives wherein the activities, persons involved, time frame, and expected outcome are incorporated. Matrix 1 illustrates the proposed intervention plan to enhance the experiences of undergraduate students in doing research projects in the Province of Bukidnon. The intervention plan is designed to help solve the challenges encountered by undergraduate students. It is the researcher’s great desire that the intervention plan may eventually be implemented and supported by BukSU Administration, College of Education and the Physical Education Department. The PED is the primary department to implement the intervention and supported by the PED Faculty, CoE Parents and Teachers Association, CoE Student Body Organization, and other School Personnel.

The top most problem was identified in the first column. The second column proposed for objectives to help solve the problems. To accomplish these objectives, activities and strategies are suggested, identifying the people involved in executing these activities. There is a timeframe for every intervention and to come up with expected outcomes.

Proposed Intervention Plan to address the Challenges Experience by the Undergraduate Students in Doing Research

Challenges Encountered	Objectives	Activities/ Strategies	Persons Involved	Time Frame	Expected Outcome
1. Time Management	To establish a plan to BPeD students who struggle with their Time Management.	<p>PED teachers, will discuss to BPeD students the different tips for Effective Time Management, during class orientation, with the following topics .</p> <ol style="list-style-type: none"> 1. Set goals correctly 2. prioritize wisely 3. Set a time limit to complete tasks 4. Take a break between tasks 5. Organize yourself 6. Remove non-essential 	PED Faculty	Whole Year Round.	<p>PED Students has the ability :</p> <ol style="list-style-type: none"> 1. To estimate and maximized time in accomplishing a tasks. 2. To manage their time effectively. Since, (GTM) leads to improve efficiency 3.To utilize Planning, controlling and how much time they will spend on specific activities. 4. And enjoy the

		tasks/activities 7. Plan ahead			Benefits of Time Management
2. Poor Internet Connection	To identify possible solution in helping students with unstable or limited Internet connection	<p>PED teachers will adopt the new mode of teaching strategy / delivery of Online instruction, despite the problems caused by poor Internet Connection:</p> <ol style="list-style-type: none"> 1. Record Lessons: 2. Contacting the Students as often 3. Make your lessons short: 4. Use plain text instead of attachment when Emailing 5. Let the students show their responses 6. Prepare for losing the Internet connection: 	PED Faculty	From the start and until the end of every Semester	BPeD students can sustain the standard on the quality of education
3. Self-Motivation	To identify strategies to increase Self-Motivation for students	<p>PED Teachers conduct Orientation/lectures to students on how build and improve Self-motivation:</p> <ol style="list-style-type: none"> 1. Invest Fundamental Self-Knowledge 2. Personal Planning 3. Have Self-confidence 4. Set Realistically Achievable Goals 5. Learn to Think Positively 6. Don't lose focus 7. Develop Emotional Intelligence 	PED Faculty		<p>BPeD students could develop their Self-Motivation Skills –by?</p> <ol style="list-style-type: none"> 1. Recognizing their potentials. 2. Identifying the things that are within their control and seeing what they can do about them. 3. Scheduling their daily activities, from Urgent to less urgent. 4. Thinking positively to attained determined goals.

Time is a finite resource and needs to be used wisely. Balancing students' responsibilities from home and school is not easy this is where most of the undergraduate students select, "Time management" as the number one factor that hinders their activity in constructing their research process. Hence, Good time management enables an individual to complete more in a shorter period of time, lowers stress, and leads to achieved the desired goals. Juneja, (2015) suggested management tips and strategies to ensure that students could meet deadlines, they are:

1. *Set goals correctly* - Set goals that are achievable and measurable. Use the SMART method when setting goals. In essence, make sure the goals you set are **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**imely.
2. *Prioritize wisely*- Prioritize tasks based on importance and urgency. For example, look at your daily tasks and determine which are: (Important and urgent: Do these tasks right away; Important but not urgent: Decide when to do these tasks; Urgent but not important: Delegate these tasks if possible, and Not urgent and not important: Set these aside to do later).
3. *Set a time limit to complete a task*- Setting time constraints for completing tasks helps you be more focused and efficient. Making the small extra effort to decide on how much time you need to allot for each task can also help you recognize potential problems before they arise. That way you can make plans for dealing with them.
4. *Take a break between tasks*-When doing a lot of tasks without a break, it is harder to stay focused and motivated. Allow some downtime between tasks to clear your head and refresh yourself. Consider grabbing a brief nap, going for a short walk, or meditating.
5. *Organize yourself*-Utilize your calendar for more long-term time management. Write down the deadlines for projects, or for tasks that are part of completing the overall project. Think about which days might be best to dedicate to specific tasks.
6. *Remove non-essential tasks/activities*-It is important to remove excess activities or tasks. Determine what is significant and what deserves your time. Removing non-essential tasks/activities frees up more of your time to be spent on genuinely important things.
- and 7. *Plan ahead*-Make sure you start every day with a clear idea of what you need to do – what needs to get done **THAT DAY**. Consider making it a habit to, at the end of each workday, go ahead and write out your "to-do" list for the next workday. That way you can hit the ground running the next morning.

Internet is a very powerful worldwide instrument, which serves as a good source for research work and learning. It generates current information, facts-finding, and is the most outstanding invention in the area of communication in the history of human race. However, Garciaros, (2020) and Major, et.al. (2010), possible ways to help teachers manage poor internet connections for online lessons, they are;

1. *Record Lessons*:-Recording live teaching provides a way for students with poor access to watch lessons in their own time;
2. *Contacting the Students as often by email, comments and on their work* — can make a huge difference, especially for those students without internet access;
3. *Make your lessons short*: Don't replicate a traditional hour in the classroom. Make virtual lessons short and pacy to keep students engaged.
4. *Use plain text instead of attachment when Emailing*- since plain text is easier to access and requires less data.(therefore less money);
5. *Let the students show their responses*:-Ask them to record ideas and submit them by email or on an online platform like Microsoft Teams; and
6. *Prepare for losing the Internet connection*: -Email students before teaching and share any resources they'll need;

Lastly, undergraduate students, needs Self-motivation. It is described as an essential skill for development, both personally and professionally. An individual who understands their desires, values and priorities can understand what really motivates them and, in turn, can channel their energy to reaching fulfilment, (Miranda, ND). Furthermore, she give some tips that can help students create daily routine and subsequently boost self-motivation.

1.) *Invest Fundamental Self-Knowledge* - Understand and learn more about your skills, abilities and even points for improvement. Self-knowledge is important, as it will unlock the ‘how’ and ‘why’ behind self-motivation and the goals for which motivation are important; 2.) *Personal Planning* - Through planning, you really can maintain the balance between personal and professional life. You’ll know where to start and where you want to go; 3.) *Have Self-confidence* - is the key to motivation! Insecurity, fear of taking risks, making mistakes, and being ridiculed are all things that prevent us from achieving. Know where your strengths and weaknesses lie and work to use these to your advantage; 4. *Set Realistically Achievable Goals* - Goal settings is vital to success. Self-motivation comes when you realize that everything makes sense to you. Having goals set helps you to recognize your skills and find the energy to keep making progress and if you are tracking your goals effectively, you will quickly be able to clearly visualize that success; 5. *Learn to Think Positively* - Learning to think positively and practicing it on a frequent basis is vital to success. Positive attitudes not only allow us to face challenges head on, reach our goals and go further but they also allow us to create good humor, positive vibes and relaxation with friends; 6. *Don’t lose focus* - It is important to keep in mind that challenges are always present. The important thing is not to let these challenges interfere with your work. Be careful of distractions and mindful of staying focused on your results; and 7. *Develop Emotional Intelligence* - points out ways in which we deal with our emotions. Identifying, understanding, and respecting the differences of the people with whom you interact, can help you to build stronger relationships.

CONCLUSION:

a. From the description mainly about the main difficulties experience by the undergraduate student in doing research, the researcher found that student-researchers’ had great difficulty and exerted more effort in writing introduction or rationale; have difficulty to utilize the use of online references and resources; and they are apprehensive on the appropriate use of methodology in research, were the different issues that affect students in writing their research proposals.

b. The overall mean indicates that, the undergraduate students find *much difficult* in: Developing a research problem ; Reviewing literature; and Selecting appropriate methodology. Thereby student-researchers were *Novice* in constructing the research processes.

c. In challenges experienced by undergraduate students in doing research, it is suggested that the intervention plan may help solve the problems.

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