

ABSTRACT

ROSMANAH. 2024. "DECIPHERING THE BENEFITS AND OBSTACLES OF REFLECTIVE JOURNAL WRITING IN EFL CLASSROOM. " English Education Department, Faculty of Educational Science and Teachers' Training, Siliwangi University, Tasikmalaya.

The study aims to decipher the benefits and obstacles of reflective journal writing in the professional listening and speaking course. This used a descriptive case study design, which involved four participants who had taken a professional listening and speaking course in the fourth semester at a university in Tasikmalaya. Data was collected through semi-structured interviews and analysed using Braun and Clark's (2006) thematic analysis theory. The research results revealed the benefits of reflective journal writing in a professional listening and speaking course are (1) students' self-improvement (reflective journals as self-assessment, self-awareness, and self-expression), (2) students' writing skills improvement, and (3) students' emotional engagement. Meanwhile, the obstacles are (1) internal factors (difficulty in remembering material, repetition of tasks, feelings of awkwardness, feeling burdened) and (2) external factors (lack of vocabulary, inability to arrange words and grammar problems). In summary, despite the obstacles, reflective journal writing contributes to students' self-development and helps students improve their learning performance, especially in listening and speaking skills.

Keywords: Benefits and Obstacles, Reflective Journal Writing, EFL Classroom