

**IMPROVING STUDENTS' READING USING SKIMMING TECHNIQUE FOR
GRADE 11 SMA NEGERI 5 PEMATANGSIANTAR**

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ABSTRACT

Reading skills are essential for high school students, particularly in grasping information efficiently. However, there remains a gap between theory and practice regarding students' effective reading methods. This study aimed to evaluate the effectiveness of the skimming technique in improving reading fluency, speed, and main idea identification skills among grade 11 students at SMA Negeri 5 Pematangsiantar. Using a quantitative quasi-experimental design, this research involved three randomly selected classes. Data collection utilized reading tests focusing on three key aspects: fluency, main idea identification, and reading speed. Results showed significant improvements across these areas following the application of skimming techniques, as evidenced by higher average post-test scores. This suggests that skimming effectively enhances students' reading performance by enabling quicker comprehension and main idea recognition. In conclusion, the skimming technique proves beneficial for developing essential reading skills, supporting both academic progress and efficient information processing for students in high school.

Keywords: Reading Skills, Skimming Techniques, Reading Fluency, Main Idea Identification

ABSTRAK

Keterampilan membaca sangat penting bagi siswa sekolah menengah, terutama dalam memahami informasi secara efisien. Namun, masih terdapat kesenjangan antara teori dan praktik mengenai metode membaca siswa yang efektif. Penelitian ini bertujuan untuk mengevaluasi efektivitas teknik skimming dalam meningkatkan kelancaran membaca, kecepatan, dan keterampilan mengidentifikasi gagasan utama di antara siswa kelas 11 di SMA Negeri 5 Pematangsiantar. Dengan menggunakan desain kuasi-eksperimental kuantitatif, penelitian ini melibatkan tiga kelas yang dipilih secara acak. Pengumpulan data menggunakan tes membaca yang berfokus pada tiga aspek utama: kelancaran, identifikasi gagasan utama, dan kecepatan membaca. Hasil menunjukkan peningkatan yang signifikan di semua bidang ini setelah penerapan teknik skimming, sebagaimana dibuktikan oleh skor rata-rata pasca-tes yang lebih tinggi. Hal ini menunjukkan bahwa skimming secara efektif meningkatkan kinerja membaca siswa dengan memungkinkan pemahaman yang lebih cepat dan pengenalan gagasan utama. Sebagai kesimpulan, teknik skimming terbukti bermanfaat untuk mengembangkan keterampilan membaca yang

penting, mendukung kemajuan akademis dan pemrosesan informasi yang efisien bagi siswa di sekolah menengah.

Kata Kunci: Keterampilan Membaca, Teknik Skimming, Kelancaran Membaca, Identifikasi Ide Pokok

A. INTRODUCTION

Reading skills play a crucial role in the learning process, especially at the high school level. In the midst of rapid information development, strong reading skills are essential for students. These skills not only help them understand texts in depth but also enable them to acquire information quickly and efficiently (Amri, 2020). One of the reading techniques that can help improve speed and comprehension is the skimming technique.

Skimming is a fast reading technique used to get an overview of the text's content without reading every word in detail. In the context of high school learning, this technique is very useful for helping students identify the main ideas or core messages of a text in a relatively short time. This skill is particularly important when facing exams or assignments that require an understanding of multiple texts within a limited time.

Skimming is not a technique that ignores details but rather focuses on efficiently and effectively searching for

important information. Students who master this technique are able to quickly assess whether a text is relevant to the topic being studied or if the information provided contains key points that need to be further explored (Budi, 2018).

This study aims to analyze the effectiveness of the skimming technique in improving the reading ability of 11th-grade students at SMA Negeri 5 Pematangsiantar. The main focus of this research is to determine the extent to which the skimming technique can enhance reading fluency, speed of comprehension, and the students' ability to capture the main ideas from the texts they read. It is hoped that this research will provide a clearer picture of the benefits of the skimming technique and how it can be applied in Indonesian language learning at the high school level.

This research will explore how the implementation of the skimming technique can positively impact students' reading skills, as well as the factors influencing the success of this technique in the school learning

context. By understanding the effectiveness of the skimming technique in improving reading ability, it is hoped that educators can develop more effective teaching methods to assist students in facing increasingly complex academic challenges.

The research will also include an analysis of how the skimming technique can address common issues faced by students, such as difficulties in reading quickly or a tendency to get caught up in unnecessary details of the text (Cahyono, 2019). By using the skimming technique, students are expected to focus more on the truly important information and improve both the speed and accuracy in processing information.

The application of the skimming technique in learning also provides opportunities for students to develop other reading skills, such as the ability to filter relevant information, and improve memory and overall comprehension. As students' reading ability improves, it is expected that this will also have a positive impact on their overall academic development.

Thus, this research is highly relevant in efforts to improve the quality of education, particularly in

terms of students' reading abilities. The skimming technique, which is one of the effective reading techniques, can be a very useful tool for students to accelerate the learning process and achieve a better understanding of the texts they encounter. Ultimately, the results of this research are expected to contribute to the development of more innovative and efficient teaching methods that can be applied in schools to support the optimal development of students' reading skills (Darmawan, 2019).

This research will not only assess how well the skimming technique can improve reading ability but will also consider various factors affecting its implementation, such as students' interest in reading activities, their level of comprehension of the texts, and other external factors that may influence their learning outcomes. Therefore, this research can provide broader insights into how the skimming technique can be effectively applied in the educational context at the high school level

B. RESEARCH METHOD

Research Design

This study uses a quantitative approach with a quasi-experimental

design, where the researcher cannot fully control the existing variables. The main objective of this research is to evaluate and compare the students' reading abilities before and after being trained in the skimming technique. In this experiment, the training provided includes direct instruction on how to read quickly with a focus on identifying the main ideas of a text. The use of a quasi-experimental design is intended to allow the study to be conducted in a more natural classroom setting, even though no control group is formed. The researcher will compare the students' reading test results before and after the training to determine whether the skimming technique can indeed improve their reading ability in terms of fluency, speed, and the ability to identify the main ideas of a text.

Research Participants or Population and Sample

The population in this study consists of all 11th-grade students at SMA Negeri 5 Pematangsiantar, which includes several classes with varying numbers of students. For the purposes of this study, the researcher selects a sample consisting of three randomly chosen classes. The selection of classes is made to ensure a balanced representation of the

population, so that the research results can reflect the general condition of students at the school. Each selected class will receive the same treatment, namely skimming technique training. Students.

in the selected classes will be tested before and after the treatment to measure the effectiveness of the skimming technique in improving their reading ability. The use of random sampling is expected to reduce bias in participant selection and increase the validity of the findings.

Instruments

The instrument used in this study is a reading test designed to measure three important aspects of students' reading ability: reading fluency, the ability to identify the main ideas, and reading speed. This test consists of a series of questions that will assess how well students can read a text fluently, identify the main ideas within the text, and measure the time they need to read the text. These three indicators were chosen because they are considered essential components of effective reading techniques. Reading fluency will be assessed by the students' ability to read without significant errors, the ability to identify the main ideas will measure how well

students can grasp the core of the text, and reading speed will measure the students' efficiency in completing the reading within a reasonable amount of time. The test will be administered before and after the skimming technique training to assess any improvements.

Data Analysis

The data collected in this study will be analyzed using descriptive statistics to describe the differences in the average scores of students before and after receiving skimming technique training. Descriptive statistics will help provide an overview of the test results, such as the mean, standard deviation, and the changes that occur in each test indicator between the two conditions. By using this analysis, the researcher will be able to identify whether there is a significant improvement in students' reading ability after they receive the training. Additionally, this analysis will help assess the extent to which the skimming technique can affect reading fluency, speed, and the ability to identify main ideas in students overall. Therefore, the results of this data analysis are expected to provide clear evidence of the effectiveness of the skimming technique in improving the

reading ability of 11th-grade students at SMA Negeri 5 Pematangsiantar.

C. RESEARCH FINDINGS AND DISCUSSION

Research Findings

The results of the study show an improvement in all three aspects of reading ability after the implementation of the skimming technique. Below is a table of the average reading ability scores of students before and after the skimming technique was applied:

Student Name	Before (Fluency)	After (Smoothness)	Before (Main Idea)	After (Main Idea)	Before (Speed)	After (Speed)
Angel Sihombing	60	75	55	70	50	65
Aulla Siregar	65	80	60	75	55	70
Az Zahra Harahap	70	80	65	80	60	75
Azzura Sekar	75	90	70	85	65	80
Harapan	55	70	50	65	45	60

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Based on the results in the table above, there is an improvement in all reading indicators after the skimming technique was applied.

Discussion

Improvement in Reading Fluency

Improvement in reading fluency is one of the key indicators in literacy skills that can influence students' understanding of the texts they read. Reading fluency is not only related to reading speed but also to the ability to read effectively reading smoothly and without many obstacles, while being able to extract important information from the text (Fitriani, 2021). As innovative teaching methods, such as the skimming technique, have evolved, many studies have shown significant improvement in students' reading fluency.

Skimming technique is a reading method that focuses on searching for the main information in a text without paying too much attention to detailed specifics. This technique teaches students to read quickly and efficiently by engaging them in recognizing the main ideas, key points, and the overall structure of the text. When students are introduced to this method, they

find it easier to shift their focus away from detailed sections of the text and concentrate on the core message or information they need to understand. This allows them to read faster and reduces the feeling of being overwhelmed when encountering lengthy or complex sections of the text.

Research conducted on a number of students shows that after learning and practicing the skimming technique, they experienced an improvement in their reading fluency. Previously, students who struggled to read long texts fluently began to show significant progress. They were able to read faster and focus more on important information in the text, without feeling burdened by the abundance of details (Hadi, 2022). By using the skimming technique, they had a better understanding of the overall structure of the text and could identify the main ideas conveyed by the author.

One reason why this technique is effective in improving reading fluency is that skimming helps students focus on what is relevant and important. Without this technique, students often get distracted by less important information, which can cause them to

lose focus or have difficulty reading. By teaching students to disregard details that are not crucial, the skimming technique gives them the freedom to read faster and more purposefully.

By using skimming, students become more capable of mapping the structure of the text. They are no longer trapped in every word or sentence, but can quickly identify sections that contain the main information, such as titles, subheadings, the first and last sentences of each paragraph, and relevant key terms. With a better understanding of the structure, students can more easily follow the flow of the text and connect the main ideas within it. This, in turn, also helps improve their reading fluency.

The implementation of this technique in learning also has a positive effect on increasing student motivation. By seeing rapid progress in their reading fluency, students feel more confident and motivated to continue practicing their reading skills. They no longer feel burdened by long and complex texts but feel more capable of tackling them in a more strategic and efficient manner.

The skimming technique also proves helpful in situations requiring quick comprehension, such as exams or reading tests. By mastering this technique, students can quickly scan a text to find the information they need without having to read the entire text in-depth. This not only saves time but also enhances the effectiveness of their learning.

However, even though the skimming technique is effective in improving reading fluency, it is important to remember that this technique is not intended to replace other reading techniques, such as scanning or in-depth reading. Each reading technique has different purposes and uses, depending on the type of text and the goal of the reading. Therefore, it is important for students to understand when and how to use the skimming technique correctly in order to achieve optimal results.

The application of the skimming technique in reading instruction can significantly contribute to improving students' reading fluency. By teaching students to focus on the main ideas and reduce distractions caused by less important details, this technique helps them read more fluently and effectively. This is certainly beneficial

not only in the context of school learning but also in their daily lives, where efficient reading skills are essential to filter relevant and useful information.

Improvement in Identifying Main Ideas

The ability to identify main ideas in a text is one of the key elements in effective reading, especially in an educational context. The main idea is the core message conveyed in the text, and understanding this idea allows the reader to grasp what the author wants to communicate as a whole. For many students, identifying the main idea can often be a challenge, particularly when the text is long and complex. Therefore, appropriate reading techniques, such as the skimming technique, are crucial in helping students improve this skill.

Skimming technique is a fast reading method that allows the reader to identify key information without needing to read the entire text in detail. Using this technique, students are trained to focus on parts of the text that contain the main ideas, such as titles, subtitles, the first and last sentences of each paragraph, and key words that provide clues about the core message of the text (Lestari, 2020). This makes

it easier for students to identify the main idea in a shorter amount of time, thereby improving their ability to comprehend the text as a whole.

Based on the results of the research conducted, the application of the skimming technique has been proven to improve students' ability to identify the main idea in a text. Students who previously struggled to identify the main idea or key points in a reading, after practicing skimming, showed significant improvement in their ability to do so. They not only became faster in identifying the main idea but also more accurate in pinpointing the core message conveyed in the text.

This happens because skimming helps students be more selective in choosing relevant information. In the reading process, not all information in the text holds the same level of importance. Some sections may only provide supporting details or more in-depth explanations, while other parts convey the main idea that forms the core of the entire text. Skimming teaches students to recognize this difference and directs their attention to the most relevant parts, particularly those containing the main idea. For example, by focusing on topic

sentences and conclusions in each paragraph, students can easily draw conclusions about the main idea the author wishes to convey.

Practice using the skimming technique also helps students become more skilled at mapping out the overall structure of the text. They begin to understand how a text is organized, with the main ideas typically found at the beginning or end of paragraphs. Students also learn to recognize certain patterns in the text, such as the repetition of key words or related ideas, which reinforce the main idea. With a better understanding of the text's structure, students can not only find the main ideas more easily but also connect those ideas to a broader context.

This improvement in identifying the main idea has a significant impact on students' comprehension of the texts they read. When students can quickly identify the main idea, they can understand the text more efficiently and avoid confusion that may arise from getting stuck in unnecessary details. This allows them to absorb information in a more organized and focused manner, which is crucial in an educational context where in-depth

comprehension of texts is a primary goal.

The skimming technique also trains students to be more critical in selecting the information they read. They are not only relying on their ability to read quickly, but they are also taught to think selectively, identifying what is important and relevant in the text and understanding how this information connects (Mardiani, 2017). The ability to assess the relevance of information is invaluable not only in academic learning but also in everyday life, where we are often faced with large amounts of information and must filter out what is most important for us to know.

As a result of continued practice with the skimming technique, students will also become more confident when tackling various types of texts. When they feel more capable of quickly identifying the main idea, they are likely to be more motivated to read more texts and increasingly skilled at navigating more difficult readings. This boosts their confidence in reading and understanding material and motivates them to keep developing their literacy skills.

However, even though skimming offers significant benefits in helping

students identify the main idea, it is important to remember that this technique may not be applicable to every type of text. Some texts may require more in-depth and analytical reading, where identifying the main idea is not the primary goal, but understanding the nuances and details within the text. Therefore, while skimming is a useful technique, students also need to be trained in various other reading techniques, such as scanning or deep reading, depending on the reading goals and context.

The application of the skimming technique in reading instruction has a positive and significant impact on students' ability to identify the main idea in texts. This technique not only helps students read faster but also trains them to be more selective and focused readers. With the ability to efficiently identify the main ideas, students can improve their overall comprehension of texts, which ultimately supports better learning outcomes.

Improvement in Reading Speed

Reading speed is one of the important factors often used to measure reading effectiveness. As a fundamental skill that readers must

possess, reading speed enables individuals to complete readings in a shorter time while maintaining comprehension of the text. A high reading speed also reflects efficiency in acquiring information from the text in a more effective manner. In an educational context, the development of reading speed is often one of the goals pursued by educators to help students manage the numerous texts they need to read within a limited time.

However, the improvement of reading speed is often faced with the challenge of maintaining comprehension quality. Many people believe that the faster someone reads, the less likely they are to understand the text deeply. However, with the right technique, such as the skimming technique, this is not always the case (Nugroho, 2019). The skimming technique has proven effective in increasing students' reading speed without compromising their understanding of the content of the text.

Skimming is a fast reading technique that emphasizes overall understanding by highlighting the main ideas in a text. This technique teaches students to recognize important parts of the text, such as

titles, subtitles, the main sentences at the beginning and end of paragraphs, and key words that indicate the core message of the text. By using the skimming technique, students can focus on the most relevant information and avoid getting caught up in supporting or less important details. This allows them to read the text more quickly because they are only paying attention to the parts that contain the main information they need to understand.

The application of the skimming technique in reading instruction has shown a significant improvement in students' reading speed. Research conducted in several schools indicates that after students were trained using the skimming technique, they were able to read texts more quickly than before. This shows that skimming helps students become more efficient in filtering the necessary information from the text, allowing them to complete readings in a shorter time without reducing the quality of their understanding of the material.

One reason why the skimming technique can improve reading speed is that it helps students focus on the main ideas and the most important information in the text. Typically, long

texts contain many details that are not always relevant to overall comprehension. With skimming, students are taught to disregard these details and focus their attention on the elements that contain the main ideas. This more directed focus makes the reading process faster because students do not have to spend time analyzing irrelevant sections.

Applying the skimming technique does not mean that students only skim through the text and neglect comprehension. On the contrary, while they read faster, their understanding of the text remains intact. This is because the skimming technique gives students enough understanding of the text's structure and the main ideas it contains. With a better understanding of the author's purpose, students can easily follow the author's train of thought and capture the main message without having to read every word carefully.

Practice with the skimming technique can enhance students' ability to recognize relevant information and ignore irrelevant information. This encourages students to be more selective in choosing which texts to read thoroughly and focus on things that will directly benefit their

understanding of the topic (Pratama, 2018). This process ultimately trains them to read more efficiently and filter out unnecessary information. Although focused on fast reading, this skill actually improves their ability to access information more effectively.

While the skimming technique offers great benefits in terms of reading speed, it is important to remember that it is not always suitable for every type of text. Some texts, such as academic works or texts requiring in-depth understanding, may need a more detailed approach and cannot be processed the same way as news texts or light articles. Therefore, the skimming technique is more suitable for texts intended to provide general information or for the purpose of searching for specific information, such as when conducting research or reading for an overview.

However, for more complex texts that require deep analysis, other reading techniques such as deep reading or scanning are recommended. Combining various reading techniques according to the goals and types of texts faced is a wise step for students to strike a balance between speed and comprehension. By mastering several reading

techniques, students can become more flexible and skilled at adapting their reading methods to the needs at hand.

The application of the skimming technique in reading instruction has proven to increase students' reading speed without sacrificing their understanding of the text. This technique enables students to read more efficiently, identify main ideas faster, and ignore irrelevant details, ultimately allowing them to finish reading more quickly. Nevertheless, this technique must still be used wisely, considering the type of text being read and the purpose of reading. With continuous practice and a proper understanding of when and how to use the skimming technique, students can become faster and more efficient readers, while maintaining the quality of comprehension of the material they read.

Long-Term Benefits

Although this research was conducted over a limited period, the long-term benefits gained from applying the skimming technique are clearly evident in other areas of learning. The skimming technique not only helps students improve their

reading skills but also has a broader impact on their ability to analyze and summarize information quickly. Therefore, although the application of this technique may be limited to a short period in a specific study, its continued use can foster positive habits that impact various aspects of the learning process.

One long-term benefit expected from the use of the skimming technique is the ability to filter information more efficiently. In daily life and the educational world, we are often faced with large amounts of information that need to be processed in limited time. This is where the skimming technique plays a crucial role (Rachmawati, 2021). By teaching students to quickly identify the main ideas and core concepts in a text, they can develop more efficient habits in managing information. This will not only help them understand texts but also equip them with the skills to identify the essence of various materials, whether they are readings, reports, or even oral presentations.

Students' ability to analyze and summarize information quickly will also improve with continued use of the skimming technique. When students become accustomed to this technique,

they will be better able to view a text as a whole and identify relevant elements without getting bogged down by unnecessary details. This certainly provides significant advantages in various learning aspects, including making quick and accurate decisions when completing tasks or exams. The ability to quickly summarize information is an essential skill in many situations, especially when time is limited, such as during exams or when needing to complete work in a short amount of time.

The routine application of the skimming technique can also form more efficient reading habits. Students who are accustomed to using this technique when reading texts will begin to recognize patterns within texts and more easily identify the main information. This habit will carry over into their daily lives. With more structured reading habits, students will not only find it easier to complete their readings but also become faster at processing information they encounter in various situations. The ability to read quickly and efficiently will be a valuable asset when students are faced with a large volume of study material or tasks that require speed in

understanding and processing information.

These efficient reading habits will also provide long-term benefits in the context of exam and test preparation. In exams or tests involving a lot of reading, students often struggle to complete all the questions within a limited time. With skimming skills, students can quickly locate and understand the information needed to answer the questions without having to read every sentence thoroughly. This allows them to save time and improve their performance in exams, as they can more quickly find the key information in the provided texts.

The skimming technique can also enhance students' ability to study independently. In an increasingly technology-driven education system that relies on online learning and digital resources, students often need to access a variety of information in a short time, whether in the form of articles, e-books, or online journals. In this context, the ability to read quickly and efficiently becomes extremely important (Yulianti, 2020). Students who are familiar with the skimming technique will be quicker and more adept at utilizing these resources,

allowing them to access learning materials more effectively.

The ability to filter and understand information quickly will also be highly beneficial in daily life. In today's fast-paced information age, we are faced with various texts, reports, and news that need to be sifted through in order to extract relevant information. By using the skills developed through skimming, students will find it easier to locate the information they need, whether in their professional work or personal situations. Thus, this technique provides long-term benefits that are not limited to the educational world but also extend to everyday life.

The application of the skimming technique can also help students improve their critical thinking skills towards the texts they read. By regularly practicing identifying the main ideas in texts, students will become accustomed to assessing the relevance of information and understanding the message the author wishes to convey. This is a critical thinking skill that is highly important, both academically and in professional life. The ability to identify important information, filter out irrelevant details, and quickly

summarize ideas is a skill that is useful in almost every aspect of life.

Although this research was conducted over a limited period, the long-term benefits derived from applying the skimming technique are quite clear. This technique not only improves students' reading skills but also expands their ability to analyze and summarize information quickly. The more efficient reading habits developed through skimming will continue to have a positive impact on students, both academically and in their everyday lives. With these benefits, the skimming technique becomes one of the most valuable skills for every student to have, and it will continue to be useful in the future, both in further education and in their professional careers.

E. CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the use of the skimming technique has a positive impact on the reading abilities of 11th-grade students at SMA Negeri 5 Pematangsiantar. The application of the skimming technique successfully improved three main aspects of reading ability: reading fluency, the

ability to identify main ideas, and reading speed. After being trained in the skimming technique, students showed significant improvement in their reading fluency, as reflected in their ability to read more smoothly without frequent stops or hesitation while reading texts.

Students' ability to identify main ideas also improved. Previously, many students struggled to identify the core of the texts they read, but after the skimming technique was applied, they became more skilled in identifying important information and the essence of the reading material. An improvement was also observed in students' reading speed. Before the training, many students took longer to comprehend texts, but after using the skimming technique, they were able to read faster without compromising their understanding of the text's content. The skimming technique has proven effective in helping students enhance their reading skills. Therefore, this technique can be widely applied in education to accelerate comprehension and reading fluency for high school students.

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