

## The effect of task-based instruction on reading comprehension of Iranian EFL learners

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### *Abstract*

Developing reading comprehension ability is an important aspect in acquisition of a language. The present study focused on improving reading comprehension ability through Task-based Instruction (TBI). TBI is a methodology that develops from a focus on classroom tasks. The participants of the study were 135 Iranian female students at different levels selected from high schools in Isfahan, Iran, through a quasi-experimental design. The participants were divided into four groups, two control groups (CGs) and two experimental groups (EGs). They received a pre-test, the instruction, and a post-test. The participants in EGs were taught through TBI, whereas CGs were exposed to a traditional method. The comparison between CGs and EGs were made through paired sample t-tests. The results revealed that the students in EGs outperformed CGs. The difference between the two grades was also investigated by independent sample t-test. The results showed that students at first-grade outperformed fourth-graders. The findings suggest that using flexible and interactive tasks in English classes improves reading comprehension ability of Iranian EFL learners. This study may have pedagogical implications for practitioners in the field and for syllabus designers to include appropriate tasks in English textbooks.

**Keywords:** Task, reading comprehension, task-based instruction, language learning

### **Introduction**

The role of reading comprehension ability and its constituent components - especially vocabulary in Second/Foreign Language (SL/FL) acquisition - has long been neglected, but currently, it is again receiving attention in the language teaching curriculum. As Nunan (1999) claims, this is due to several reasons, including the influence of comprehension-based approaches to the development of language, the role of applied linguists, and the development of computer-based language corpora. Developing reading comprehension ability is an important aspect in acquisition of a language.

Reading is a dialogue between the reader and the writer and comprehension is a

procedure through which a reader builds meaning from the text using his/her knowledge, experience, and the information from the text. Reading comprehension is the ability to read and process a text and understand its meaning. It is the process of constructing meaning from a written or printed text. There are a lot of approaches and methods to improve reading comprehension of SL/FL learners. Task-based Instruction (TBI) as an application of communicative approach is a methodology which focuses on functional tasks and invites the students to use language for real world. It “starts with a task-based needs analysis to identify the target tasks for a particular groups of learners- what they need to be able to do in the new language” (Long, 2015, p. 6).

It is claimed that language learning will result from creating the right kinds of interactional processes in the classroom, and the best way is using specially designed instructional and functional tasks. Advocates of TBI believe that communicative competence can be developed through engagement of learners in interactive tasks. TBI makes strong claim for using tasks in planning teaching and also in classroom teaching. In TBI, students employ Target Language (TL) to do tasks which are meaningful and authentic.

Task, as an activity which is performed through using language, ends in a predictable product to which learners try to reach. Communicative task engages learners in comprehending, employing, or producing in TL while focusing on meaning rather than on form.

Over the years, different approaches, methods, and procedures have been developed to help learners learn English. In some methods, attention is on teaching and teacher-centeredness and the focus on grammar and vocabulary learning is at level of making the drills possible. The traditional methods focus on the idea that once students learn grammatical structures, they acquire vocabulary. Most of students and teachers in Iran know that vocabulary is important for reading comprehension. However, most of the techniques teachers use to teach reading comprehension in Iran (especially at high schools) are still traditional. Teachers mostly focus on translation of units, practice of grammar, and memorization of long lists of vocabulary items and their meanings without concentration on authentic tasks. Only recently, some changes are being made to reform methods of teaching to Iranian high school learners. Therefore, this study was an attempt to examine the effect of task-based instruction on reading comprehension

of Iranian EFL learners

### Literature review

Second language and foreign language teachers both seek to find the means, activities, and tasks to help language learners achieve their goals in learning languages. Thus, task holds a central role in language pedagogy and SL/FL language research because it is used to assess what learners can do in the L2.

The definition of the concept of task can predetermine language use. As Nunan (2004) claims, the concept of task has made its way in syllabus design, classroom teaching, and learner assessment. It has also influenced pedagogical policies in ESL/EFL classrooms. Task has been defined differently by different experts in the field (Lee, 2000; Long, 1985; Prabhu, 1987; Skehan, 1996).

Ellis (2003) claims that the definitions of task have addressed different dimensions such as (a) the scope of a task, (b) the perspective from which a task is viewed, (c) its authenticity, (d) linguistic skills required to perform a task, (e) psychological and cognitive processes involved in performance of a task, and (f) the outcome of a task.

Willis (1996, p. 23) defines task as “an activity where the TL is used by the learner for a communicative purpose in order to achieve an outcome.” For Richard and Rodgers (2014), a task is an activity carried out as the outcome of processing or understanding language. Tasks may end in production of language. Using different tasks can make language teaching more communicative.

There are different types of tasks which could be employed in ESL/EFL settings, such as, jigsaw tasks, information-gap tasks,

problem-solving tasks, decision-making tasks, opinion exchange task, etc. They are generally divided into pedagogical tasks and real-world tasks. Nunan (1989) believes that task is an activity which necessarily includes language. It involves learners in comprehending, manipulating, producing, or interacting in TL while they focus on meaning rather than form. For Ellis (2003, p.16) a pedagogical task is “a work plan that requires learners to process language pragmatically in order to achieve an outcome that can be evaluated in terms of whether the correct or appropriate propositional content has been conveyed.” The focus is on meaning even if the design of the task affects learners’ choice of a particular form. A task can refer to receptive skills (listening and reading) or productive skills (speaking and writing). Knowing the definition and the dimensions can differentiate TBI from traditional teaching methods.

TBI emphasizes on conveying meaning with a proposed product where learners can learn and practice the forms of TL while paying attention to meaning. Tasks are activities that engage the participants to be language users because tasks improve learners’ ability to communicate in real-world.

As Schmitt (2008) stated, an important part of mastering a SL is learning understanding reading passages. L2 learners need a lot of words to successfully read and understand. Vocabulary is a powerful carrier of comprehension. However, there is no agreement over the best resources of vocabulary learning/teaching. In line with new developments in language teaching methodology, some researchers (e.g. De La Fuente, 2006; Keating, 2008) have argued that integrating tasks in reading classes can increase engagement and facilitate learning and teaching. As Nation (2001) claimed, L2

learners usually know that their limitations in their vocabulary knowledge affect their communication skills, especially reading comprehension because lexical items bear the basic information for comprehension.

To increase reading comprehension ability, different teachers employ different methods, ranging from traditional ones to alternative, communicative one. TBI as a substitute method to traditional language teaching method in teaching English is suggested because it supports a method in which functional communicative language use is expected. Ellis (2009) believes that TBI can be both input-providing and output-prompting. It is a refinement of CLT and takes a fairly strong view of CLT (Skehan, 1996). It can be regarded as an opportunity to return to the conceptual foundations of CLT (Samuda & Bygate, 2008). In TBI learning environment, learners are open to choose and use the TL to accomplish communicative goals. As Carless (2002, p. 389) claims, TBI has become “an orthodoxy in contemporary EFL teaching and in recent years has been exported to many countries around the globe.”

In the literature, two early programs within a communicative framework have used TBI. They were the Malaysian Communicational Syllabus (1975) and the Bangalore Project (Prabhu, 1987). Although these two instructional projects and programs were used for a short time, they got significant attention in language teaching community.

In a sample study by Nakamura (2008), the researcher highlighted the use of TBI to help develop skills in demonstrating learner centered communicative and interactive lessons to Japanese ELT students. Many other researchers have studied the integration or implementation of TBI in teaching English, ESP, EAP, or reading

comprehension (Chodkiewicz, 2001; Ellis, 2000; Skehan, 1998; Wallace, 2001; Willis, 1996). Some of them have shown interest in using authentic materials to improve reading comprehension ability of the EFL learners.

However, as Carless (2012) claims, most of the contributions on TBI, focus on young adults, mainly in university settings. He claims that the literature on TBI in relation to schooling remains comparatively modest. Three noteworthy research studies on implementation of TBI on the school sector in Asian contexts are Sasayama and Izumi (2012) with Japanese high school students, Chan (2012) with primary school learners in Hong Kong, and Park (2012) who focused on data from a Korean secondary school.

Sasayama and Izumi (2012) investigated the effect of TBI on Japanese high school students through an experimental design, but, the main focus of the study was on task complexity and pre-task planning on learners' oral production. Chan (2012) analyzed 20 lessons in Hong Kong primary schools facilitated by TBI by focusing on the way teachers manage the linguistic, cognitive, and interactional demands of tasks. Park's (2012) study highlighted the relative scarcity of research on TBI at high schools and claimed that although TBI "has attracted considerable attention since the 1980s, little research has been conducted on its actual implementation in secondary EFL contexts" (p. 215). Through an experimental design, he implemented computer assisted TBI in Korean secondary EFL context and concluded that TBI can be effective in Korean schools. He also stated that both teachers and students found task-based lessons effective and motivating. In Iran, the employment of TBI in teaching English has also been investigated by some researchers on topics such as the impact of TBI, task performance, TBI in ESP courses,

motivating characteristics of tasks, or integration of TBI as an alternative approach (Hayati & Jalilifar, 2010; Hokmi, 2005; Iranmehr, Erfani, & Davari, 2011; Poorahmadi, 2012). Although some studies have been conducted on TBI in Iran, little research has been done to evaluate actual tasks in teaching English at high schools and with school sector.

Due to the scarcity of research studies in Iran especially at high schools, the present study intended to examine the effect of integration of TBI in teaching reading comprehension to Iranian high school students. In doing so, the following research questions were posed:

1. Are there any differences between the achievements of Iranian female high school students taught through TBI with those taught by traditional method?
2. Are there any significant differences between the achievements of junior and senior Iranian female high school learners taught through TBI?

### **Methodology**

The present study was a quasi-experimental research based on quantitative data gathered from administering English reading comprehension pre-tests and post-tests during 2014-2015 in Isfahan, Iran. The data were collected during normal class time in English classes at high school.

### **Participants**

The population of the study were Iranian high school female students. The sampling was based on availability sampling. The participants were 135 female junior and senior students (67 first-graders, and 68 fourth-graders) studying mathematics. The first-graders were 13-15 and the fourth-

graders were 17-18 years old. The mean scores of the two groups were used in order to place them into two groups at each level. Each grade was divided into two experimental groups and two control groups (EG1, and EG2; CG1, and CG2).

#### *Instruments: Pre-test and post-test*

Before the treatment, two tests on reading comprehension ability were given to the participants in both CGs and EGs as the research pre-tests. After the treatment, two post-tests measured their reading comprehension ability. Each pre-test and post-test consisted of four passages and 20 questions which were administered to the students to test their ability in reading comprehension at two levels and at two stages before and after the treatment. Both

pre-tests and post-tests were selected from supplementary books that the Ministry of Education had published for first and fourth graders. The grades were calculated out of 20 for both pre-tests and post-tests for both CGs and EGs.

#### *Treatment*

EGs received a treatment consisting of different tasks such as *group discussion, role play, interview, information gap, group work, mystery task, simulations, and journalist task* while the CGs received only traditional teaching activities with no focus on tasks or TBI. The tasks for the EGs were borrowed from Ozonder (2010) with modifications. The instructions on completing the tasks were given in detail to the EGs (see Table1).

**Table 1: Tasks for EGs**

<b>Task types</b>	<b>Purpose</b>	<b>Description</b>
<i>Group discussion</i>	Students state their ideas	Students tell different opinions
<i>Role play</i>	Raising students' consciousness about topic	Students play different roles and defend their viewpoints
<i>Simulations</i>	Creating the atmosphere of a real world	Students given different roles in a changed environment
<i>Interview</i>	Students know each other by getting information	Students prepare some questions about topics
<i>Information gap</i>	Students guess their partners' information	Each student tells something about different situations
<i>Mystery task</i>	Students give 1-word answers to mini-questions	Students draw a picture and colour parts of it
<i>Journalist task</i>	Students read texts with unscrambled pictures	Students cut and stick different pictures
<i>Group work</i>	Students practice learned words in groups	Students fill the blanks in different sentences

#### *Data collection and analysis procedures*

First, four intact classes of junior and senior high school female students were selected and divided into two EGs and two CGs. After conducting the pre-tests, the EGs received treatment based on TBI and the

tasks were given to them in order to teach and practice reading comprehension. The experiment lasted for four months; while CGs received the materials of their textbooks in a traditional way through reading, translation of the materials, and

answering non-task-based reading comprehension questions, the EGs received TBI and completed tasks such as *group discussion, role play, interview, information gap, group work, mystery task, simulations, and journalist task* (see Table 1). Teaching time was divided into three phases: pre-task, task, and post-task. In each phase, learners received information on how to complete the tasks.

In order to analyze the data, paired sample t-tests were run to examine whether there were any significant differences in the means of reading comprehension in CGs and EGs for each grade. The independent sample t-tests were also used to compare the means of post-tests of EGs to find the probable differences in the means of juniors and seniors.

### Results

The students' reading comprehension ability before and after the treatment was examined through pre-tests and post-tests, and the data were analyzed in terms of descriptive and inferential statistics.

To guarantee that there were no statistically significant differences between the means of CGs and EGs on the pre-test, a paired sample t-test was run at the very beginning of the experiment. Table 2 shows the results of the inferential statistics employed.

As presented in Table 2, no statistically significant differences between the means of CGs and EGs were observed. In other words, the control and experimental groups

were homogeneous in terms of reading comprehension ability before the treatment.

To determine if there were any statistically significant differences between the means of CGs and EGs on the post-tests, a paired sample t-test was run after the treatment. Table 3 presents the results of the inferential statistics employed.

It can be inferred from Table 3 that there were statistically significant differences between the means of CGs and EGs after the treatment. In other words, the participants in the EGs outperformed meaningfully those in the CGs.

Moreover, the results of the descriptive statistical analyses of the scores of the participants in ECs showed that the mean score of first-graders was higher than that of fourth-graders. Figure 1 depicts this difference.

To examine whether the difference observed between the means of the two EGs was statistically significant, an independent sample t-test was run. Table 4 displays the results of the inferential statistics used.

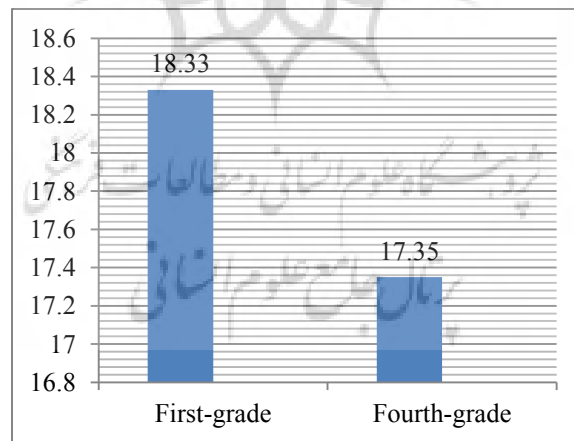
As Table 4 shows, the two means were statistically different. In other words, the first-graders outperformed the fourth-graders in terms of reading comprehension ability. The discussions and interpretations of the results of the study will be presented in the next section.

**Table 2: Paired Sample t-test between Means of CGs and EGs on pre-test**

Paired Differences					t	df	Sig. (2-tailed)
Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
			Lower	Upper			
.86765	3.10500	.53250	-.21574	1.95103	1.629	66	.113
.35294	3.83471	.65765	-.98505	1.69093	.537	67	.595

**Table 3: Paired Sample t-test between Means of CGs and EGs on post-test**

Pair	CG1 and EG1	Paired Differences				t	df	Sig. (2-tailed)	
		Mean Difference	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	CG1 and EG1								
Pair 2	CG4 and EG4	-1.25000	3.75025	.64316	-2.55852	.0585	-1.944	66	.061
		-.76471	3.36928	.57783	-1.9403	.4108	-1.323	67	.195



**Figure 1: Means of EGs on post-tests**

**Table 4: Independent Sample t-test between Means of EG1 and EG4 on post-test**

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Dif	Std. Error Dif	95% Confidence Interval of the Difference	
								Lower		Upper
EG post	Equal variances assumed	3.785	.056	-2.637	67	.010	-.9852	.37362	-1.73126	-.23933
	Equal variances not assumed			-2.637	58.304	.011	-.9852	.37362	-1.73310	-.23749

### Discussion

In answering the questions concerning the effect of TBI on reading comprehension ability of Iranian high school female students, the data were analyzed through statistical procedures. The results showed that the role of task was an attention injector for Iranian high school students. They became involved in the class works by sharing answers, trying to participate, paying attention, giving answers, encouraging others to participate in the activities and tasks, participating as volunteers, working on the exercises, and so on.

The results of the study also revealed that the participants in the EGs, who were asked to do the tasks, improved their performance. The student-to-student interaction while performing the tasks provided opportunities for them to talk about vocabularies and monitor the language they used. TBI improved their interaction skills and maximized their use of TL. During the tasks, the students in EGs exchanged their ideas and negotiated to learn their peers' ideas, attitudes, or beliefs on certain issues, and became familiar with a lot of words related to the topic. Of course, the students in EGs had the chance to receive feedback from their teacher and also their classmates. The

existence of such a feedback provided a more relaxing and less threatening condition for them and created a collaborative learning experience. Yet, the exercises in the CGs did not stimulate the appropriate processes very much to bring the EFL learners to the level of fully learning the words. They did not receive any feedback from their peers, and the only authority for judging the accuracy of exercises was the teacher. Therefore, the traditional approach was not very successful in helping the students work collaboratively.

The first-graders showed a statistically significant difference partly due to their high motivation levels. In other words, the juniors performed better compared to the seniors. This might be because of the time spent on activities. The fourth-graders were busy with their preparations for *University Entrance Exam* because it was the most important exam during their studies and many of them preferred to get ready for this exam rather than get a good score in their final exams. Some of them did not participate in class with as much ease and confidence as many of the juniors. The composition and internal structure of the learner group among first-graders was changing the class atmosphere to a great extent and helping the students feel secure and comfortable because they were part of a cohesive group. The high



level engagements of first-graders made greater group cohesiveness. When grade differences were taken into consideration, however, fourth-graders appeared to be affected negatively by their anxiety.

### Conclusion

The results of this study are in line with Hokmi (2005) who claimed that teachers can adapt teaching materials in such a way as to create a situation which helps meaningful engagement of the learners, and, as a result, successful completion of the tasks. The results are also in agreement with Iranmehr et al. (2011) who supported the implementation of tasks and presented the significant advantage of teaching through TBI. This study also supports the findings of Poorahmadi (2012) who believed that TBI was very effective in improving reading comprehension ability of Iranian EFL students.

The results of this study can offer pedagogical implications at macro and micro levels. At the macro level, decision-makers, policy-makers, and curriculum developers can make use of the findings of this research in designing much more adequate and efficient syllabi which is more adaptable with TBI, and more communicative approaches. Implementation of TBI as an alternative teaching method, can be a part of the teacher training or in-service programs.

At the micro-level and in practice, the research results could benefit the teachers, evaluators, test-developers, and the students in the field of EFL in different academic contexts. Practitioners in the field can employ tasks and activities based on TBI to teach reading comprehension, its different aspects and components, or other skills to Iranian EFL learners. For this purpose, language teaching programs should

familiarize teachers with TBI, its basic principles and techniques, and its implementation within current approaches. Teachers can also evaluate their students' performances by using different tasks rather than traditional paper-and-pencil exams. Moreover, studies like the present one, can raise the awareness of the students about the positive role and effects of tasks in learning English, and can encourage them to demand for alternative methods from their teachers, books, and educational system.

The results of the present study hopefully will stimulate teachers to alter their reading classes from traditional atmosphere to more dynamic and communicative situations. Through implementation of TBI, they can facilitate and improving reading comprehension of Iranian EFL learners. As Basturkmen (2006, p. 125) claimed, TBI "will provide room for the teacher to predict the learners' potentiality of their future performance in their professional, academic or work place where better performance is considered respected."

In addition to the potential pedagogical benefits from this study, researchers can investigate other skills such as listening, pronunciation, speaking to examine the possible role of TBI. Studying TBI in learning reading comprehension with a larger number of participants at different levels of proficiency over a longer period of time, and emphasizing qualitative research could be interesting areas for further research. Because this study was conducted with a limited number of participants, it is suggested to expand the replications of this study to other language situations such as guidance schools, universities, or institutes. Triangulation of different instruments such as interview, observation, and questionnaires for both teachers and learners can also provide better insights relating to the effects

of tasks and TBI.

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