

ISSN No. 2454-6186 | DOI: 10.47772/IJRISS | Volume IX Issue VI June 2025

Exploring the Relationship between Online Learning Behavior and Onsite Assessment Scores of the Students

Kristine T. Basa., Junial Teresse B. Beo., Raevene P. Delgado., Nicole Margarette R. Mariano., Patricia Emanuelle P. Regala., Joseline M. Santos., Susana C. Velasco., Rowena May T. David

College of Education Bulacan State University

DOI: https://dx.doi.org/10.47772/IJRISS.2025.906000185

Received: 25 May 2025; Accepted: 31 May 2025; Published: 05 July 2025

ABSTRACT

The shift in online learning led to some concerns, such as learner participation and its effect on their academic performance. But despite these existing problems, earlier studies have attributed improved performance to effective online learning approaches. The integration of online learning platforms in education transformed students' learning behaviors, but it remains unclear how these online study behaviors influence the performance of the students in onsite assessments. The key concern of this study was to understand how the learning behaviors of the students affect their performances in onsite assessments. Therefore, this research aimed to determine the relationship between online study behavior and onsite assessment scores of the students. Providing empirical evidence would contribute valuable insights that might help to address the gaps in terms of student academic outcomes and can guide educators in developing more effective online learning strategies that enhance students' performance in traditional assessments. A mixed-methods design was used and utilized an adopted-modified survey questionnaire and interview guide. Results indicate that the students often participate, have good learning routines, and monitor themselves in online learning. Meanwhile, students who experience challenges affect their capability to retain and apply their knowledge effectively, resulting in lower onsite assessment outcomes. Statistical analysis revealed that there is a notable connection between online study behavior and onsite assessment scores of the students. However, there is only a weak correlation between these two, and future researchers should consider other factors such as motivation and prior knowledge to determine the strong relationship between these two variables.

Keywords: online learning, online behaviors, onsite assessment scores, learner participation

INTRODUCTION

During the pandemic outbreak, most of the schools suspended traditional face-to-face classes for the safety of the students, and this is the time when online learning arose and has become prevalent all over the world (Park and Lee, 2021). This mode of learning aimed to impart knowledge to the students while only using technology. (Binyamin, 2019). Online learning has brought many advantages in education that cannot be ignored (Fanguy, 2023). But despite its great contribution to education, the problem still arises because

several students refuse to learn in an online setup (Nguyen, 2022). This was a critical area of study, as the transition from traditional in-person teaching to digital platforms has led to a shift in how students engage with their education. With each student having different learning needs and preferences, this shift may either support or hinder their academic growth. Understanding how online study behaviors translate into on-site performance is essential for adapting educational strategies to better support student success in this evolving landscape.

The researchers conducted a thorough analysis of the related literature and noticed that there are only limited





studies regarding the relationship between the relationship of online study behavior and onsite assessment scores of the students.

And to contribute to the research gap, this research aimed to explore the relationship between students' online study behaviors and their on-site assessment scores. This study sought to identify the behavior of the students in online learning and how it is related to the onsite assessment scores of the students. And by analyzing these patterns, the research aimed to provide insights into effective online discussions that schools can adopt to support ethical behavior across both settings.

METHODOLOGY

Research Design

This study employed a mixed-methods research design utilizing a convergent approach. This research design combined both quantitative and qualitative data to better comprehend the research problem, specifically the relationship between the online study behavior of the students and their on-site assessment scores. Quantitative data were gathered to assess the on-site assessment scores of the students, while qualitative data were collected to explore their online study behaviors. The convergent design was used to analyze the data separately, then to interpret and compare the results of both quantitative and qualitative data.

Participants

The study involved a total of 275 Grade 10 students and 10 high school teachers who participated in the survey. Most of the student respondents were 15 years old, with a total number of 141 students. The participants were selected based on their direct involvement in the online learning and assessment processes.

Instruments

The study utilized an adaptive-modified survey questionnaire from (Fernandez & Montes, 2021), (Jansen, 2016), (Woolf, 2020), (Natarajan, 2024), which includes sections on respondents' demographic profiles, students' engagement in online learning, learning routines, and self-monitoring. The interview guide questions were adopted from the study of Huang (2023).

To ensure the validity of the questionnaire and interview guide questions, three experts reviewed the instrument for clarity and relevance. The survey questionnaire was distributed personally, while interviews were also conducted in person.

Data Analysis and Coding Process

A statistical analysis was conducted to identify the notable connection between the online behavior and on-site assessment scores of the students. The study also applied an inductive coding process to analyze the qualitative data. Researchers used thematic analysis to determine the key patterns and themes of the acquired qualitative data.

Procedure

Researchers began by acquiring the school principal's consent and searching for the chosen participants. Assent forms were distributed to the selected Grade 10 students, followed by the administration of survey questionnaires to the selected participants. Focus group discussions were conducted with the upper group and lower performing group from the chosen Grade 10 section, and the teachers' interviews were carried out. Then, the students' on-site assessment scores were collected and interpreted using the DepEd grading guidelines.



RESULT

Table I Descriptive Perception of Students' Engagement in Online Learning

State	ments	Average	SD	Descriptive Interpretation
1.	I am eager to participate in the online class discussion	3.33	1.03	The behavior happens on occasion but is not consistent.
2.	I am interested in gaining knowledge through online discussions	3.25	1.11	The behavior happens on occasion but is not consistent.
3.	I ask questions in discussions when I don't understand.	3.48	1.16	The behavior happens on occasion but is not consistent.
4.	I consistently complete my online learning assignments and activities on time.		1.01	Behavior frequently occurs and is a common experience.
5.	I feel confident in my ability to understand course material through online learning platforms.	3.37	1.05	The behavior happens on occasion but is not consistent.
6.	I feel confident in my ability to understand the subject	3.88	0.92	The behavior frequently occurs and is a common experience
7.	I regularly participate in online class discussions to ensure my understanding of the topic,	3.64	1.06	The behavior frequently occurs and is a common experience
Overa	all	3.53	1.05	The behavior happens on occasion but is not consistent

In this table, most of the students stated that they feel confident in their ability to understand the subject, with an average of 3.88, which shows students are always engaged in online learning, but there were still some students who were not that engaged when they were in online learning. Followed by the responses of the students with an average of 3.76, which indicates that some of the students always complete their tasks in online classes, while some of them frequently comply with the activities given to them, and some are not able to complete the assignments in their online CLASSES. Next, an average of 3.64, which revealed that some students always participate while some have occasional participation in class discussions to ensure their understanding of the topic. This reflected that the engagement of the students is significant for their online learning because this can help them improve their understanding, which leads to better learning outcomes in online learning.

Table II Descriptive Responses of the Students on their Study Habits in Online Learning

Stater	ments	Average	SD	Descriptive Interpretation
1.	I make sure that I am in a quiet environment when attending my class.	4.27	0.89	The behavior frequently occurs and is a common experience
2.	I take down notes when there is a class discussion	3.96	1.02	The behavior frequently occurs and is a common experience
3.	I spend time reviewing whenever there is an assessment	3.53	1.07	The behavior happens on occasion but is not consistent
4.	I periodically review my notes to help me understand further the topic during our online discussion	3.66	1.10	The behavior frequently occurs and is a common experience
5.	I collaborate with my classmates to get ideas regarding our online discussion.	3.81	1.14	The behavior frequently occurs and is a common experience
6.	I feel confident in my ability to understand the subject	3.63	1.03	The behavior frequently occurs and is a common experience
7.	I make a study plan to manage my time effectively	3.49	1.18	The behavior happens on occasion but is not consistent
Overa	all	3.77	1.06	The behavior frequently occurs and is a common experience

In Table 2, most of the students make sure that they are always in a quiet environment, and some of them often



ensure that they are in a quiet place when they are attending online classes, with an average of 4.27. Next is an average of 3.96, which revealed that most of the students frequently take down notes, and some of them often jot down notes while they are in online class discussions. Followed by the responses that most of the students choose to always collaborate, while some choose to interact with their classmates to get ideas regarding their online discussion, with an average of 3.81. This indicated that having good learning routines is important in online learning because it has a significant influence on the academic success of the students and could enhance the performance and understanding of the students in an online learning environment.

Table III. Descriptive Responses of the Student on their Self-Regulation

	Statements	Average	SD	Descriptive Interpretation
1.	I reflect on the things that have learned in our online class.		0.94	The behavior frequently occurs and is a common experience
2.	I get a sense of achievement when I learn new skills in my online class.	1	0.97	The behavior frequently occurs and is a common experience
3.	I get a specific goal to help me manage my studying time when doing tasks from our online discussion.	ı	0.92	The behavior frequently occurs and is a common experience
4.	I am aware of what strategies I will use when study in online class.	0.00	1.08	The behavior frequently occurs and is a common experience
5.	I make an effort to stay focused when I feel distracted during online discussion.	I	1.00	The behavior frequently occurs and is a common experience
6.	I regularly assess my progress and evaluate how well I understand the material during online classes.		0.90	The behavior happens on occasion but is not consistent
7.	I think of alternative ways to solve the problems encountered in our online learning	I	0.98	The behavior frequently occurs and is a common experience
vera	all	3.74	0.97	The behavior frequently occurs and is a common experience

Table 3 shows that most of the students always tried to stay focused, and some of them often managed to avoid feeling distracted during online discussions, with an average of 3.95. Next is an average of 3.88, where several students frequently get a sense of achievement, and some of them often feel a sense of achievement when they can learn new skills in online classes. Followed by an average of 3.76, which revealed that most of the students always think of alternative ways, and some of them sometimes think of another way to solve the problems they encountered in their online discussion. This illustrated that self-regulated students have a better understanding of their online learning because self-monitoring is an important tool for directing the cognitive process of the students and helps them to achieve a better understanding and enhance learning in online discussions.

Table IV. Descriptive Measure of Onsite Assessment Scores of the Students

Description	No. of Students	Interpretation	
Very High	41	Very Satisfactory	
High	233	Satisfactory	
Low	1	Fairly	
Very Low	Low 0 Poor		
Overall	275	Satisfactory	

ISSN No. 2454-6186 | DOI: 10.47772/IJRISS | Volume IX Issue VI June 2025

In this table, it is shown that 233 of the students were able to get a satisfactory grade in their onsite assessments. Followed by 41 students who got a very satisfactory grade in the assessment that happened in the on-site setup. While one student has a fair grade in the onsite setup assessment. This revealed that despite having online learning, the students were able to get a satisfactory grade on their onsite assessment, and this showed that online learning is beneficial to the students to get good grades in their onsite assessments.

Table V. Descriptive Measures of the Relationship Between Online Learning Behavior and Onsite Assessment Scores of the Students

Variables Correlated Interpretation	R	Description	Sig-Value	Decision
Online Learning Behavior and Onsite Assessment Scores	0.1252	A weak but significant positive relationship exists between online learning behavior and onsite assessment scores.	.037994	There is a significant relationship between online learning behavior and onsite assessment scores

The findings showed a slightly positive linear association between the two variables. This indicated that with more favorable online study behavior demonstrated by students, their onsite test scores tend to slightly increase. The weak correlation, however, indicated that the impact of online study behavior on test performance is weak, and it implies that the relationship they show is less likely to result from random occurrences, despite the low strength of their relationship. And the correlation indicates a positive direction tells that learners with improved habits for online classes will perform modestly better at onsite tests, although it is not much.

Table VI. Descriptive Perception of the Students' Engagement in their Learning Environment

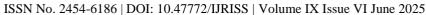
Respondents	Categories	Themes
S1, S2, S7, S4,	Barriers to Effective	Theme 1. Challenges and Distractions
S8, S5	Learning	in Online Learning

Theme 1: Challenges and Distractions in Online Learning

Several respondents observed that there are barriers to achieving effective learning experiences, which led to challenges in online classes. It emphasized that there are distractions and difficulties in the home environment that produce challenges and hindrances in Online learning. The responses reveal that students are easily distracted by their home environment, so they tend to lose their focus in online sessions.

Table VII. Descriptive Responses of the Students on their Interaction and Participation in Online Learning

Res	pond	ents	Categories			Themes			
S1,	S2,	S3,	Student	Engagement	and	Theme	1.	Engagemen	t and
S4,	S5,	S6,	Participation	Strategies in	Online	Interact	ion	in	Virtual
S7, S	88		Learning			Classroo	ms		





Theme 1: Engagement and Interaction in Virtual Classrooms

Most respondents' statements highlighted their strategies for engaging and participating in the online learning environment. The responses present a different approach to engagement in online discussions.

Table VIII. Descriptive Perception of the Students on their Study Routines for Online Learning

Respondents	Categories	Themes
S1, S3, S5	Personal Strategies and Study Habits for Focus and Preparation in Online Learning	Theme 1. Maintaining Discipline and Engagement in Virtual Classes
S7, S8	Differences in Preparation for Face-to-Face and Online Classes	39435

Theme 1: Maintaining Discipline and Engagement in Virtual Classes

A few respondents presented various strategies that they utilized to sustain discipline and engagement in an online environment. Their responses emphasized the importance of creating routines, reducing home distractions, and getting mentally and physically prepared before attending online classes.

Theme 2. Adaptation in Online Learning

A couple of respondents revealed how they adapt in the online learning environment, for instance, by adjusting their routines, habits, and attitudes. It illustrates the contrasting levels of effort and motivation these students show in adapting to virtual classes. One respondent revealed that in an online class, the students will only prepare for class when the class is near. However, during face-to-face classes, the student wakes up early to prepare for classes, implying that online learning changes the study habits of students, making it less structured compared to face-to-face.

This table showed the various perspectives of the students towards their capacity to manage their time and stay focused in online classes.

Table IX. Descriptive Responses of the Students on Managing Time and Staying Motivated in Online Learning

Respondents	Categories	Themes
S1, S6, S7, S8	Difficulties in Managing Home	Theme 1.Struggles and
	Responsibilities During Online	Responsibilities in Home-Based
	Classes	Learning Environments
S2, S5	Motivation and Productivity	Theme 2: Difficulties in
	Challenges in Online Learning	Engagement and Self-Motivation

Theme 1: Struggles and Responsibilities in Home-Based Learning Environments

Half of the respondents found difficulties in managing home responsibilities during online classes. This highlights the struggles and responsibilities encountered by the students in home-based learning environments. This struggle reflects the overlapping obligations in school and home, which leads to more stress and less concentration. Students often struggle to balance home responsibilities and academic commitments, leading to

ISSN No. 2454-6186 | DOI: 10.47772/IJRISS | Volume IX Issue VI June 2025

poor time management.

Theme 2: Difficulties in Engagement and Self-Motivation

The respondents claimed that the absence of face-to-face interaction in online classes reduces their motivation, and the lack of physical presence makes it easier to lose focus in online discussions. This indicated that these students are more motivated to study when they collaborate with their peers.

Table X. Descriptive Perception of the Students in Maintaining their Focus and Staying Active During Online Learning

Respondents	Categories	Themes
S1, S2, S3	Strategies to Maintain Focus in Online Learning	Theme 1. Student Adaptation to Improve Concentration
S4, S5		Theme 2. Strategies to Maintain Engagement in Online Classes
S6, S8	Strategies to Enhance Concentration in Online Learning	Theme 3. Creating a Distraction-Free Environment for Enhanced Focus

Theme 1. Student Adaptation to Improve Concentration

Few respondents use strategies to keep their concentration during online discussions. The response showed that the students make active adjustments to their environment and habits so that they can improve their engagement and focus during online sessions. Their statements emphasized the significance of finding a quiet environment so that they can focus and prevent distraction from their environment.

Theme 2. Strategies to Maintain Engagement in Online Classes

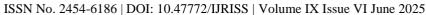
A couple of respondents demonstrate the method that students use to remain focused and attentive during virtual learning. The respondents revealed that they consume beverages such as tea and coffee while listening to discussions and taking notes to maintain their active engagement during classes. This showed that students believe that through this method of using caffeinated drinks, they can sustain their attention throughout the discussion.

Theme 3. Student Strategies to Minimize Distractions and Stay Focused

Two respondents highlighted the actions they have taken to create a conducive learning environment. Through this, students can learn more effectively since it boosts better understanding and retention of the information that is being learned. One respondent exhibits good strategies to maintain concentration and stay engaged in online classes. The response reveals strategies such as before online sessions, the students looking for a quiet study place with a strong wifi connection.

Table XI. Descriptive Perception of the Students in Utilizing Learning Behavior to Perform Better in Online Assessments

Respondents	Categories		Themes		
\$1, \$2, \$6, \$7, \$8	Strategies Understanding Lessons			1. Overcoming s in Virtual Educati	Learning
S3, S4, S5	Effective Study Online Learning	Habits in		2.Student Strate ent in Online Class	9





Theme 1. Overcoming Learning Challenges in Virtual Education

Several respondents mentioned strategies for understanding difficult lessons. Based on the participants' responses, state strategies including revisiting online courses, lectures, recorded discussions, and using additional resources were some ways to improve comprehension.

Theme 2.Student Strategies for Engagement in Online Classes

Few respondents highlighted the importance of effective learning routines in online learning to perform well and stay engaged during online discussions. The respondents statement revealed that to understand the lesson in online learning these students listen carefully to the teacher and they take notes during online sessions.

Table XII. Descriptive Perception of the Students' Engagement in their Learning Environment

Respondents	Categories	Themes
S1, S2, S3	Difficulty Paying Attention in Virtual Class	Theme 1. Struggles Faced in the Online Environment
S4, S5, S6	Lack of Motivation on Students' Engagement	Theme 2. Factors that Affect Students' Focus in Online Classes

Theme 1. Struggles Faced in the Online Environment

Half of the respondents demonstrated the challenges in sustaining focus during virtual classes, highlighting the struggles they face. And these struggles hindered the student's ability to stay focused and engage with the educational content effectively

Theme 2. Factors that Affect Students' Focus in Online Classes

Half of the respondents faced challenges in sustaining focus during virtual classes, highlighting the struggles they face, which hindered their ability to focus and engage with the educational content effectively.

Table XIII. Descriptive Responses of the Students on their Interaction and Participation in Online Learning

Respondents	Categories		Themes	
S1, S2, S3, S4	Student's Engago Verbal Participation	9	Theme 1. Students' Participating in Class	Ways of

Theme 1: Students' Ways of Participating in Class

Most of the respondents' responses fall into the category of students' engagement through verbal participation. This showed the idea that the students are actively engaging in online class discussion through expressing their thoughts and ideas verbally. The responses revealed that students participate in online classes by sharing their ideas and thoughts about the discussion.

Table XIV. Descriptive Perception of the Students on their Study Routines for Online Learning

Respondents	Categories		Themes
S1, S2, S3	Techniques	for	Theme 1. Study Habits and Preparation Before
	Reviewing		Taking Assessments





Theme 1. Study Habits and Preparation Before Taking Assessments

In this table, it was shown that most respondents described their study routine by employing specific techniques to review their lessons before taking assessments. The responses revealed that these students' techniques in reviewing are that they use their notes taken during discussion as they review for assessments.

Table XV. Descriptive Responses of the Students on Managing Time and Staying Motivated in Online Learning

Respondents	Categories				Themes		
S2, S3	Strategies	to	Avoid	Home	Theme	1.Avoiding	
	Distractions	in Online Class			Distractions	stractions at Home	

Theme 1: Avoiding Distractions at Home

Two respondents presentee the distractions they encountered at home, which enabled them to create strategies to get rid of these hindrances. It indicated that the home environment had a direct impact on the students' ability to concentrate on virtual classes.

Table XVI. Descriptive Perception of the Students in Maintaining Focus and Staying Active During Online Learning

Respondents	Categories	Themes
S1	Sustaining Engagement in an Online Class	INVIVO: By listening carefully to the teacher.
S2	Active Participation in Online Discussion	INVIVO: By cooperating and actively participating in class.
S3	Getting away from Home Disruptions	INVIVO: I avoid distractions, for example, when it's noisy around me, I just leave the area.
S4	Maintaining Physical Relaxation during Online Class	INVIVO: I try to make sure that I'm relaxed. Of course, if you're too stressed and not comfortable in your environment, you'll really have a hard time focusing on your class, right? So that's my strategy here. Whenever I have

The tables above show that first, respondents expressed that there are strategies for better engagement in virtual classes. The strategies, such as consistent engagement and actively listening, reflected the efforts of the students to be actively involved in the online learning process. Next, one respondent suggests that actively participating in the discussion promotes better engagement in the online learning environment. Then, a respondent shared the significance of creating a free-from-distraction environment, which guarantees better engagement and focus on online classes. Lastly, one respondent mentioned that sustaining physical relaxation will lead to better focus. This revealed that physical comfort has a huge impact on maintaining the focus and motivation of the students.

Table XVII. Descriptive Perception of the Students in Utilizing Online Learning Behavior to Perform Better in Onsite Assessments

Respondents	Categories	Themes
S1, S2, S3, S4	Independent	Theme 1. Self-directed learning
	learning strategies	





Theme 1. Self-directed learning

All respondents revealed that they utilized independent learning strategies during online classes to perform well in onsite assessments. It emphasized the significance of having self-discipline and self-monitoring for the academic success of the students. The responses indicate that students adopt various strategies to enhance their comprehension, for instance, watching YouTube videos and researching to deepen understanding.

Table XVIII. Distribution of Responses of the Teachers Regarding the Student Engagement in Online Learning

Respondents	Categories	Themes				
T1, T7, T3	Student Attendance and Discipline	Theme 1. Attendance and discipline of the students while attending the online class				
T4, T10	Student Engagement Challenges	Theme 2. Barriers that affect student engagement				
T9, T5, T2, T6	Student Focus and Participation	Theme 3. Lack of participation and focus				

Theme 1. Attendance and Discipline of the Students while Attending Online Class

Few respondents observed that a lack of discipline and poor attendance in online classes influence the students' performance in onsite assessments.

Theme 2. Barriers that Affect Student Engagement

While two respondents focused on the difficulties that the students are experiencing in staying engaged during online learning, possibly due to different distractions at home, poor internet connection, or lack of motivation.

Theme 3. Lack of Participation and Focus

Most of the respondents mentioned the issue about the students who were not actively participating or staying focused during online sessions.

This table shows the engagement and attitudes of the students during online learning.

Table XIX. Descriptive Perception of the Teachers on their Students' Engagement in Online Learning

Respondents	Categories	Themes						
T2, T3, T4, T9	Student Participation and Attitude	Theme 1. Responsiveness of the students						
T10, T1, T6, T7, T8	Online Engagement	Theme 2. Lack of student engagement in online learning						

Theme 1. Responsiveness of the Students

Some of the respondents highlighted concerns about how students are participating actively during online classes. Also, several teachers observed that students often appeared unresponsive during online sessions, which could include not participating in class discussions, showing a lack of interest in online classes, or not answering the instructor's questions.





Theme 2. Lack of Student Engagement in Online Learning

Based on these results, it showed that the students may have struggled with maintaining focus and self-motivation without the presence of the traditional environment in the learning environment, which is the classroom. Some of the respondents also highlighted the broader issue of students who are not engaging during online classes. Active interaction, such as participating in discussions and engaging with peers, is linked to improved learning outcomes.

This table showed the teacher's observations regarding the reasons why students have low scores in on-site assessments.

Table XX. Descriptive Perception of the Teachers on the Onsite Assessment Scores of their Students

Respondents	Categories	Themes
T1, T5, T6, T7, T10,	Reasons for Low	Theme 1. Factors why students got low
T9, T2, T3, T4	On-site Scores	scores in onsite assessments

Theme 1. Factors why students got low scores in onsite assessments

All respondents identified various reasons that may have led to poor academic performance during in-person assessments. Students who employ effective learning strategies and self-monitor their progress are more likely to achieve higher scores.

Table XXI. Descriptive Perception of the Teachers on Handling the Engagement of their Students to Help them Perform Well in the Onsite Assessment

Respondents		ents	Categories		Themes				
T2, T4	T5,	T6,	Gamification motivation	and	Theme 1. Effects of interactive materials on student learning				
T1,T9,T3			Supportive tools a applications		Theme 2. Alternative way of delivering knowledge				

Theme 1. Effects of Interactive Materials on Student Learning

Most of the respondents explained that interactive tools in online learning play a crucial role in maintaining student motivation and enhancing class participation.

Theme 2. Alternative Way of Delivering Knowledge

While some respondents emphasized that online and educational platforms can be used as an effective alternative for delivering lessons effectively and could catch the attention of the learners.

Table XXII. Descriptive Measure of Effective Teaching Strategies

Respondents	Categories			Themes				
T1, T3, T4, T5	Interactive	Learning T	ools			ole of inte	eract	ive tools in
T2,T9	Direct In Facilitated	struction Learning	and	Theme 2	2. Te	acher-cei	ntere	dness
T6,T10,	Learning Routines	Rules	and	Theme routines	3. in le	Effects arning	of	classroom





Theme 1. Role of Interactive Tools in Student Engagement

Most of the respondents emphasized that to make the students engaged in online learning, it is important to use digital tools and interactive materials.

Theme 2. Teacher-centeredness

While some of them suggested that including games, multimedia content, and other interactive tools in lessons may boost student interest and participation.

Theme 3. Effects of Classroom Routines in Learning

Two respondents highlighted a more teacher-centered approach; their focus is on direct instruction and facilitated learning. The teacher-centered approach is characterized by the teacher's authority in the classroom.

CONCLUSIONS

This study showed that the students often participate, make effective study plans, and manage themselves well in online learning. Meanwhile, students who experienced challenges, distraction, and had inconsistent study routines in online learning were affected in their capability to retain and apply their knowledge effectively, resulting in lower onsite assessment outcomes. And as the students struggle, it becomes hard for them to do well when they return to face-to-face classes and to have a good performance in their onsite assessments.

This study concluded that there was a relationship between online study behavior and onsite assessment scores of the students. The presence of online study behavior, such as learner participation, learning routines, and self-monitoring, influenced their onsite assessment, which can be shown from the assessment scores gathered by the respondents, where most of the students were able to get very high grades. Therefore, online study behavior was beneficial for the onsite assessment of the students, but as it shows a weak correlation, it was not enough to rely solely on this behavior to determine the outcome of the onsite assessment scores of the students.

RECOMMENDATION

Teachers should continue the teaching methods that contributed to the high performance of the students, enhance teaching effectiveness, especially in online learning environments, teachers should incorporate more student-centered strategies like gamification. Integrating game-based elements into lessons can significantly boost student engagement, motivation, and participation, helping students to overcome the challenges of online learning.

Future researchers should study the effects of student participation in online learning and the learning strategies required to address their learning needs. It would also help to understand how online learning shapes the thinking, problem-solving, and mental growth of the students over time.

ACKNOWLEDGEMENT

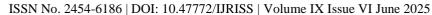
First and foremost, we would like to extend our deepest gratitude to our research Professor, Dr. Joseline M. Santos who provided insights, expertise and invaluable encouragement that greatly supported our journey in research. Also, a special thanks to our research adviser, Dr. Susana C. Velasco, who give us assistance to finish this research. To our research critique, Ms. Rowena May T. David for her constructive feedback that helps in improving our research. We are also thankful to our instrument validators, Mr. Lemuel Del Rosario, Ms. Emma Grace Jasmin and Mr. Jeffhraim Balilla who give us their time and effort to help us to established and make accurate research instruments. We would also like to thank the teachers and students who cooperated with us wholeheartedly and gave their honest answers. And lastly, we extend our warm thanks to the Principal of the selected school in the division of Bulacan for giving us the permission, assistance and support to gather all the data that we need for this study.





REFERENCES

- 1. Anggraini, R., & Sukma, D. (2024). Hubungan Kedisiplinan Belajar dengan Prestasi Belajar Siswa. MASALIQ, (3), 750–759. https://doi.org/10.58578/masaliq.v4i3.3069
- 2. Albert C.M, Y., Chen, I. Y. L., Flanagan, B., & Ogata, H. (2022). How students' self-assessment behavior affects their online learning performance. Computers and Education: Artificial Intelligence, 3, 100058. https://doi.org/10.1016/j.caeai.2022.100058
- 3. Brooke, H., Nair, P., Hill-Lindsay, S., & Chukoskie, L. (2022). Engagement in Online Learning: Student Attitudes and Behavior During COVID-19. Frontiers in Education, 7. https://doi.org/10.3389/feduc.2022.851019
- 4. Bose, R. (2024). The Relationship between Study Habits and Academic Performance among University Students. International Journal for Research in Applied Science and Engineering Technology, 12(4), 3209–3214. https://doi.org/10.22214/ijraset.2024.59892
- 5. Fernández Álvarez, M., & Montes, A. (2021). Student engagement in the online classroom: The student perspective.https://www.adayapress.com/wp-content/uploads/2021/06/medidoc23. pdf? fbclid = IwY2xjawJ_2cJleHRuA2FlbQIxMABicmlkETFZaGJJY2N5UGtvY1hmejVUAR6m_Q8Kb7MULs5Z g_bxDX_-agBL1FMiOq_YgnVGQydi94xKHx-V5EfT08-MUQ_aem_XVnb2WMg4Z9weO2jK2A1jg
- 6. Ghafar, Z. N. (2023). The Teacher-Centered and the Student-Centered: A Comparison of Two Approaches. International Journal of Arts and Humanities. https://doi.org/10.61424/ijah.v1i1.7
- 7. Huang, T. (2023). Factors affecting students' online courses learning behaviors. Education and Information Technologies. https://doi.org/10.1007/s10639-023-11882-7
- 8. Jansen, R. S., van Leeuwen, A., Janssen, J., Kester, L., & Kalz, M. (2016). Validation of the self-regulated online learning questionnaire. Journal of Computing in Higher Education, 29(1), 6–27. https://doi.org/10.1007/s12528-016-9125-x
- 9. Kauffman, H. (2015). A review of predictive factors of student success in and satisfaction with online learning. Research in Learning Technology, 23(1), 1-13. https://doi.org/10.3402/rlt.v23.26507
- 10. Lekawael, R., Tupalessy, P., Afiliani, & Tomasoa, I. P. C. (2023). MOTIVATION AND SELF-REGULATION OF ENGLISH STUDY PROGRAM STUDENTS IN ONLINE LEARNING. EDU SCIENCES JOURNAL, 4(1), 22–28. https://doi.org/10.30598/edusciencesvol4iss1pp22-28
- 11. Magto, R., & Nabua, E. (2023). The Correlation Between Students' Online Self-Regulated Learning Skills and Performance in Mathematics. Asia Research Network Journal of Education, 3(2), 48–58. retrieved from https://so05.tci-thaijo.org/index.php/arnje/article/view/266952
- 12. Meng, X. and Hu, Z. (2023), "The relationship between student motivation and academic performance: the mediating role of online study behavior", Quality Assurance in Education, Vol. 31 No. 1, pp. 167-180. https://doi.org/10.1108/QAE-02-2022-0046
- 13. Miedijensky, S., Sasson, I., & Glick, D. (2025). Editorial: Designing, implementing and evaluating self-regulated learning experiences in online and innovative learning environments. Frontiers in Education, 10. https://doi.org/10.3389/feduc.2025.1546434
- 14. Natarajan, P. (2024, May 23). 80+Remote Learning Survey Questions for Students, Teachers & Parents. Survey Sparrow. https://surveysparrow.com/blog/remote-learningsurveyquestions/?fbclid=IwY2xjawJ_2ndleHRuA2FlbQIxMABicmlkETFZaGJJY2N5UGtvY1hmejVUAR6m_Q8Kb7MULs5Zg_bxDX_agBL1FMiOq_YgnVGQydi94xKHx-V5EfT08-MUQ aem XVnb2WMg4Z9weO2jK2A1jg
- 15. Remaycuna-Vasquez, A., Carrión-Barco, G., Atoche-Silva, L. A., Vela-Miranda, O. M., Víctor Eduardo Horna-Calderón, Fátima Rosalía Espinoza-Porras, & Fiorela Anaí Fernández-Otoya. (2024). Hábitos de estudio basados en recursos audiovisuales como mediadores del rendimiento académico en estudiantes universitarios. VISUAL REVIEW International Visual Culture Review / Revista Internacional de Cultura Visual, 16(1), 155–166. https://doi.org/10.62161/revvisual.v15.5135
- 16. Salva, R. A., Cadavedo, L. O., Cadavedo, S. V. O., & Patinga, K. T. (2022). Study Habits of Secondary Students from A Philippine City Schools Division during Distance Learning. Asia Pacific Journal of Educators and Education, 37(1), 87–103. https://doi.org/10.21315/apjee2022.37.1.5
- 17. Soria, K. M., Chirikov, I., & Jones-White, D. R. (2020). The Obstacles to Remote Learning for Undergraduate, Graduate, and Professional Students. https://escholarship.org/uc/item/5624p4d7
- 18. Susanti, L., Alamsyah, D. P., Hariyanto, O. I. B., & Othman, N. (2023). Exploring Students'





- Perceptions of Individual Performance in Online Learning. https://doi.org/10.1109/icicat57735.2023.10263724
- 19. Wang, C.-H. (2022). Comprehensively Summarizing What Distracts Students from Online Learning: A Literature Review. Human Behavior and Emerging Technologies, 2022, 1–15. https://doi.org/10.1155/2022/1483531
- 20. Wei, L. (2023). An Empirical Study of the Influence of Online Learning Behaviors on Learning Outcomes in Blended Teaching Mode—Taking College English Listening as an Example. Open Journal of Applied Sciences, 13(09), 1530–1546. https://doi.org/10.4236/ojapps.2023.139121
- 21. Widiastuti Widiastuti, & Herald Silvanus. (2023). Implementation of rules & procedures to establish student discipline in online physical education learning. JURNAL PENDIDIKAN DASAR NUSANTARA, 9(1), 98–109. https://doi.org/10.29407/jpdn.v9i1.20286
- 22. Woolf, N. (2020, October 15). 45 Student Engagement Survey Questions. Panoramaed.com; Panorama Education. https://www.panoramaed.com/blog/45-questions-for-understanding-student-engagement-in-online-learning?fbclid=IwY2xjawJ_2RJleHRuA2FlbQIxMABicmlk ETFZaGJJY2N5UGtv Y1hmej VUAR40KZVX_gHmQrSdJfz9qM7OhqqcAR8YWlvD7kE33djPkDKcCpjAw5ZxUni3Xw_aem_darK o4FuaT4AJV8yX5rpOQ
- 23. Zanyar Nathir Ghafar. (2023). The Teacher-Centered and the Student-Centered: A Comparison of Two Approaches. International Journal of Arts and Humanities, 1(1), 18–23. https://doi.org/10.61424/ijah.v1i1.7
- 24. Zhao, H., & Huang, Y. (2022). Study on Relationship between Online Learning Behaviors and Learning Effects Based on Data Mining.217–221. https://doi.org/10.1109/iccbe56101.2022.9888204
- 25. Zhigang, L., & Liu, Y. (2023). Analysis of the Current Situation of Research on the Influencing Factors of Online Learning Behavior and Suggestions for Teaching Improvement. Sustainability, 15(3), 2119. https://doi.org/10.3390/su15032119