The Effects of Extensive Reading on EFL University Students' Reading Comprehension and Reading Rate

Nguyen Viet Hung, Tran Thi Ngoc Yen
Vinh University

INTRODUCTION

Rationale

- Extensive Reading (ER): Develops reading comprehension and reading rate.
- Impact on Vietnamese EFL learners not well-researched.
- Study focus: ER's influence on university students' comprehension and rate.

LITERATURE REVIEW

Extensive Reading and Reading Comprehension	Extensive Reading and Reading Rate

METHODOLOGY

- **Participants:** 251 first-year university students in Central Vietnam.
- **Materials:** Graded readers (treatment group).
- **Instruments:** Reading comprehension tests and a reading rate formula: Reading Rate= (Total words in the text×60)/ Time in seconds

PROCEDURE

- Treatment group: 100 minutes of ER weekly.
- Control group: Intensive reading tasks.
- Pre- and post-tests for reading comprehension and reading rate.

FINDINGS AND DISCUSSION

Reading Comprehension

Table 1: Paired-Samples T Test Results for Reading Comprehension

Group	Pre-Test Mean	Post-Test Mean	Mean Difference	N (Sample Size)	Std. Deviation	p-value
Treatment	5.48	7.14	-1.664	122	2.046	0.000
Control	4.94	5.33	-0.395	129	2.435	0.128

Discussion

- Treatment: Significant improvement (5.48 → 7.14, t = -6.881, p = 0.000).
- Control: Minor, non-significant increase (4.94 → 5.33, p = 0.128).
- Conclusion: ER significantly enhances comprehension.

Reading Rate

Table 2: Paired-Samples T Test Results for Reading Rate

Group	Pre-Test (wpm)	Post-Test (wpm)	Mean Difference	N (Sample Size)	Std. Deviation	p-value
Treatment	119.61	128.26	-8.656	122	48.958	0.014
Control	142.54	119.45	23.093	129	39.086	0.001

Discussion

- Treatment: Small but significant increase (119.61 → 128.26 wpm, p = 0.014).
- Control: Significant decrease (142.54 → 119.45 wpm, p = 0.001).
- Conclusion: ER improves rate modestly; intensive reading may hinder it

Independent-Samples T Test

Reading Comprehension
Table 3: Independent-Samples T Test Results for Reading Comprehension

Group	Post-Test Mean	t-value	p-value
Treatment	7.14	6.344	0.000
Control	5.33		

Reading Rate
Table 4: Independent-Samples T Test Results for Reading Rate

Group	Post-Test (wpm)	t-value	p-value
Treatment	128.26	1.580	0.115
Control	119.45		

Discussion

- Reading Comprehension: Significant difference (treatment = 7.14, control = 5.33, t = 6.344, p = 0.000).
- Reading Rate: No significant difference (treatment = 128.26 wpm, control = 119.45 wpm, p = 0.115).

CONCLUSION AND IMPLICATIONS

Conclusion

ER significantly improves reading comprehension; slight improvement in reading rate.

Implications for Teachers and Learners

- **For Teachers:** Integrate ER for comprehension, supplement with activities for reading rate.
- **For Learners:** Engage in ER for comprehension, add exercises to improve reading rate.