

**THE EFFECTIVENESS OF JOURNALING ACTIVITIES IN
IMPROVING STUDENTS' WRITING CAPABILITIES AT
SUBULUSSALAM ISLAMIC BOARDING SCHOOL**

THESIS



By

WILDANIA MAGHFURIN

NIM. 126203213228

**ENGLISH EDUCATION DEPARTMENT
FACULTY OF TARBIYAH AND TEACHER TRAINING
STATE ISLAMIC UNIVERSITY OF SAYYID ALI RAHMATULLAH
TULUNGAGUNG**

2025

**THE EFFECTIVENESS OF JOURNALING ACTIVITIES IN IMPROVING
STUDENTS' WRITING CAPABILITIES AT SUBULUSSALAM ISLAMIC
BOARDING SCHOOL**

THESIS

Presented to the English Education Department
Faculty of Tarbiyah and Teacher Training
State Islamic University of Sayyid Ali Rahmatullah Tulungagung
In Partial Fulfillment of The Requirements for The Degree of Sarjana Pendidikan
in English Education Department



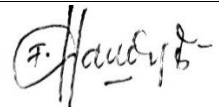
**By
WILDANIA MAGHFURIN
NIM. 126203213228**

**ENGLISH EDUCATION DEPARTMENT
FACULTY OF TARBIYAH AND TEACHER TRAINING
STATE ISLAMIC UNIVERSITY OF SAYYID ALI RAHMATULLAH
TULUNGAGUNG**

2025

ADVISOR'S APPROVAL SHEET

Bachelor's Thesis with the title **“The Effectiveness of Journaling Activities in Improving Students' Writing Capabilities at Subulussalam Islamic Boarding School,”** written by **Wildania Maghfurin**, has been checked and approved to be examined.

Promoters/Advisors	Date	Signature
1. Fitri Handayani, M.Pd.	Tulungagung, 19 June, 2025	

Acknowledged by
The Head/Coordinator of the Program



Dr. H. Nursamsu, S.Pd.I., M.Pd.
NIP. 1978020242009011003

THE BOARD OF EXAMINER'S APPROVAL SHEETS
THE EFFECTIVENESS OF JOURNALING ACTIVITIES IN IMPROVING
STUDENTS' WRITING CAPABILITIES AT SUBULUSSALAM ISLAMIC
BOARDING SCHOOL
BACHELOR'S THESIS

Compiled by:

WILDANIA MAGHFURIN

NIM. 126203213228

The thesis has been defended before the Bachelor's Thesis Examiners Board of the State Islamic University of Sayyid Ali Rahmatullah Tulungagung on Monday, July 7, 2025, and declared acceptable for the Bachelor's degree.

Board Examiner's

Signature

Chief examiner:

Dr. Nurul Chojimah, M.Pd.

NIP. 196906292009012001

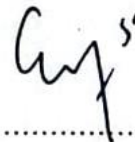


.....

Main examiner:

Emmi Naja, Ph.D.

NIP. 198201072011012010



.....

Secretary:

Fitri Handayani, M.Pd.

NIPPPK. 198502032025212004



.....

Approved by,
Dean,

Dr. Sutopo, M.Pd.

NIP. 197805092008011012

DECLARATION OF AUTHENTICITY

I, the undersigned:

Name : Wildania Maghfurin
Student ID Number : 126203213228
Department : English Education Department
Faculty : Faculty of Tarbiyah and Teacher Training

I hereby declare that this Bachelor's Thesis is largely my own work and is not plagiarized in part or whole.

Suppose this Bachelor's Thesis is proven as the result of plagiarism, in part or whole. In that case, I am willing to accept any sanction following the determined regulation or its consequences.

Tulungagung, 21 Januari 2026



Wildania Maghfurin

NIM.1262032131228



**KEMENTERIAN AGAMA REPUBLIK INDONESIA
UNIVERSITAS ISLAM NEGERI
SAYYID ALI RAHMATULLAH TULUNGAGUNG
UPT PERPUSTAKAAN**

Jalan Mayor Sujadi Timur Nomor 46 Tulungagung - Jawa Timur 66221
Telepon (0355) 321513, Website : <http://perpustakaan.uinsatu.ac.id>

SURAT PERNYATAAN KESEDIAAN PUBLIKASI KARYA ILMIAH

Saya yang bertanda tangan di bawah ini:

Nama : WILDATIA MAGHFURIN
NIM : 126203213 228
Jurusan : TADRIS BAHASA INGGRIS
Fakultas : TARBIYAH DAN ILMU KEGURUAN
Jenis Karya Ilmiah : SKRIPSI

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan Hak Bebas Royalti Non-eksklusif (Non-exclusive Royalty-Free Right) kepada UPT Perpustakaan UIN Sayyid Ali Rahmatullah Tulungagung atas karya ilmiah saya berupa (SKRIPSI) yang berjudul:

THE EFFECTIVENESS OF JOURNALING ACTIVITIES IN
IMPROVING STUDENT'S WRITING CAPABILITIES AT
SUBULUSSALAM ISLAMIC BOARDING SCHOOL

Dengan Hak Bebas Royalti Non-eksklusif ini UPT Perpustakaan UIN Sayyid Ali Rahmatullah Tulungagung berhak menyimpan, alih media/format, mengelola dalam bentuk pangkalan data (*database*), merawat, dan mempublikasikan tugas akhir saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan sebagai pemilik Hak Cipta.

Demikian pernyataan ini saya buat untuk dapat dipergunakan sebagaimana mestinya.

Tulungagung, 21 Januari 2026
Yang Menyatakan,


Wildania Maghfurin

MOTTO

People can be as smart as the sky, but as long as he doesn't write,
It will be lost in society and forgotten by history.

(Pramodya Ananta Toer)

Part of Namaku Alam, by Leila S. Chudori

DEDICATION

This piece of work is dedicated to:

Myself, Wildania Maghfurin

My beloved parents, Mr. Abu Komar and Mrs. Nikmatul Khoriah

My sisters Annisa Sabrina and Maulida Alwarida

ACKNOWLEDGMENT

Alhamdulillah wa syukurillah, all praise is due to Allah SWT, who has continuously blessed the researcher in countless ways, enabling her to complete this research entitled “The Effectiveness of Journaling Activities in Improving Students’ Writing Capabilities at Subulussalam Islamic Boarding School” as part of the requirements for the Sarjana of Education degree. May salawat and salam be upon the prophet Muhammad SAW, whose intercession is hoped for on the Day of Judgment.

The researcher acknowledges that this thesis would not have been complete without the assistance, guidance, support, and prayers of the various parties involved. The researcher wishes to express her gratitude to:

1. Prof. Dr. H. Abd. Aziz, M.Pd.I as the rector of State Islamic University Sayyid Ali Rahmatullah, who has provided learning opportunities and provides the facilities and infrastructure that we need.
2. Dr. Sutopo, M.Pd as the Dean Faculty of Tarbiyah and Teacher Training
3. Dr. H. Nursamsu, S.Pd.I., M.Pd as the Coordinator of the English Education Department.
4. Fitri Handayani, M.Pd, as the advisor who always gives a lot of advices, innovations, corrections, and encouragements patiently to the researcher, who always asks many things, so that this thesis can be done on time
5. All of my lecturers in the English Education Department who always give us advice, new experiences, knowledge, new ideas, and fresh jokes for all this time.
6. Prof. Dr. Zainal Abidin, M.A., as the headmaster of Subulussalam Islamic Boarding School, who gives the researcher permission to conduct research at Subulussalam Islamic Boarding School, Tulungagung, so that the research could collect the data for this thesis.
7. Mr. Abu Komar and Mrs. Nikmatul Khoiriah are the two most meaningful and beloved people in the researcher’s life. They always pray for the researcher’s success in education, religion, career, and future life. They are the reason the

researcher continues to struggle to finish this thesis. Thank you for being so supportive; without them, the researcher would be nothing.

8. Annisa Sabrina and Maulida Alwarida, the researcher's sister, always supported the researcher, even though they rarely met except during Ramadan.
9. All members of Marhalah Ula and Marhalah Tsanni in the academic year 2024/2025 for their cooperation as samples for this research.
10. All of the researcher's friends in the education, organization, and thesis struggle, thank you for listening to the battle, even though you had your own, and for thinking together to solve the problem. All members of Khadijah 5 room, our random topic discussion is so mind-blowing, and it can entertain during the hardest part of the thesis process.
11. Leila S. Chudori, who has created Laut Biru, Asmara Jati, Segara Alam, Lintang Utara, Dimas Suryo, Surti Anandari, and Hananto Prawiro in her novels entitled Laut Bercerita, Pulang, and Namaku Alam, which tell about Indonesia's hidden history in the 65 and 98 era, so that the researcher felt entertained by their stories during the thesis writing process.