

ABSTRACT

Pebriani, Evi. 2025, *EFL Students' Writing Habits Through Diary Writing*. Thesis, Faculty of Teacher Training and Education, Universitas Jambi in Academic Year, 2024/2025. The first supervisor is Dra. Radiatan Mardiah, M.Hum. and the second supervisor is Dr. Nely Arif, S. Pd. M. Pd.

Keywords: *EFL Students, Diary Writing, Writing Habits, Self-regulation.*

This research aimed to explore the diary writing habits of EFL students at Universitas Jambi and to examine the challenges they face in maintaining these habits consistently. This qualitative research was conducted at Universitas Jambi in the English Education Study Program. The data were collected through an interview technique with seven students from the English Education Study Program who were participants. The data were analyzed using thematic analysis by Braun & Clarke (2006). Additionally, the researcher used member checking to enhance the validity of the data. This research shows how the diary writing habits of EFL students in the English Education study program at Jambi University, including their routines, motivations, content choices, and language goals. This research also highlighted the challenges faced in maintaining dairy writing habits, including a lack of motivation, time constraints, limited vocabulary, and language difficulties. To overcome these challenges, this research shows several strategies, including organizing free time, reducing digital use, utilizing Google Translate, Oxford dictionaries, and using mixed languages. Further research is expected to explore larger-scale studies, quantitative analysis, and the role of digital diary writing in increasing motivation.