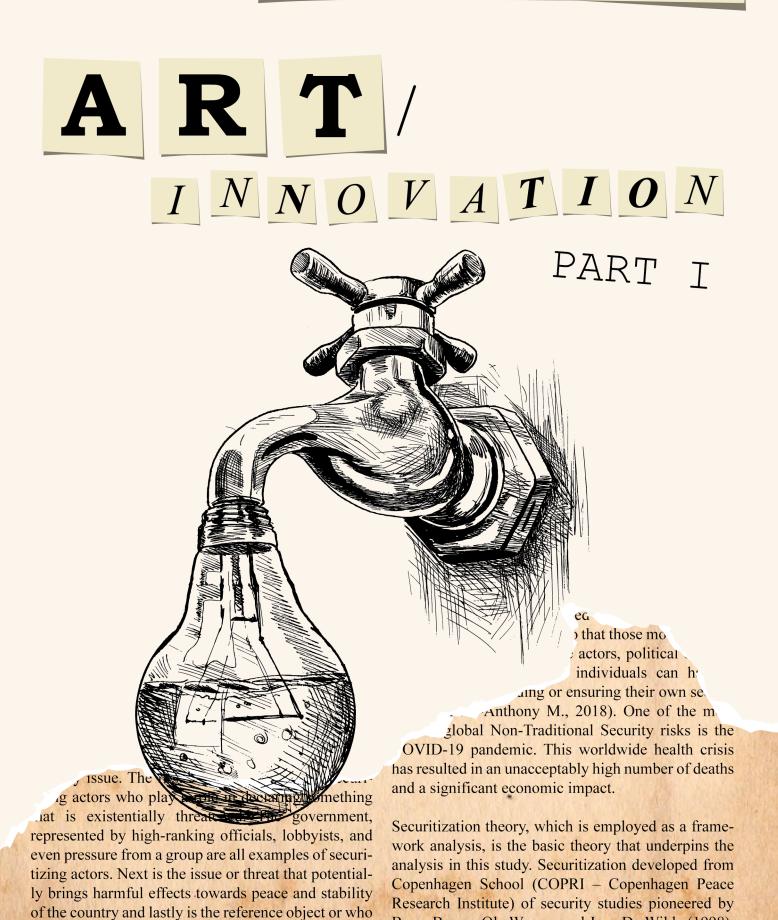


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REPEAT AND RECALL (R&R)

Memory Booster Handbook for Students

a chapter by

NOR AZIRA AYOB, MOHD AMAR AZIZ & NOOR HADZLIDA AYOB

Universiti Teknologi MARA, Faculty of Administrative Science and Policy Studies, UiTM Seremban 3, Negeri Sembilan, Malaysia Negeri Sembilan, Malaysia
Universiti Teknologi MARA, Faculty of Administrative Science and Policy Studies, UiTM Raub,
Pahang, Malaysia
Department of Malaysia Studies, Faculty of Human Sciences, Universiti Pendidikan Sultan Idris (UPSI),
Perak, Malaysia



Repeat and Recall Memory Booster Handbook for Malaysian Economy Students

Memory is the most important factor in distinguishing from one person to the other. Memory is the ability to record information and remember what we see and learn. There are three basic types of memory that allow the brain to encode, store, and retrieve information. Without the three basic types of memory, an individual is unable to build personal rapport in order to acquire new knowledge and will be unable to perform basic functions in daily life such as studying. A good memory is dependent on the brain health and vitality. As a student, studying for a quiz or final exam necessitates greater effort, particularly in remembering the points, explanations, data, numbers, formulas. The Repeat and Recall (R&R): Memory Booster for Malaysian Economy Students is introduced to help students especially to study the subject of Malaysian Economy. Repeat and Recall (R&R): Memory Booster Handbook can provide the information needed by students with many simple words that can be easily understood. This memory booster is also suitable for all students, user friendly, handy and also easy to be carried anywhere. Simple pilot test interviews and survey were conducted for 30 students before and after using the R&R Memory Booster and the findings show that students are more aware of the concept after using this memory booster. Therefore, these memory boosters can help students to succeed and achieve better results.

Individual differences in learning and memory abilities have piqued people's interest ever since they began to consider how minds work. To be honest, memory is the most important factor in distinguishing from one person to another. Memory is the ability to record information and remember what we learn (Bors and MacLeod, 1996). A good memory is dependent on brain health and vitality. More effort is required as a student, particularly in remembering points, explanations, data, numbers, formulas, and so on. The Repeat and Recall Memory Booster, also known as R&R MEMORY BOOSTER, is a handbook that contains terms, formulas, pictures, and simple definitions to help students remember the most important. It is simple to be used and be stored, and students can read it anywhere.

For subjects related to the history of national development, particularly the history development of the Malaysian economy, involved a lot of data and formulas as well as concepts to remember, can be difficult for students to get good scores in the test. Therefore, the initiative has been taken by introducing R&R MEMORY BOOSTER to help students especially in remembering the subject of Malaysian Economy. Handbooks and manuals are the most common form of documentation in learning process of most subject in university. Many now are in electronic forms, such as e-book, e-manual and others, but for students without the internet, it can be a problem. Therefore, the R&R MEMORY BOOSTER is introduced to help students in remembering all the terms, formula and things related to the subject.

Some people draw sharp distinctions between what constitutes a manual and what constitutes a handbook. Manuals are more commonly used in certain types of publications, most



notably technical documentation for software programmes and machine operation. These same publications may be referred to as users' guides, help guides, or reference books. R&R MEMORY BOOSTER is a handbook that is easy to be used, be carried, and be stored, and that students can read it anywhere. The quality and information provided by R&R MEMORY BOOSTER have been improved, and 30 students were interviewed and surveyed before and after using it. In accordance with the findings, all students are more knowledgeable about concepts and find it easier to remember the formular, data, and percentage after using this memory booster.

Methodology

The methodology must be stated clearly and described in detail with adequate references and a concise summary of the research framework as well as the research methods used in the study. Thus, a research design is a set of methods and procedures for collecting and analysing data on the variables specified in the problem research. A research design is a framework designed to find answers of research questions. A few research designs are descriptive, correlational, experimental, explanatory, and review. The descriptive design research method is used in this study to achieve the objectives.

There are several methods for conducting descriptive research, one of which is to conduct a survey (Sekaran & Bougie, 2009). A survey is a research method used to collect data from a pre-defined group of respondents in order to gain information and insights on a variety of topics of interest. Surveys serve a variety of purposes and can be conducted in a variety of ways, depending on the methodology used and objectives to be achieved. When conducting a survey, it is critical to plan the type of survey to ensure get the maximum number of responses. In order to achieve a good result, the combination of survey and questionnaire distribution among respondents are highly recommended (Sekaran & Bougie, 2010).

According to Roscoe (1975), the appropriate sample size for a study ranges from 30 to 500. If the sample size is too large, such as more than

500, some problems such Type II error will occur. As a result, the indicated amount (500) is ideal for study purposes because it is neither too small nor too large. According to Cohen (1988), the effective example size should be considered when analyzing the data. A sufficient sample size is expected to reduce the 0.05 significance level for rejecting the null hypothesis. According to the (Roscoe, 1975; Sekaran, 2000), adequate sample size is required to regulate the effective sample size to fit most studies with more than 30 and less than 500 samples. For this pilot study, 30 questionnaires were distributed to students, and 8 students were interviewed to obtain feedback on the effectiveness of the handbook R&R MEMORY BOOSTER.

Results and Discussion

All 30 students gave positive feedback that their level of understanding of Malaysian Economics increased and could answer the assessment like quiz, test and final test given by the lecturer. Figure 1 shows that 30 respondents agreed that the R&R MEMORY BOOSTER handbook can improve their understanding of the subject. Apart from that, one of the questions stated that to the R&R MEMORY BOOSTER handbook is easy to understand, and students can take it wherever they go. 28 out of 30 students agreed that R&R MEMORY BOOSTER is easy to be understood and easy to be carried to everywhere as shown in Figure 2.

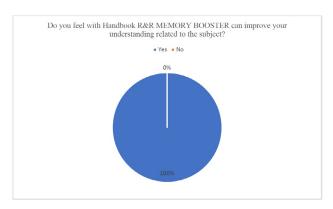


Figure 1: The Use of R&R MEMORY BOOSTER Handbook Increase Students' Understanding Related to the Subject

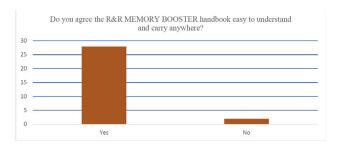


Figure 2: The R&R MEMORY BOOSTER Handbook Easy to Understand and Carry Anywhere

Apart from the quantitative findings, the results of interviews with 8 informants also stated that with R&R MEMORY BOOSTER handbook, students can improve their understanding of Malaysian Economy and this handbook is easy to be carried, to be stored and easier to be understood than before.

> [...] what I feel is this R&R MEMORY BOOSTER handbook is very helpful to improve my understanding. This handbook also is easy to understand with the use of simple terms, infographics and pictures that are easy to memorize..." (P1).

> [...] This handbook what we called as R&R MEMORY BOOSTER is very interesting and full of information related to the subject covering 9 chapters that we studied. Ohh very helpful..."(L1).

> [...] ermmm... I hope with this handbook, I will get the best results in this subject..." (P2).

Therefore, the results of the survey and interviews conducted with the students as the respondents and informants, show significant findings and the idea to further improve this R&R MEMORY BOOSTER handbook is very appropriate to ensure it is in line with current developments related to the Malaysian economy. In addition, students can improve their memory with this R&R MEMORY BOOSTER handbook as they can read repeatedly and recall their memory with this special handbook. The findings also show the students are more knowledgeable about concepts and easier to remember the formular, data, types and percentage after using this memory booster.

Conclusion

Finally, it is hoped that by using this R&R MEMORY BOOSTER handbook, the percentage of students who achieve excellent results, particularly in Malaysian Economy, will increase. Students can easily remember and memorise the terms used, including the types, and formulas. This is due to the fact that this R&R MEMORY BOOSTER handbook is very easy to be carried and to be stored, as well as very interesting and full of infographics and pictures to help students. Although the use of e-books is becoming more common, we cannot exclude students who do not have internet access. It is hoped that this R&R MEMORY BOOSTER handbook will provide equal opportunities to all students and the suggestions in the future innovation, this Memory Booster handbook will be introduced in the form e-handbook and manual.



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Universiti Teknologi MARA Cawangan Perak Kampus Seri Iskandar 32610 Bandar Baru Seri Iskandar, Perak Darul Ridzuan, MALAYSIA Tel: (+605) 374 2093/2453 Faks: (+605) 374 2299



Prof. Madya Dr. Nur Hisham Ibrahim Rektor Universiti Teknologi MARA Cawangan Perak Surat kami : 700-KPK (PRP.UP.1/20/1)
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