



THE USE OF LEARNERS' "ONE NIGHT SPEED SYSTEM" STUDYING METHODS ON ENGLISH LESSON

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Abstract: One Night Speed System (ONSS) is the only a model of study method to complete any task in one night. Meanwhile, the expert stated that the distance between learners' study time should be in accordance with what is the response to understanding school material. This study was made to find out the answer to whether there is an effect of ONSS on learning outcomes, especially English. This research was conducted specifically for the student population in Indonesia which is limited to 71 (18 males and 53 female) learners from various levels of education. This study uses a descriptive quantitative approach. data analysis using logistic regression analysis method. Based on the questionnaire, it was found that most of the learners thought that there was success from the application of the ONSS learning method in understanding English material. The results showed that there was success in understanding English lessons in the use of ONSS to learn English without an impact on the decline in grades. Even so, the understanding of the material obtained is not optimal and has more impact on learners' health problems.

Keywords: ONSS, study method, study English

Introduction

Study is one of the academic activities carried out by each individual in understanding the lesson or deepening knowledge. There are so many kinds of study methods that are applied, each individual of course chooses a variety of study methods depending on the desire or ability achieved. It's the same with learners, from basic lessons to lectures, it certainly involves additional studying activities during outside school hours.

Each learner has a unique study method with their own abilities and preferred techniques. Learners' independent studying takes place at home based on the length and difficulty of learners' independent studying at home. The length of independent study is also different from daily study by studying before the exam.

In addition, independent studying is led by learners in studying all subjects, which is also different from learners studying languages, especially English. It can be difficult to deepen your understanding of English material because there are many points for learners to work on.

One of the fastest ways to study is learners study all night long, of course very rushed and learners can't sleep one night. One Night Speed System (ONSS) is one or even the only model study method to complete any task in one night. The situation related to this research variable uses the influence of the ONSS study method with studying outcomes in English.

One of the studies related to learner's time management was proposed by Richelle (2019) This article measures the Time Management Behavior Scale to see self-reported time management behavior by undergraduate engineering learners. As a result, it was found that the learners' perceived time control was a factor that was significantly correlated with the cumulative mean score. On average, it was found that time management behaviors did not differ significantly by gender, age, entry qualification, and time spent in the program.

The influence of studying style on mathematics studying achievement and the influence of motivation and studying style on learners' mathematics studying achievement were proposed by researchers Sinarga (2022) in research at SMAN 3 Pematangsiantar. In this study, researchers used quantitative research methods. Based on the results of the research and discussion, it can be concluded that there is a positive influence and a significant difference between motivation and success in studying mathematics for class XI learners at SMA Negeri 3 Pematangsiantar.

The two review studies cited above focus on the individual studying styles of learners in schools in general and only assess overall learner's engagement. However, no one has provided any advice on how to learn English with ONSS yet. This research has never been carried out by other researchers who focus on language learning, especially English, using a night chase system, or studying all night to deepen their knowledge of language.

Therefore, the focus of this research has two questions:

1. Do learners apply the ONSS study method used in understanding English lessons?
2. Is there any effect obtained by learners who apply the ONSS study method in study English lesson?

The ONSS study method is very difficult and requires learners to study English intensely overnight. Because language is a system, someone who learns a language quickly with the ONSS study method will never be able to understand what he is learning. The researcher aims to learn more about the consequences of studying English using ONSS in this study. Then, how is it related to the learners' English studying outcomes using the ONSS study method. This research was conducted so that learners who prefer to use the ONSS study method will be more aware that their efforts (while using ONSS) are not worth the results.

Research Method

This study uses descriptive qualitative approaches and data collection techniques via an online Google form. Participants only react in accordance with the available answer possibilities since the claims are closed-ended and intuitive. The participants are limit apply to learners from a variety location as well as those who participate in home studying activities. Participants range in age from 13 to 25 years old. As a result, there were 71 participants in this study's correspondent samples (18 men and 53 women).

To evaluate the data in this study in compliance with the questionnaire instrument. In this study, logistic regression analysis was utilized to analyze the data in accordance with the questionnaire instrument. According to Galton 1886 in Gujarati 2009, there is a variable dependence that is dependent on one or more variables in logistic regression (undefined variable). The dependent variable is also known as the response, whereas the independent variable is also referred to as the explanatory or predictive variable. In order to determine the likelihood that a relationship exists between factors that depend on the overnight speed study method, studying results, and health effects. Then, the regression analysis is used.

Research Finding and Discussion

The findings of the ONSS study method questionnaire were divided into two categories of responses, namely the results of the application of ONSS studying in studying English, and the effect of the application of ONSS studying in learners' health. In the outcome category of implementing ONSS learning, the learner's participants who run ONSS responded positively. The results show from the questionnaire that the application of ONSS in studying English does not affect the decline in grades, and there is success in understanding the material. The response category in the results of the application of the ONSS study method also received responses from the participants. There is an adverse effect on declining health and will not continue the application of the ONSS study method in daily learning.

Questionnaires are given to obtain the main data, how the results of the research questions on the two variables tested. The statement contains opinions on the use of the ONSS study method on the health effects of learners who apply it in studying English. The study method listed in the questionable questionnaire statement does not only refer to the ONSS study method, so the findings distinguish learners' English studying outcomes in using the ONSS study method and other study methods.

1. A. Perceptions of participants who use ONSS study method in study of English Lesson.

Case processing summary

Table 1.1.1

Unweighted Cases ^a		N	Percent
Selected Cases	Included in Analysis	71	100,0
	Missing Cases	0	,0
	Total	71	100,0
Unselected Cases		0	,0
Total		71	100,0

a. If weight is in effect, see classification table for the total number of cases.

Total participants are 71. The total number of participants in this study was 71 learners to university learners spread from several school levels around the island of Java. The total number of participants in this study were aged 13-25 years with the number of male participants being 18 people, and the number of female participants being is 53 people. The criteria for the number of participants in this study are learners who are still active in daily studying activities, especially in studying English material, especially for those who apply the ONSS study method.

Classification table ^{a,b}

Table 1.1.2

Observed	Predicted
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1. Saudara/i adalah pengguna model belajar ONSS. Apakah diterapkan untuk belajar semua mata pelajaran?			
		Ya	Tidak
Saudara/i adalah pengguna model belajar ONSS. Apakah diterapkan untuk belajar semua mata pelajaran?	Ya	0	24
	Tidak	0	47
Overall Percentage			66,2

a. Constant is included in the model.

b. The cut value is ,500

The questions in the online questionnaire that are calculated in the results of this study are participant perceptions which aim to calculate the number of participants who apply the ONSS study method for daily studying of all subjects or only in studying English. The frequency of expectations based on empirical data of the dependent variable was obtained by participants who used the ONSS study method for all lessons as many as 24 participants and those who did not use the ONSS study method for all lessons as many as 47 people. Then the overall percentage value before the independent variable is entered into the model is 66.2%.

Hosmer and Lameshow Test			
Step	Chi-square	df	Sig.
1	4,429	7	,729

The use of the Hosmer and Lameshow test or HL test is a compatibility test used in logistic regression analysis to be used in the binary response variable test, namely yes or no from the results of the statements in the online questionnaire. From the table obtained the value of *Chi square Hosmer and Lemeshow* = 4,429 and *nilai Chi square Df* = 7. Because value of *Chi Square Hosmer and Lemeshow* = 5,427 < 14,0671 = *nilai Chi Square Df* = 8 and the value of *Sig* = 0,729 > 0,05 , then the model is accepted and hypothesis testing can be done.

The tested hypotheses are; whether the participant is a user of the ONSS study method that is applied to study all subjects. The answer choices are yes and no.

Table 1.1.3						
Saudara/i adalah pengguna model belajar ONSS. Apakah diterapkan untuk belajar semua mata pelajaran? = Ya		Saudara/i adalah pengguna model belajar ONSS. Apakah diterapkan untuk belajar semua mata pelajaran? = Tidak				
		Observed	Expected	Observed	Expected	Total
Step 1	1	4	5,154	5	3,846	9
	2	7	5,239	3	4,761	10
	3	2	3,211	5	3,789	7
	4	3	2,890	4	4,110	7
	5	3	2,289	4	4,711	7
	6	2	2,044	7	6,956	9
	7	1	1,354	6	5,646	7
	8	2	1,206	7	7,794	9
	9	0	,612	6	5,388	6

Classification Table ^a

Table 1.1.4

						Predicted	
1. Saudara/i adalah pengguna model belajar ONSS. Apakah diterapkan untuk belajar semua mata pelajaran?							
Observed				Ya	Tidak	Percentage Correct	
Step 1	Saudara/i adalah pengguna model belajar ONSS. Apakah diterapkan untuk belajar semua mata pelajaran?			Ya	11	13	45,8
				Tidak	8	39	83,0
	Overall Percentage						70,4

a. The cut value is ,500

Based on the classification table above, the number of learner participants who apply the ONSS study method for all lessons is $11 + 13 = 24$ people, where there are 11 participants who actually apply the ONSS study method for all lessons and 13 participants who are willing not to apply the ONSS study method for all lessons but do not do so. Then the number of participants who did not applying the ONSS study method for all lessons is $8 + 39 = 47$ people, where there are 8 participants who really do not apply the ONSS study method for all lessons and 39 participants who are willing to not apply the ONSS study method for all lessons but don't do it.

In psychology and education, studying styles and methods are well-known terms used to identify how people learn (Muluk et al., 2020). The study method exists in a variety of forms, and might not fit into one of them. Studying styles differ, but understanding them can help learners improve and enrich their educational experience. Furthermore, from the table obtained the value of *overall percentage*

= $(45,8 + 83)/82 = 70,4\%$ which means that the accuracy of this research participant is 70,4%.

Table 1.1.5

no	Statement	validity							
		frequency		percent		Valid percent		Cumulative percent	
1	Are there differences in applying the ONSS study method compared to other study methods in understanding English material? (Adakah perbedaan	yes	no	yes	no	yes	no	yes	no
		59	12	83,1	16,9	83,1	16,9	83,1	16,9
		71		100,0%		100,0%			
	dalam menerapkan model belajar ONSS dibanding model belajar lainnya dalam memahami materi bahasa Inggris?)								
3	Between studying with the ONSS system and studying slowly from afar, which do you think is more effective? (Antara belajar dengan sistem ONSS dan belajar perlahan dari jauh hari, menurut saudara/i lebih efektif mana?)	Sistem Kebut Semalam/ ONSS	Belajar dari jauh hari	Sistem Kebut Semalam/ ONSS	Belajar dari jauh hari	Sistem Kebut Semalam/ ONSS	Belajar dari jauh hari	Sistem Kebut Semalam/ ONSS	Belajar dari jauh hari
		15	35	30,0	70,0	30,0	70,0	30,0	100,0
		50		100,0		100,0			
4	You make the ONSS study method the only way to understand the	yes	no	yes	no	yes	no	yes	no
		32	18	64,0	36,0	64,0	36,0	64,0	100,0

	lesson. Is there a very significant impact on daily learning? (Saudara/i menjadikan model belajar ONSS sebagai satu- satunya cara memahami pelajaran. Adakah dampak yang didapatkan sangat signifikan dalam belajar sehari-hari?)	5 0		10 0,0		10 0,0			
5	Is there any success from the application of the ONSS study method in understanding English material? (Apakah ada keberhasilan dari penerapan model belajar ONSS dalam memahami materi bahasa Inggris?)	yes	no	yes	no	yes	no	yes	no
		44	6	88,0	12,0	88,0	12,0	88,0	100,0
		5 0		10 0,0		10 0,0			
7	Does using the ONSS study	yes	no	yes	no	yes	no	yes	no
	method make your grades in English even worse? (Apakah dengan menggunakan model belajar ONSS, nilai saudara/i dalam pelajaran bahasa Inggris menjadi semakin buruk?)	17	33	34,0	66,0	34,0	66,0	34,0	100,0
		5 0		10 0,0		10 0,0			
9	Would you recommend your friends/relatives to learn English with	yes	no	yes	no	yes	no	yes	no
		15	35	30,0	70,0	30,0	70,0	30,0	100,0

the ONSS study method? (Apakah saudara/i akan merekomendasikan teman/kerabat anda untuk belajar bahasa Inggris dengan model belajar ONSS?)	50	100,0	100,0		
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The result from the table 1.1.5 is compiled the perception from the participant, thus the statement from the online questionnaire divide for answer yes or no had six questions, with explained. Based on the statement number 1 from the questionnaire, the majority of learners thought that there were differences in applying the ONSS study method compared to other study methods in understanding English material. Next statement of number 3 based on the questionnaire, it was obtained that the majority of learners thought that studying ahead of time was more effective. Then, the statement number 5 based on the questionnaire, it was obtained that the majority of learners thought that there was a very significant impact in their daily learning. The arranging study time when in a hurry for learners usually causes understanding of the material to be quickly absorbed even though it does not fully understand properly. Usually learners who apply the ONSS study method in doing homework that have very tight deadlines. So that learners do it as quickly as possible with memories from understanding the previous material. Next of the statement number 7 on the questionnaire, it was obtained that the majority of learners thought that by using the ONSS study method, the grades in English lessons did not get worse. The results of participants' opinions in recommending the ONSS study method show that there are no results that choose to recommend.

The individual student study methods that arise as a result of certain cognitive styles are. Thus, related to the differences and goals of each student's studying understanding (Jepsen et al., 2015). The results obtained from the questionnaire points revealed that whatever study method existed and was applied by learners during learning, it did not affect the learners scores obtained.

Moreover, in applying the ONSS study method, it does not have a big effect on increasing learners scores in studying English. The expert revealed that the appropriate study method is by 'reinforcement' which can be done by studying every day so that repetition and understanding of the material, especially in studying English can be maximized, and can even achieve high scores on the results. Based on the last statement from questionnaire number 9, the majority of learners thought that by using the ONSS study method, they would not recommend your friends/relatives to learn English using the ONSS study method.

Table 1.1.6

no	statement	validity											
		frequency			percent			Valid percent			Cumulative percent		
2	Do you think that the ONSS is a very	yes	maybe	no	yes	maybe	no	yes	maybe	no	yes	maybe	no
		17	14	19	34,0	28,0	38,0	34,0	28,0	38,0	34,0	62,0	100,0

	effective study method? (Apakah menurut Saudara/I ONSS merupakan Model Belajar yang sangat efektif?)	50			100,0			100,0					
6	Do you feel that there are bad side effects from using the ONSS study method in studying English? (Apakah saudara/i merasa efek samping yang buruk dari penggunaan model belajar ONSS dalam belajar Bahasa Inggris?)	yes	maybe	no	yes	maybe	no	yes	maybe	no	yes	maybe	no
		29	8	13	58,0	16,0	26,0	58,0	16,0	26,0	58,0	74,0	100,0
		50			100,0			100,0					
8	After studying English with the ONSS study method, do you feel that your health is getting worse? (Setelah melakukan belajar bahasa Inggris dengan model	yes	maybe	no	yes	maybe	no	yes	maybe	no	yes	maybe	no
		21	12	17	42,0	24,0	34,0	42,0	24,0	34,0	42,0	66,0	100,0
		50			100,0			100,0					
	belajar ONSS, apakah saudara/i merasa kesehatan anda semakin menurun?)												

The result from table 1.1.6 is the second part from the perception of participants and only include the three questions from the online questionnaire. Firstly, from the question number 2, based on the questionnaire, the majority of

learners thought that ONSS was an ineffective study method. There are many theories expressed by experts in studying languages, especially English.

According to Evelyn (2010) in *English Made Easy*, there are 3 theories in foreign language learning. First, behavioral theory. According to the creators of this theory, Skinner and Parlov, language studying is a habit-forming process through activities: stimulus - response - reinforcement. The weakness of this method is that learners cannot make new sentences outside of the ones they have memorized. In fact, very few people can remember long enough. Second, cognitive theory (cognitive theory). According to Chomsky, in language learning, humans are created with cognitive abilities, namely processing the input received and making new sentences, which are unlimited in number. Third, Acquisition Theory (Natural Language Absorption). According to Krashen (1983), the language studying process consists of 2 ways, namely acquisition and learning. Evelyn concluded that among the three theories and approaches in language studies, to obtain optimal results, one of them uses an eclectic approach, by combining the advantages that exist in each theory.

Next, from the question number 6, based on the questionnaire, the majority of learners thought that there were bad side effects from using the ONSS study method. Thus the last question number is number 8, based on the questionnaire, the majority of learners thought that by using the ONSS study method, they felt that your health was getting worse.

B. The successful results of study English Lesson using the ONSS study method.

Table 1.2.1

Score		df	Sig.
Step	3. a. Is there any success from the application of the ONSS study method in understanding English material?		
Variables	(Apakah ada keberhasilan dari penerapan model belajar ONSS dalam memahami materi bahasa inggris?)	4,189	1
0	3. b. Does using the ONSS study method	6,728	1
			,041
			,009

make your grades in English better? (Apakah dengan menggunakan model belajar ONSS, nilai saudara/i dalam pelajaran bahasa Inggris menjadi semakin baik?)			
5. After studying English with the ONSS study method, do you feel that your health is getting worse? (Setelah melakukan belajar bahasa Inggris dengan model belajar ONSS, apakah saudara/i merasa kesehatan anda semakin menurun?)	,043	1	,835
1. Do you feel there are good side effects from using the ONSS study method in studying English? (Apakah saudara/i merasa efek samping yang bagus dari penggunaan model belajar ONSS dalam belajar Bahasa Inggris?)	6,263	1	,012
Overall Statistics	8,735	4	,068

Iteration History ^{a,b,c,d}

Table 1.2.2

	Coefficients	-2 Log	1. Do you feel	Iteration likelihood	there are good
3. a. Is there any	3. b. Does	5. After studying	side effects	success from the	
using the ONSS	English with the	from using the	application of the	study	
method ONSS	study ONSS	study ONSS	study make your	method, do you	
method in	method in	grades in	studying	understanding	
English better?	health is getting	English?			
Constant English material?(Apakah	ada (denganApakah	worse?melakukan			
(Setelah belajar (saudara/i Apakah					
keberhasilan dari menggunakan	bahasa Inggris	merasa efek			
penerapan model model belajar	dengan model	samping yang belajar			
ONSS ONSS, nilai	belajar ONSS,	bagus dari dalam			
saudara/i dalam	apakah saudara/i penggunaa	n memahami			
pelajaran merasa kesehatan model	belajar materi				
bahasa bahasa Inggris anda	semakinONSS	dalam inggris?)			

menjadi
Inggris?) menurun?) belajar Bahasa semakin baik?)

Step 1 82,084 -250 ,454 ,682 ,105 ,337

¹ 2 81,593 -291 ,719 ,766 ,116 ,390 3 81,585 -293 ,777 ,770 ,116 ,392

4 81,585 -293 ,779 ,770 ,116 ,392

5 81,585 -293 ,779 ,770 ,116 ,392 a. Method: Enter.

b. Constant is included in the model.

c. Initial -2 Log Likelihood: 90,840.

d. Estimation terminated at iteration number 5 because parameter estimates changed by less than ,001.

Model Summary

Table 1.2.3

Step	-2 Log likelihood	Cox & Snell R Square	Nagelkerke R Square
1	81,585 a	,122	,169

To see the ability of the success of the application of the ONSS study method in understanding English material, good English grades, declining health, and side effects of studying with ONSS in explaining the study method used from the table obtained Cox & Snell *R square* = 0.122 and Nagelkerke *R square* = 0.169 which shows that 12.2% The success of the application of the ONSS study method in understanding English material, good English grades, declining health, and side effects of studying with SKS can explain the study methods used . While 100% 12.2% = 87.8% study methods used in learning. Based on (Duffy & Azevedo, 2015) it was found that the length of time spent by learners for independent study was determined by the results of the responses to the study methods applied by learners in understanding lessons outside of school hours.

Step		B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)
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								Lower	Upper
1a									
3. a. Is there any success from the application of the ONSS study method in understanding English material? (Apakah ada keberhasilan dari penerapan model belajar ONSS dalam memahami materi inggris?)	,779	,911	,731	1	,393	2,178	,366	12,978	
3. b. Does using the ONSS study method make your grades in English better? (Apakah dengan menggunakan model belajar ONSS, nilai saudara/i dalam pelajaran bahasa Inggris menjadi semakin baik?)	,770	,681	1,278	1	,258	2,159	,568	8,204	
5. After studying English with the ONSS study method, do you feel that your health is getting worse? (Setelah melakukan belajar bahasa Inggris dengan model belajar ONSS, apakah saudara/i merasa kesehatan anda semakin menurun?)	,116	,315	,136	1	,713	1,123	,606	2,081	
1. Do you feel there are good side effects from using the ONSS study method in studying English? (Apakah saudara/i merasa efek samping yang bagus dari penggunaan model belajar ONSS dalam belajar Bahasa Inggris?)	,392	,402	,952	1	,329	1,481	,673	3,257	
Constant	- ,293	,520	,318	1	,573	,746			

a. Variable(s) entered on step 1a:

Table 1.2.4

- 3. a. Apakah ada keberhasilan dari penerapan model belajar ONSS dalam memahami materi bahasa inggris?,
- 3. b. Apakah dengan menggunakan model belajar ONSS, nilai saudara/i dalam pelajaran bahasa Inggris menjadi semakin baik?,
- 5. Setelah melakukan belajar bahasa Inggris dengan model belajar ONSS, apakah saudara/i merasa kesehatan anda semakin menurun?,
- 1. Apakah saudara/i merasa efek samping yang bagus dari penggunaan model belajar ONSS dalam belajar Bahasa Inggris?

The success of the application of the ONSS study method in understanding

English material has a value of the *P value uji Wald (Sig)* = 0.393 > 0.05 means that the success of the application of the ONSS study method in understanding English material has an insignificant effect on the study method used participants will use. The value of English has a value of the *P value uji Wald (Sig)* > 0.258, which means that the value of English has an insignificant effect on the study method used by the respondent. Health has a value of the *P value uji Wald (Sig)* = 0.713 > 0.05, meaning that health has an insignificant effect on the study method used by participants. A good side effect has a value of the *P value uji Wald (Sig)* = 0.573 > 0.05, meaning that a good side effect has an insignificant effect on the study method that the respondent will use.

The success of implementing the ONSS study method with Odds Ratio = 2,178 means that participants who have the success of implementing the ONSS study method will choose SKS 2,178 times more than participants who do not have the success of implementing the ONSS study method. Because the value of Success = 0.779 (*positif*), the success of the application of the ONSS study method has a positive relationship with the respondent's willingness to choose ONSS.

The value of English with Odds Ratio = 2.159 means that participants who have an English score will choose SKS 2,159 times more than participants who do not have an English score. Because the value of Score of English = 0.770 (*positif*) then the value of English has a positive relationship with the respondent's willingness to choose ONSS. Health with Odds Ratio = 1.123 means that participants who have Health will choose SKS 1.123 times more than participants who do not have Health. Because the value of Health = 0.116 (*positif*), the English value of Health has a positive relationship with the respondent's willingness to choose SKS.

Bad side effects with Odds Ratio = 1.481 means that participants who have bad side effects will choose SKS 1.481 times than participants who do not have bad side effects. Because the value of bad side effects = 0.392 (*positif*) then bad side effects have a positive relationship with the respondent's willingness to choose SKS.

Table 1.2.5

no	Statement	validity							
		frequency		percent		Valid percent		Cumulative percent	
2	Is there any success from the application of the ONSS study method in understanding English material? (Apakah ada keberhasilan dari penerapan model belajar ONSS dalam memahami materi bahasa inggris?)	yes	no	yes	no	yes	no	yes	no
		44	6	88,0	12,0	88,0	12,0	88,0	100,0
		Total = 50		Total = 100,0		Total = 100,0			

7	Is there any success from the application of the ONSS study	yes	no	yes	no	yes	no	yes	no
		55	16	77,5	22,5	77,5	22,5	77,5	100,0
	method in understanding English material? (Apakah ada keberhasilan dari penerapan model belajar ONSS dalam memahami materi bahasa inggris?)	Total = 71		Total = 100,0		Total = 100,0			

Based on the questionnaire, the majority of learners thought that there was success from the application of the ONSS study method in understanding English material. However, there is no significant improvement in applying ONSS while studying English. Participants considered that applying ONSS was only done when certain and urgent.

2. The effect of the participant's perspective obtained from applying ONSS in daily study the English Lesson.

Table 2.1

no	statement	validity									
		frequency		percent		Valid percent			Cumulative percent		
1	You make the ONSS study method the only way to understand the lesson. Is there a very significant impact on daily learning? (Saudara/i menjadikan model belajar ONSS sebagai satu-satunya cara memahami pelajaran. Adakah dampak yang didapatkan sangat signifikan dalam belajar sehari-hari?)	yes	no	yes	no	yes	no		yes	no	
		32	18	64,0	36,0	64,0	36,0				
		Total = 50		Total = 100,0		Total = 100,0			64,0	100,0	
3	Do you feel that there are bad side effects from using the ONSS study method in studying English?	yes	maybe	no	yes	maybe	no		yes	maybe	no
		29	8	58,0	16,0	26,0	58,0	16,0			
		Total = 50		Total = 100,0		Total = 100,0			58,0	74,0	100,0

	(Apakah saudara/i merasa efek samping yang buruk dari penggunaan model									0			
	belajar ONSS dalam belajar Bahasa Inggris?)												
4	Does using the ONSS study method make your grades in English even worse? (Apakah dengan menggunakan model belajar ONSS, nilai saudara/i dalam pelajaran bahasa Inggris menjadi semakin buruk?)	yes	no	yes	no	yes	no	yes	no	yes	no		
		17	33	34,0	66,0	34,0	66,0						
		Total = 50		Total = 100,0		Total = 100,0		34,0		100,0			
5	After studying English with the ONSS study	yes	maybe	no	yes	maybe	no	yes	maybe	no	yes	maybe	No
		21	12	17	42,0	24,0	34,0	42,0	24,0	34,0	42,0	54,0	100,0

	method, do you feel that your health is getting worse? (Setelah melakukan belajar bahasa Inggris dengan model belajar ONSS, apakah saudara/i merasa kesehatan anda semakin menurun?)	Total = 50			Total = 100,0			Total = 100,0					
6	Apakah menurut	yes	maybe	no	yes	maybe	no	yes	maybe	no	yes	maybe	no
	Saudara/i ONSS merupakan Model Belajar yang sangat efektif?	18	23	30	25,4	32,4	42,3	25,4	32,4	42,3	25,4	57,7	100,0
		Total = 71			Total = 100,0			Total = 100,0					

Based on the questionnaire, it can be concluded that the application of the ONSS method does not make the grades in English lessons worse and there is success in understanding English material using the ONSS method, but there are bad side effects and your health is decreasing from using the ONSS study method. The ONSS is not an effective study method. Participants have chosen not to suggest that the ONSS study method is the easiest way of learning, especially studying English. Because it is very impossible that all learners in Indonesia who are not native English speakers can understand and practice English lessons quickly just from studying with the speed system all night.

Based on the results of research conducted by Johannes Holz regarding research related to the best time to learn in understanding the material and according to the age of learners, it shows that the human brain will work more strongly and effectively within 7.5 hours before going to bed. So if humans, especially teenagers and younger, learn to recite, until the exam preparation applies the overnight race system or ONSS study method, it will be in vain and harm the brain itself. Research that discusses how learners manage appropriate time in their daily studies also shows that it is very influential in improving learners studying time. Learners who manage their time effectively should, of course, be less susceptible to the abuse of time and effort characterized by

procrastination. As a result, the understanding of the material obtained is not optimal and has more of an impact on the brain and other health problems.

Conclusion

The results of this study have collected participants' habits in using the ONSS study method when study at home. The influence of the application the ONSS study method in everyday learning, including English for teenagers (junior - college). As learners, who are accustomed to studying at home with a regular time every day, it can study comfortably and understand every inch of lessons from school. Learners can also understand the negative impact on their health by applying the ONSS method study every day. The application of the ONSS study method is not the only way of learners studying that is applied daily. Recommendations for further researchers related to study methods that are very effective for learners at all levels that can be applied to study English lessons.

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