

## EFFECTIVENESS OF TOTAL PHYSICAL RESPONSE METHOD IN VOCABULARY LEARNING FOR BIPA LEARNERS: A LITERATURE REVIEW

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### Abstract

Vocabulary is the most important aspect and also the main foundation in Bahasa Indonesia bagi Penutur Asing (BIPA) or Indonesian as a Foreign Language (IFL) to foreign learning to improve foreign language skills including listening, speaking, reading and writing skills. In practice, remembering and using new vocabulary is still an obstacle for foreign learners in communicating, so there needs to be an appropriate learning method to overcome this, namely by using the Total Physical Response (TPR) method, a method that connects commands, speech and movement. This article was written using the literature review method by analyzing 10 national and international studies related to the effectiveness of the TPR method in learning. Based on the research that has been analyzed, it shows that the TPR method makes learning more effective; makes learners feel happy, enthusiastic and actively participates during the learning process; effective for speaking and writing skills; motivates children to be interested in learning, especially training listening; improves vocabulary skills from the cognitive, affective and psychomotor domains; helps learners learn vocabulary and makes learners more active and confident; learning becomes fun, learners become more active, helps students remember and improve word mastery; has a significant good influence, namely it can improve understanding, practice, respond, mention and show various types of vocabulary that have been learned; improve vocabulary process and mastery; able to improve children's motor skills; and make learners quickly master learning materials.

**Keywords:** *Total Physical Response, BIPA Teaching, Learning Methods , Indonesian as a Foreign Language*

### INTRODUCTION

In learning a language, vocabulary is one of the important aspects in language learning (Tarigan in Mauliyasari, 2016). In line with this opinion, Wilkins (in Mananohas, 2021) also said that vocabulary is the most important unit to develop language skills for learners, especially beginners. Through vocabulary, language skills can also be improved "without grammar very little can be conveyed, without vocabulary nothing can be conveyed". Having a wide vocabulary will make it easier for learners to understand and use language effectively. However, in practice, vocabulary mastery, especially remembering and using new words in conversation, is often a challenge for learners (Kandybovich, 2017). Gayanti & Satriani (2020a) also argues that one of the factors in not being able to master vocabulary well is the lack of understanding when studying in class. Therefore, in learning, an appropriate learning method is needed that can improve learners' abilities, one of which is through the total physical response method. The Total Physical Response (TPR) method is a language learning approach that connects verbal commands with physical movements. This method is based on the principle that language comprehension and memory will be better if accompanied by physical activity, so that students can respond to commands with appropriate body movements. This method was first introduced in the 1960s by James Asher, a psychology professor at the University of San Jose, California.

### LITERATURE REVIEW

The total physical response method is a learning method by connecting speech with movement, where the teacher gives commands in the target language and the learner responds with body movements. One example is when

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a teacher says "stand up!", the learner will stand up. This helps learners understand and remember new vocabulary and language structures naturally (Frost, 2023).

One of the methods often used by teachers is the total physical response method. To determine the effectiveness of this method, it is necessary to conduct a relevant literature review on research on the use of the total physical response method in learning, including:

No	Researcher	Publication Title	Method	Research result
1	Ice Sari (2017)	Effectiveness of Using Total Physical Response Method in Improving English Vocabulary Mastery in Elementary School Students	<i>Mixed method</i> , combining quantitative and qualitative methods using a quasi-experimental design	During the learning process, students looked happy, enthusiastic, and participated well without feeling pressured or stressed. In addition, students understood both the learning materials and class instructions, so it can be concluded that the TPR method is effective and suitable for elementary school students who study English, especially vocabulary
2	Fitria Febrianti Putri (2019)	The effectiveness of using the TPR (total physical response) method in learning Arabic speaking and writing skills for class VII students at MTS Al Anwar Sarang Rembang	Quantitative and quasi-experimental with nonequivalent control group design pattern	Implementation of the TPR (Total Physical Response) method in effective learning for Arabic speaking and writing skills for class VII MTs Al Anwar Sarang Rembang
3	Ni Wayan Satri Adnyani (2019)	Total Physical Response (TPR) method for developing listening skills in English learning for early childhood	Descriptive Qualitative	TPR can motivate children to be interested in learning, train listening skills and improve understanding
4	Ita Rahmawati, Abd Rahman and Bunyamin (2019)	Implementation of Total Physical Response Method in Teaching English Vocabulary Material at MTsN Sorong	Classroom Action Research (CAR)	Students' vocabulary increased, both in the cognitive and affective and psychomotor domains, so that the use of TPR was able to increase vocabulary in English learning for class VII A students of MTsN, Sorong City
5	Risma Gayanti and Intan Satriani (2020)	Teaching Students' Vocabulary Through Total Physical Response	Qualitative using interviews and tests as research instruments	TPR really helps learners in learning vocabulary and makes learners more active, easy to memorize and pronounce many words with confidence
6	Anggun Septriani and	The Effectiveness of the TPR (Total	<i>True experimental design</i> with the form of	TPR can make the class more fun, learners become more active. In addition, TPR can

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	Rina Sukmara (2020)	Physical Response) Method on Mastery of Japanese Verbs (Doushi)	posttest only control group design	also help students in remembering, and improve their mastery of Japanese verbs
7	Eva Putri Maulidia and Rachma Hasibuan (2021)	The Influence of the Total Physical Response (TPR) Method on Indonesian Vocabulary Skills in Children Aged 5-6 Years	Quantitative Quasi Experimental Design with Nonequivalent Control Group Design research design with two groups (experimental and control groups)	TPR has a good and significant influence on early childhood aged 5-6 years, one of which is that it can improve understanding, practice, respond, mention and show various types of vocabulary that have been learned.
8	Endah Jubaedah and Syifa Nurfadilah (2022)	Implementation of the Total Physical Response (TPR) Method Through Song Movement Activities in Improving Motor Skills of Early Childhood Group A at Raudhatul Athfal (RA) Ma'arif Al-Ikhlâs	Classroom Action Research (CAR) using constructive qualitative and descriptive quantitative methods	TPR through song movements can improve children's motor skills
9	Nanda Ramadani (2022)	Application of the Total Physical Response (TPR) Method to Improve the Understanding of Arabic Vocabulary of IDIA Students	Classroom Action Research (CAR)	TPR can improve the vocabulary process and mastery of IDIA Prenduan students
10	Marsya Fadhia Akmal, Ninuk Lustyantie, Miftahul Hairah Anwar and Reni Nur Eriyani (2022)	The Impact of Direct Method and Total Physical Response on Teaching BIPA 2 at the Indonesian Consulate General in Bern	Direct methods combined and adapted to TPR teaching techniques include teaching, observation and evaluation	The combination of direct methods and TPR can make BIPA students quickly master learning materials

## METHOD

The method used in this study is a literature review, which is a search by reading and reviewing various articles, journals, theses and others related to the research topic to produce writing related to a particular topic or issue (Marzali, 2016). The technique used in this study is a literature review, which is a search by reading and reviewing various articles, journals, theses and others related to the research topic to produce writing related to a particular topic or issue (Marzali, 2016). Used in literature review, namely by collecting and analyzing various reference sources obtained. Literature search was conducted by entering keywords such as the effectiveness of total physical response, total physical response method and TPR in learning to improve vocabulary. This article focuses on determining the extent of the effectiveness of the use of the total physical response method in learning. This article

search uses research published on the internet through open access channels such as Google Scholar, Mendeley, Academia.edu, Researchgate.net and Connected Papers.

## **RESULTS AND DISCUSSION**

This article explains the extent to which the Total Physical Response method is effective in learning through 10 studies that have been collected and analyzed, including:

### **1st research**

In the first study, it was studied by (Sariyati, 2017) with the title "Effectiveness of Using Total Physical Response Method in Improving English Vocabulary Mastery in Elementary School Students". This study involved first grade students of Bandung Islamic Elementary School. The methodology used is mixed method, which combines quantitative and qualitative methods. To achieve the research objectives, this study used a quasi-experimental design, involving two groups of participants (control and experiment) of first grade students at an Islamic Elementary School in Bandung and providing pretest, treatment and posttest. In addition, observations by taking field notes were taken to determine students' responses to the TPR method. The results of this study showed that the pretest and posttest scores of the control group did not show a significant difference. In contrast, the pretest and posttest scores of the experimental group showed a significant difference. Therefore, it can be concluded that the English vocabulary mastery of the experimental group increased significantly. In addition, data from observations by taking field notes showed that in general the students responded well to the use of the TPR method used in learning activities. This is indicated by the fact that during the learning process, the students looked happy, enthusiastic, and participated well without feeling pressured or stressed. Moreover, they understand both the learning materials and the class instructions. Therefore, it can be concluded that the TPR method is effective and suitable for elementary school students who learn English, especially vocabulary.

### **2nd research**

In the second study, it was studied by (Putri Fitria Febrianti, 2019) with the title of the study "The Effectiveness of Using the TPR (Total Physical Response) Method in Learning Arabic Speaking and Writing Skills for Class VII Students of MTs Al Anwar Sarang Rembang". This study involved class VII students of MTs Al Anwar Sarang Rembang. This study discusses the effectiveness of using the TPR learning method for speaking and writing skills. This is because students' speaking and writing skills are still relatively low, so they need creative and innovative methods to support learning, one of which is through the total physical response method. The type and design of this research is quantitative, namely research that requires data in the form of numbers and quasi-experimental with a nonequivalent control group design pattern, namely by involving two research groups, namely the control group and the treatment group. Data collection techniques use tests and non-tests. The test instruments used are written tests and oral tests. While the non-test instruments used are interviews, observations and documentation. The data analysis technique is a hypothesis test to test the truth. The results of this study state that the use of the TPR method is effective in learning Arabic speaking and writing skills for class VII students of MTs Al Anwar Sarang Rembang. This is proven by the test results which show that the increase in the experimental group's scores from the pretest to the posttest results was greater than the control group.

### **3rd research**

In the third study, it was studied by (Satri Adnyani, 2019) with the title of the study "Total Physical Response (TPR) Method for Developing Listening Skills in English Learning for Early Childhood". The purpose of this study is This study involves early childhood. The method used in this study is the total physical response method with the Imperative Drill technique (speaking commands), Action Song (listening to songs while demonstrating) and using flashcards (picture cards) to train listening skills. The results of this study state that the TPR method is a suitable method for use in teaching English listening to early childhood. The TPR method is very suitable for children's character because they like to move from place to place and get bored quickly if they just sit on a chair. The TPR method can motivate children to be interested in learning English, especially training their listening skills because this method is very entertaining for them in following the learning process in class and helps early childhood understanding of English learning effectively.

### **4th research**

In the research the fourth has been studied by (Rahmawati et al., 2019a) with the title "Implementation of the Total Physical Response Method in Teaching English Vocabulary Material at MTSN Sorong". The purpose of this study is to improve students' vocabulary in teaching English through fun ways by using the TPR method on students. This study involved students of class VII A MTsN Kota Sorong. The method used in this study is qualitative and classroom action research. The results of this study state that TPR is able to improve vocabulary, both from the cognitive domain, as well as effective and psychomotor.

#### **5th research**

In the research the fifth has been studied by (Gayanti & Satriani, 2020a) by title "Teaching Students' Vocabulary Through Total Physical Response". This study involved 35 8th grade students. In the research instrument, the researcher used interviews to collect data about students. The purpose of this study was to determine whether vocabulary learning with the TPR methodology can make students understand it better or not. The results of this study stated that students understood vocabulary material better through the Total Physical Response learning method. Students who previously tended to be quiet and afraid to express their opinions are now more confident and no longer feel pressured. Thus, the (TPR) method is very helpful for students in learning vocabulary. Students become more active, memorize easily, and pronounce many words with confidence.

#### **6th research**

In the sixth study, it was studied by (Septriani & Sukmara, 2020) with the title of the study "The Effectiveness of the TPR (Total Physical Response) Method on Mastery of Japanese Verbs (Doushi)". The purpose of this study was to determine the Effectiveness of the TPR (Total Physical Response) Method on Mastery of Japanese Verbs (doushi) of students. This study involved students of grade XI SMAN 19, Tangerang Regency. The method used in this study is the total physical response method with a true experimental design in the form of a posttest only control group design, namely the researchers conducted post tests on the control group and the experimental group, but only the experimental group received treatment. The results of this study state that the application of TPR in learning is fun, learners become more active, helping students remember and improve word mastery.

#### **7th research**

In the research the seventh has been studied by (Maulidia & Hasibuan, 2021) with the title "The Effect of Total Physical Response (TPR) Method on Indonesian Vocabulary Ability in Children Aged 5-6 Years". The purpose of this study was to determine the effect of the Total Physical Response (TPR) method on Indonesian vocabulary ability in children aged 5-6 years. This study involved children aged 5-6 years. The method used was quantitative Quasi Experimental Design with a research design of Nonequivalent Control Group Design with two groups used, namely the experimental and control groups. The results of this study stated that the Total Physical Response (TPR) method on Indonesian vocabulary ability in children aged 5-6 years had a significant good effect. This success was due to the application of this method to the vocabulary introduced to children resulting in children's ability to practice movements according to teacher commands, be able to provide simple instruction responses according to teacher commands, be able to mention vocabulary seen from pictures and be able to show.

#### **8th research**

In the research the eighth has been studied by (Jubaedah & Nurfadilah, 2022) by title Implementation of the "Total Physical Response (TPR) Method Through Song Movement Activities in Improving Motor Skills of Early Childhood Group A at Raudhatul Athfal (RA) Ma'arif Al-Ikhlâs". The purpose of this study was to determine the motor skills of early childhood with the application of the TPR method through song movement activities. This study involved the development of children's motor skills with objects of 13 children consisting of 4 girls and 9 boys. The method used is Classroom Action Research (CAR) design, using qualitative constructive and quantitative descriptive methods. The results of this study state that TPR through song movements can improve children's motor skills.

#### **9th research**

In the ninth study, it was studied by (Ramadan, 2022a) with the research title "Application of Total Physical Response (TPR) Method in Improving Arabic Vocabulary Understanding of IDIA Female Students". This study involved 29 students of the Al-Amien Islamic Institute (IDIA) Prenduan Semenep Madura. This study aims to (1) Analyze the effectiveness of the use of the Total Physical Response (TPR) method in learning Arabic vocabulary for class 1B students of IDIA Prenduan intensive female students, and (2) Describe the improvement in Arabic



vocabulary understanding for class 1B students of IDIA Prenduan intensive female students through the application of the Total Physical Response (TPR) method. The results of this study state that the Total Physical Response (TPR) method in learning Arabic can improve the process and vocabulary mastery (Mufrodat) of IDIA Prenduan female students.

### 10th research

The tenth study was conducted by (Akmal et al., 2022) with the title "The Impact of Direct Method and Total Physical Response on Teaching BIPA 2 at KJRI Bern". This study involved BIPA students at KJRI Bern. This study used a qualitative method by combining direct methods with TPR. The purpose of this study was to observe the response of BIPA students to the BIPA teaching method carried out at the Indonesian Consulate General in Bern. The results of this study indicate that the combination of direct methods and TPR can make BIPA students quickly master learning materials and have a positive impact during the learning process. Both methods create an active atmosphere during learning activities, which has a positive impact on teaching and learning activities. Both methods create an active learning atmosphere in the classroom and focus on student-centered learning. In addition, evidence of the positive influence of BIPA teaching at KJRI Bern can be seen from the evaluation scores of all BIPA students which reached an average score of 94.9.

### CONCLUSION

Based on the results of the review of several studies above, it can be concluded that the total physical response method in learning has a positive influence on listening, speaking, and writing skills. This has been proven in research that:

- 1) TPR makes learning more effective (Gayanti & Satriani, 2020; Nehrulita & Wagino, 2015; Sariyati, 2017)
- 2) TPR makes learners feel happy, enthusiastic and actively participate during the learning process (Sariyati, 2017)
- 3) TPR is also effective in learning speaking and writing skills (Putri Fitria Febriantici, 2019)
- 4) TPR can motivate children to be interested in learning, especially in training their hearing (Satri Adnyani, 2019)
- 5) TPR is able to improve vocabulary skills both from the cognitive, affective and psychomotor domains (Rahmawati et al., 2019)
- 6) TPR really helps learners in learning vocabulary and makes learners more active, easy to memorize and pronounce many words with confidence (Gayanti & Satriani, 2020)
- 7) TPR makes learning becomes fun, learners become more active, helping students remember and improve their vocabulary mastery (Septriani & Sukmara, 2020)
- 8) TPR has a significant positive influence, one of which is that it can improve understanding, practice, respond, mention and show various types of vocabulary that have been learned (Maulidia & Hasibuan, 2021)
- 9) TPR can improve vocabulary process and mastery (Ramadan, 2022).
- 10) TPR through song movements can improve children's motor skills (Jubaedah & Nurfadilah, 2022)
- 11) TPR can make BIPA students quickly master learning materials (Akmal et al., 2022)

This method can also be used at all levels of education, starting from Kindergarten or early age, Elementary School (SD), Junior High School (SMP), Senior High School (SMA) to College or University.

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