

## ABSTRACT

Title: Self-Regulated Learning SRL Assessment in Occupational Safety and Health Osh Competency Based Training Center

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### Abstract:

Self-regulation is the ability to develop, implement, and flexibly maintain planned behaviour in order to achieve one's goals. This study employed a qualitative design involving purposive studies to explore the level of self-regulated learning (SRL) among people attending competence base training in the field of occupational safety and health measured by self-regulation questionnaire SRQ. A total of 334 Safety and Health Officer SHO competence base training in National Institute of Occupational Safety and Health (NIOSH) Malaysia participated in the study. The results show that 61.4% of the respondent possessed low level of self-regulated learning capacity. Findings from the study suggest that method of training and academic qualification not a significant factors influence the self-regulated learning strategies used in competence base training.