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Perspectives on ‘What Reading and Reading Habits Entail?’

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ABSTRACT Reading is relevant and important because it reflects that children move from a non-reading stage to a reading stage through a consecutive phase of skills. Actually, in reading, the learners move from a non-reading stage to a reading stage by passing through developmental stages. The ability to read is perceived as a process, which involves the use of alphabetic principles and knowledge. This study investigates reading and reading habits. The study used a systematic literature review by employing a combination of both the contextual and theoretical review methods. The findings indicated that the different components associated with reading comprehension can be developed through strategy instruction. Learners' reading habit can be developed by encouraging them to regularly read books that are interesting and in their level of comprehension. Reading habit is apparently connected with reading for pleasure in that reading for pleasure during one's leisure time needs habituation. The study recommended that teachers should encourage learners to stop reading anything that is not interesting, or when they find the reading material difficult, the learners are encouraged to work with the text individually and silently. In extensive reading, learners can choose their own reading resources such as magazines, newspapers, story books or electronic reading materials.