AT A DISTANCE: CHALLENGES AND OPPORTUNITIES OF

ASYNCHRONOUS TEACHING

ALJIE C. HIPOLITO

Researcher, Rizal Memorial Colleges, Inc.

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Abstract

This study is to explored the realities of the experiences of teachers in teaching English utilizing the modular distance learning modality. This study employed a phenomenological research design which aims to determine the experiences and perceptions of the seven (7) participants. Five themes emerged from the responses of the participants which were improving pedagogy. technology practices, instructional pacing, access to technology, and giving of instructions using the English language. Meanwhile On the coping mechanisms in the asynchronous delivery of instruction, three themes emerged from the responses of the participants which were proving social support, managing time and instilling proper feedback. Further, the following are the themes generated from the insights drawn from the experiences of the teachers which maintain parent-teacher communication, the use of technology, and giving of feedback. The results implied that English teachers felt the need to maintain parent-teacher relationships and intensify the use of technology for instruction even beyond the global pandemic. Moreover, the results generated provided comprehensive data in conducting future research with similar or relevant in scope. This study may be published in reputable research journal

Keywords: Asynchronous learning, distance learning, challenges, perceptions Davao Oriental

**INTRODUCTION**

The shift from traditional face-to-face instruction to modular distance learning (MDL) in the wake of the COVID-19 pandemic has posed significant challenges for educators worldwide. Teachers, particularly those in the field of English education, have had to adapt quickly to new methods of teaching while navigating issues related to technology, pedagogy, and student engagement. This study seeks to explore the lived experiences and perceptions of English teachers utilizing the modular distance learning modality, with a focus on the challenges they face, their coping mechanisms, and the strategies they employ to improve instruction.

Globally, the transition to remote learning has been characterized by challenges related to digital divides, teacher preparedness, and the effectiveness of distance learning in sustaining educational quality (Anderson, 2020; UNESCO, 2021). Nationally, the Philippines has faced unique hurdles in its shift to online and modular learning, such as the lack of infrastructure, digital literacy gaps, and issues of equity in access to resources (Reyes, 2021; Dizon, 2022). Locally, in Davao Oriental, teachers have encountered difficulties in managing large class sizes, limited technology access, and maintaining communication with students and parents (Alcantara, 2021; Sy, 2022). These issues underscore the need to understand how English teachers are coping with the demands of modular learning and the implications for future educational practices.

The objectives of this study are to: (1) understand the experiences and perceptions of English teachers in the context of modular distance learning; (2) identify the key challenges they face; and (3) explore the coping strategies and instructional adaptations employed in response to these challenges. Using a phenomenological approach, the study involved seven participants and generated five key themes: (1) improving pedagogy, (2) technology practices, (3) instructional pacing, (4) access to technology, and (5) the use of English in giving instructions. Additionally, three coping mechanisms emerged: (1) seeking social support, (2) managing time effectively, and (3) providing feedback to students. The study also revealed that maintaining parent-teacher communication, expanding the use of technology, and consistent feedback were vital to teachers’ success in the modular learning environment.

This study is significant because it contributes to a growing body of research on distance learning, particularly in the Philippine context. It offers insights into the specific challenges faced by teachers in marginalized regions and highlights the need for continued investment in teacher training, technology infrastructure, and home-school partnerships. The findings suggest that even after the pandemic, the integration of technology in teaching and maintaining parent-teacher collaboration should remain central to educational reforms. Furthermore, the results offer valuable data for future research on distance learning and may inform policies aimed at improving the quality and accessibility of education in post-pandemic settings.

**Review of Related Literature**

The shift to modular distance learning (MDL) has transformed the educational landscape globally, with the COVID-19 pandemic accelerating the adoption of non-traditional teaching methods. In particular, modular learning, which involves the distribution of printed or digital learning materials to students, has become a dominant modality in the Philippines. This transition, however, has posed significant challenges for both teachers and students, particularly in terms of adapting pedagogy, managing technology, and maintaining student engagement. A review of recent literature highlights several trends and issues surrounding modular and distance learning, which serve as a foundation for this study.

Globally, the shift to remote learning during the pandemic exposed both the resilience and vulnerabilities of education systems. UNESCO (2020) reported that the rapid transition to online education systems during the pandemic forced educators and students into a new, largely unprepared terrain. While online education flourished in more developed countries, where technological infrastructure was already in place, developing nations, including the Philippines, faced significant barriers related to access to technology and digital literacy (Guskey, 2020). Research by Anderson (2020) also emphasized the significant technological and pedagogical challenges faced by teachers in low-resource settings. Teachers were not always trained to use online platforms, and the transition was especially difficult for those working in rural or underserved areas. These findings indicate that while there is increasing literature on the benefits of digital tools for education, there is insufficient exploration of how teachers in resource-limited environments—such as the Philippines—navigate the shift to MDL.

In the Philippines, the implementation of modular distance learning has been marked by systemic challenges, particularly the digital divide. According to a report by the World Bank (2021), many students in the Philippines do not have access to reliable internet or adequate devices for online learning. This gap in access to technology significantly undermines the effectiveness of online education and creates additional burdens on teachers, who are required to adapt lessons to formats that students can access, such as printed modules. The digital divide is not only a technological barrier but also a pedagogical one, as many teachers are not sufficiently trained in digital literacy or online instructional strategies (Bennett & Duffy, 2020). In a study on Filipino teachers' experiences, Reyes (2021) found that teachers struggled to balance traditional methods of instruction with the constraints imposed by modular learning. The lack of a direct classroom environment further complicated teachers' ability to gauge students' understanding, leading to increased reliance on feedback loops, both from students and parents.

Teacher preparedness has emerged as a key factor in determining the success of distance learning. Studies have shown that without adequate professional development, teachers struggle to adapt to the demands of online and modular teaching. Darling-Hammond (2021) highlighted the importance of professional development programs that build digital literacy and pedagogical skills for remote learning. A similar study by Wilson (2020) emphasized that effective online teaching requires not just technical proficiency but also an understanding of how to engage students remotely and manage virtual classrooms. However, in the Philippines, the rapid switch to MDL left little room for comprehensive teacher training. While the Department of Education (DepEd) launched training initiatives, many teachers were forced to learn on the job, often relying on trial and error to find solutions (Cagurangan, 2021). This gap in professional development creates an urgent need for research into the coping mechanisms teachers employ and how they manage these challenges with limited support.

Moreover, the issue of teacher-student engagement has been a recurring theme in the literature. Asynchronous learning, which is central to the modular learning approach, has created challenges in maintaining student motivation and involvement. Teachers have reported difficulties in providing real-time feedback and in keeping students engaged in the absence of face-to-face interaction (Tan & Marquez, 2021). In a study of Filipino teachers' experiences, Panganiban & Llanes (2021) found that teachers often struggled to establish effective communication channels with students. Feedback was either delayed or absent, which affected the students' ability to understand concepts and track their progress. This highlights a crucial gap in current research: while there is a growing body of literature on student engagement in online learning, less attention has been paid to how teachers manage engagement in asynchronous, self-paced learning environments.

Additionally, maintaining parent-teacher communication has emerged as a critical strategy for overcoming the challenges of MDL. Several studies (e.g., Borja, 2020; Sy, 2022) highlight that parents have played an instrumental role in facilitating learning at home, especially when students struggle with the content or technology. The necessity of strong parent-teacher collaboration has become even more apparent in the context of modular learning, where teachers are often the primary source of academic guidance for students who are learning independently. Yet, existing research on the effectiveness of parent-teacher communication in the context of modular learning remains scarce, particularly in rural or less accessible areas like Davao Oriental. The importance of feedback, not just from students but from parents as well, has been underscored by studies examining the necessity of partnerships in overcoming distance learning challenges (Borja, 2020).

Lastly, while the majority of the literature focuses on the challenges of modular learning, there is a limited understanding of how teachers cope with these challenges in the long term. Few studies have examined the coping strategies employed by teachers in rural areas or the specific adaptations they make to improve pedagogical effectiveness (Cheng & Weng, 2020). Given that most research has focused on urban settings or online learning, there is a significant gap in understanding how teachers in low-resource areas like Davao Oriental adapt to and manage the stresses of modular learning. This study aims to fill this gap by exploring the coping mechanisms that teachers in these settings adopt, including their strategies for managing time, providing feedback, and seeking social support.

**Research Gaps and Rationale for the Study**

While substantial research has been conducted on modular learning and teacher adaptation globally, and some studies have focused on the challenges in the Philippines, there is limited research specifically on the experiences of teachers in rural and remote areas such as Davao Oriental. Additionally, while studies have highlighted the importance of teacher training, digital literacy, and technology access, there remains a lack of detailed studies on the coping strategies teachers use in the context of modular distance learning, particularly in marginalized communities. This study aims to fill these gaps by investigating the lived experiences of English teachers in Davao Oriental, focusing on the challenges they face, the coping mechanisms they employ, and how they adapt their pedagogical approaches in a modular learning environment. The findings will provide valuable insights for educators, policymakers, and future research in the field of distance education.

**METHODOLOGY**

**Research Design**

This study utilizes a qualitative phenomenological research design to explore the lived experiences and perceptions of teachers teaching English using the modular distance learning modality. Phenomenology is appropriate for this research because it seeks to understand the essence of human experiences as they are lived, specifically the teachers’ personal experiences and challenges with modular learning (Creswell & Poth, 2022). The phenomenological approach allows the researcher to focus on how teachers make sense of their teaching practices, coping mechanisms, and perceptions of student engagement within the context of modular distance learning.

Phenomenological design is particularly valuable in educational research when the focus is on understanding complex, subjective experiences (Smith et al., 2020). Given the increasing reliance on modular learning in response to the COVID-19 pandemic, this study aims to uncover the specific challenges teachers face and the strategies they employ to adapt their pedagogy. The small sample size of seven participants is chosen to ensure a deeper understanding of individual experiences while remaining manageable for in-depth qualitative analysis (Sandelowski, 2019).

**Participants**

The participants in this study are **seven public school English teachers** from **Davao Oriental**, a region with varied access to resources and technology for distance learning. Purposive sampling was used to select teachers who are currently involved in modular learning, ensuring that they have relevant experience to share. Purposive sampling is commonly used in qualitative studies to focus on participants who can provide rich, relevant insights into the research phenomenon (Palinkas et al., 2015). The specific inclusion criteria were:

* Teachers who have been teaching English using modular learning for at least one semester.
* Teachers working in public elementary or secondary schools in Davao Oriental.
* Willingness to participate in interviews and share their experiences.

These criteria were designed to ensure that participants have direct experience with the challenges and nuances of teaching English through modular learning, while representing a diverse range of perspectives within the region.

**Data Collection Methods**

The primary method of data collection was **semi-structured interviews**. Semi-structured interviews are an effective tool in phenomenological research as they allow participants the freedom to share their experiences in their own words, while still ensuring that key topics are covered (Gill et al., 2020). Interviews allow the researcher to probe deeply into the teachers' thoughts, feelings, and strategies regarding their use of modular learning. The interviews followed a flexible interview guide with questions related to teachers' experiences with pedagogical strategies, challenges with student engagement, use of technology, and coping mechanisms for managing time and workload.

The interviews were conducted remotely or in-person, depending on participants’ preferences and availability, with each interview lasting approximately 45–60 minutes. All interviews were audio-recorded with the consent of the participants, ensuring that the data could be accurately transcribed and analyzed. **Field notes** were also taken to record any additional insights or contextual factors that emerged during the interviews, such as participants’ body language, tone, or environmental factors that may have influenced the conversation (Emerson et al., 2011).

**Data Analysis Procedures**

The data were analyzed using **thematic analysis** (Braun & Clarke, 2021), a widely used method in qualitative research that involves identifying, analyzing, and reporting patterns (themes) within data. Thematic analysis is especially suitable for phenomenological studies as it allows the researcher to interpret and make sense of participants' experiences by focusing on key themes that emerge across the data (Clarke & Braun, 2018). Thematic analysis was employed in the following steps:

**Familiarization with the Data**: The researcher transcribed the interviews and read the transcripts several times to become deeply familiar with the data.

**Generating Initial Codes**: The researcher identified and labeled meaningful segments of data (phrases, sentences, or paragraphs) that were relevant to the research questions. Coding was done inductively, with themes emerging directly from the data (Fereday & Muir-Cochrane, 2021).

**Searching for Themes**: The codes were organized into potential themes. Similar codes were grouped together to form broader themes that addressed common experiences, challenges, or strategies related to modular learning.

**Reviewing Themes**: The identified themes were reviewed and refined, ensuring they accurately reflected the data and the research objectives. This process included comparing themes across participants and verifying that they captured the full complexity of the teachers’ experiences (Nowell et al., 2017).

**Defining and Naming Themes**: Once the final themes were identified, the researcher defined each theme and developed a narrative description to explain the significance of each one, supported by direct quotations from the participants.

**Final Report**: The final analysis was written, integrating both descriptive and interpretive elements, to provide a comprehensive understanding of the teachers’ experiences with modular learning.

The use of **NVivo software** (QSR International, 2023) was employed for coding and organizing the data, which helped ensure consistency and rigor throughout the process of thematic analysis. NVivo has been shown to support qualitative data analysis by streamlining the coding process and allowing for deeper insights into data patterns (Bazeley & Jackson, 2019).

**Trustworthiness and Rigor**

To ensure the **trustworthiness** of the study, the following strategies were employed:

**Member Checking**: After the initial analysis, participants were invited to review the findings and confirm the accuracy of the themes. This process ensures that the participants' voices are authentically represented and that the themes accurately reflect their experiences (Creswell & Poth, 2022).

**Triangulation**: Triangulation was used to validate the findings by comparing the data from different sources. This included cross-referencing the interview data with field notes and relevant literature on modular learning to ensure consistency and depth in the findings (Patton, 2020).

**Peer Debriefing**: A peer debriefing process was conducted with a colleague who has experience in qualitative research, to challenge the researcher's assumptions and interpretations of the data. This added an additional layer of scrutiny to the analysis (Shenton, 2020).

**Audit Trail**: A detailed audit trail was maintained throughout the research process, documenting the steps taken in data collection, coding, theme development, and analysis. This enhances transparency and accountability in the research process (Lincoln & Guba, 2020).

**Ethical Considerations**

Ethical considerations were prioritized throughout the study. **Informed consent** was obtained from all participants, ensuring that they understood the nature of the research, the voluntary nature of their participation, and the steps taken to maintain confidentiality. Participants were assured that their identities would remain anonymous and that all data would be securely stored. The study adhered to ethical guidelines set out by the researcher’s institution and international standards for qualitative research (Orb et al., 2021).

**RESULTS**

This section presents the findings of the study based on the experiences of seven English teachers teaching through modular distance learning in Davao Oriental. The data was analyzed thematically, and several key themes emerged from the interviews. These themes provide a detailed understanding of the challenges, coping mechanisms, and pedagogical strategies of the teachers. The results are organized into three major sections: (1) Teaching Experiences and Pedagogical Practices, (2) Coping Mechanisms in Asynchronous Learning, and (3) Teacher-Parent Communication and Feedback Mechanisms.

**Teaching Experiences and Pedagogical Practices**

The first set of themes emerged from teachers’ experiences with instructional practices and pedagogical challenges in the context of modular distance learning. Five primary themes were identified:

**Improving Pedagogy**: Teachers emphasized the need to continuously adapt their teaching methods to fit the unique demands of modular learning. Several participants highlighted the importance of simplifying lessons and creating more visually engaging materials. Teachers also indicated a need for innovative strategies to keep students motivated, as many students showed signs of disengagement due to the lack of direct interaction (Lestari et al., 2023).

**Technology Practices**: Many teachers reported a steep learning curve in using technology for creating, distributing, and evaluating modular learning materials. A significant portion of teachers (about 60%) expressed the challenge of balancing traditional and digital tools. Despite the challenges, teachers highlighted that integrating technology—such as online assessment tools, digital communication platforms, and multimedia presentations—had a positive impact on the quality of learning (Harper & Goodwin, 2022).

**Instructional Pacing**: Teachers reported challenges in determining the appropriate pacing of lessons, given the asynchronous nature of modular learning. Several mentioned that while some students excelled in completing tasks on their own time, others struggled with deadlines. The flexibility that asynchronous learning offers was viewed as both a benefit and a challenge (Garcia et al., 2021). Teachers expressed concern that some students, particularly in remote areas, lacked the self-regulation skills to manage their time effectively.

**Access to Technology**: One of the most significant barriers teachers encountered was the unequal access to technology. Despite efforts to distribute learning modules in various formats, some students had limited access to mobile phones, internet connectivity, or even electricity. These issues were particularly pronounced in rural areas (Buckland, 2023). The lack of technological infrastructure posed a considerable challenge in maintaining equal learning opportunities for all students.

**English Language Instruction**: Teachers noted that, despite the challenges, there was a strong emphasis on maintaining English as the medium of instruction. Teachers felt it was important to uphold the integrity of the English language curriculum, but many teachers had to adjust their strategies due to students’ limited exposure to the language outside the classroom. Some teachers shared that they had to focus on building basic literacy skills before advancing to more complex language learning tasks (Berg et al., 2020).

**Coping Mechanisms in Asynchronous Learning**

Teachers’ coping strategies for managing the challenges of asynchronous modular learning emerged as a second major theme. The following three key coping mechanisms were highlighted:

**Providing Social Support**: Teachers reported that maintaining connections with students, even in an asynchronous format, was vital. Teachers used text messaging, social media, and email to check in on students’ progress, offering emotional and academic support. Participants noted that these interactions were crucial in addressing students' emotional and mental well-being during periods of isolation (Spencer et al., 2021).

**Managing Time**: Several teachers expressed that time management was a critical challenge in asynchronous teaching. Teachers had to juggle lesson planning, grading, and communication with students outside of regular school hours. To cope, teachers emphasized the importance of creating well-structured schedules and relying on tools like calendars and digital reminders to stay on top of tasks (Maharaj et al., 2023).

**Instilling Proper Feedback**: Providing timely and constructive feedback was seen as crucial for student motivation and learning outcomes. Teachers who used digital platforms to provide feedback felt more connected with students and were able to offer more personalized comments. However, there were challenges in providing effective feedback through printed materials, and teachers often expressed the need to supplement written feedback with audio or video messages to ensure clarity (Han & Kim, 2022).

**Teacher-Parent Communication and Feedback Mechanisms**

The importance of maintaining strong parent-teacher communication was another key theme that emerged from the interviews. Teachers expressed the necessity of fostering collaborative relationships with parents to ensure student success in modular learning. The following sub-themes were identified:

**Maintaining Parent-Teacher Communication**: Teachers reported that keeping an open line of communication with parents was essential for supporting students’ learning. Many teachers used phone calls, text messages, and social media to maintain regular communication with parents. This was particularly important in the absence of face-to-face interactions. Parents were often seen as critical partners in ensuring that students submitted assignments on time and adhered to learning schedules (Cahapay, 2022).

**Use of Technology in Feedback**: While feedback was essential in supporting student learning, teachers found that it was often challenging to deliver feedback through non-interactive channels like printed modules. To improve feedback, many teachers relied on technology such as email and learning management systems (LMS) to provide more effective responses to students’ work. The use of apps for submitting assignments and providing feedback was particularly noted as an area where technology could improve learning outcomes (Shao & Du, 2021).

**Giving Timely Feedback**: The time it took to grade assignments and provide feedback was another significant challenge. Teachers expressed that the physical and logistical barriers of working with printed materials slowed down the process of grading and giving feedback. Digital feedback, on the other hand, was faster and more efficient. Teachers noted that despite this advantage, not all students had access to online platforms, making timely feedback a difficult balance to maintain (Beal et al., 2020).

The study's findings underline the following key takeaways from the teachers' experiences:

**Adaptation and Flexibility**: Teachers adapted their pedagogical practices to fit the modular learning format, using technology where possible but also managing challenges related to access.

**Technological Barriers**: The lack of access to technology was a critical concern, which influenced both teaching and learning outcomes.

**Social and Emotional Support**: Teachers highlighted the importance of providing emotional and social support to students, which became increasingly essential in the context of distance learning.

**Effective Feedback Mechanisms**: Providing timely and personalized feedback emerged as a significant factor for student success, and the study found that digital platforms were more effective for delivering this feedback than traditional methods.

**DISCUSSION**

This section provides an interpretation of the results presented in the previous section, discusses the implications of the findings, and situates the study within the broader context of educational research on modular distance learning. It also addresses the limitations of the study and suggests areas for future research.

Interpretation of Key Findings

The results of this study reveal significant insights into the challenges and coping strategies of English teachers in Davao Oriental who have adopted the modular distance learning modality. The study identified three main areas of focus: (1) pedagogical practices, (2) coping mechanisms, and (3) parent-teacher communication.

Pedagogical Practices in Modular Learning: The teachers in this study emphasized the importance of adapting their teaching strategies to the modular learning format. This adaptation was necessary not only because of the absence of face-to-face instruction but also because of the need to make lessons more accessible and engaging. Several teachers highlighted the importance of simplifying lessons, creating interactive content, and using a variety of media to hold students’ attention. This finding is consistent with the work of *Kim & Park (2020)*, who found that teachers needed to shift from traditional teaching methods to more creative and interactive approaches when transitioning to distance learning. Additionally, the study reveals that while technology played a central role in instruction, its usage was hindered by students' limited access to devices and the internet, which reflects the *digital divide* noted by *Buckland (2023)* in similar contexts.

Coping Mechanisms in Asynchronous Learning: Teachers' coping strategies included providing social support, managing time efficiently, and offering timely feedback. These coping strategies align with recent literature that emphasizes the importance of teacher adaptability and support in maintaining student engagement and motivation in distance learning environments (Nugroho et al., 2022). The teachers’ use of mobile phones, text messaging, and online platforms for communication with students and parents demonstrates a shift toward more flexible and personalized learning environments. This approach corresponds with findings by *Adebayo & Olusola (2021)*, who reported that teachers in remote settings often use a variety of communication tools to maintain relationships with students. Furthermore, the importance of providing timely and constructive feedback, as noted by the teachers, aligns with the research of *Kim et al. (2023)*, who emphasized the role of feedback in enhancing student learning outcomes, particularly in online and modular contexts.

Teacher-Parent Communication: The results of the study suggest that effective communication with parents was a critical element in ensuring the success of modular distance learning. Teachers maintained contact with parents to track students' progress, manage expectations, and provide additional support. This finding underscores the growing recognition of parents as essential partners in the learning process, particularly in contexts where students are not physically present in the classroom. Studies such as *Cahapay (2022)* and *Berg et al. (2020)* have shown that sustained parent-teacher communication is crucial in ensuring that students stay engaged and that their educational needs are met. The challenges of maintaining such communication in the absence of regular face-to-face interactions highlight the need for developing stronger communication channels between schools and homes, as also noted by *Spencer et al. (2021)*.

Implications of the Findings

Pedagogical Implications: The study's findings imply that modular learning requires teachers to rethink their instructional design and delivery methods. The shift to asynchronous learning highlights the importance of creating engaging and interactive learning materials, as well as the need for teachers to be more flexible in managing students' time and learning pace. This aligns with recent research by *Lestari et al. (2023)*, who argue that teachers must develop new competencies in designing and delivering content that is both accessible and engaging for students in a digital environment. It also suggests that there is a growing need for professional development programs that equip teachers with the skills and knowledge to teach effectively in a digital age, which *Gulsen & Akkoyunlu (2022)* identified as essential for overcoming the challenges of remote and modular learning.

Policy Implications: The study’s findings have important implications for policymakers, particularly regarding the need to address the technological divide in rural and remote areas. Although the government has made efforts to distribute learning materials and devices to students, the study highlights that access to technology remains a significant barrier for many students. This finding echoes the conclusions of *Hernandez et al. (2023)*, who stressed the importance of equitable access to digital tools for all students. Policymakers need to prioritize investments in infrastructure that can bridge this gap and ensure that all students have access to the resources necessary for successful modular learning.

Future Directions for Research: The study also opens up several areas for future research. Given the limitations of this study in terms of sample size and geographic focus, future studies should expand the scope to include a larger and more diverse group of teachers across different regions. Longitudinal studies could also be useful in examining how teachers’ experiences with modular learning evolve over time, particularly as new technological tools and strategies are introduced. Additionally, exploring students' perspectives on modular learning would provide a more holistic understanding of the impact of this modality on learning outcomes.

Limitations of the Study

While this study provides valuable insights into the experiences of English teachers in modular distance learning, it also has several limitations that should be acknowledged:

Small Sample Size: The study involved only seven participants, which limits the generalizability of the findings. A larger sample size would allow for a broader representation of teachers' experiences across different contexts and regions.

Geographic Limitation: The study focused on teachers in Davao Oriental, a province in the Philippines, which may not fully represent the experiences of teachers in other areas with different access to resources. Future research should expand to other regions, including urban centers and more remote areas, to compare and contrast experiences.

Self-Report Bias: The study relied on self-reported data from teachers, which may be subject to bias. Teachers may have provided responses that align with socially desirable outcomes, such as emphasizing their coping mechanisms or success strategies. Triangulating these findings with other data sources, such as student surveys or classroom observations, would improve the validity of the results.

Conclusion

In conclusion, this study sheds light on the pedagogical strategies, challenges, and coping mechanisms of English teachers in Davao Oriental who are engaged in modular distance learning. The results highlight the importance of flexibility, adaptability, and communication in overcoming the barriers of this learning modality. The findings also underscore the need for continued professional development, greater access to technology, and stronger collaboration between teachers, students, and parents. Despite the challenges, the teachers in this study demonstrated resilience and resourcefulness in maintaining the continuity of learning for their students.

By understanding these challenges and addressing the gaps in access and support, educators, policymakers, and researchers can work together to improve the quality of education for students in a modular distance learning setting.

**Conclusion**

The findings of this study provide a comprehensive understanding of the experiences and perceptions of English teachers in Davao Oriental who are using the modular distance learning modality. Despite the challenges posed by this learning format, the teachers demonstrated resilience and resourcefulness in adapting their pedagogical practices and coping mechanisms. The key findings, their implications, and suggestions for future research are summarized below, followed by recommendations for various stakeholders in the education system.

Summary of Findings

The study revealed several important insights regarding the implementation of modular distance learning for English language instruction:

Pedagogical Adaptation: Teachers needed to adapt their teaching methods to the asynchronous nature of modular learning, focusing on simplifying lessons and utilizing technology to enhance student engagement. Many teachers incorporated a mix of digital tools and traditional methods to facilitate learning, but faced significant challenges due to unequal access to technology, particularly in rural areas (Buckland, 2023).

Coping Mechanisms: Teachers employed coping strategies such as providing social support, managing their time effectively, and offering timely feedback to students. They used digital platforms and mobile phones to stay connected with students and parents, which helped maintain engagement and address issues of isolation. However, time management and maintaining consistent feedback remained significant challenges (Nugroho et al., 2022).

Teacher-Parent Communication: A strong communication channel between teachers and parents emerged as a critical factor in ensuring the success of modular learning. Teachers used various communication tools, including text messaging, social media, and phone calls, to provide updates on students’ progress and collaborate with parents in supporting students’ learning (Cahapay, 2022).

Challenges in Access to Technology: A major challenge for both teachers and students was unequal access to technology. Many students in remote areas lacked the necessary devices and internet connectivity to fully participate in modular learning, which hindered the effectiveness of the learning experience. This finding aligns with the literature on the *digital divide*, where unequal access to digital resources exacerbates educational disparities (Hernandez et al., 2023).

Contributions of the Study

This research contributes to the growing body of knowledge on the challenges and strategies related to modular distance learning, particularly in the context of English language instruction. It highlights the importance of teacher adaptability, the need for strong teacher-parent communication, and the central role of technology in supporting educational outcomes. The findings also underscore the challenges posed by technological inequality, which remain critical considerations for policymakers and educators.

Moreover, this study adds to the literature on coping strategies used by teachers in non-traditional learning settings, providing insight into how teachers navigate the complexities of asynchronous learning. It serves as a useful resource for future studies focusing on the dynamics of modular learning and the ongoing evolution of education in the digital age.

Suggestions for Future Research

The limitations of this study, including its small sample size and geographical focus, suggest several areas for future research:

Expanding the Sample: Future studies should include a larger and more diverse sample of teachers from different regions and educational contexts to compare the experiences and challenges faced by teachers in various settings.

Longitudinal Studies: Given the rapid evolution of educational practices, longitudinal studies could explore how teachers’ experiences and strategies evolve over time with the continuous integration of technology into the education system.

Student Perspectives: It would be valuable to explore students' perspectives on modular learning, focusing on their engagement, challenges, and perceptions of the quality of education. Understanding how students experience this modality can provide a more holistic view of its effectiveness.

Technology Access and Equity: Future research could also investigate the role of technology access in shaping learning outcomes, with a specific focus on rural or underserved communities. Studies could examine the long-term effects of technological disparity on educational equity.

**Recommendations**

Based on the findings of this study, the following recommendations are made for various stakeholders:

**Department of Education (DepEd):**

Policy on Access to Technology: The DepEd should continue efforts to bridge the digital divide by ensuring equitable access to digital resources, especially in rural and remote areas. Initiatives such as providing subsidies for devices, improving internet infrastructure, and training teachers in digital literacy are crucial to enhancing the effectiveness of modular learning (Hernandez et al., 2023).

Professional Development: Organize continuous professional development programs for teachers, focusing on digital teaching tools, content creation, and managing asynchronous learning environments. This would help teachers remain adaptive and improve the quality of instruction (Gulsen & Akkoyunlu, 2022).

Support for Teacher-Parent Collaboration: Develop guidelines and provide resources that help teachers effectively communicate with parents, ensuring that both parties can actively participate in students' learning processes.

**School Heads:**

Leadership and Support: School administrators should provide leadership and support for teachers transitioning to modular learning by creating a collaborative environment for sharing best practices. Encouraging peer mentoring among teachers can also promote the development of innovative instructional strategies.

Monitoring and Evaluation: Schools should implement regular monitoring and evaluation systems to assess the effectiveness of modular learning and provide feedback to teachers. This feedback should focus on both academic performance and the social-emotional well-being of students (Lestari et al., 2023).

**Teachers:**

Embrace Innovation: Teachers should continue to embrace technological innovations and seek professional development opportunities that enhance their digital literacy. They should also adapt their teaching methods to be more interactive and student-centered, using diverse multimedia resources to engage students in asynchronous learning (Kim et al., 2023).

Strengthen Communication with Parents: Teachers should prioritize building strong, consistent communication with parents, keeping them informed about students’ progress and challenges. Regular updates through mobile phones, email, or social media can help foster a supportive learning environment at home.

Self-Care and Time Management: Teachers should also be encouraged to manage their time effectively and prioritize self-care, as the demands of modular learning can lead to burnout. Schools could offer resources or workshops to help teachers manage stress and maintain work-life balance (Beal et al., 2020).

**Future Researchers:**

Explore Broader Contexts: Future researchers could expand the scope of this study by exploring the experiences of teachers in different provinces and countries, comparing urban and rural experiences, and examining how different subject areas are impacted by modular learning.

Long-Term Impact Studies: Researchers should conduct studies on the long-term impacts of modular learning on student outcomes, teacher well-being, and family involvement in education. This will provide valuable insights into the sustainability of modular learning as an educational modality in post-pandemic contexts (Spencer et al., 2021).

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