



Section 4. Higher professional education

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THE IMPACT OF STUDENT-CENTERED LEARNING ON ACADEMIC ACHIEVEMENT

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Abstract

In recent years, student-centered learning has gained increasing attention as an effective alternative to traditional teacher-centered instruction. This study explores the influencing of student-centered learning on students' academic achievement and motivation. The research is based on an analysis of recent scholarly literature comparing traditional and student-centered approaches in various educational contexts. The findings suggest that student-centered learning creates a more engaging educational environment where students take a more active role in the learning process. Such approaches help learners develop independent thinking skills, participate more confidently in classroom activities, and understand the subject more deeply. In addition, increased interaction and autonomy often have a positive effect on students' motivation and overall academic achievement. The study also highlights that the wider use of student-centered methods in higher education may contribute to more effective and meaningful learning outcomes.

Keywords: *student-centered learning, academic achievement, motivation, higher education, teaching methods*

Over the past decades, there has been a gradual shift in educational paradigms from teacher-centered instruction to more learner-focused approaches. Traditional teaching methods often position students as passive recipients of knowledge, whereas student-centered learning emphasizes active engagement, autonomy, and collaboration. This shift reflects broader changes in how learning is

understood in modern pedagogy. Student-centered learning is based on the idea that students learn more effectively when they are actively involved in the learning process. Instead of simply listening to lectures, learners are encouraged to participate, ask questions, and take responsibility for their own progress. As a result, the classroom becomes a more interactive and dynamic environment.

Recent studies have increasingly emphasized the value of this approach in modern education. For example, According to Wang (2023), students who study in student-centered learning environments are often more motivated and demonstrate stronger academic performance than learners taught through traditional lecture-based methods. This can be explained by the fact that students are more engaged in the learning process and feel a greater sense of responsibility for their own progress. In a similar vein, Munif et al. (2025) reported that student-centered methods contribute to improved academic achievement by encouraging active participation, collaboration, and deeper engagement with the material. When students are given the opportunity to discuss ideas, work together, and apply what they learn in practice, they are more likely to understand the content at a deeper level and retain it for longer.

Despite these promising findings, questions remain regarding how and why student-centered learning affects academic outcomes. Therefore, this study aims to examine the impact of student-centered learning on academic achievement by analyzing recent empirical research. This study employs a qualitative research design based on a review and analysis of existing academic literature. The selected sources include peer-reviewed journal articles that focus on student-centered learning and its impact on academic performance.

The analysis draws mainly on studies by Wang (2023), Munif et al. (2025), Bonem et al. (2020), and Jackson et al. (2025). These sources were selected because they are directly relevant to the topic, follow sound research methods, and focus on higher education settings. Together, they offer a balanced and reliable basis for understanding how student-centered learning influences academic outcomes. The research process involved identifying key themes across the selected studies, such as student engagement, learning environment, teaching practices, and academic outcomes. A comparative approach was used to examine differences between traditional and student-centered methods. By synthesizing findings from multiple sources, the aim of the study to provide a clearer understanding of how student-centered learning contributes to academic success.

The analysis of the selected studies reveals several consistent patterns regarding the effectiveness of student-centered learning. First, student-centered approaches significantly enhance student engagement. Learners are more likely to participate actively in class activities when they are given opportunities to express their ideas and collaborate with peers. This increased involvement contributes to a more meaningful learning experience. Second, academic achievement tends to improve in student-centered environments. Wang (2023) also noted that students taught through student-centered methods generally performed better on assessments than those studying in traditional classroom settings. The study suggests that active participation in the learning process can positively influence both understanding and academic achievement. Similarly, Munif et al. (2025) observed clear improvements in students' academic results after student-centered strategies were introduced, indicating that these methods can have a consistent and positive impact on learning outcomes.

Another important point that emerges from the analysis is the role of the learning environment. It is not only the teaching technique itself that matters, but also the overall atmosphere in which learning takes place. According to Bonem et al. (2020), the overall classroom atmosphere particularly how teaching is conducted has a strong influence on student outcomes. A supportive and interactive environment encourages deeper understanding and better retention of knowledge. Additionally, Jackson et al. (2025) demonstrated that the use of specific learner-centered teaching practices is positively associated with higher exam performance. Their findings suggest that not just the approach itself, but the consistent application of effective strategies plays a key role in improving academic results.

The findings of this study demonstrate that student-centered learning has a positive impact on academic achievement. One of the main reasons for this is the increased level of student engagement. When students are actively involved in the learning process, they tend to understand and remember information more effectively. Another significant factor is the development of critical thinking skills. Student-centered approaches often

require learners to analyze information, solve problems, and apply knowledge in new contexts. These skills are essential for academic success and lifelong learning.

At the same time, the effectiveness of student-centered learning depends on how it is implemented. As Bonem et al. (2020) suggest, the quality of the learning environment plays a crucial role. Simply adopting a student-centered approach is not enough; it must be supported by appropriate teaching practices and a positive classroom atmosphere. Furthermore, teachers play a key role in facilitating this process. They need to guide students, provide feedback, and create opportunities for meaningful interaction. This requires not only pedagogical knowledge but also flexibility and adaptability.

While the benefits are clear, some challenges remain. Moving away from traditional, teacher-led instruction can be demanding for both teachers and students. It often requires a shift in mindset, as well as adjust-

ments in teaching practices and assessment methods. Teachers may need time to redesign their lessons and become comfortable with new roles, while students may also need guidance to adapt to a more active and independent way of learning.

In conclusion, student-centered learning represents an effective approach to improving academic achievement in modern education. The findings of this study show that such approaches enhance student engagement, motivation, and overall performance. By creating interactive and supportive learning environments, educators can help students take a more active role in their education. However, successful implementation requires careful planning, appropriate teaching strategies, and continuous professional development for teachers. Future research could explore how student-centered learning can be adapted to different educational contexts and how its long-term impact on learning outcomes can be further improved.

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