TUKLAS: TRAINING AND UPGRADING KNOWLEDGE THROUGH LEARNING, ASSISTANCE, AND SUPPORT IN RESEARCH

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ABSTRACT

This study examined the effectiveness of Project TUKLAS: Training and Upgrading Knowledge through Learning, Assistance, and Support in Research in improving teachers' research competence and identified the challenges they encountered in conducting research. Using a pre-experimental one-group pre-test and post-test design, all teachers of Lumbangan National High School were included as respondents in the school year 2024-2025. A survey questionnaire measured teachers' research knowledge and identified barriers to research engagement. Findings revealed that teachers' knowledge was initially below expectation but improved to a satisfactory level after the intervention. A paired sample t-test confirmed a significant difference between pre-test and post-test scores, proving the effectiveness of the project in strengthening research competence. Results also showed that challenges were experienced to a moderate extent, with lack of time and limited knowledge as the most pressing barriers. Based on these findings, a sustainability framework was developed to institutionalize training, peer collaboration, and administrative support for a lasting culture of research.

Keywords: *TUKLAS; research; knowledge; time; sustainability framework*