A Quasi Experimental Study to Evaluate the Effectiveness of Bibliotherapy On Level of Self-Esteem Among Adolescents in Selected High School, Shahjahanpur, Uttar Pradesh

Section A-Research paper

A QUASI EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF BIBLIOTHERAPY ON LEVEL OF SELF-ESTEEM AMONG ADOLESCENTS IN SELECTED HIGH SCHOOL, SHAHJAHANPUR, UTTAR PRADESH

Ms. Mohini Gupta[1*], Mrs. Renuka Polly Dass[2]

Abstract

The aims of this study is to assess the level of self esteem among adolescent and determine the effectiveness of Bibliotherapy.

Background of the study: Low self-esteem in adolescents aged 12 to 15 can lead to friendship difficulties, feelings of victimization, loneliness, avoidance of new experiences, and a struggle with failure. Bibliotherapy, involving specific text reading, offers therapeutic support, helping teenagers overcome these challenges by creating strong connections and transporting them to different times and places through reading.

Objectives: To assess the pretest and post-test level of self-esteem among adolescents. To evaluate the effectiveness of Bibliotherapy by comparing the pre and post-test levels of self-esteem among adolescents. To determine the association between the pretest level of self-esteem among adolescents with their selected demographic variables.

Conceptual framework: The conceptual framework adopted for the study was based on Modified Kenny's Open System model.

Materials and Methods: A quantitative research study was done. A quasi-experimental study, one-group pretest, posttest design was adopted for the present study.

Sample: The accessible population for the study consists of high school adolescents. The study was conducted in St. Paul's Inter College Shahjahanpur, U.P. The sample size was 50, selected by non-probability purposive sampling technique.

Data Collection: Data was collected using the self-esteem structured inventory scale. The data was organized in a master data sheet and analyzed using descriptive and inferential statistics as per the objectives of the study using SPSS, version20 software.

Results: The pre and post-test self-esteem scores among adolescents indicate that at pre-test, the mean self-esteem score and SD was 38.06 ± 4.191, whereas at posttest, it was 67.94 ± 5.815. The obtained t & p value for the pretest was t = 33.177, p = 0.0001. The t-test revealed that there was a significant difference within both the groups at pretest and posttest scores. Thus, it can be interpreted that the posttest has rapidly improved the level of self-esteem compared to the pretest. It shows that Bibliotherapy was effective in improving the level of self-esteem among adolescents.

Key words: Effectiveness, Bibliotherapy, Self-esteem, Adolescents, High School.

[1*]Master of Nursing, Mental Health Nursing, Department of Mental Health Nursing, Rohilkhand College of Nursing, Bareilly International University, Bareilly-243002 Uttar Pradesh
Email: gmohini374@gmail.com

[2]Associate Professor, Department of Mental Health Nursing, Rohilkhand College of Nursing, Bareilly International University, Bareilly-243002 Uttar Pradesh. Email: peterrenuka158@gmail.com

*Corresponding Author: Ms. Mohini Gupta

*Master of Nursing, Mental Health Nursing, Department of Mental Health Nursing, Rohilkhand College of Nursing, Bareilly International University, Bareilly-243002 Uttar Pradesh
Email: gmohini374@gmail.com

Eur. Chem. Bull. **2023**, *12(Special Issue 13), 937 –942*

937

A Quasi Experimental Study to Evaluate the Effectiveness of Bibliotherapy On Level of Self-Esteem Among Adolescents in Selected High School, Shahjahanpur, Uttar Pradesh

Section A-Research paper

INTRODUCTION

Teenagers are frequently distinguished by their vigor, promise and ambition. They are at a point in their lives where they are starting to develop and go for their dreams, objectives, and aspirations. Their renewed motivation may inspire individuals to pursue a range of hobbies, abilities and skills. Adolescents are at a prime age to realize their potential and find their passions because of their exceptional ability for learning and personal development.

According to the World Health Organization (WHO), self- esteem is the amalgamation of self-confidence and self-respect. It is the firm belief that an individual possesses the competence to handle the fundamental challenges of life and deserves happiness. In essence, self esteem reflects one's perception and assessment of their own skills, worth, and capacity to navigate life's demands successfully.

The National Crime Records Bureau 2012 reported a well documented relationship between academic stress and low self-esteem in India. In 2012, a distressing number of 2,246 adolescents tragically took their own lives due to examination failure. In the latest date released by the NCRB on January 18, 2022, it was revealed that India reached a new record high of 12,526 student suicides. These statistics shed l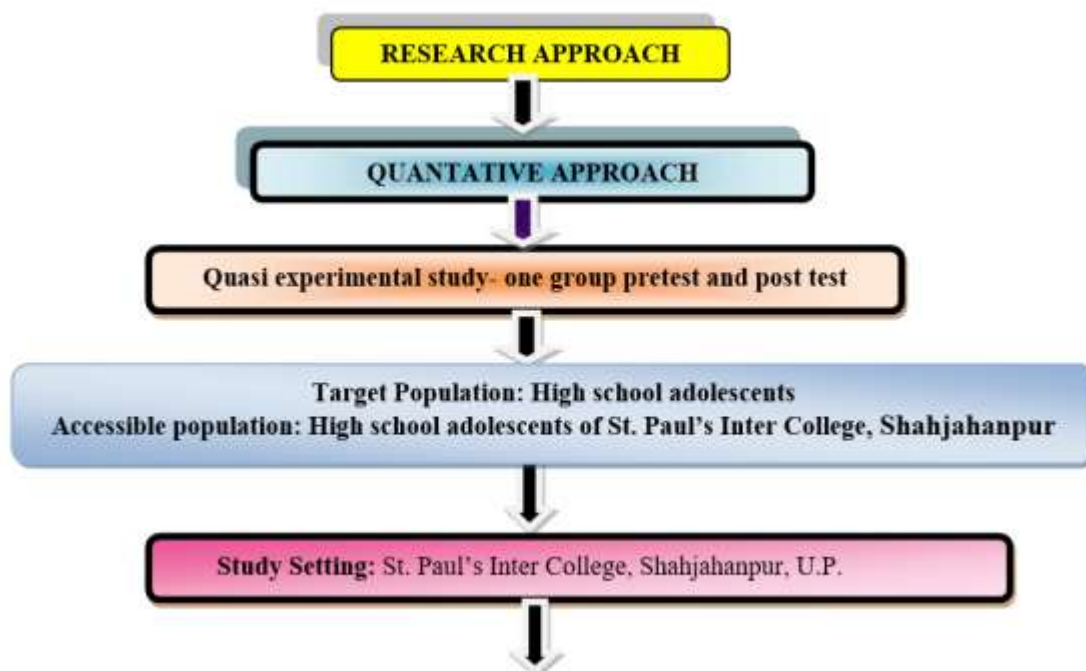ight on the concerning impact of academic pressure and its potential consequences on the mental well-being of students in the country.
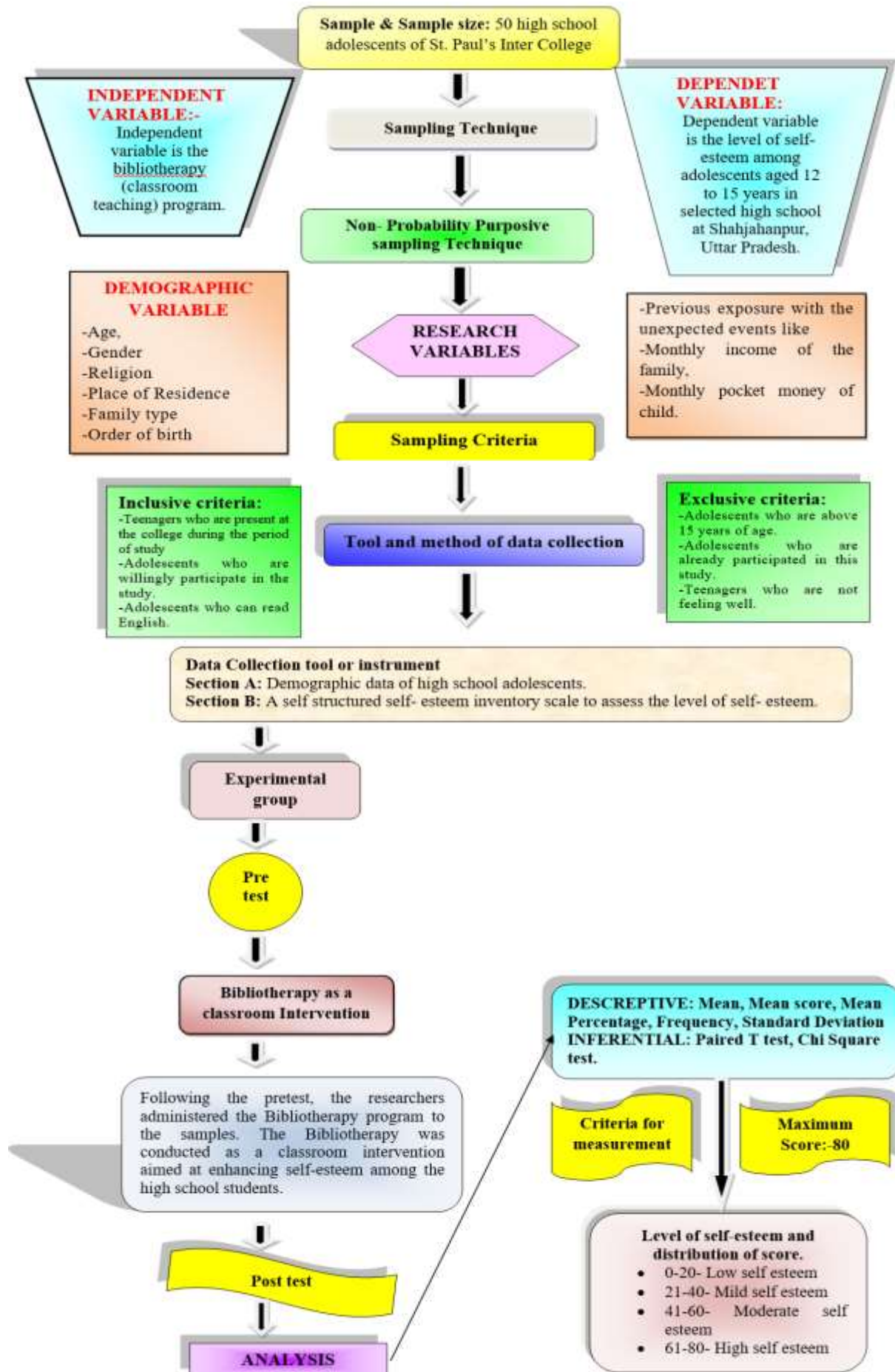
Book therapy is a therapeutic method that promotes positive communication between the client and the therapist. The goal of using literature is to help the client better understand their situation by having them interact with relevant readings.

Bibliotherapy involves a structured process encompassing three fundamental steps, enabling readers to derive benefits from the therapeutic potential of literature. The initial step involves identification, wherein the reader establishes a psychological connection with a character or situation depicted within the book. Subsequently, catharsis occurs as the reader empathizes and shares the emotional and motivational experiences of character. Lastly, the insight phase occurs, wherein the reader gains a profound understanding that their own personal circumstances can be effectively addressed by adopting and implementing ideas and strategies acquired from the reading materials.

The primary objective of the present research was to provide educators with strategies to address students emotional and self-esteem related concerns, as well as academic issues, through the application of bibliotherapy. A sourcebook for educators offers information on bibliotherapy and its implementation in the classroom.

MATERIALS AND METHODS

Eur. Chem. Bull. 2023, 12(Special Issue 13), 937 –942

938

A Quasi Experimental Study to Evaluate the Effectiveness of Bibliotherapy On Level of Self-Esteem Among Adolescents in Selected High School, Shahjahanpur, Uttar Pradesh

Section A-Research paper

Sample & Sample size: 50 high school adolescents of St. Paul's Inter College

INDEPENDENT VARIABLE:- Independent variable is the bibliotherapy (classroom teaching) program.

Sampling Technique

DEPENDET VARIABLE: Dependent variable is the level of self-esteem among adolescents aged 12 to 15 years in selected high school at Shahjahanpur, Uttar Pradesh.

Non- Probability Purposive sampling Technique

DEMOGRAPHIC VARIABLE
-Age,
-Gender
-Religion
-Place of Residence
-Family type
-Order of birth

RESEARCH VARIABLES

-Previous exposure with the unexpected events like
-Monthly income of the family,
-Monthly pocket money of child.

Sampling Criteria

Inclusive criteria:
-Teenagers who are present at the college during the period of study
-Adolescents who are willingly participate in the study.
-Adolescents who can read English.

Tool and method of data collection

Exclusive criteria:
-Adolescents who are above 15 years of age.
-Adolescents who are already participated in this study.
-Teenagers who are not feeling well.

Data Collection tool or instrument
Section A: Demographic data of high school adolescents.
Section B: A self structured self- esteem inventory scale to assess the level of self- esteem.

Experimental group

Pre test

Bibliotherapy as a classroom Intervention

DESCREPTIVE: Mean, Mean score, Mean Percentage, Frequency, Standard Deviation
INFERENTIAL: Paired T test, Chi Square test.

Following the pretest, the researchers administered the Bibliotherapy program to the samples. The Bibliotherapy was conducted as a classroom intervention aimed at enhancing self-esteem among the high school students.

Criteria for measurement

Maximum Score:-80

Post test

ANALYSIS

Level of self-esteem and distribution of score.
- 0-20- Low self esteem
- 21-40- Mild self esteem
- 41-60- Moderate self esteem
- 61-80- High self esteem

A Quasi Experimental Study to Evaluate the Effectiveness of Bibliotherapy On Level of Self-Esteem Among Adolescents in Selected High School, Shahjahanpur, Uttar Pradesh

Section A-Research paper

RESEARCH SETTING

The study was conducted in selected school of Shahjahanpur. The school were:

- For Pilot study- B.S. Public school, Shahjahanpur.
- For Main study- St. Paul's Inter College, Shahjahanpur.

Description of the tools

- **Section A:** Demographic data consist of 9 items included age, gender, religion,. place of Residence, family type, order of birth, previous exposure with the unexpected events like, monthly income of the family, monthly pocket money of child.

- **Section B:** A self structured self- esteem inventory scale was prepared consisting of 20 questions related to level of self- esteem. Each and every questions had four options almost always (4), often (3), seldom (2), almost never (1).

RESULTS

The study findings indicate that implementing bibliotherapy as a classroom intervention program had a significantly positive impact on the self-esteem of adolescents. Before the intervention. most adolescents exhibited mild levels of self-esteem, which improved after intervention. This specifies the effectiveness of the therapy sessions and underscores the importance of raising awareness about self-esteem.

Table no. 1: Frequency and percentage distribution of demographic variables of study participants. N= 50

S. No.	Demographic variables	Frequency	Percentage
1.	**Age**		
	a) 12 years	09	18
	b) 13 years	20	40
	c) 14 years	09	18
	d) 15 years	12	24
2.	**Gender**		
	a) Male	23	46
	b) Female	27	54
3.	**Religion**		
	a) Hindu	22	44
	b) Muslim	10	20
	c) Christian	08	16
	d) Others	10	20
4.	**Type of family**		
	a) Nuclear family	23	46
	b) Joint family	14	28
	c) Extended family	13	26
5.	**Place of residence**		
	a) Urban	28	56
	b) Rural	22	44
6.	**Order of birth**		
	a) One	20	40
	b) Two	13	26
	c) Above two	17	34
7.	**Previous exposure with the unexpected events likes**		
	a) Major personal injury or illness	11	22
	b) Break up with a girlfriend/ boyfriend	08	16
	c) Divorce between parents	08	16
	d) Rustication from school	11	22
	e) No any exposure	12	24
8.	**Monthly income of the family**		
	a) Less than 50000	27	54
	b) 50000-100000	15	30
	c) More than 100000	08	16
9.	**Monthly pocket money of child**		
	a) 200 Rupees	27	54
	b) 500 Rupees	13	26
	c) 700 Rupees	06	12
	d) 1000 Rupees	04	08

Eur. Chem. Bull. **2023**, *12(Special Issue 13), 937 –942*

940

A Quasi Experimental Study to Evaluate the Effectiveness of Bibliotherapy On
Level of Self-Esteem Among Adolescents in Selected High School, Shahjahanpur,
Uttar Pradesh   *Section A-Research paper*

Table no. 2: Frequency & percentage distribution of pretest and post-test level of self- esteem among adolescents. N=50

Level of Self-esteem	Score	Pre test		Post test	
		Freq.	**%**	**Freq.**	**%**
Low self esteem	0-20	00	00	00	00
Mild self esteem	21-40	38	76	00	00
Moderate self esteem	41-60	12	24	10	20
High self esteem	61-80	00	00	40	80

Maximum score=80
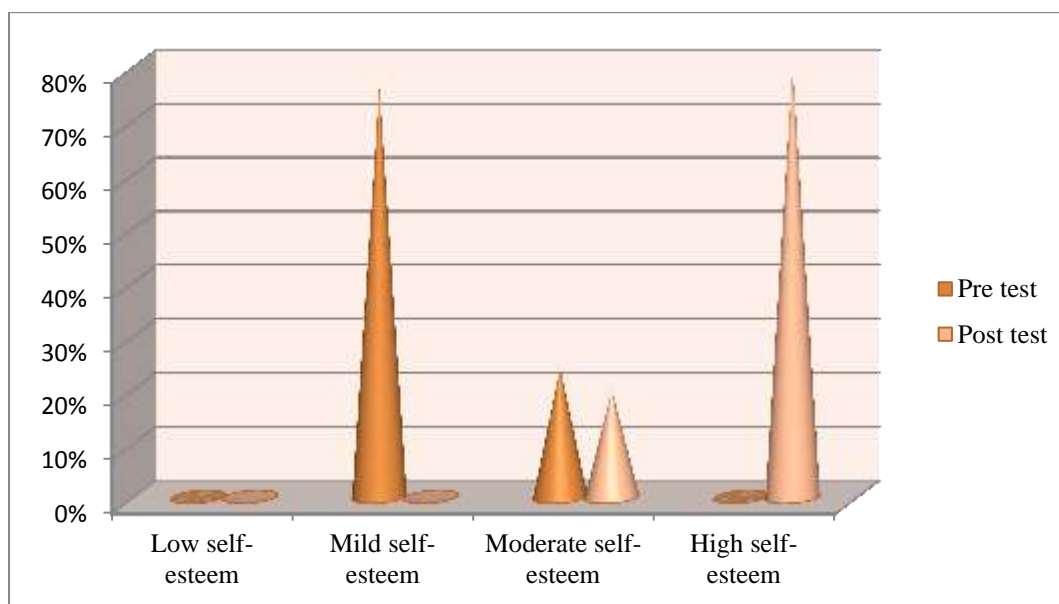
Figure No.1: Conical diagram showing the percentage distribution of pre-test and posttest level of self-esteem among adolescent.

Table no. 3: Comparison of pre and post-test score of level of self-esteem among adolescents.
N=50

Level of self esteem	Mean ± SD	Mean Difference	Paired 't' value	p-value
Pretest	38.06 ± 4.191			
Post test	67.94 ± 5.815	29.88	33.177	**0.0001***

Dependent t- test
t_{49}= 1.676at p<0.05 level of significance, *significant
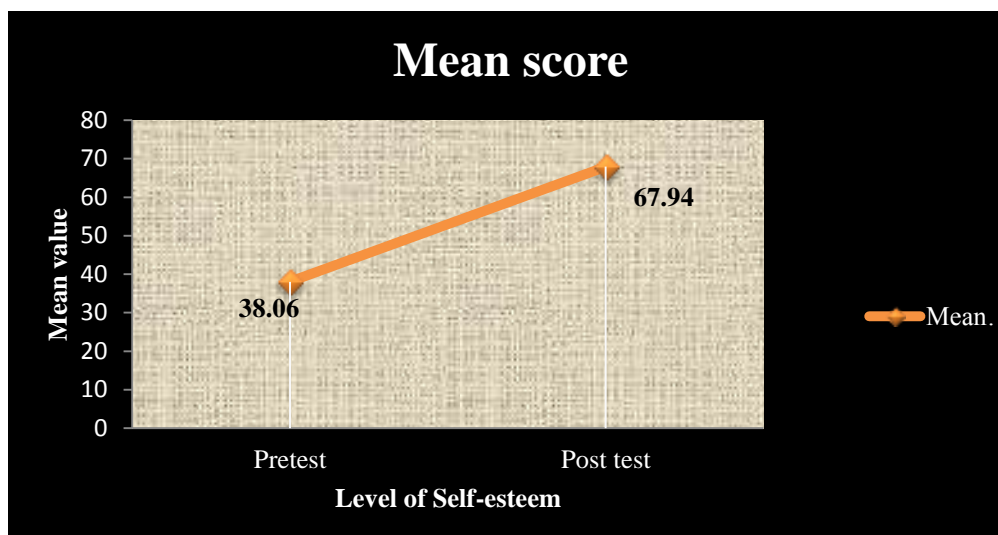
Figure No.2 : Line graph representation of estimted marginal mean value of self esteem.

A Quasi Experimental Study to Evaluate the Effectiveness of Bibliotherapy On Level of Self-Esteem Among Adolescents in Selected High School, Shahjahanpur, Uttar Pradesh

Section A-Research paper

RECOMMENDATIONS:

The study suggests several recommendations for improvement. Future research can consider using a control group design to better assess the effectiveness of book therapy compared to other interventions. Similar studies can be conducted with nursing students and in both rural and urban school settings to explore the consequences book therapy on self-esteem among diverse populations. Overall, the present study offers valuable insights into the efficiency of book therapy in improving self-esteem among high school adolescents and provides valuable directions for the nursing profession to enhance the care and well-being of this vulnerable population.

CONCLUSION:

This article concludes that bibliotherapy is an effective intervention for improving the level of self-esteem among high school adolescents. The participants in the study experienced significant benefits after engaging in the 15-day classroom sessions of bibliotherapy. Bibliotherapy not only enhances self-esteem but also improves communication and encourages deeper connections among the participants.

ACKNOWLEDGEMENT

REFERENCES

1. Bibliotherapy definition [Internet]. Better help.com. [cited 2023 Jul 3]. Available from: https://www.betterhelp.com/advice/therapy/what-is-bibliotherapy-and-how-can-it-help-me/
2. Panda PK. Role of youth in shaping India's future [Internet]. Medium. 2018: https://medium.com/@pradeepkumarpanda/role-of-youth-in-shaping-indias-future-2301290bceed
3. Adolescent development [Internet]. Cleveland Clinic. [cited 2023 Jun 21]. Available from: https://my.clevelandclinic.org/health/articles/7060-adolescent-development.
4. Researchgate.net. [cited 2023 Jun 21]. Available from: https://www.researchgate.net/publication/228038672_Puberty_Sexuality_and_Health
5. Kendra Cherry M. What are the signs of healthy or low self-esteem? [Internet]. Verywell Mind. 2010 [cited 2023 Jun 22]. Available from: https://www.verywellmind.com/what-is-self-esteem-2795868
6. Sara Lindberg ME. How Bibliotherapy Works [Internet]. Verywell Mind. 2019 [cited 2023 Jun 22]. Available from: https://www.verywellmind.com/what-is-bibliotherapy-4687157
7. Vocabulary.com. [cited 2023 Jul 26]. Available from: https://www.vocabulary.com/dictionary/high%20school#:~:text=A%20high%20school%20is%20a,junior%20high%20comes%20high%20school.
8. Suresh K Sharma, Nursing Research, second edition. Elsevier 124-127
9. Application of theories in research [Internet]. Slideshare.net. [cited 2023 Jun 24]. Available from: https://www.slideshare.net/arunmadanan/application-of-theories-in-research
10. Dr. K. Suresh Sharma, nursing research and statistics, edition-third, publication- elsevier, page no- 116.
11. Ken Williams, ph.D.self-Esteem Inventory [Internet]. Scribd. [cited 2023 Jul 9]. Available from: https://www.scribd.com/document/37427321/Ken-Williams-Ph-D-Self-Esteem-Inventory

Eur. Chem. Bull. **2023**, *12(Special Issue 13), 937 –942*

942