Study to Evaluate the Effectiveness of Bibliotherapy in Terms of Improving Self – Esteem among the Adolescents

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Abstract:
Low self – esteems is a major problem for many adolescents and can be expressed in moderate and severe levels of anxiety. It involves negative self – evaluations and is associated with the feelings of being weak, helpless, hopeless, frightened, vulnerable, fragile, incomplete, worthless and inadequate. There are variety of treatment available for the low self – esteem in adolescent age groups. They are cognitive behaviour therapy, supportive psychotherapy, psychodynamic psychotherapy, bibliotherapy and problem solving therapy. This study was undertaken with an objective to evaluate the effectiveness of bibliotherapy on improving self – esteem among the adolescents. A pre experimental design and total enumerative sampling and simple random sampling was used to select the study samples. The instrument used for data collection was Brief Self-Esteem Inventory. In the pre-test 46.67% of the samples had low self – esteem, 36.67% of the samples had few problem with self – esteem and 16.67% of the samples were somewhat depressed, where as in the post test 36.67% of samples had excellent self – esteem, 63.33% had few problems with self – esteem. None of the sample had low self – esteem and somewhat depressed. The mean post test level of self – esteem score (74.20) was more than mean pre-test level of self-esteem score (63.03). The obtained t value 13.42 was statistically highly significant at 0.05 levels. There was a statistically significant association between post-test self-esteem score and demographic variables like father's occupation ($\chi2 = 15.06$, $P > 0.001$), mother's occupation ($\chi2 = 15.89$, $P > 0.001$), and family type ($\chi2 = 7.67$, $P > 0.01$). Most of the adolescents studying in the school had problems with self-esteem. Bibliotherpay was effective in improving level of self-esteem among the adolescents.
Key words: Self – esteem, Adolescent, Bibliotherapy, Effectiveness.

Introduction

Adolescence is the period that begins with the onset of puberty and ends at the age of 18 or 19 years. Adolescents account for one fifth of the world's population and have been on an increasing trend. In India they account for 22.8% of the population (as on 1st March 2000, according to the Planning Commission's Population Projections) . While adolescents between the ages of 10 – 19 years comprise over one fifth of South Asia's large population, young people between the ages of 10 – 24 years constitute 31% of the total population of South Asian region. South Asia is a home with about 350 million young people aged between 12 to 24 years, nearly 30% of all youths in the developing countries. Adolescents aged 10 – 19 comprise over one – fifth of South Asian's

population (Bott & Jejeebhoy, 2000). By the year 2025, there will be 1845 million young people worldwide, which will constitute 23% of the total population. Self – esteem is the one important factor required for anybody to succeed in life. Self – esteem increases with age and is most threatened during adolescence, when concepts of self are being changed and many self-decisions are made. Low self – esteem is a major problem for many adolescents and can be expressed in moderate and severe levels of anxiety. It involves negative self – evaluations and is associated with the feelings of being weak, helpless, hopeless, frightened, vulnerable, fragile, incomplete, worthless and inadequate. Prevalence of low self – esteem is high in the adolescent population. Direct expression of low self – esteem may include self – criticism, self – diminution, guilt, and worry, postponing decisions, denying oneself pleasure, disturbed relationships, withdrawal from reality, self – destructiveness and physical manifestation like hypertension, psychosomatic illness, and the abuse of various substances, such as alcohol, drugs, tobacco, or food. Indirect expression of low self – esteem may include illusion and unrealistic goals, exaggerated sense of self, boredom and polarizing view of life. There are variety of treatment available for the low self – esteem, they are cognitive behaviour therapy, supportive psychotherapy, psychodynamic psychotherapy and problem solving therapy. Bibliotherapy is an example of a cognitive behaviour therapy. With the use of bibliotherapy, adolescents may become aware of their underlying unconscious issues, and with the help of the 831ounsellor is able to bring them to the conscious mind. Thus bibliotherapy is an effective psychological treatment for adolescents with low self – esteem.

2. Statement of the Problem

A study to evaluate the effectiveness of bibliotherapy in terms of improving self–esteem among the adolescents in a selected school at Madurai.

3. Objectives

1. To determine the level of self - esteem before bibliotherapy among adolescents,
(2) To determine the level of self - esteem after bibliotherapy among adolescents,
(3) To find out the effectiveness of bibliotherapy in terms of improving self – esteem among adolescents.
(4) To determine the association between post test level of self – esteem and selected demographic variables such as age, sex, education of parents, occupation of parents, family type, religion, medium of education, place of residence, order of birth and number of siblings.

3.1 Research Methodology

3.2 Research Design
One group pre-test and post-test pre-experimental design was used by investigator.

3.3 Sample and sampling technique
Phase –I, total enumerative sampling was used to select 163 adolescents. Phase –II, simple random sampling used to selected 30 adolescents.

3.4 Research Tool and Technique
The data collection tool consisted of (1) demographic variables (2) brief self-esteem inventory has 20 items and scale has 10 sub components of self –esteem.

4 Results

4(a) describes the demographic characteristics of the adolescents
Percentage distribution of students according to demographic variable of adolescents predicts that majority (97%) of the sample belonged to the age group of early adolescence and 3% of them were late adolescents. Males and females were in equal numbers. Regarding the educational status, majority of the adolescents fathers 50% and mothers 60% were uneducated, followed by 20% fathers and mothers had primary education. Only

3% of both the parents had completed degree / diploma courses. 43% of adolescent's family had a monthly income of below Rs. 1000. Only 3% of them had an income more than Rs. 5000. Majority 80% of the families were nuclear family and the rest belonged to joint family. All the adolescents were Hindu by religion. Equal number of adolescents had both one sibling (33%) and two siblings (33%). 7% of adolescents had five siblings.

4(b) Distribution of adolescents according to the level of self-esteem

Table 2 statistically predict the distribution of adolescents according to level of self esteem before the bibliotherapy in which majority of the samples 38.65% had low self – esteem and 34.34% of the samples had few problem with self – esteem where as 19.63% of the samples was somewhat depressed. 6.74% of the samples had excellent self – esteem and only 0.61% of the samples had urgent need for improvement.

4(c) Distribution of the adolescent according to the level of self-esteem in the pre test

Table 3 statistically predicts the distribution of the adolescents according to level of self-esteem before the bibliotherapy in which majority of the sample 46.67% had low self esteem and 36.67% sample had few problems with self-esteem where as 16.67% of the samples were somewhat depressed.
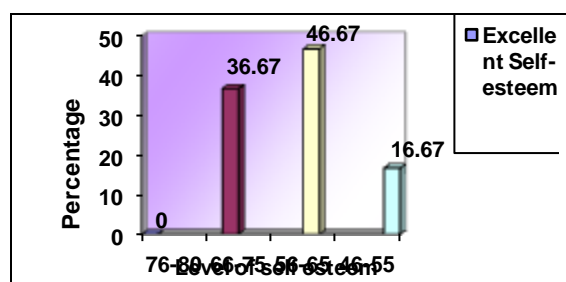

Figure 1 : Bar diagram showing the distribution of adolescents according to the level of self esteem in pre test.

4(d) Distribution of the adolescent according to the level of self-esteem in post test

Table 4 statistically predicts the distribution of the adolescent according the level of self-esteem after the manipulation in which only 11 of the 30 samples 36.67% had excellent self –esteem and 19 of the samples 63.33% had few problems with self-esteem. None of them had low self esteem or somewhat depressed.

4(e) Comparison of the level of self-esteem before and after bibliotherapy

Table 5 portrays that mean pre-test self esteem score 63.03 was lesser than the mean post-test self – esteem score 74.20. The obtained 't' value 13.42 was statistically highly significant at 0.05 level. This illustrates that the mean difference of 11.17 was a true difference and has not occurred by chance.
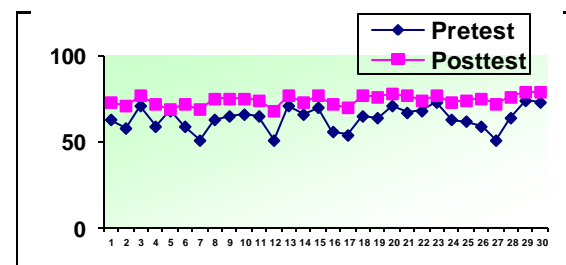

Figure 2 : Line graph comparing the level of self –esteem before and after bibliotherapy.

4(f) Association between post test level of self – esteem and demographic variables of the adolescents

Table 6 shows that there was a significant association between posttest self-esteem score and selected variable such as father's occupation (x^2=15.06, P<0.001), mother's occupation (x^2=15.89, P <0.001) and family type (x^2=7.67, P <0.01). The chi-square value of the other demographic variables was not significant at 0.05 level. This shows that there was no association between the age, gender, father's education, mother's education, total income, religion, place of residence, medium of education, order of birth, number of siblings and their self-esteem level.
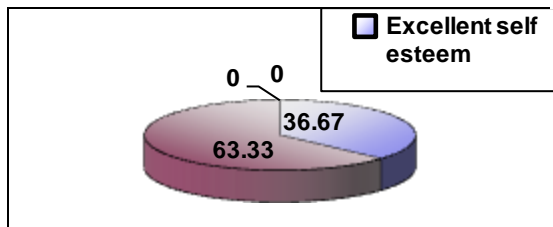
Figure 3 : Pie diagram showing the distribution of adolescents according to the level of self esteem in post test.

4(g) Table 1

Distribution of adolescents according to the level of self-esteem.   (N=163)

Level of self esteem	Pretest	
	F	%
Excellent self – esteem (76-80)	11	6.75
Few problem with self – esteem (66-75)	56	34.36
Low Self Esteem (56-65)	63	38.65
Somewhat depressed (46-55)	32	19.63
Urgent Need for improvement (0-45)	01	0.61
Severe depression (below 35)	00	0.0

4(h) Table 2

Distribution of the adolescent according to the level of self-esteem in the pre test. (N=30)

Level of self esteem	Pretest	
	F	%
Excellent self – esteem (76-80)	0	0
Few problem with self – esteem (66-75)	11	36.67
Low Self Esteem (56-65)	14	46.67
Some what depressed (46-55)	5	16.67

4(i) Table 3

Distribution of the adolescent according to the level of self-esteem in post test. (N=30)

Level of self esteem	Pretest	
	F	%
Excellent self – esteem (76-80)	11	36.67
Few problem with self – esteem (66-75)	19	63.33
Low Self Esteem (56-65)	0	0
Somewhat depressed (46-55)	0	0

4(j) Table 4

Comparison of the level of self-esteem before and after bibliotherapy. (N=30)

Variable	Mean	Mean difference	Standard Deviation	T-value	P-value
Pretest Posttest	63.03 74.20	11.17	7.11 2.10	13.42	0.05

5. Conclusion

Bibliotherapy is effective because it allows the reader to identify with a character and realize that he or she is not the only person with a particular problem. As the character works through a problem, the reader is emotionally involved in the struggle and ultimately achieves insight of his or her own situation.

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