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Effectiveness of bibliotherapy on self-esteem among adolescents

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Abstract
It is a component of the Self-concept that Rosenberg defines as a totality of individual thoughts and feelings, having reference to him as an object. Besides self-esteem, self-efficacy and self-identification are an important part of the Self-concept. Self-esteem as a whole is an unchanging feature of adults and it is difficult to be influenced by the experimental design of a study. Bibliotherapy uses literature to bring about a therapeutic interaction between the client and the therapist. The design used for this study was one group pretest post-test control group design. The study was conducted in Kargapaga Vinayaga Higher secondary school among adolescent of age group 12-19 years. Total sample selected were 60 in total 30 for experimental and 30 for control group. Sample selection was done by purposive sampling technique. Ken Williams modified self-esteem assessment questionnaire, was used to assess the level of self-esteem among adolescents. The study was conducted after the written permission of Kargapaga Vinayaga Higher secondary school and approval of ethical committee of R. L. College of Nursing. Regarding monthly family income majority 4 (13.33%) were earning below rs.3000, 3 (10.00%) were earning rs. 3001-5000 6 (20.00%) were earning Rs.5001- Rs.7000, 5 (16.67%) were earning Rs.7001-Rs.9000, 12 (40.00%) were earning more than Rs.9001 respectively. Regarding order of birth majority 10 (33.33%) were belongs to first order of birth 14 (46.67%) were belongs to second order of birth, 6 (20.00%) were belongs to third order of birth, and 0 (0.00%) were belongs to more than three order of birth respectively. The investigator concluded that experimental adolescents had the self-esteem level as 14 (46.67%) had low self-esteem, 16 (53.3%) had moderate self-esteem and 0 (0%) had high self-esteem. In control group 6 (20.0%) had low self-esteem, 24 (80.0%) had moderate self-esteem and (0%) had high self-esteem.
The results of the study suggested that among the adolescent 10 (20%) had low self-esteem 29 (55%) had moderate self-esteem and 11 (22%) had low self-esteem.
The investigator concluded that experimental adolescents had the self-esteem level, 0 (0%) had low self-esteem, 1 (3.33%) had moderate self-esteem and (96.67%) had high self-esteem. in control group 6 (20.0%) had low self-esteem, 24 (80.0%) had moderate self-esteem and 0 (0%) had high self-esteem. These findings was supported by Varun Raj (2009) who conducted a study to assess the effectiveness of bibliotherapy on self-esteem among 60 adolescents the results revealed that the bibliotherapy was effective. These findings was supported by Jegatheesan (1996) who conducted a study to identify the efficacy of bibliotherapy for mildly and moderate self-esteem adolescents. Cognitive and behavioural bibliotherapy were non-differently efficacious, 60 percent subjects demonstrated clinically significant changes. The pre-test mean value of self-esteem was 28.06 with S.D 5.05 and the post-test mean value of self-esteem was 67.06 with S.D 6.88. This clearly shows that the administration of bibliotherapy on self-esteem among adolescents had significant improvement in their post-test level of self-esteem among adolescents. The pre-test mean value of self-esteem was 30.13 with S.D 2.67 and the post-test mean value of self-esteem was 30.23 with S.D 2.62. The calculated SDLUHGµW¶ value of t = 1.795 was not found to be statistically significant. This clearly shows that there was no significant difference between the pre-test and post-test self-esteem score among adolescents in the control group.

Keywords: Effectiveness, bibliotherapy, self-esteem, adolescents

Introduction
Self-esteem is an overall assessment of the individual's worthiness, expressed in a positive or negative orientation towards them. It is a component of the Self-concept that Rosenberg [2] defines as a totality of individual thoughts and feelings, having reference to him as an object. Besides self-esteem, self-efficacy and self-identification are an important part of the Self-concept. Self-esteem as a whole is an unchanging feature of adults and it is difficult to be influenced by the experimental design of a study [3].

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Bibliotherapy uses literature to bring about a therapeutic interaction between the client and the therapist. The idea of using literature is to help the client understand his situation better by reading a related material. With the use of bibliotherapy, adolescents may become aware of their underlying unconscious issues, Thus bibliotherapy is an effective psychological treatment for adolescents with low self-esteem. The application of bibliotherapy with children and adolescents was first recorded in 1946 with the work of Sister Mary Agnes who worked with socially maladjusted children.

Material and Method

Quasi experimental, quantitative research approach was used for the present study. The design used for this study was one group pre-test post-test control group design. The study was conducted in Kargapaga Vinayaga Higher secondary school among adolescent of age group 12-19 years. Total sample selected were 60 in total 30 for experimental and 30 for control group. Sample selection was done by purposive sampling technique. Ken Williams modified self-esteem assessment questionnaire, was used to assess the level of self-esteem among adolescents. The study was conducted after the written permission of Kargapaga Vinayaga Higher secondary school and approval of ethical committee of R. L. College of Nursing.

Results

Description of demographic variables of the adolescents in experimental and control group

Table 1: Frequency and percentage distribution of demographic variables of adolescents in experimental and control group N=60(30+30)

Demographic variables	Experimental group		Control group	
	No.	%	No.	%
Age				
12 - 14 years	12	40.00	12	40.00
14 - 17 years	17	56.67	15	50.00
17 - 19 years	1	3.33	3	10.00
Sex				
Male	23	76.67	18	60.00
Female	7	23.33	12	40.00
Religion				
Hindu	25	83.33	19	63.33
Muslim	3	10.00	5	16.67
Christian	2	6.67	6	20.00
Family type				
Joint family	10	33.33	9	30.00
Nuclear family	20	66.67	21	70.00
Place of residence				
Urban	8	26.67	17	56.67
Rural	22	73.33	13	43.33
Occupation of parents ± Father				
Private employee	6	20	11	36.67
Self employed	14	46.67	14	46.67
Government employee	10	33.33	5	16.67
Occupation of parents ± Mother				
Homemaker	3	10.00	9	30.00
Private employee	20	66.67	8	26.67
Self employed	4	13.33	8	26.67
Government employee	3	10.00	5	16.67
Education of parents ± Father				
No formal education	7	23.33	11	36.67
Primary education	14	46.67	14	46.67
Diploma Degree	9	30.00	5	16.67
Post graduate	0	0.00	0	0.00
Education of parents ± Mother				
No formal education	1	3.33	9	30.00
Primary education	10	33.33	6	20.00
Diploma Degree	13	43.33	10	33.33
Post graduate	6	20.00	5	16.67
Family income (Monthly)				
Below Rs.3000	4	13.33	9	30.00
Rs.3001 - Rs.5000	3	10.00	3	10.00
Rs.5001 - Rs.7000	6	20.00	7	23.33
Rs.7001-Rs.9000	5	16.67	6	20.00
More than Rs.9001	12	40.00	5	16.67
Order of birth				
First	10	33.33	6	20.00
Second	14	46.67	12	40.00
Third	6	20.00	7	23.33
More than three	0	0.00	5	16.67

N = 60 (30 + 30)

The table 1 shows that in the experimental group, the majority 12 (40.0%) were in the age group of 12-14 years, 17 (56.67%) were in the age group of 14-17 years and 1 (3.33%) were in the age group of 17-19 years respectively. With respect to the gender majority 23 (76.67%) were male and 7 (23.33%) were female. Regarding the religion, majority 25 (83.33%) were belongs to Hindu, 3 (10.00%) were Muslim and 2 (6.67%) were Christian. Regarding family type the majority 10 (33.33%) were belongs to joint family and 20 (66.67%) were belongs to nuclear family. Regarding place of residence majority 22 (73.33%) were in rural and 8 (26.67%) were in urban. Regarding occupation of father majority 6 (20%) were private employee, 14 (46.67%) were self-employed and 10 (33.33%) regarding occupation of mothers majority 3 (10.00%) were home maker 20 (66.67%) were private employee 4 (13.33%) were self-employed and 3 (10.00%) were government employee. Regarding education of father majority 7 (23.33%) were undergone no formal education 14 (46.67%) were undergone primary education 9 (30.00%) were undergone diploma or degree and 0 (05) were undergone post graduate education. Regarding mothers education majority of 1 (3.33%) undergone no formal education, 10 (33.33%) were undergone primary education, 13 (43.33%) were undergone diploma or degree 6 (20.00%) were undergone post graduate education.

Regarding monthly family income majority 4 (13.33%) were earning below rs.3000, 3 (10.00%) were earning rs. 3001-5000 6 (20.00%) were earning Rs.5001- Rs.7000, 5 (16.67%) were earning Rs.7001-Rs.9000, 12 (40.00%) were earning more than Rs.9001 respectively. Regarding order of birth majority 10 (33.33%) were belongs to first order of birth 14 (46.67%) were belongs to second order of birth, 6 (20.00%) were belongs to third order of birth, and 0 (0.00%) were belongs to more than three order of birth respectively. Regarding number of siblings majority of 16 (53.33%) have one siblings, 11 (36.67%) were have two siblings, and 3 (10.00%) have above two siblings. Regarding medium of education majority of 30 (100.00%) have English as their medium of education. And 0 (0.00%) have Tamil as their medium of education.

Whereas in the control group, the majority 12 (40.0%) were in the age group of 12-14 years, 15 (50.00%) were in the age group of 14-17 years and 3 (10.00%) were in the age group of 17-19 years respectively. With respect to the gender majority 18 (60.007%) were male and 12 (40.00%) were female. Regarding the religion, majority 19 (63.33%) were belongs to Hindu, 5 (16.67%) were Muslim and 6 (20.00%) were Christian. Regarding family type the majority 9 (30.00%) were belongs to joint family and 21 (70.00%) were belongs to nuclear family. Regarding place of residence majority 13 (43.33%) were in rural and 17 (56.67%) were in urban. Regarding occupation of father majority 11 (36.67%) were private employee, 14 (46.67%) were self-employed and 5 (16.67%) regarding occupation of mothers majority 9 (30.00%) were home maker 8 (26.67%) were private employee 8 (26.67%) were self-employed and 5 (16.67%) were government employee. Regarding education of father majority 11 (36.67%) were undergone no formal education 14 (46.67%) were undergone primary education 5 (16.67%) were undergone diploma or degree and 0 (0.00%) were undergone post graduate education. Regarding mothers education majority of 9 (30.00%) undergone no formal education, 6 (20.00%) were undergone

primary education, 10 (33.33%) were undergone diploma or degree 5 (16.67%) were undergone post graduate education. Regarding monthly family income majority 9 (30.00%) were earning below rs.3000, 3 (10.00%) were earning rs. 3001-5000 7 (23.33%) were earning Rs.5001- Rs.7000, 6 (20.00%) were earning Rs.7001-Rs.9000, 5 (16.67%) were earning more than Rs.9001 respectively. Regarding order of birth majority 6 (20.00%) were belongs to first order of birth 12 (40.00%) were belongs to second order of birth, 7 (23.33%) were belongs to third order of birth, and 5 (16.67%) were belongs to more than three order of birth respectively. Regarding number of siblings majority of 15 (50.00%) have one siblings, 13 (43.33%) were have two siblings, an and 2 (6.67%) have above two siblings. Regarding medium of education majority of 30 (100.00%) have English as their medium of education. And 0 (0.00%) have Tamil as their medium of education.

Section B: Assessment of pretest and posttest level of self-esteem among adolescents in experimental and control group

Table 2: Frequency and percentage distribution of pretest and post-test level of self-esteem among adolescents in the experimental group

Self-esteem	Low (<=27)		Moderate (28 ± 52)		High (53 ± 80)	
	No.	%	No.	%	No.	%
Pretest	14	46.67	16	53.33	0	0
Post Test	0	0	1	3.33	29	96.67

n = 30

The table 2 reveals the percentage distribution of pretest and post-test level of self-esteem in the experimental group.
The analysis of pretest level of self-esteem in experimental group, revealed that 16 (53.33%) had moderate level of self-esteem and 14 (46.67%) had low level of self-esteem. Whereas the post-test level of self-esteem in experimental group, revealed that 29 (96.67%) had high level of self-esteem and 1 (3.33%) had moderate level of self- esteem.

Section C: Comparison of pre-test and post-test level of self-esteem among adolescents in experimental and control group

Table 3: Comparison of pre and post-test level of self-esteem among adolescents in experimental group

Self-esteem	Mean	S.D.	3DLUHGµW¶9DOXH
Pre-test	28.06	5.05	t = 27.802***
Post-test	67.06	6.88	p = 0.000, S

n = 30, ***p< 0.001, S ± Significant

The pretest mean value of self-esteem was 28.06 with S.D 5.05 and the post-test mean value of self-esteem was 67.06 with S.D 6.88. This clearly shows that the administration of bibliotherapy on self-esteem among adolescents had significant improvement in their post-test level of self-esteem among adolescents in experimental group.

Discussion

The first objective to assess the pretest level of self-esteem among adolescents in experimental and control group. The investigator concluded that experimental adolescents had the self-esteem level as 14 (46.67%) had low self-esteem, 16 (53.3%) had moderate self-esteem and 0 (0%) had high self-

esteem. In control group 6 (20.0%) had low self-esteem, 24 (80.0%) had moderate self-esteem and (0%) had high self-esteem. These findings were supported by Baby (2004) who conducted a study to assess the level of self-esteem among 50 school going adolescents at Pondicherry. The results of the study suggested that among the adolescent 10 (20%) had low self-esteem 29 (55%) had moderate self-esteem and 11 (22%) had low self-esteem. The investigator concluded that experimental adolescents had the self-esteem level, 0 (0%) had low self-esteem, 1 (3.33%) had moderate self-esteem and29 (96.67%) had high self-esteem. in control group 6 (20.0%) had low self-esteem, 24 (80.0%) had moderate self-esteem and 0 (0%) had high self-esteem. These findings was supported by Varun Raj (2009) who conducted a study to assess the effectiveness of bibliotherapy on self-esteem among 60 adolescents the results revealed that the bibliotherapy was effective in improving the level of self-esteem among adolescents in the experimental group and the adolescents in the control group had no changes in the post test level of self-esteem. These findings was supported by Jegatheesan (1996) who conducted a study to identify the efficacy of bibliotherapy for mildly and moderate self-esteem adolescents. Cognitive and behavioral bibliotherapy were non-differently efficacious, 60 percent subjects demonstrated clinically significant changes. The pretest mean value of self-esteem was 28.06 with S.D 5.05 and the post-test mean value of self-esteem was 67.06 with S.D 6.88. This clearly shows that the administration of bibliotherapy on self-esteem among adolescents had significant improvement in their post-test level of self-esteem among adolescents. The comparison of pre and post-test level of self-esteem in control group. The pretest mean value of self-esteem was 30.13 with S.D 2.67 and the post-test mean value of self-esteem was 30.23 with S.D 2.62.

The calculated SDLUHGμW¶ value of $t = 1.795$ was not found to be statistically significant. This clearly shows that there was no significant difference between the pretest and post-test self-esteem score among adolescents in the control group. The comparison of post-test self-esteem score between the experimental and control group. When comparing the post-test self-esteem score between the experimental and control group, the post-test mean score in the experimental group was 67.06 with S.D 6.88 and the post-test mean score in the control group was 30.23 with S.D This clearly indicates that after the administration of bibliotherapy on self- esteem to adolescents in the experimental group there was a significant difference in the post test level of self-esteem score between the experimental and control group.

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