



# A Quasi Experimental Study To Evaluate The Effectiveness Of Bibliotherapy On Self-Esteem Among Adolescents In Selected Inter College At Bangalore.

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## ABSTRACT

**BACKGROUND :** An adolescent who have high degree of self-esteem will achieve problem solving skills, awareness about self, positive attitude towards self and environment. Adolescents who have low self-esteem may be explored to various problems like depression, suicide, poor problem solving skills, impulsivity, aggression, hopelessness and high risk behavior like alcohol and drug abuse. The term 'Bibliotherapy' is a combination of the Greek words for 'therapy' and 'books'. Indeed the Greeks were well-aware of the therapeutic power of books, inscribing over the door of the ancient library at Thebes the phrase "Healing place for soul.

- To assess the pretest level of self esteem among adolescents in experimental group and control group.
- To assess the effectiveness of Bibliotherapy by comparing pre and post test level of self esteem among adolescents in experimental and control group.

**METHOD :** This chapter deals with the description of methodology and various steps which are undertaken for gathering and organizing data for the investigation to evaluate the effectiveness of Bibliotherapy on self-esteem among adolescents in high schools at Bangalore. Quantitative approach was used to evaluate the effectiveness of Bibliotherapy. In this study, Quasi experimental non randomized control group design (pretest post test Control group design) used in this study.

**RESULT :** 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 comparison of pre and post test level of self-esteem in experimental group. 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. The calculated Paired 't' value of  $t = 27.802$  was found to be statistically significant at  $p < 0.001$  level.

## CONCLUSION :

**The following conclusions are drawn from the findings of the study. Bibliotherapy is more effective intervention to improve the level of self esteem. The bibliotherapy helps to promote well being of the persons. The experimental group adolescents were experienced more benefit.**

**Introduction:** All over the world, adolescents are considered as a special social category because of their ambition, potential, energy, specific interests, issues and challenges and needs. The future of any country depends on the role of youth in the society.<sup>1</sup>

The adolescent period is between 12-18 years the term adolescence meaning is: to immerge” or “achieve identity” is a relatively new concept, especially in development thinking. The origin of the term from the latin word, ‘adolescere’ meaning ‘to grow, to mature’ indicate the defining features of adolescence.<sup>1</sup>

Adolescence is a distinct and dynamic phase of development in the life of an individual. It is also important period of transition from childhood to adulthood, which brings about physical, psychological and social changes resulting in behavioral changes. During the period of adolescence the emotional and psychosocial conflicts are evident. Adolescents learn to cope with changes while concerned with self image, self esteem, social experience and academic achievement. They are trying to find out; that they are, what they are about, their interests and personalities and where they are going in order to discover their place in adult life.

#### LITERATURE SURVEY :

Literature review is defined as a broad, comprehensive, in depth, systematic and critical review of scholarly publication, unpublished printed or audio visual materials and personal communications. Review of literature involves identification, location, scrutiny, and summary of written material that contains information on research problems. A literature review is a body of text that aims to review the critical points of knowledge on a particular topic of research.

A literature review is an evaluative report of information found in the literature related to selected area of study. The review describes, summarizes, evaluates and clarifies this literature. It gives a theoretical base for the research and helps to determine the nature of research.

#### PROBLEM DEFINITIONS :

##### Evaluate

In this study it refers to the extent to which Bibliotherapy will be helpful in improving the level of self esteem of adolescents.

##### Effectiveness

In this study it refers to, the degree to which Bibliotherapy is achieved and the extent to which the self esteem is improved among adolescents in experimental group.

##### Bibliotherapy

In this study it refers to a form of self guided in which the adolescents reads a structured book which contains biographies of famous personalities and moral stories and the researcher has to support them while reading the books.

##### Self Esteem

In this study it refers to a person’s judgment about his own behavior personal worth and ability as measured by modified ken Williams self esteem scale.

##### Adolescents

In this study it refers to boys and girls between 12-15 years of age studying in High Schools.

#### Methodology :

This chapter deals with the description of methodology and various steps which are undertaken for gathering and organizing data for the investigation to evaluate the effectiveness of Bibliotherapy on self-esteem among adolescents in high schools at Bangalore.

Quantitative approach was used to evaluate the effectiveness of Bibliotherapy.

In this study, Quasi experimental non randomized control group design (pretest post test Control group design) used in this study.

The research design selected for the present study can be symbolically represented as,

**O1-** pre test level of self esteem in experimental and control group

**O2-** post test level of self esteem in experimental and control group

**X-** Bibliotherapy

GROUP	PRE TEST	INTERVENTION	POST TEST
EXPERIMENTAL	O <sub>1</sub>	X	O <sub>2</sub>
CONTROL	O <sub>1</sub>	-----	O <sub>2</sub>

In the study independent variables was Bibliotherapy. In the study dependent variables is self esteem level of adolescents. The selected setting was provided the required samples adequately, feasibility and accessibility of the sample.

The period of data collection was conducted for one month. The data was collected from 60 adolescents boys and girls (30 samples were in experimental group and 30 samples were in control group ) between the age group of 12-15 years studying at Harsha International Public School, Nelamangala Bangalore, the data collection was carried out from 24-02-2021 to 24-03-2021.

## RESULT :

**Section A: Description of demographic variables of the adolescents in experimental and control group.**

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

### Section-A

**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)

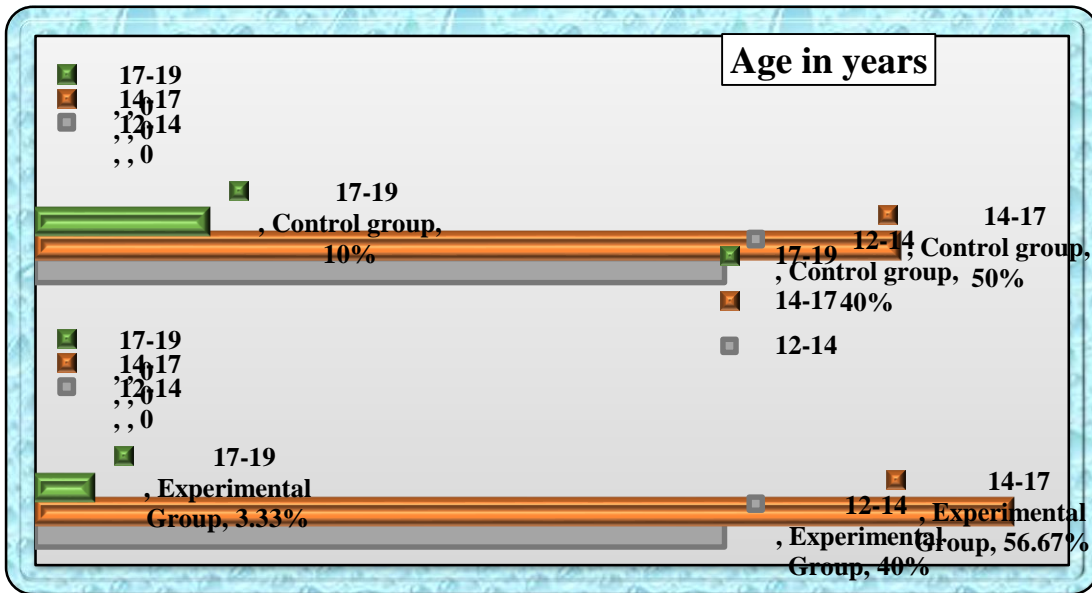
S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
1	Age in years				
	a) 12-14	12	40.00	12	40.00
	b) 14-17	17	56.67	15	50.00
	c) 17-19	1	3.33	3	10.00
2	Sex				
	a) Male	23	76.67	18	60.00
	b) Female	7	23.33	12	40.00
3	Religion				

	a) Hindu	25	83.33	19	63.33
	b) Muslim	3	10.00	5	16.67
	c) Christian	2	6.67	6	20.00
4	Family Type				
	a) Joint family	10	33.33	9	30.00
	b) Nuclear family	20	66.67	21	70.00
5	Place of Residence				
	a) Urban	8	26.67	17	56.67
	b) Rural	22	73.33	13	43.33
6	Order of Birth				
	a) First	10	33.33	6	20.00
	b) Second	14	46.67	12	40.00
	c) Third	6	20.00	7	23.33
	d) More than three	0	0.00	5	16.67
7	Number of Siblings				
	a) One	16	53.33	15	50.00
	b) Two	11	36.67	13	43.33
	c) Above two	3	10.00	2	6.67
8	Medium of education				
	a) Kannada	0	0.00	0	0.00
	b) English	30	100.00	30	100.00

Table –1.1-Distribution of the age among Adolescents

n=60(30+30)

S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
1	Age in years				
	a) 12-14	12	40.00	12	40.00
	b) 14-17	17	56.67	15	50.00
	c) 17-19	1	3.33	3	10.00



Graph 1: Percentage Distribution of Respondents by Their Age in Years

Table 1.1 and Graph-1: Represents the frequency of subjects according to their age.

**In the experimental group**

Regarding age in years 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.

**In the control group**

Regarding age in years 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.

Table –1.2-Distribution of the Sex among Adolescents

n=60(30+30)

S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
2	Sex				
	a) Male	23	76.67	18	60.00
	b) Female	7	23.33	12	40.00

Graph 2: Percentage Distribution of Respondents by Their Sex

Table 1.2 and Graph-2: Represents the frequency of subjects according to their sex

**In the experimental group**

With respect to the sex majority 23(76.67%) were male and 7(23.33%) were female.

**In the control group**

With respect to the sex majority 18(60.007%) were male and 12(40.00%) were female.

Table –1.3-Distribution of the Religion among Adolescents

n=60(30+30)

S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
3	<b>Religion</b>				
	a) Hindu	25	83.33	19	63.33
	b) Muslim	3	10.00	5	16.67
	c) Christian	2	6.67	6	20.00

Graph 3: Percentage Distribution of Respondents by Their Religion

Table 1.3 and Graph-3: Represents the frequency of subjects according to their Religion

In the experimental group

Regarding the religion, majority 25(83.33%) were belongs to Hindu, 3(10.00%) were Muslim and 2(6.67%) were Christian.

In the control group

Regarding the religion, majority 19(63.33%) were belongs to Hindu, 5(16.67%) were Muslim and 6(20.00%) were Christian.

Table –1.4-Distribution of the Family Type among Adolescents

n=60(30+30)

S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
4	<b>Family Type</b>				
	a) Joint family	10	33.33	9	30.00
	b) Nuclear family	20	66.67	21	70.00

Graph 4: Percentage Distribution of Respondents by Their Family Type

In the experimental group

Regarding family type, 10(33.33%) were belongs to joint family and 20(66.67%) were belongs to nuclear family.

In the control group

Regarding family type, 9(30.00%) were belongs to joint family and 21(70.00%) were belongs to nuclear family.

**Table –1.4-Distribution of the Family Type among Adolescents**

n=60(30+30)

S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
<b>4</b>	<b>Family Type</b>				
	a) Joint family	10	33.33	9	30.00
	b) Nuclear family	20	66.67	21	70.00

**Graph 4: Percentage Distribution of Respondents by Their Family Type****In the experimental group**

Regarding family type, 10(33.33%) were belongs to joint family and 20(66.67%) were belongs to nuclear family.

**In the control group**

Regarding family type, 9(30.00%) were belongs to joint family and 21(70.00%) were belongs to nuclear family.

**Table –1.6-Distribution of the Order of Birth among Adolescents**

n=60(30+30)

S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
<b>6</b>	<b>Order of Birth</b>				
	a) First	<b>10</b>	<b>33.33</b>	<b>6</b>	<b>20.00</b>
	b) Second	<b>14</b>	<b>46.67</b>	<b>12</b>	<b>40.00</b>
	c) Third	<b>6</b>	<b>20.00</b>	<b>7</b>	<b>23.33</b>
	d) More than three	<b>0</b>	<b>0.00</b>	<b>5</b>	<b>16.67</b>

**Graph 6: Percentage Distribution of Respondents by Their Order of Birth****Order of Birth****In the experimental group**

Regarding order of birth 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.

**In the control group**

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.

Table –1.7-Distribution of the Number of Siblings among Adolescents

n=60(30+30)

S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
7	Number of Siblings				
	a) One	16	53.33	15	50.00
	b) Two	11	36.67	13	43.33
	c) Above two	3	10.00	2	6.67

Graph 7: Percentage Distribution of Respondents by Their

## Number of Siblings

## In the experimental group

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.

## In the control group

Regarding number of siblings majority of 15(50.00%) have one siblings, 13(43.33%) were have two siblings, and 2(6.67%) have above two siblings.

Table –1.8-Distribution of the Medium of education among

## Adolescents

n=60(30+30)

S.No	Demographic variables	Experimental Group		Control Group	
		No	%	No	%
8	Medium of education				
	a) Kannada	0	0.00	0	0.00
	b) English	30	100.00	30	100.00

Graph 8: Percentage Distribution of Respondents by Their Medium of education

## In the experimental group

Regarding medium of education majority of 30(100.00%) has English as their medium of education. And 0(0.00%) have Kannada as their medium of education.

### In the control group

Regarding medium of education majority of 30(100.00%) has English as their medium of education. And 0(0.00%) have Kannada as their medium of education.

### Section-C

#### Comparison of Pretest and Posttest level of Self esteem among adolescents in Experimental and Control Group

**Table 4: Comparison of pre and post test level of self-esteem among Adolescents in Experimental group.**

n=30

Self-Esteem	Mean	S.D	Paired 't' value
Pre test	28.06	5.05	t = 27.802***
Post test	67.06	6.88	p = 0.000, S

\*\*\*p<0.001, S - Significant

The table 4 shows the comparison of pre and post test level of self-esteem in experimental group.

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.

The calculated Paired 't' value of t = 27.802 was found to be statistically significant at p<0.001 level.

**Table 5: Comparison of pre and post test level of self-esteem among Adolescents in Control group**

n=30

Self-Esteem	Mean	S.D	Paired 't' value
Pre test	30.13	2.67	t = 1.795
Post test	30.23	2.62	p = 0083, N.S

N.S-Not significant

The table 5 shows 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.

**Table 5: Comparison of pre and post test level of self-esteem among Adolescents in Control group**

n=30

Self-Esteem	Mean	S.D	Paired 't' value
Pre test	30.13	2.67	t = 1.795
Post test	30.23	2.62	p = 0083, N.S

N.S-Not significant

The table 5 shows 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.

## Conclusion

The aim of the present study was to evaluate the effectiveness of bibliotherapy on self esteem among adolescents in selected schools at Bangalore.

The following conclusions are drawn from the findings of the study. Bibliotherapy is more effective intervention to improve the level of self esteem. The bibliotherapy helps to promote well being of the persons. The experimental group adolescents were experienced more benefit.

## Limitations

- The present study had and encountered the following limitations,
- The responses were based on self-report of the study samples.
- Long-term follow up is not feasible.
- The setting of the study was selected as per the convenience of the researcher.

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