

ARTICLE

A CONTENT ANALYSIS ON BIBLIOTHERAPY STUDIES

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ABSTRACT

The purpose of this study is to conduct the content analysis in the field of psychology. The research was limited to 52 articles in the SCOPUS database. As a result of the analysis, it was determined that bibliotherapy studies were conducted in the field of psychology for clinical purposes between 2013 and 2016. In addition, it was determined that the highest number of adults were working among children, adolescents and adults. In the study, it was determined that bibliotherapy studies were studied experimentally in four quantitatively. As a result of the analysis, it was determined that bibliotherapy studies were performed mostly in the USA.

INTRODUCTION

When examining the historical development process, mental health professionals, nurses, educators and library workers have used effectively used bibliotherapy at different levels and for different purposes [1]

In 1916, Samuel Crothers used psychotherapy counselling books as a therapy tool, which defined the therapeutic use of books as bibliotherapy. The first approach that emphasized the healing qualities of books, which forms the basis of bibliotherapy studies, is summarized in a phrase inscribed on the entrance door of the ancient library in Thebes, Greece, 'a healing place for the soul' [2]

Bibliotherapy refers to the use of 'Literature that allows individuals to solve problems or organize a process or event that enables them to benefit from literary works when they know themselves better and understand them, and the problem of the individuals is the problem of the hero in the book' [3]. Another definition of bibliotherapy is that it is the 'method of treatment that is used to bring together the right book, that reveals the social emotional problems of the individuals, to handle the problems of adjustment to life and recognize the needs of the individual for the developmental periods in which the person is in' [4]. However, the term 'therapy' in this context does not indicate that bibliotherapy is a clinical practice.

Bibliotherapy is used not only as a clinical approach, but also as a developmental approach with the aim of meeting the needs of the individual [5]. The clinical use of bibliotherapy is conducted by psychologists who have been specifically trained in this area. Bibliotherapy is also used for developmental purposes by experts and trainers. The purpose of this approach is to enable individuals to prevent or cope with these problems more effectively by relating stories to the life of the individual during their normal development period. For example, a child who commences primary education could experience anxiety towards attending school and, in order to address this situation, a story detailing how the child can cope with this situation could be read and used in the school. The developmental type of bibliotherapy is used in education. It can be said that bibliotherapy has been used effectively as an aid to the disintegration of problems that are specific to the developmental periods and these practices have contributed significantly to the development of children [4]. It is a relatively new approach to use this method in schools and integrate it with the course contents. It is also found that Bulut's [6] bibliotherapy method is being used by psychology consultants and teachers in schools [7] for those who are unable to cope with the fear of death [8], for panic attack treatment. Febraro, [9] and for aggressive children [10].

Analysis of the literature reveals that the clinical use of bibliotherapy is implemented in the case of serious developmental problems. In this context, advisors advise clients to read at home. Psychology counsellors use stories in psychology counselling relationship and conduct sessions based on these stories. It is therefore possible for the counselee to understand more about themselves through this process. Both the clinical and developmental approach to bibliotherapy are used in educational environments and more bibliotherapy studies are based on interpersonal interaction and communication. It is through this work that it is possible to transform an individual's growth process by utilizing the emphasized stories, thus revealing the healing conditions that can be beneficial [11]. The goal of bibliotherapy is to establish a strong interaction between the client and the book [12].

Today, bibliotherapy can be used to help individuals achieve a sense of self-consciousness through the use of books, CDs and DVDs. In this way, a different communication process is being introduced between the individuals by contributing to the development of the individual by allowing them to understand their own personality. In terms of the definitions of bibliotherapy in the literature, it is evident that all of them emphasize that bibliotherapy is a helping approach with the aim of guiding individuals to recognize and solve their problems through the utilization of books [4].

Bibliotherapy applications can also be useful and effective means of communicating to children, adolescents and adults in order to help them recognize and meet the specific needs during their developmental period. Through bibliotherapy studies, the individual can reinterpret his/her life story, make

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changes to their lives, and understand more about themselves through every story they read. For these reasons, people should read more frequently and watch more informative CDs and DVDs. Furthermore, every person who wants to realise development and change can create his/her own story [4].

Bibliotherapy studies can help the individual to express his/her problems more effectively and can guide the individual to develop a positive self-concept, develop his/her ability to understand, as well as to interpret the people around him/her [13].

In the bibliotherapy approach, a book is chosen that reflects the problem that the individual is experiencing. In order for bibliotherapy education to be beneficial, the individual must be willing to read and also to do. The individual is expected to relate to a story about a problem similar to the one he/she is experiencing and the counsellor then observes the individual's reaction. There is a dynamic process between the book and the reader. Throughout this dynamic process, the aim is to induce curative and improvable effects. This relationship encourages the reader to face their emotional problems and they may undergo positive changes when the process occurs under the supervision of a psychological counsellor [4].

In this study, content analysis was performed based on bibliotherapy articles in the SCOPUS database. The aim of this study is to evaluate the scientific studies conducted in the field of psychology based on the bibliotherapy method. When the literature is examined, it is necessary to construct a content analysis in this field. Although there is a limited number of studies on bibliotherapy, this is not a new approach, but is gaining renewed popularity.

The following questions were asked to reach the objectives of the research:

- In which years were the bibliotherapy studies screened in the SCOPUS database distributed?
- How many authors have conducted bibliotherapy studies that have been included in the research?
- In which countries were the bibliotherapy studies included in this research conducted?
- What is the number of keywords used in the bibliotherapy studies that are being investigated?
- What is the model used in the bibliotherapy studies that are investigated?
- What study groups are used in the research?
- How many references are used in bibliotherapy studies surveyed?

MATERIALS AND METHODS

Research model

This research is a qualitative study. Content analysis was conducted to evaluate the data in the study. Content analysis can be described as a systematic recursive technique in which certain words of a text such as a book, a book chapter, a letter, historical documents, newspaper headlines and texts are summarized with smaller content categories using certain rules [14].

Sample of research

Purpose and similar sampling were used in the research. Purposive sampling methods have emerged within the tradition of qualitative research. Objective sampling provides significant benefits in making current generalizations to the environment by providing probability-based sampling representation for Patton, while objective sampling allows for in-depth study of situations that are thought to have rich knowledge. In this sense, purposeful sampling methods are useful in explaining and events in many cases. Analogous sampling is the opposite of maximum variation sampling. The purpose here is to define a small subset of samples with a small homogeneous sample [15]. In this case, the sample of the research is composed of 52 articles access from the SCOPUS database.

Collection of data

Data of this study were scanned in the SCOPUS database and were collected through document analysis. Document analysts, historians and archaeologists are moving from one culture to another, and this one of the most important methods that a culture or civilization uses when working on the features of the past. It tries to obtain a holistic picture of the related culture or civilization by associating the remains they have acquired with each other and within a certain environment. The ability to write was an important turning point in human history. Historians and archaeologists who use these sources of cultural traditions, experience and state politics have been passed on to future generations through written means and have reached us through the analysis of these written sources, revealing much of what we know about the past. Written materials and pictures in this sense are significantly valuable sources of information that present many things we know about the past [16].

While scanning the electronic database, the subject area was limited to psychology and the years 2012, 2013, 2014, 2015 and 2016. When the content of the research was analyzed, the criteria that were taken into account in accordance with the sub-objectives of the research are listed below:

- Publication year
- Number of authors
- The country where the studies were conducted
- The number of keywords used in the studies
- Models of the studies
- Working group of the research
- Number of sources used in the research

Analysis of data

The analysis of the research data was conducted using the Microsoft Excel program in order to generate the database. The predetermined criteria were recorded. In this study, descriptive analysis was conducted, documents were examined, the obtained data were recorded for each article, and tables were created by calculating percentage values and examining them in terms of certain variables. As a result of the scans conducted in the SCOPUS databases, a total of 52 studies published between 2012 and 2016 were found and these studies were analyzed.

RESEARCH FINDINGS AND CONCLUSIONS

In this section, the results of the analysis made in accordance with the purpose of the research are presented in tabular form according to the selected criteria.

Table 1: Distribution by Year

Years	Number	Percentage (%)
2012	7	13.46
2013	14	26.92
2014	9	17.3
2015	10	19.23
2016	12	23.07
Total	52	100%

As shown in [Table 1], the majority of studies on bibliotherapy were published in 2013 and 2016. The bibliotherapy technique, which has developed an important place in the field of psychology in recent years, is supported by the literature which is included in the scope of the study, and is used to support the treatment in diagnosed cases.

Table 2: Distribution by number of authors

Number of Authors	Number	Percentage (%)
One	8	15.38
Two	8	15.38
Three	8	15.38
Four	12	23.07
Five	8	15.38
Six and more	8	15.38
Total	52	100%

In terms of the number of researchers who conducted the research according to the data obtained, the highest number of articles were written by four authors, with a rate of 23.07%, as seen in [Table 2]. Considering that the use of the bibliotherapy technique in an experimental study could cause difficulties in the studies conducted by a single investigator, it is observed that single-authored studies that are content analysis studies based on book poetry and writing that can use the bibliotherapy technique in the qualitative dimension.

Table 3: Distribution by keyword use

Keywords	Number	Percentage (%)
Three	7	13.46
Four	6	11.53
Five	23	44.23
Six and more	16	30.76
Total	52	100

It is evident that there are more than five key words were used in the majority of articles covered by the study. The term bibliotherapy was in the context of all fifty-two articles in the study. However, the bibliotherapy technique is often used with treatment purposes in cases where the diagnosis is made with treatment support purposes, and sometimes other key words are used to describe these diagnoses, as seen in [Table 3].

Table 4: Distribution According to the Country where the Research was Conducted

Countries	Number	Percentage (%)
USA	25	46.15
London	9	17.3
Germany	5	9.61
Australia	4	7.69
Other (Cuba,Scotland,Canada,Russia,Finland,Norway,Italy, Holland, Philippine, Slovenia)	9	17.3
Total	52	100

As shown in [Table 4], the bibliotherapy technique has been used extensively in experimental studies in the USA. Specifically, more than a half of the studies were conducted in 2016.

Observation of the bibliotherapy technique in terms of experimental studies reveals that it has a positive effect in supporting the treatment and treatment process and this ranked highest in the distribution table according to the population included in the survey, which is dominated by US researchers, who also experiment with different methods and techniques and try non-drug psychological treatments.

Table 5: Distribution by working status

Working Status	Number	Percentage (%)
Children	5	9.61
Teens	13	25
Adults	34	65.38
Total	52	100

[Table 5] shows the Experimental studies have largely been conducted on adult patients in the field of bibliotherapy in psychology. The reasons for this is thought to be due to the difficulties in obtaining permission from parents to work with children and adolescents. The willingness of the participation of the individuals involved in the study group is crucial for the efficient execution of experimental work. It has been emphasized that, in the articles examined in the research, some studies reached by adults via radio and Internet and others were reached through psychological diagnosis and treatment centres.

Table 6: Distribution according to the model of the study

Model of the study	Number	Percentage (%)
Qualitative	16	30.76
Quantitative	34	65.38
Mixed	2	3.84
Total	52	100

As indicated in [Table 6], the majority of the studies used quantitative models. In experimental studies, control group pre-test-post-test designs were frequently used.

Table 7: Distribution by number of resources used

Number of used resources	Number	Percentage (%)
10-19	6	11.53
20-29	10	19.23
30-39	5	9.61
40-49	8	15.38
More than 50	23	44.23
Total	52	100

[Table 7] shows the distinctions according to the number of resources used by the articles covered by the research. In total, 44.23% of the articles used 50 or more resources, which ranked in first place in this list. The need to evaluate robust literature in the efficient realization of experimental work is emphasized in many articles. However, it is often observed that this ratio increases during interdisciplinary studies.

DISCUSSION, CONCLUSIONS AND SUGGESTIONS

As a result of the content analysis conducted on bibliotherapy studies, it was found that the bibliotherapy technique in psychology was predominantly used between 2013 and 2016. The increasing number of

bibliotherapy studies in the area of psychology in recent years can be said to be a result of the use of bibliotherapy techniques in solving the intense and complicated emotional problems associated with traumatic events that experienced by individuals.

It is seen it is more effective to have four authors when conducting experimental studies on the bibliotherapy technique. It may be more beneficial to work with multiple authors because of the preliminary test, which is generally required a longer period of experimental work. It can be seen that it is appropriate to work as a single author when the qualitative dimension is studied. In fact, the poetry of the books to be used in the bibliotherapy technique and analysis of the content by bringing the authors together can be conducted by a single author.

As a result of the research, it is seen that all 52 articles included in the scope of the study included the keyword bibliotherapy and the majority had at least five key words. It can be said that the cases where the bibliotherapy technique is recognized are used to support treatments. It was also revealed that the bibliotherapy technique is mainly performed experimentally in the USA. It is important to note that the technique of bibliotherapy in the United States has provided effective treatment for individuals through books without the need for medication. In a study conducted throughout the United States, in [17], Staker found that a large number of psychologists read self-help books. A total of 98% of the psychologists who participated in the survey stated that they would recommend these books to their client's, even if only rarely. Williams and Martinez [18] emphasized that the bibliotherapy method has become popular in the UK and Australia and is supported by the government and health sciences. Adams and Pitre [19] also reported that 68% of psychiatric specialists used bibliotherapy techniques in their counselling sessions. However, it is evident that there have been no studies conducted in Turkey on bibliotherapy. Moreover, it may now be necessary to use the bibliotherapy technique in order to address the increasing number of emotional problems that people experience in Turkey due to recent terrorist incidents.

In the research, it has been determined that the clinical use of bibliotherapy in the psychology field predominantly consists of experimental studies with adults. It can be said that adults have more psychological problems due to the characteristics of their living situations (marriage, work, children etc.) and they try to overcome their problems through the bibliotherapy technique. During adolescence, bibliotherapy is being used to find solutions to the problems related to families, school and friends and their general level of confusion related to finding their identities. In a study on the use of bibliotherapy through read-aloud psychological counselling for adults in [20], it was reported that articles, brochures and book reading assignments were given to specific client or patient groups to change the negative attitudes of the individual. He also emphasized that the bibliotherapy technique has been successfully implemented in the treatment of many problems experienced by children, adolescents, adults and the elderly, and its effectiveness has been scientifically proven. Hayes' [21] study found that children and adolescents had prepared books that would increase their ability to cope with depression, anxiety, and mourning, and that the work in this regard was successful.

It was found that more studies used quantitative models. A mixture of qualitative and quantitative studies are less common. It can be said that, in experimental studies, the pre-test final design is frequently used. In the İtler's Master's thesis, the Effect of the Bibliotherapy Technique on the Perfectionism Level of Children [22], a pre-test post-test test control group experimental design was used and a 7-session bibliotherapy training program was emphasized by the researcher in the experimental group. It can be said that the treatments in which the bibliotherapy technique is used may be more experimental. In fact, psychology consultants are conducting bibliotherapy sessions in sessions using novels or narratives. Psychology consultants start their work by reading a summary of a story or an important section, stating that this should be worked on first. It can be said that experimental bibliotherapy applications may be more effective, because bibliotherapy is used as a treatment method by enabling the individual to relate to the protagonist in the story and the individual consequently gaining insight into their own life.

When the number of bibliographies sources used by the articles is examined, it is seen that in general 50 or more sources are used. It is emphasized that of the majority of research on bibliotherapy is performed experimentally in order to increase the effectiveness. The importance of conducting an in-depth literature review when conducting bibliotherapy studies is emphasised.

As a result of the content analysis conducted, the clinical use of the bibliotherapy studies in the field of psychology was emphasized. The following suggestions can be made to for researchers conducting studies in the field of psychology:

- It is also necessary to conduct studies for the developmental use of bibliotherapy studies in the Psychological counseling and guidance dimension in the field of psychology.
- Bibliotherapy studies are also included in the scope of preventive guidance services for the use of psychological counsellors in the personal development of adolescents. Conducting work in this direction will prevent serious developmental problems. Furthermore, there will be no need for diagnosis and treatment using bibliotherapy studies.

CONFLICT OF INTEREST

There is no conflict of interest.

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