E-BIBLIOTHERAPY: A SUBSTANTIAL PRACTICE TO SUSTAIN THEREADING HABITS AMONG THE YOUNGSTERS IN THE GOOGLE ERA

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Abstract

Book or any reading material, is always revered not only for its intellectual content but also for the new directions about life and the pleasure it offers while reading. The technology has grown exponentially and has become an inevitable aspect of life, influencing the reading habit, place, materials and there by the mode of offering Bibliotherapy also. Bibliotherapy is a term which refers to the Art and Science of using books and other reading materials to heal the individuals with psychological problems like depression, anxiety, frustration, stress, negative behavior, hoarding disorders etc. The technology based Bibliotherapy or the online bibliotherapy is known by various terms like E Bibliotherapy, Webotherapy, and Online Therapy etc. Though the terms differ, the concept is the same and it means using/directing the web resources or Online Reading materials for healing the patients with psychological disorders. The online social media has a huge impact on the youngsters in this age so it can be used as medium to offer E-Bibliotherapy. Among the different kinds, Developmental Bibliotherapy is the one which is focused in any Academic Environment for enhancing the mental capacities of the students.

Keywords: Bibliotherapy, E-Bibliotherapy, Webotherapy, E-Reading materials, Academic Environment.

I. INTRODUCTION

Bibliotherapy is a Greek term in which "Biblio" means Book and "Therapy" means Treatment/Healing. The treatment or healing process given by trained experts for the psychological well being of the respondents, with the help of Books or any Reading material is called as Bibliotherapy. The term is synonymous to many other terms like reading therapy, Literatherapy, book therapy. Recent online versions have brought in the new terms like Webotherapy, Online therapy, Internet-therapy. Media-therapy. It's a potential form of psychotherapy rendered through recommended reading.

E Bibliotherapy is an advanced version of Bibliotherapy utilizing the technology for directing the reading materials to the clients through Email, discussion forums, messaging and other virtual modes. E-Bibliotherapy/Webotherapy is found to be more helpful as it reaches the individual confidentially and they can get the materials at the comfort of staying at their own place. The materials for reading are also available in plenty in web compared to printed sources. The web resources are cost free and much more beneficial, due its variety, than Bibliotherapy.

History

Bibliotherapy has strong historical background in the perspectives of Library Science and medicinal Science. The healing aspect of the books was stressed by Aristotle as "It aroused the emotions within the reader which did, in effect, heal (Cited by Cardenas, (1980).

In Thebes, a library held the sign, "A healing place for the soul" said by Afolayan (1992)

A Description about Library goes as "The Medicine Chest of the Soul" pointed by Salup and Salup(1981,p.3).William Shakespeare also supported the idea by saying "Come, and take choice of all my library and so beguile thy sorrow"(Cardenas,1980, p.4)

The father of American Psychiatry, Benjamin Rush, emphasized the need for the Libraries at Hospitals by saying that "for the Amusement and instructions for the patients in a hospital, a small library should by all means compose a part of the furniture" (Rush,1811, p.192).

All the religions have their own holy book with sacred scriptures, in which the words and its chanting are said to heal the soul and empower it with goodness. This serves as proof that the words do have the power to enhance the life with positive energy.

Brain research states that during the process of Reading, the brain is stimulated using the same circuits which is activated as in reality, Nuerologically, the brain is active while reading and becomes a part of the circumstance being read said by Sautter(2010) Bibliotherapy is highly recognized to have a healing effect by all the European countries. Especially during the World war, the bibliotherapy was recommended for the war survivors to psychologically heal from the trauma. The works of Joseph Gold, a Bibliotherapist, is much valued for its extensive researched writings on how to train the Bibliotherapists and properly utilize the available literature. He also developed self-Assessment tools of Bibliotherapy.

However the term was officially mentioned by Samuel McChord Crothers, in 'The Atlantic' monthly Journal in 1916 in an article " A Literary Clinic".

DEFINITIONS

Bibliotherapy

The Dorland's Illustrated Medical Dictionary gave the first formal definition in its eleventh edition in 1941. The Webster's new International Dictionary defined the term which was accepted by American Library Association of Hospital Institutional Libraries, a division of ALA. The definition says "The use of selected reading materials as therapeutic adjuvant in medicine and psychiatry; also guidance in the solutions of personal problems through directed reading" Gove(1961, p.212).

Bibliotherapy is a service under a library's reading program. The American Hospitals and Institutional libraries defines bibliotherapy as guidance in the solution of personal problems through directed reading (ALA,2013).Carolyn Shrodes (1950) defines Bibliotherapy as "a process of dynamic Interaction between the personality of the reader and literature under the guidance of trained helper"

Bibliotherapy is the use of Reading books, stories and poems creatively to make people feel better, in them, about themselves and about others. Bibliotherapy is the use of books in counseling to support client change (Campbell &Smith, 2003).

The definition of Online Dictionary of Library and Information Science ODLIS (2011) is "the use of books selected on the basis of content in a planned reading program designed to facilitate the recovery of patients suffering from mental illness or emotional disturbance".

E-Bibliotherapy/Webotherapy

The term Webotherapy is a combination of two words "Web" and "Therapy" in which web refers to the World Wide Web and therapy is derived from "therapia" which means healing.it denotes kind of supportive Psychotherapy. It can also be said as the use of selected reading resources for therapeutic adjuvants or purposes in the treatment of emotional disorders. Noruzi(2006) says Webotherapy to be a communication mode. Web resources like E Books, E-Journalsand media are used to assist in establishing a means of communication and in reinforcing the therapeutic climate of treatment programs.

Webotherapy may be described as the use of web resources like E Books, E Journals, E- Magazines, Databases and reading of them in the treatment of mental and nervous diseases and disorders. It is an alternative to the bibliotherapy self -help treatments.Self help treatment indicate the people helping one another(King &Moreggi,1998). The most reliable and readily available source for self help material is Internet and especially the Web(Scogin,2003a).Literature has always been accepted to have a therapeutic value, the reading is used as an adjunct to psychotherapy(Campbell,1989).

Calbring and Anderson(2006) view that there is an upsurge in use of the web resources to be directed, which are almost free of cost for self help treatment instructions.

Grohol (2001) clarifies that the webotherapy or e-Bibliotherapy is just not transplanting of the bibliotherapy to Online but the Online therapy uses the richness of the language to help bring about the changes in client's life. Language whether it is written or oral, is the core component of communication. Grohol adds that" Online therapy is secure, confidential and private than traditional face -to-face therapy, as the changes in the personality takes place in the an anonymous or pseudonymous context"

Kirk(1997) feels that the web resources or educational information which is available in the internet or created by the therapist can be shared directly with the client. The clients with hearing issues can prefer text sources and visual resources while the clients with vision impairment can opt for Audio content (Grohol,2000; Rochlenet *al.*, 2004). An added advantage of online therapy is the availability of readily accessible relevant materials which are forwarded to clients. Links to web resources like video clips, Documents, PDF formats, Audio files can be sent in plenty but it may be restricted to the materials available with the therapists, in case of Bibliotherapy.

Need of E-Bibliotherapy for the youngsters

Many kinds of psychological and physical stress are found among the youngsters of this Era due to the changes in their physical and emotional set up in the growing phase. The complications experienced include

- Stress due to cut throat competition
- Depression due to lack of skills, motivation and Energy
- Emotional disturbances due to hormonal changes
- Anxiety to achieve the goals
- Frustrations and Irritations etc

Other technology based reasons include

- Electromagnetism hypersensitivity
- Repetitive strain Injury
- Narcissism
- Face book Depression
- Phone Headaches
- Anxiety and grief
- Loss or low hearing capacity
- 3D hang overs
- Video game Injuries
- Sleep deprivation
- Social Isolation
- Mood changes
- Lagging in their own schedules
- Obesity
- Irritation and strain of eyes and muscles
- Lack of Integrity.

According to Peherrson and Mc Millen (2006b) bibliotherapy and its E-version, renders the following benefits which justifies its requirement during the early growing phase of the life

1. Promotes the empathy towards other's life style, culture and lived experiences
2. Reflects the self worth and self value
3. Enhances the coping skills
4. Encourages the expression and discussion of feeling and Ideas.
5. Stimulates the reading and interest in Literature
6. Increases the Insight and Integration.

Types of E-Bibliotherapy

As found in the Bibliotherapy, E Bibliotherapy can be divided into three types depending on the purpose for which it's undertaken.

1. Developmental E- Bibliotherapy

Developmental Bibliotherapy is given to develop the thinking skills of the youth and also help in their normal or healthy psychic growth and development. It helps the client to cope with the developmental needs. The Therapists can identify the client's concerns and interests. Peherrson and Mc Millen (2006b) view that "The use of Literature and facilitative process by skilled helpers to assist the individuals in dealing Life- transitional issues and normal developmental issues". Developmental Bibliotherapy is also said as Social Bibliotherapy.

2 Clinical Webotherapy

The Clinical Webotherapy or Clinical bibliotherapy is prescriptive in nature. The web therapeutic methods are used by doctors and psychiatrists to help the individuals suffering from serious emotional and behavioural problems. It is the use of Facilitative process and Literature by skilled mental health practitioners for the purpose of helping the individuals to overcome strong emotional disorders and with traumatic experiences in life.

3 Interactive/Rehabilitation Bibliotherapy

It is used to make the participants reflect on what they read in the group discussion or dialogue journal writing (Anderson & Maccurdy, 2000; Morawski & Gilbert, 2000; Hayaki Abdullah, 2002). The reader becomes involved in the unfolding of the intellectual and emotional process. The reader responds with a positive change in the behavior

The Developmental E-Bibliotherapy is the one to be used for the personal growth and self understanding among the young healthy minds. It can be well implemented in the schools by teachers and guidance counselors, as they are skilled in counseling techniques. Teachers are equipped with strategies to reflect the literature to the student- readers.

Various kinds of literature like Stories, Novels, Poems, Anecdotes, Autobiographies and Biographies are used for empathizing and healing the psychologically affected children where as Motivational writings of the Leaders, Achievers and Social reformers are prescribed for triggering the passion and motivating the young minds to achieve high Ambitions.

The stages in the process of E-Bibliotherapy/ Online Therapy

Identification – The reader identifies a similar character in the literature with the same characteristics, attitudes or issues, in a certain time period. Such Identification happens at some point of reading.

Catharsis or Mirroring – The emotions they get when they identify themselves with a similar situation or similar character in the story may be said as the Catharsis. The reader realizes the fact that they are not the only beings facing such situations or issues.

Insight – The reader perceives a wider perspective of the issue which he/she is encountering and views the same in a different angle due to which a new insight is born to tackle the situation. Thus they help themselves to overcome the issue or face the problem by just receiving a guided reading material.

The Role of Librarian in E-Bibliotherapy

The Librarians are rich in the knowledge of E-Resources so they must definitely be an integral part in offering E-Bibliotherapy. The Librarian must team up with the Trio, Parents, Teachers and Administrators to

1. Motivate or induce the reading Interest among the youngsters by making them understand the need and relevance of reading skill throughout their life, which is the basic requirement for offering the therapy.
2. Help in designing an Effective and Efficient Reading Guidance program.
3. Provide a proper database of the E-Resources, for directing to the readers at every stage of the Bibliotherapy process.

The E-Bibliotherapy Process and its Initiation

The Kirkless Council and the school of Life carry Bibliotherapy programs in UK for Individuals and Families. The Reader's response to Literature is noted by Group Discussions on the books read during the Bibliotherapy process (The School of Life, 2013).

The Welfare system of Australia began a Bibliotherapy service for the young adults of secondary colleges with chronic Illness. Though it resembles the clinical Bibliotherapy, it can also be said as Developmental as it uses Books and other reading material to sustain the psychic wellbeing of the youngsters (Harvey, 2010).

In the Beacon Academy, a Bibliotherapy program was initiated. The guidance counselor and the Librarian first tried to identify the issues, Challenges and concerns of the high school students of their Academy. The collection building was done based on the information gathered on the issues and challenges of the children followed by one-to-one Bibliotherapy session for all the students.

The Adamson University Library has worksheets for readers to fill out and help in reflection of their insight, Later the Books and reading materials which match the Insights and reflections are displayed in the Bibliotherapy shelves.

E-Bibliotherapy can be offered through any social media which the students use highly like Face Book, Twitter, Instagram, WhatApp and lot many available online.

The students may be directed to join the group and the E-Reading materials could be forwarded for their perusal. The worksheet used in Bibliotherapy may be created digitally and forwarded to the students to understand their Insight of Life and based on which the Database for the E-Bibliotherapy could be designed.

Data Collection Worksheets

Task-1 :-

Book Title-The Dollar Bahu by Sudha Murthy

Reader's Response

Describe the two issues which the Protagonists encounters and the related issues faced which it reminded you.

Issue No. one:- Low self dignity	Issue No. two :- Depression
Related issues faced by you 1	Related Issues faced by you:- 1
2	2
3	3

Such forms can be easily created in Google form and forwarded to get the responses, depending on them, the E-Materials could be gathered and forwarded to the students through social media or mail.

Task 2:-

Reflections of the story using a questionnaire, to be answered spontaneously

1. Which character of the story can you relate to yourself?

Ans:-

2.What are the experiences you have in similar ?

Ans :-

3.Think and say any character in real Life similar to the Bahu character

Ans:-

4.How will you deal the situation if you were in the same circumstances

Ans:-.....

5. Do find the ending of the story, convincing? or would you suggest a different one?

Ans:-

Reflections or the Answers of every reader might differ and the E-Bibliotherapy may be said to have high impact if the process is preceded with the sample worksheets as given above. A cloud database can be created by compiling the resources. After such Initial work the E-Bibliotherapy process can be pursued. The mode of offering could be social media if it's for group therapy. For Individual one -to-one messaging, posting and forwarding can be done.

II. CONCLUSION

The Webotherapy or E-Bibliotherapy is the need of the hour as the youth are always interested in online activities. The "E" version of the Bibliotherapy is a best option to inculcate and regularize the reading habit among them. The youth's addiction to devices can be utilized for their betterment and aligning their thought and actions. The online therapy can inspire and aspire the student's for higher ambitions and goals. The social media is available in wide range which connects the Bibliotherapy team to the individuals and serves as a medium of the process. The sustained reading habit thus created, may definitely help the children to become responsible citizens of the future.

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