



# International Journal of Nursing and Healthcare Research

Journal home page: [www.ijnhr.com](http://www.ijnhr.com)

<https://doi.org/10.36673/IJNHR.2022.v06.i01.A12>



## EFFECTIVENESS OF BIBLIOTHERAPY ON LOW SELF ESTEEM AMONG SENIOR CITIZENS

Stephy Sebastian\*<sup>1</sup> and C. Ponnaruvi<sup>2</sup>

<sup>1</sup>\*Department of Mental Health Nursing, Ellen College of Nursing, Coimbatore, Tamil Nadu, India.

<sup>2</sup>Department of Mental Health Nursing, Velammal College of Nursing, Madurai, Tamil Nadu, India.

### ABSTRACT

Self-esteem is a person's subjective assessment of their own value. Self-esteem refers to one's self-perceptions as well as emotional states such as triumph, despair, pride, and humiliation. A study was conducted to assess the effectiveness of bibliotherapy on low self esteem among senior citizens in selected old age homes, Kerala. The approach was quantitative approach and design was quasi pre-test and post-test design. 60 samples were selected using purposive sampling technique on the basis of inclusion criteria. The level of self esteem was assessed using a structured questionnaire. The data obtained were analyzed in terms of both descriptive and inferential statistics. In the experimental group, the mean score was 14 in the pre-test and 23.5 in the post-test. The standard deviation value is 1.9 in the pre-test and 2.3 in the post-test. It shows that bibliotherapy is effective in increasing self esteem among senior citizens. In the control group, the mean score was 13.8 in the pre test and 13.6 in the post-test. The standard deviation value is 1.8 in the pre-test and 2.0 in the post-test. The paired 't' value is 2.2. Here, the calculated value (2.7\*) is more than the table value (2.043) at 5% Level of Significance. Thus, there is a significant difference between the pre-test and post-test levels of self esteem among senior citizens. There is no association between the pre-test levels of online game addiction among adolescents with their selected demographic variables.

### KEYWORDS

Bibliotherapy, Low self esteem and Senior citizens.

### Author for Correspondence:

Stephy Sebastian,  
Department of Mental Health Nursing,  
Ellen College of Nursing, Coimbatore,  
Tamil Nadu, India.

Email: [stefalappatt@gmail.com](mailto:stefalappatt@gmail.com)

### INTRODUCTION

Low self-esteem is a risk factor for depression, the most frequent disease among the aged in both developed and developing countries, resulting in a variety of behavioral changes as well as an increased risk of depression and suicide among the old. Low self-esteem can affect a person's quality of life in a variety of ways, including: Negative emotions -

continuous self-criticism can lead to feelings of despair, depression, anxiety, wrath, shame, and guilt. Many academics have been drawn to Ericson's perspective on psychosocial development because of his strong theoretical foundations. Ericson argues that psychological development is influenced by the social relationships that an individual forms at various phases of development.

He also claims that the ageing phase is the final stage of development. The more effectively a person has dealt with issues in the past, the more he or she feels developed and perfected.

### **Significance and need for the study**

#### **Statement of the problem**

A study to assess the effectiveness of bibliotherapy on low self esteem among senior citizens in selected old age homes, Kerala.

#### **Objectives**

To assess the pre test and post test level of low self esteem among senior citizens in experimental group.

To assess the pre test and post test level of low self esteem among senior citizens in control group.

To evaluate the effectiveness of bibliotherapy on low self esteem among senior citizens.

To find the association between pre test levels of low self esteem of senior citizens with their selected demographic variables. (Age, Sex, Religion, Educational status, Marital status, Type of family, Place of residence, Number of children, Source of income, Mode of admission, etc).

#### **Hypothesis**

**H1:** The mean post test level of self esteem will be significantly higher than the mean pre-test level of self esteem among senior citizens in experimental group.

**H2:** The mean post test level of self esteem will be significantly lower than the mean pre-test level of self esteem among senior citizens in control group.

**H3:** There will be a significant association between pre-test levels of self esteem among senior citizens and their selected demographic variables.

### **RESEARCH METHODOLOGY**

**Research approach:** Quantitative research approach

**Research design:** Quasi pre-test and post-test design was adopted for this study

**Sampling technique:** Non probability purposive sampling technique

**Sample size:** The sample size of this study was 60 senior citizens, in that 30 for experimental group and another 30 for control group.

**Setting of the study:** The setting for the study is Kasthurbha Bhavan and Kripa Bhavan, Kerala

#### **Description of tool and scoring interpretation**

##### **Section A: Demographic profile**

This section consists of 14 items pertinent to senior citizens such as age, gender, religion, type of family, place of residence, educational status, marital status, number of children, source of income, mode of admission, duration of stay in old age home, willingness to stay, hobbies, co morbid medical conditions

##### **Section B: Structured questionnaire**

Rosenberg self esteem scale was used. This section consists of 10 questions to assess level of self esteem.

##### **Score Interpretation**

The tool consists of 10 items and each item consists of 4 ratings. The rating is as follows:

##### **Scores are calculated as follows**

##### **For items 1, 2, 4, 6, 7**

Strongly agree-3

Agree-2

Disagree-1

Strongly disagree-0

##### **For items 3, 5, 8, 9, 10**

Strongly agree-0

Agree-1

Disagree-2

Strongly disagree-3

##### **Interpretation of scores**

The scale ranges from 0-30

Scores below 15 is low self esteem

Scores between 15 and 25 is moderate self esteem

Scores above 25 is high self esteem

##### **Inclusion criteria**

Who can read either English or Malayalam

Who are willing to participate in the study

Who were present during the time of data collection.

##### **Exclusion criteria**

With any physical illness

Who underwent bibliotherapy previously.

Who is already on recreational interventions.

### **Data collection procedure**

The period of data collection was for a month. The investigator obtained formal permission from the management authorities of the old age home. Samples were selected with Non probability purposive sampling technique and Quasi experimental [pre-test post-test control group] design was used. The data was collected on all seven days of the week. The timing of data collection was day timing. The nature and purpose of the study was explained to the old age people. Written consent was obtained. A time limit of 30 minutes was given to complete the questionnaire. After completion of questionnaire bibliotherapy was given only to the experimental group and this was followed for a time period of 6 weeks. Control group was not given any interventions. After 6 weeks post test was conducted for both experimental group and control group with the same structured questionnaire. The data collected from the samples were grouped and analyzed.

### **RESULTS AND DISCUSSION**

The study was done to assess the effectiveness of bibliotherapy on low self esteem among senior citizens. In the experimental group, the mean score was 14 in the pre test and 23.5 in the post test. The standard deviation value is 1.9 in the pre-test and 2.3 in the post-test. The paired 't' value is 2.7\*. It shows that bibliotherapy is effective in increasing self esteem among senior citizens. In the control group, the mean score was 13.8 in the pre-test and 13.6 in the post-test. The standard deviation value is 1.8 in the pre-test and 2.0 in the post-test. The paired 't' value is 2.2. Here, the Calculated value (2.7\*) is more than the table value (2.043) at 5% Level of Significance. Hence, the hypothesis (There will be a significant difference between the pre-test and post-test level of self-esteem among senior citizens) is accepted. Thus, there is a significant difference between the pre-test and post-test levels of self esteem among senior citizens. The therapy was effective.

### **Discussion**

While comparing the post test level of online game addiction in the experimental and control groups. In

the experimental group, the mean score was 14 in the pre-test and 23.5 in the post test. The standard deviation value is 1.9 in the pre test and 2.3 in the post-test. The paired 't' value is 2.7\*. It shows that bibliotherapy is effective in increasing self esteem among senior citizens.

In the control group, the mean score was 13.8 in the pre-test and 13.6 in the post-test. The standard deviation value is 1.8 in the pre test and 2.0 in the post test. The paired 't' value is 2.2. Here, the calculated value (2.7\*) is more than the table value (2.043) at 5% Level of Significance. Hence, the hypothesis (There will be a significant difference between the pre-test and post-test level of self esteem among senior citizens) is accepted.

### **IMPLICATIONS**

#### **Implications for nursing practice**

Nurses should develop an in-depth knowledge of the physical and psychological changes of people with low self esteem.

Nurses should be knowledgeable regarding the benefits of therapies, including bibliotherapy, in increasing the level of self esteem, which should be done in a community setting.

Nurses should educate and encourage senior citizens to practice bibliotherapy.

#### **Implications for nursing education**

Nurse educators need to be equipped with in-depth knowledge and skills regarding bibliotherapy.

They should conduct workshops or conferences for students regarding bibliotherapy, its benefits in day to-day nursing practice, and strengthen the curriculum for nurses to excel in knowledge and skills in bibliotherapy.

#### **Implications for nursing administration**

Nurses should assist in implementing public health awareness campaigns aimed at increasing self esteem. Nurses should provide knowledge, resources and leadership to establish some policies that focus on bibliotherapy to increase self esteem.

#### **Implications for nursing research**

Nursing research is to be done to find out the various innovative methods to increase self esteem. The finding of the study would help to expand the

scientific body of professional knowledge upon which their research can be conducted.

A large scale study should be conducted on bibliotherapy for increasing self esteem and disseminate the findings of the research through conferences, seminars and publishing in nursing journals.

### RECOMMENDATION

A similar study could be conducted with an increased sample size.

A similar study could be conducted with different age groups.

### CONCLUSION

The study was done to assess the effectiveness of bibliotherapy on low self esteem among senior citizens. In the experimental group, the mean score was 14 in the pre-test and 23.5 in the post-test. The standard deviation value is 1.9 in the pre-test and 2.3 in the post-test. The paired 't' value is 2.7\*. It shows that bibliotherapy is effective in increasing self esteem among senior citizens. In the control group, the mean score was 13.8 in the pre-test and 13.6 in the post-test. The standard deviation value is 1.8 in the pre-test and 2.0 in the post-test. The paired 't' value is 2.2. Here, the calculated value (2.7\*) is more than the table value (2.043) at 5% level of significance. Hence, the hypothesis (There will be a significant difference between the pre-test and post-test level of self esteem among senior citizens) is accepted. Thus, there is a significant difference between the pre-test and post-test levels of self esteem among senior citizens.

### ACKNOWLEDGEMENT

The authors wish to express their sincere gratitude to Department of Mental Health Nursing, Ellen College of Nursing, Coimbatore, Tamil Nadu, India for providing necessary facilities to carry out this research work.

### CONFLICT OF INTEREST

We declare that we have no conflict of interest.

### BIBLIOGRAPHY

1. Mary C. Townsend. Psychiatric mental health nursing, *Jaypee Brothers Medical Publishers (P) Ltd*, 8<sup>th</sup> Edition, 2012, 1-1009.
2. Neeraja K P. Essentials of mental health and psychiatric nursing, *Jaypee Brothers Medical Publishers (P) Ltd*, 1<sup>st</sup> Edition, 2011, 674.
3. Neeraj Ahuja. A short textbook of psychiatry, *Jaypee Brothers Medical Publishers (P) Ltd*, 7<sup>th</sup> Edition, 2011, 272.
4. Polit D F, Beck C T. Nursing research generating and assessing evidence based practice, *Wolters Kluver (P) Ltd*, 8<sup>th</sup> Edition, 2008, 796.
5. Sreevani R. A guide to psychiatric and mental health nursing, *Jaypee Brothers Medical Publishers (P) Ltd*, 4<sup>th</sup> Edition, 2016, 518.

**Please cite this article in press as:** Stephy Sebastian and Ponnaruvu C. Effectiveness of bibliotherapy on low self esteem among senior citizens, *International Journal of Nursing and Healthcare Research*, 6(1), 2022, 59-62.