

**A LITERATURE REVIEW:
BIBLIOTHERAPY: A COGNITIVE BEHAVIOR THERAPY
APPROACH TO PROMOTE PSYCHOLOGICAL WELL-BEING**

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ABSTRAK

Pendahuluan: Buku bukan hanya sebagai media untuk mendapatkan pengetahuan, informasi, dan hiburan, tetapi juga dapat dijadikan media terapi untuk pasien dengan masalah psikologis. Penggunaan buku sebagai media terapi disebut biblioterapi. Biblioterapi dikenal sejak masa Yunani. Tujuan dari studi ini adalah untuk mendeskripsikan tentang biblioterapi dan keefektifannya untuk meningkatkan kesejahteraan psikologis.

Metode: Metode yang digunakan dalam studi ini adalah dengan menganalisis artikel penelitian terkait biblioterapi. Artikel yang digunakan diperoleh melalui database elektronik ProQuest dan ScienceDirect dari tahun 2010 – 2015.

Hasil: Biblioterapi merupakan bentuk terapi yang dapat dilakukan sendiri, dengan menggunakan media bacaan yang valid dan spesifik. Namun biasanya difasilitasi oleh tenaga kesehatan profesional untuk menangani orang dengan masalah mental, fisik, emosional, dan sosial. Informasi yang diperoleh dari buku menjadi masukan untuk mengatasi masalah yang dihadapi. Dengan membaca, individu dapat menginterpretasikan makna bacaan, seperti rasa haru, simpati, dan lainnya. Perasaan tersebut dapat meningkatkan individu untuk berperilaku secara adaptif. Banyak penelitian tentang biblioterapi yang menunjukkan keefektifannya dalam mengatasi masalah psikologis pasien baik anak – anak maupun dewasa. Ada lima tahap dalam pelaksanaan biblioterapi, yaitu: a). Motivasi; b). Waktu untuk membaca; c). Inkubasi; d). Follow-Up; e). Evaluasi.

Discussion: Biblioterapi merupakan intervensi yang efektif untuk meningkatkan kesejahteraan psikologis, dan dapat diaplikasikan pada berbagai usia. Biblioterapi juga dapat diaplikasikan pada keluarga dengan anggota yang mengalami masalah kesehatan jiwa.

Kata kunci: Biblioterapi, Terapi Perilaku-Kognitif, Masalah Kesehatan Jiwa

ABSTRACT

Introduction: Book not only media to discover knowledge, information, and entertainment, but it can be instrument of therapy or cure for patients with psychological problem. Using book as an instrument of therapy called bibliotherapy. Bibliotherapy has been known since Ancient Greece. The aim of this study is to review the literatures describe bibliotherapy and it's effectiveness to promote psychological well-being.

Method: The method used in this study was collected and analyzed the article about bibliotherapy. Articles was collected through electronic database ProQuest and ScienceDirect from 2010 – 2015.

Result: Bibliotherapy is a form of self help treatment, refers to self-managed interventions that are based on validated and specific written materials and are generally facilitated by a healthcare professional to help people cope with mental, physical, emotional, or social problems. The information and knowledge gained from reading becomes input to solve their problems. By reading, an individual can interpret the writer's mind, translate the meaning of a sentence, such as compassion, sympathy and others. These feelings can encourage individuals to behave more positively. Many research on bibliotherapy showed its effectiveness as a therapy in patients with psychological problem at all ages, from children to elderly. There are five steps of bibliotherapy, both individually or groups: a). Start with motivation; b). Sufficient time to read; c). Incubation; d). Follow-Up; e). Evaluation.

Discussion: Bibliotherapy is an effective intervention to promote psychological well-being, and can be applied in a various age of patients. Bibliotherapy can applied not only for patients but also for care giver.

Keywords: Bibliotherapy, Cognitive Behaviour Therapy, Mental Health Problem

Introduction

“All sorrows can be borne if you put them into a story or tell a story about them” (Isak Dinesen). Stories affect human emotions, and books can serve as models for development. Their influence on emotions and development has been recorded throughout history. Shakespeare scribed these words for Titus Andronicus, *“Come and take choice of all my library and so beguile thy sorrow”* (Act IV, Scene I).

From above statement, we know that book not only media to discover knowledge, information, and entertainment, but it can be instrument of therapy or cure for patients with psychological problem. Using book as an instrument of therapy called bibliotherapy. Jachna (2005) says that bibliotherapy is psychotherapeutic support by reading material to help someone who experiencing personal problems. This is highly recommended for patients who are difficult to express problems verbally (Setyoadi & Kushariyadi (2011) .

Bibliotherapy has been known since Ancient Greece. According to Plato, the parents should be selective when telling a story to children, because it can be a model of thinking and behaving child in future. In Indonesia, bibliotherapy are still not familiar both among the general public and health professionals, especially nurses. Whereas bibliotherapy is one of independent nursing interventions that have been translated into nursing intervention classification (NIC).

In fact almost every hospital both general hospitals and psychiatric hospitals have library facilities, but unfortunately its not maximized function as a part of therapy for patients with psychological problem. Thus the authors are interested to describe how the bibliotherapy as one approach to cognitive behavior therapy to improve psychological wellbeing.

Method

The method used in this study was collected and analyzed the article about bibliotherapy. Articles was collected through electronic database ProQuest and ScienceDirect from 2010 – 2015.

Result and Discussion

Bibliotherapy, as a part of expressive therapy, involves the systematic use of books to help people cope with mental, physical, emotional, or social problems. Bibliotherapy is a form of self help treatment, refers to self-managed interventions that are based on validated and specific written materials and are generally facilitated by a healthcare professional. Most often, this facilitation is limited to introducing, monitoring and reviewing the outcome of treatment (National Institute for Clinical Excellence, 2009). Most forms of bibliotherapy are based on principles from CBT (Gregory, Canning, Lee, & Wise, 2004), and they are designed to provide patients with means for restructuring key cognitive processes (Moldovan, Cobeanu, & David, 2012).

Mechanism of bibliotherapy is someone can recognize him/herself by reading books. The information and knowledge gained from reading becomes input to solve their problems. By reading, an individual can interpret the writer's mind, translate the meaning of a sentence, such as compassion, sympathy and others. These feelings can encourage individuals to behave more positively.

Bibliotherapy is a viable psychological intervention, particularly for patients who are unlikely to use more traditional psychological treatments; self-help approaches may allow patients ready access to help that they would otherwise have limited access to (Williams, 2001). Thus, when efficacy, cost and convenience are considered, bibliotherapy seems a very attractive alternative.

Bibliotherapy is interesting for two reasons. First, it can be a cheap, efficient and high quality form of therapy. Many people experiencing psychological problems never pursue treatment. The most often cited reason for not taking treatment for mental health problems and other related services is the stigma attached to them in the society. Stigma refers to discrimination in some undesirable way. It is a sign of shame, disgrace, or disapproval, rejected by others or by even the entire community. Bibliotherapy is seen as an effective way of reaching out and breaking the isolation of people.

The second reason why bibliotherapy is interesting is that perhaps this form of therapy can reach large areas of the population of depressed persons who cannot be reached with traditional forms of therapy. Many depressed persons are not prepared to go to professional therapists for help. Objections are, for example, the idea that "talking" does not help, lack of willingness to talk to a stranger about personal problems, fear of a stigma, prejudices about therapists, or physical obstacles like walking problems or long distances (Cuijpers, 1997). Homework assignments could also be one of these nonspecific elements which contribute to the effects of therapies (Cuijpers, 1997). Bibliotherapy is, possibly, a nonstigmatising and easy to use treatment method through which a segment of the untreated population can be reached.

Many research on bibliotherapy showed its effectiveness as a therapy in patients with psychological problem at all ages, from children to elderly. The first, bibliotherapy can reduce symptoms of depression. From the results metaanalysis conducted by Cuijpers (1997), showed that bibliotherapy in unipolar depression is an effective treatment modality. Bibliotherapy can prevent the worsening of depression and be used as a preventive instrument. Other studies that support above statement is the research conducted by Moldovan, Cobeanu, and David (2012). The results indicated that cognitive bibliotherapy in statistically and clinically significant changes in both depressive symptoms and cognitions, the which were maintained at follow-up. That research also found that automatic thoughts significantly mediated the effect of bibliotherapy on depressive symptoms. Cognitive bibliotherapy programmes are potential alternatives to psychotherapy for mildly depressed adults.

Bibliotherapy is a form of self help treatment because it can be done without therapist. This statement support by a randomized trial study by Nordin, Sara et al (2010). Result of this study stated that bibliotherapy without therapist input during the treatment phase, but with a clear deadline, can lead to improvement for people with panic disorder, with or without agoraphobia. The therapist contact, if there is any, is

usually administered via telephone or, more recently, via email.

Bibliotherapy can be applied in work place. Mental health problems can happens at some work settings that are particularly stressful, for example, teachers and other education workers show high rates of depression, anxiety, and stress-related health problems. Jeffcoat & Hayes (2012) published a randomized trial ACT bibliotherapy on mental health of teachers. This study showed that the workbook had both an ameliorative and preventative impact and there was some support for its putative processes of change.

Bibliotherapy applied not only for adult, but also for children. A study in United States, evaluated anxiety symptom and behavior change on young children (age 5 – 7 years) who experiencing persistent and interfering nightmares fears with bibliotherapy. The result showed that eight of the nine children demonstrated clinically significant change in anxiety severity. In addition, their parent reported that the number of nights children slept in their own bed were increased (Lewis et al., 2015).

Moreover, the advantages of using this therapy can be felt by care giver. McCann et al., (2014), published a randomized controlled trial study where bibliotherapy used to solved problem for first time primary care givers (n = 124) of family members with first episode of psychosis. The intervention group showed significant improvements in their social problem solving in impulsivity/ carelessness in comparison to the control group, and significant reductions in rational problem-solving.

According to Oslen (2006) cited in Setyoadi & Kushariyadi (2011), there are five steps of bibliotherapy, both individually or groups: a). Start with motivation: Nurses provide preliminary activities, such as games or role play to motivate the patient to be actively involved; b). Sufficient time to read: Nurses encourage patients to read until finished. Reassure that nurse quite familiar with the reading material; c). Incubation: Nurse gives time to reflect on the material reading by patient; d). Follow-Up: Follow-up should be done with discussion, so there is an opportunity to exchange ideas. Then nurse helps patient to realize the acquired knowledge into real life; e). Evaluation: Evaluation should be carried out

independently by the patient to stimulate patients derive conclusions and understand the meaning of learned experiences.

Although bibliotherapy have many advantages, there are justified criticism against bibliotherapy, it's may not be sufficient for individuals with severe panic disorder or with comorbid psychopathology and unsuitable for individuals with limited reading skills.

Conclusion

Bibliotherapy provides a solution to psychological problem, as books are an easily and often inexpensively obtained resource, a time-efficient intervention, and can be used in a personal, small group, or large group setting. Group benefits include feedback from others concerning interpretations and behaviors and opportunities for modeling and improving communication.

Bibliotherapy can provides by school-based professionals, such as teachers, psychologists, counselors, social workers, speech-language pathologists, nurses, librarians, as well as parents with an easy, enjoyable and effective strategy.

Bibliotherapy can reduce negative emotions and symptoms with their replacement by more positive behaviors and feelings, effective in promoting problem solving, developing empathetic understanding, and enhancing self-awareness. In summary, bibliotherapy is an effective intervention to promote psychological well-being, and can be applied in a various age of patients.

More research is needed on this topic, specially in Indonesia, to improve evidence based practice in nursing intervention, because bibliotherapy is effective nursing intervention.

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