

BIBLIOTHERAPY: A THERAPEUTIC PRACTICE AND EVALUATION FOR WORKING WOMEN

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Abstract

Bibliotherapy is an [expressive therapy](#) that involves the reading of specific texts with the purpose of healing. It also an adjunct to Psychological treatment the incorporate appropriate books or other written materials, usually intended to be read outside of Psychotherapy sessions, into the treatment regimen. This paper examines the determinants and understands the problems and issues faced by working women's in India. The objective of this article to evaluate the working women's are suffered by different kinds of mental stress and also identifying that stress creators. Finally, discuss some stress management method and also solution for how to come out from grave of mental illness.

Keywords: Bibliotherapy, Working Women, Mental Stress, Management, India

1.0 Introduction

In the ancient Indian society women were adored and worshiped as goddesses. However, in the middle age, the status of women got down to a great extent. Women are considered in the society only to perform duties like to bring up children, caring every family member, and other household activities. There is old and traditional faith of people coming out for years that men are in the field, whereas women are only in the home. Now-a-days, women are breaking all the barriers of social issues and problems against them in the society. They are getting ahead and enjoying equality of status in almost all fields because of being financially independent and economically sound.

In the history of human development, women have been a vital role in the history making as a good or bad society. We know a famous quote "A woman has behind in every one men victory". Undoubtedly, without the active participation of women in national activities, the social, economic or political progress of a country will deteriorate and become stagnant. But poignantly and tragically, women employees are in general are not taken very seriously by their superiors, colleagues, or society at large. Earlier to this woman were facing a lot of problems because of male dominated, patriarchal society system, practice of old traditional beliefs, etc.

Nowadays a single man earning is not possible to fulfill the all family needs, that's why the woman's share her partner's financial burden along with household responsibility. Women have the responsibilities to effectively manage their multiple roles such as good daughters for parents, a good life partner and also she must become a sexual partner for husband, a good caretaker for family members, a good mother for the kids, Earner, Budgeter, Planner, Adviser etc... These responsibilities make the life of working women extremely stressful.

2.0 A Stressful Indian Woman

According to "Women of Tomorrow", the survey showed that out of 21 nations and 6500 women, India is leading country when it adds up to stress in adult females. Approximately 87% of women were stressed most of their time and 82% claimed that they did not find time to relax. The grounds behind it is that Indian women suffer to

take on different characters in everyday life, i.e. work and home related activities. Career opportunities for Indian women are increasing, but social norms and family expectations are the root cause of this stress.

S.No	Name of the Country	% of Stressful Women's
1	India	87%
2	Mexico	74%
3	Russia	69%
4	Brazil	67%
5	Spain	66%
6	France	65%
7	South Africa	64%
8	Italy	64%
9	Nigeria	58%
10	Turkey	56%

Women get affected by the various violence almost every day, which is breaking up the social club. Adult females are being victims of violence at huge level day by day because of increasing crimes against adult females (according to the report of Crime Record Bureau of the Central Home Ministry). The woman is getting kidnapped at every 44 minutes, raped at every 47 minutes, 17 dowry deaths every day, etc. They may face violence within the family (dowry related harassment, death, marital rape, wife-battering, sexual abuse, deprivation of healthy food, female genital mutilation, etc.) or outside the family (kidnapping, rape, murder, etc).

3.0 The List of Stress creators in India for working women's

On that point are several issues and problems which women generally face in the society in India. The following statistical report recently issued by the National Crime Records Bureau in India for the year of 2015.

Sexual harassment: It is the form of sexual exploitation of a girl child at home, streets, public places, transports, offices, by the family members, neighbors, friends or relatives. In 2015, around 19,411 cases was registered in India under the sexual harassment, 34,651 cases registered under rape, 4,437 cases registered under attempt to rape.

Dowry and Bride are burning: It is another problem generally faced by women with low or middle class family during or after the marriage. In 2015, around 7,634 dowry death cases was registered in India, according to the Indian National Crime Bureau reports.

Child Marriages: Early marriage of the girls by their parents in order to be escaped from dowry. It is highly practiced in the rural India.

Domestic violence: it is like endemic and widespread disease affects almost 70% of Indian women, according to the women and child development official. It is performed by the husband, relative or other household members. 82,422 cases were registered under the assault on women with intent to outrage modesty, 8,685 cases were registered under insult to the Modesty of women, 1,13,403 cases was registered under the cruelty by husband or his relatives.

Status of widows: Widows are considered as worthless in the Indian society. They are treated poorly and forced to wear white clothes.

4.0 Bibliotherapy

In this stressful scenario, how can we solve this working women's stress?. Bibliotherapy is an excellent and ultimate solution for mental illness connected with physical tiredness. Since the time of Aristotle, the therapeutic effects of literature have been recognized. The word Bibliotherapy was coined in 1916 by Samuel Crothers, merging the Greek words for book ("Biblion") and for healing ("therapeia").

- **Bibliotherapy** is an expressive therapy that involves the reading of specific texts with the purpose of healing.
- The American Library Association accepted the Webster's Third New International Dictionary definition in 1961: —the use of selected reading materials as therapeutic adjuvants in medicine and psychiatry; also, guidance in the solution of personal problems through directed reading (ALA, 1978).

5.0 PRACTICE IN BIBLIOTHERAPY

Bibliotherapy can be divided into two categories, first one is reading Bibliotherapy, and the second one is interactive Bibliotherapy. The former may be suggested guided reading without discussion, but nowadays guided reading as a springboard for discussion between the reader and the practitioner. Either type of Bibliotherapy may be utilized efficacy in the exercise.

Bibliotherapy can be further classified as a clinical or developmental. Clinical Bibliotherapy focuses on illnesses either physical or emotional, and is employed practitioners who have advanced training in psychotherapeutic Intervention. Developmental Bibliotherapy on the other hand, is aimed at clients' with normal, expected life situations that may cause stress. Developmental Bibliotherapy most appropriate for the librarians practice.

6.0 HOW TO ACCESS THE CLIENT

The first step is an assessment of the women and her family situation. The practitioner (Librarian) should be determined the women's understanding of and feelings about her particular situation. Assessment should include readiness for intervention, because if clients are in the denial stage of facing a situation, Bibliotherapy is not likely to be effective. If this is the case, reading should be offered as an escape until the woman is ready to work through her feelings more directly.

The practitioner should assess the women's attitude toward reading, her degree of reading comprehension and the type of literature, if any normally reads. If she dislike reading, or if she owns a problem interfering with her concentration or her understanding of the written or spoken word, Bibliotherapy may be inappropriate, and the practitioner should attempt some other approach.

If we require to obtain ultimate results from Bibliotherapy, the librarians should try to find the closest fit between client and the literature that is advocated. The treatment should be conducted in various facets, including family situation, belief about religion, biases, interests, age, education, business and lifestyle.

7.0 SOME IMPORTANT BOOKS LIST FOR BIBLIOTHERAPY TREATMENT

Later in the assessment of psychological behavior of the client, the practitioner should select appropriate reading materials in order to their reading power.

Sue Miller's book, *The Good Mother*, tells the story of a divorce and custody battle (23). The protagonist has an out-of-wedlock sexual relationship with a man whose free-spirited lifestyle and personality some readers might find objectionable. A woman may and these details till interfere with her identification with the agonist, thus preventing her from making the most possible benefit from her reading.

Barbara Berg's book, *Nothing to Cry About* and Nancy Thayer's book, *Morning*, deal with infertility issues. The Berg's book will be more appropriate leading for a woman who has received one or more spontaneous abortions because that is a problem covered in this volume. Thayer's book till be most effective for the woman who has difficulty conceiving because that is the situation" experienced by the protagonist in this novel.

The selection process is very helpful, may be used instead of a whole book. The librarian can advise that the woman reads pertinent chapters, pages, or even paragraphs that might be helpful.

8.0 INTERFERENCE OR DISCUSSION

After selecting the most appropriate and relevant literature, a suggestion of specific reading material should be made and an annotated Bibliotherapy provided. It is best if clients read selections themselves. The practitioner cannot read all the topics during an assignment. So who can ask their family members to read aloud or use tape – recorded books. The practitioner should be discussed with the woman after digesting the material; the discussion may include the family members of clients. This increases support for the client and gives support to family members as well. Reading should be a springboard for discussion of issues important to the particular client. The Librarian may be encouraged any expression of emotion raise by reading and Highlight information the woman may have obtained through reading. Bibliotherapy can be especially effective in a group study, such as family members. The Librarian could suggest a book like Mothers talking with Frances Burk to group members. This type of book may stimulate the courage and confidence. The practitioner should follow up the client activities after the interference.

9.0 EVALUATION

The final step is to evaluate the result of Bibliotherapy treatment and also find any intervention as needed. The practitioner should identify the fulfillment of the finishes, the goals, means what we have set the criteria, before starting the treatment such as behavioral changes and range of stress. And as well extending the evaluation procedure to quantify the outcome of Bibliotherapy, she can manage difficult situation? She is reliving from stress or partially relieved. If needed, additional literature may be recommended and the way of discussion can be tuned.

10.0 WEBSITES

Some Online resources also available regarding mental illness, evaluation techniques, and treatment methods. Here are a few of the most reliable sites.

➤ **AACAP Facts for Families, www.aacap.org/web/aacap/factsFam**

Sponsored by the American Academy of Child and Adolescent Psychiatry (AACAP), this site offers more than 50 titles regarding mental illness such as Grief, depression, anxiety, and teen suicide etc.

➤ **Hypericum & Depression Home Page, www.hypericum.com**

This site offers for free complete text of Harold Bloomfield's Hypericum & Depression and how to heal depression, plus an online discussion forum.

➤ **National Alliance for the Mentally Ill (NAMI), www.nami.org**

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of people affected by mental illness. It offers information on brain disorders, an online cataloguing, meeting and conference announcements.

➤ **National Institute of Mental Health (NIMH), www.nimh.nih.gov**

Comprehensive information on depression via the Depression Awareness, Recognition and Treatment Program (DART), with almost all documents full – text online.

11.0 CONCLUSION

We accept heaps of treatment of choices for reliving from mental strain, but Bibliotherapy can be an efficient, inexpensive and nonthreatening aspect of our perfect practice. It is a suitable choice for working women's. The woman's are the eyes of the nation, so we have to protect our feminism through the Bibliotherapy along with librarian guidance. We must prove, the Librarian can perform in multiple roles such as information officer, a best guider, a knowledge manager, a teacher of a teacher and also get avatar as a physician.

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