

## Original Research Article

# Influence of bibliotherapy in reducing the stress among orphan children in selected orphanages of Bangalore

Vijayalakshmi M.\*

Department of Mental Health Nursing, Hillside College of Nursing, Bangalore, Karnataka, India

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### \*Correspondence:

Dr. Vijayalakshmi M.,

E-mail: [jeevaviji2003@gmail.com](mailto:jeevaviji2003@gmail.com)

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## ABSTRACT

**Background:** India has an orphan crisis. India has about three times the American population living in one third of the space. On the streets, children are disturbingly vulnerable; evil adults will cripple orphaned children in order to use them for works such as sexual abuse, physical violence, begging and many more just for monetary benefits.

**Methods:** The approach used for this study was evaluative research approach. The independent variable of the study is bibliotherapy for orphan children (10-14 years) and dependent variable is level stress experienced by the orphan children (10-14 years). The structured stress assessment statements were used to collect data and were analyzed and interpreted using descriptive and inferential statistics.

**Results:** The majority (90%) had moderate stress and (10%) had mild stress in pre-test, whereas (100%) had mild stress in post-test. The overall stress scores of respondents were found to be 53.63% with standard deviation 7.9 in pre-test. The overall stress cores of respondents were found to be 38.24% with standard deviation 7.3 in post-test. It is evident that the obtained "t" value 26.11 is greater than the table value at 0.01 level of significance. Therefore, "t" value is found to be significant.

**Conclusions:** The present study was attempted to assess the influence of bibliotherapy on reduction of level of stress experienced by orphan children and concluded that there is reduction in level of stress among orphan children after exposure to bibliography. This supports that bibliography is effective in reduction of stress level among orphan children.

**Keywords:** Influence, Bibliotherapy, Stress, Orphan children, Orphanages

## INTRODUCTION

A kid who has lost or had their parents abandoned is considered an orphan. Only a kid who has lost both parents is often referred to be an orphan. Orphans or "adult orphans" are other terms for adults.<sup>1</sup>

Known orphans include international leaders like Andrew Jackson and Nelson Mandela, the Muslim prophet Mohammed, and authors like Leo Tolstoy and Edgar Allan Poe. In his artwork, the American orphan Henry Darger depicted the appalling conditions of his orphanage. Other noteworthy orphans include celebrities like Frances McDormand, Ray Charles, Babe Ruth, Louis Armstrong,

Marilyn Monroe, and many fictional characters from books and comics.<sup>2</sup>

India has a problem with orphans. In India, three times as many people live in the same area as Americans. It just takes the addition of extreme poverty, starvation, drought, natural catastrophes, acquired immune-deficiency syndrome (AIDS), and malaria to create tragedy and, most importantly, unaccompanied minors. It is not surprising that many parents pass away under such circumstances, leaving their children in the hands of a society that is unable to care for them. Children are shockingly defenseless on the streets; bad persons will cripple orphaned kids so they may be used for laborious tasks like

sexual abuse, physical abuse, begging, and other jobs for money.<sup>3</sup>

Stress is a condition of imbalance between the expectations that are placed on a person and their capacity to handle those demands. It may also be seen as a stimulus that a person finds difficult or hurtful. To differentiate it from the events that provoked it, the impact on the person is typically referred to as the stress reaction. These reactions include endocrine alterations, autonomic responses, and psychological ones like the sensation of being imprisoned.<sup>4</sup>

Internal stressors (those that originate from within the body), external stressors (those that come from outside the body), developmental stressors (those that happen at predictable times throughout life), and situational stressors (unpredictable that happen at any time during the life) can all contribute to stress. A few examples are hospitalizations and illnesses, parent or family member loss, and orphanhood.<sup>5</sup>

Growing concern has been expressed in recent years regarding how to handle stress in nursing. An individual's physical and psychological well-being can be impacted by stress. In a stressful situation, a nurse must meet demands for fast, cost-effective treatment. The standard of care is the responsibility of the nurses. A nurse can assist a lot of people cope with these concerns since a calm mind is a focused mind. When stress increases a person's capacity to face everyday obstacles, it becomes a quality-of-life issue.<sup>5</sup>

Bibliotherapy has gained a lot of attention as a useful stress-reduction strategy. The first use of the term "bibliotherapy" was by Crothes, who gave it that name at the start of the 20<sup>th</sup> century. Most people are aware of the effectiveness of therapeutic reading. When reading a fantastic novel, we often find ourselves into the world the characters are living in. When a character is suffering, we cry alongside them, we experience joy or sorrow, and we genuinely care about how the good people handle it and how the evil people are dealt with. Typically, we also come away with fresh perspectives and ideas for our own lives.<sup>6</sup>

The phrases biblio and therapy, which both allude to psychological support, are combined to form the term bibliotherapy. Biblio is derived from the Greek word biblus, which means "book." Bibliotherapy is the practice of using books to assist individuals in resolving issues. It is described as "instruction in the solving of personal difficulties via reading" in Webster's Dictionary. The two main schools of bibliotherapy are "cognitive" and "affective," respectively. The majority of the literature that is now available on bibliotherapy with kids is affective bibliotherapy. Through the process of identification, affective bibliotherapy employs fiction and other works of high-quality literature to assist readers in making connections to emotional experiences and everyday events.<sup>7</sup>

There are thought to be between 143.2 and 210 million orphans in the globe. In India, there are close to 40 million poor children and around 12.44 million orphans. In India, a million new orphans are added to the population each year. A tour of an orphanage will leave you with lifelong memories since it's heart-breaking to see kids who are living in abject poverty, being rejected, and being mentally and physically stunted.<sup>8</sup>

With 400 million children under the age of 18, India is the country with the greatest population of children worldwide. Unluckily, roughly 25 million of them are orphans who must battle poverty every day and other possible abuses.<sup>8</sup>

Being an orphan is a misfortune, but it tastes even worse when you are a youngster. Due to their numerous, intricate, and intricately interwoven demands for safety, food, housing, education, and family connections, orphans experience extreme stress. Numerous studies have described the various factors that affect orphans' stress levels, including the loss of opportunities for quality education, health care, and future development, a lack of basic necessities, poverty, exploitation, stigma, sexual or physical violence, restricted access to services, the economic downturn, grief over losing one or both parents, a lack of affection, injustice, a lack of moral and emotional support, and discrimination.<sup>9</sup>

Lack of school supplies, affection and care, loneliness, a lack of decent clothing, unstable housing, prejudice, and the inability to select what they want are the primary issues that orphans face throughout life. The majority of orphaned kids try to deal with the issues by working really hard, helping out in people's gardens, carrying water, reading a lot if they're in school, and doing their best to behave themselves. Others resort to begging from friends and family members or from one person to another in an effort to cope. Some of them seek God's intervention and healing via prayer, while others attempt to move from one area to another.<sup>10</sup>

Orphanhood and the issues orphans experience have become a severe danger to local and national development. New, forward-thinking policies and initiatives targeted at enhancing their standard of living and guaranteeing their future are urgently required if the approaching disaster is to be avoided.<sup>9</sup>

In an Indonesian residential institution, 14 participants, aged 10 to 24, including 11 men and 3 women, participated in qualitative research to discuss problems and coping mechanisms (orphanage and Muslim boarding school). Insufficient access to educational materials and essentials, as well as residents' feelings of isolation and the residential institution's lack of response, were determined to be key sources of stress for the participants. People dealt with these difficulties by seeking out social support from others and attempting to shift the emphasis of their thoughts, such as to more pleasant ones or by just mentally disengaging.<sup>11</sup>

In Namibia, research was done to investigate the relationship between single and double orphanhood and depressive symptoms and emotional discomfort in kids and teenagers. Children's depression inventory (CDI) was given to 157 pupils from 3 schools, comprising 84 non-orphans, 50 single orphans, and 23 double orphans. According to the findings, depressive (stress) symptoms were present in 21.9% of single and double orphans and 11.9% of non-orphans. The study provides proof that being an orphan is linked to poor mental health and that stress levels are high in about 1 in 6 children and adolescents in Namibia.<sup>12</sup>

Particularly in children's and fantasy fiction, orphaned people are frequently the main characters. The absence of parents frees the protagonists from parental responsibilities and restrictions and deprives them of more conventional lifestyles, allowing them to pursue more intriguing and adventurous lives. Characters that are self-contained, contemplative, and who aspire to love are the result. In an allegoric sense, orphans might look within themselves by striving to comprehend their origins. Fairy tales frequently feature orphans, including most versions of Cinderella. Numerous research has been done to demonstrate that bibliotherapy is useful in lowering stress in both adults and children.<sup>13</sup>

In general, the author was enlightened by facts and statistics to carry out a study on the influence of bibliotherapy in reducing the stress among orphan children in selected orphanages of Bangalore, with the objectives: to assess the existing level of stress among orphaned children, to select and administer the bibliotherapy material among orphan children, and to assess effectiveness of bibliotherapy on level of stress among orphan children.

### **Hypothesis**

$H_1$

There will be significant difference between pre-test and post-test scores for stress among orphan children receiving bibliotherapy.

### **METHODS**

The present study is evaluative research approach was adopted in ordered to assess the influence of bibliotherapy in reducing the stress among orphan children at Sneha orphanages, Bangalore. A one-group pre-test post-test (pre-experimental) design has been used to attain the objectives of the present study. Study was conducted at Sneha orphanages, Bangalore. The independent variable is bibliotherapy for orphan children and dependent variable is level stress experienced by the orphan children. The target population of the present study comprises of orphan children in the age group of 10-14 years living in selected orphanages in Bangalore. By adopting purposive sampling technique 60 orphan children of age group of 10-14 years

was used to collect data. Data collection was carried out for a period of one month. This data was entered into the excel sheets and analysed using statistical package for the social sciences (SPSS) for windows, version 16.0, Chi-square test was used for the evaluation of the level of significance.

The researcher adhered to several critical ethical considerations regarding obligations and responsibilities in the recruitment of participants and data collection: approval has obtained from Institutional human ethics committee, formal administrative permission was obtained from a nursing institute administration, informed printed agreement was taken from the subjects, and maintain the confidentiality of data.

### **Sampling criteria**

The samples were selected with the following predetermined set of criteria.

### **Inclusion criteria**

All orphan children in the age group of 10-14 years living in orphanages suffering from considerable stress; conscious and mentally alert; children who were cooperative; and children having the ability to read and/or write Kannada were included in the study.

### **Exclusion criteria**

Children who were critically ill, with neurological deficit, and who were not interested in reading were excluded from the study.

### **Selection and development of the tool**

The investigator has prepared the structured stress assessment statements to assess the level of stress experienced by orphan children in selected orphanages for the present study. The tool was having two sections, section 1: demographic variables such as age, sex, educational status, duration of stay in the orphanage, any visitors and the number of visits. Section 2: stress statements on which include social stress physical stress cognitive stress, emotional stress and spiritual stress.

### **Development of bibliography**

The first draft of the bibliography was developed based on the objectives of the study and was given to 7 experts in the field of child health nursing along with objectives, criteria rating scale based on their suggestions and recommendations (i.e. expansions of abbreviations used and correction of certain items), the final draft of bibliography was prepared for orphan children (10-14 years). Bibliography stories included 'biography of A.P.J. Abdul Kalam', 'The Star Fish Story', 'Loyalty' and 'Friendship', 'The Secret of Happiness', 'Reflection of

You’, ‘Inspiring stories of Orphans of our time’ and ‘An orphan girls success story’.

**Reliability**

In order to establish reliability of the tool, the technique called split half method was used and reliability coefficient was calculated by using raw score formula. The calculated ‘r’ value is 0.80 and the developed tool was found to be highly reliable.

**Method of data collection**

After receiving official authorization from the relevant authority, data was gathered from 60 participants, with the orphan children chosen using a purposive selection approach. The subject's willingness to engage in the study was determined after the investigator gave a self-introduction and described the objective of the investigation. The individuals have been guaranteed of their anonymity and the confidentiality of the information they have supplied, and signed informed permission has been acquired. The pre-test was administered on the first day, followed by the bibliography, after one week, and the post-test was administered using the same tool.

**RESULTS**

The data were analysed on the basis of the study objectives, using both descriptive and inferential statistics. Findings are organized in the following headings.

The distribution of the subjects by age revealed that the (40%) were completed 14 years and (10%) completed 10 years of age, orphan children (50%) were males and females respectively. Education status of orphan children (50%) was studying high school and only (10%) were not having formal education. Duration of stay in orphanage children (40%) were staying more than 5 years and only (10%) were staying from past six months and number of visitors per day orphan children (80%) was not having any visitors and only (20%) were getting one or two persons as visitors.

The distribution of orphan children according to their stress level shows majority (90%) had moderate stress and (10%) had mild stress in pre-test, whereas (100%) had mild stress and no participants had moderate or severe stress. The maximum mean percentage obtained by the orphan children is found in the aspect of emotional stress (52.9%) followed by physical stress (56.62%), spiritual

stress (52.9%), cognitive stress (51.12%) and least mean score (49.02%) found in the aspect of social stress. The overall stress scores of respondents were found to be 53.63% with standard deviation 7.9 in pre-test.

**Table 1: Frequency and percentage distribution of demographic profile of orphan children.**

Demographic variable	Frequency	Percentage
<b>Age (years)</b>		
10	6	10.0
11	12	20.0
12	6	10.0
13	12	20.0
14	24	40.0
<b>Gender</b>		
Male	30	50.0
Female	30	50.0
<b>Educational status</b>		
No formal education	6	10.0
Primary school	12	20.0
Middle school	12	20.0
High school	30	50.0
No formal education	6	10.0
<b>Duration of stay in orphanage</b>		
From six months	6	10.0
One year	18	30.0
Two to four years	12	20.0
More than 5 years	24	40.0
<b>Number of visitors per day</b>		
No	48	80.0
One to two persons	12	20.0
Total	60	100

The maximum mean percentage obtained by the orphan children is found in the aspect of Spiritual stress (42.9%) followed by social stress (41.08%), emotional stress (40.58%), cognitive stress (36.05%) and least mean score (31.2%) found in the aspect of physical stress. The overall stress scores of respondents were found to be 38.24% with standard deviation 7.3 in post-test.

The obtained "t" value 26.11 is greater than the table value at 0.01 level of significance. Therefore, "t" value is found to be significant. It means there is reduction in stress level among orphan children after exposure to bibliography. This supports that bibliography is effective in reduction of stress level among orphan children.

**Table 2: Pre-test and post-test stress level of orphan children (N=60).**

Stress level	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Mild stress	6	10.0	60	100.0
Moderate stress	54	90.0	0	0.0
Severe stress	0	0.0	0	0.0
Total	60	100	60	100

**Table 3: Mean, mean percentage and standard deviation for the pre-test stress scores of orphan children (N=60).**

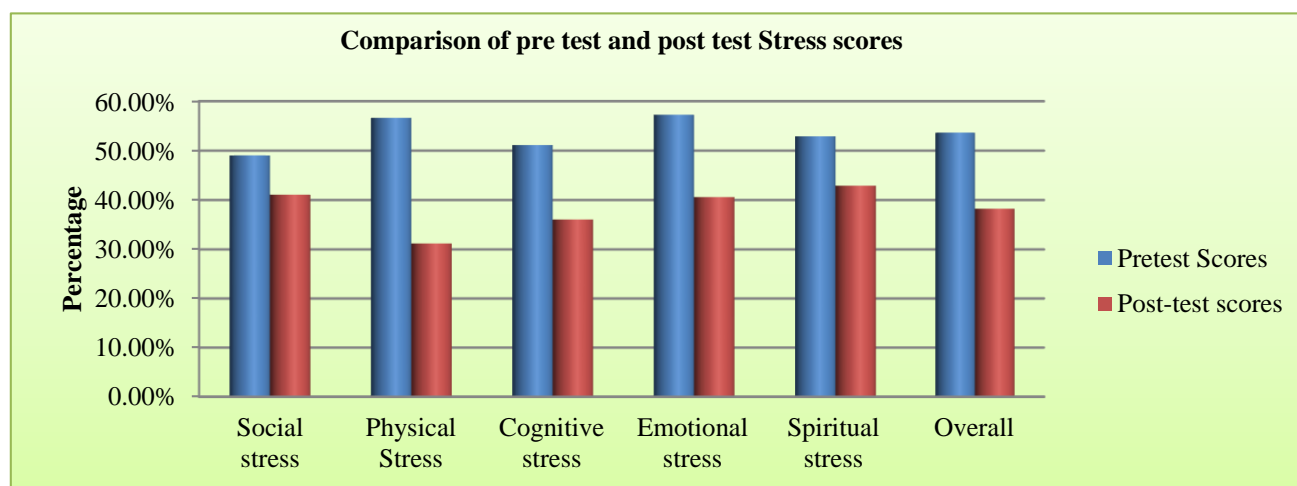
S. no.	Stress aspects	No. of items	Max score	Mean	Mean %	SD
1	Social stress	12	48	23.53	49.02	2.258
2	Physical stress	10	40	22.65	56.62	2.711
3	Cognitive stress	10	40	20.45	51.12	2.078
4	Emotional stress	15	60	34.35	57.25	2.169
5	Spiritual stress	5	20	10.58	52.9	1.680
<b>Overall</b>		52	208	111.57	53.63	7.997

**Table 4: Mean, mean percentage and standard deviation for the post-test stress of orphan children (N=60).**

S. no.	Stress aspects	No. of items	Max score	Mean	Mean %	SD
1	Social stress	12	48	19.72	41.08	2.811
2	Physical stress	10	40	12.48	31.2	0.504
3	Cognitive stress	10	40	14.42	36.05	2.381
4	Emotional stress	15	60	24.35	40.58	0.481
5	Spiritual stress	5	20	8.58	42.9	2.52
<b>Overall</b>		52	208	79.55	38.24	7.343

**Table 5: Comparison of pre-test and post-test stress scores of orphan children regarding bibliography (N=60).**

S. no.	Stress aspects	Pre test		Post test		Mean difference	t value	Df	Inference
		Mean	S D	Mean	SD				
1	Social stress	23.53	2.258	19.72	2.811	3.817	8.767	59	S
2	Physical stress	22.65	2.711	12.48	0.504	10.167	27.543	59	S
3	Cognitive stress	20.45	2.078	14.42	2.381	6.033	15.063	59	S
4	Emotional stress	34.35	2.169	24.35	0.481	10.0	36.618	59	S
5	Spiritual stress	10.58	1.680	8.58	2.52	2.0	5.935	59	S
<b>Overall</b>		111.57	7.997	79.55	7.343	32.017	26.11	59	S



**Figure 11: Comparison of pre and post-test stress scores of orphan children.**

**DISCUSSION**

Based on the data analysis, the following findings were reached: the current study sought to determine the influence of bibliotherapy in reducing the stress among orphan children in selected orphanages of Bangalore.

Findings revealed that that majority (90%) had moderate stress and (10%) had mild stress in pre-test, whereas (100%) had mild stress in post-test. The overall stress scores of respondents were found to be 53.63% with standard deviation 7.9 in pre-test. The overall stress scores of respondents were found to be 38.24% with standard deviation 7.3 in post-test. This finding of the study was in



consistent with study conducted by Georg *who* assessed the effectiveness of bibliotherapy on stress reduction among Hansen's disease patients in selected settings in Mangalore and found that the post-test stress level was less than and pre-test stress level.<sup>14</sup>

The resulting "t" value 26.11 is greater than the table value at 0.01 level of significance. Therefore, "t" value is found to be significant. It means there is reduction in stress level of orphan children regarding bibliography. This supports that bibliography is effective in reduction of stress level among orphan children. The findings of the present study were consistent with the study findings of Georg *who* assessed the effectiveness of bibliotherapy on stress reduction among Hansen's disease patients In selected settings in Mangalore and found that the post-test stress level was reduced after exposure to bibliography.<sup>14</sup> One more conducted by Hridya *who* assessed effect of bibliotherapy on stress among children at selected orphanages, Coimbatore and found that mean scores of stress before and after bibliotherapy were, 59.33 and 39.68 with the standard deviation of 13.07 and 8.07 respectively.<sup>15</sup> The calculated 't' value 8.10 was compared with the table value (3.526) at 0.001 level of significance. The calculated 't' value is greater than the table value.

### **Implications of the study**

#### *Nursing practice*

In the delivery of healthcare, nurses perform a crucial and significant role. Stressing health education and awareness programs will help to increase measures to avoid psychological issues, such as stress. To reduce the risk of psychiatric morbidity, nurses who work in both hospitals and the general population should be knowledgeable about caring for patients who have acute or chronic illnesses. Stress-related health and psychological issues are avoided by early detection and management. Bibliotherapy is a stress-reduction strategy that is both affordable and effective. The public should be made aware of this intervention by the nurses.

According to the study's findings, orphan children require bibliotherapy; customers need to be ready to care for them and overcome depressing ideas and pessimism.

#### *Nursing education*

The current healthcare delivery system places more of a focus on prevention than on cure. The study also suggests that medical professionals need to be aware of alternative stress management and preventive strategies in addition to prescribing medications. The nursing curriculum should be designed such that students are exposed to various treatment techniques for clients who have psychological issues. Nursing students should be encouraged to read books that will help them deal with their own stress. This experience will also help them choose books for their patients, especially those in long-term care facilities, to

help them cope with their stress and anxiety. Reading materials ought to allow readers to see themselves in the shoes of those who overcame impairments. If bibliotherapy is proven to be beneficial, it can be utilized as a stress-reduction technique for careers of clients, orphan children, and student nurses.

#### *Nursing administration*

Nurse Managers should take the initiative to develop policies or strategies for offering library services to patients and their families while they are hospitalized. The majority of mental institutions had developed libraries by the eighteenth century in Europe, and by the middle of the nineteenth century in the United States. Early in the nineteenth century, numerous doctors started advising books for the emotional struggles of the mentally sick. The nurse administrator should encourage the use of bibliotherapy in diverse contexts since it is very affordable and less costly. It is important to provide in-service programs to lower-level administrators like ward in-charges so they may choose the resources for their patients' outpatient therapy. The nurse authors should take a keen interest in writing, developing and refining bibliotherapy material for the effective use in various areas like clinical practice, community and home healthcare.

#### *Nursing research*

In terms of India, the use of bibliotherapy in clinical practice is still a largely untapped field. To evaluate the effectiveness of this extremely viable and less expensive therapy in numerous additional disorders and contexts, many more research studies might be conducted. The current study is only a first attempt, but it will inspire and drive health professionals to do several other research studies in this field. Researchers may also look at medicines that boost patients' self-esteem and sense of value.

The current analysis thus provides limitless possibilities and consequences for nursing practice, education, and research aspects of orphan children on lowering their level of stress.

#### **Limitations**

Study was conducted in specific geographic area imposes limits on generalization: the findings could be generalized only to the population which fulfilled the criteria in the study; the study limited to assessment of stress; the sample was limited to 60 only; and long-term follow-up could not be carried out due to time constraints.

### **CONCLUSION**

The present study was attempted to assess the influence of bibliotherapy on reduction of level of stress experienced by orphan children and concluded that there is reduction in level of stress among orphan children after exposure to

bibliography. This supports that bibliography of great personality have influenced the orphan children in reduction of stress level what they experience in orphanage.

### **Recommendations**

A similar study can be replicated on a large sample to generalize the findings. Also, a similar study may be conducted in different setting.

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*Ethical approval: The study was approved by the Institutional Ethics Committee*

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