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PERCEIVED INFLUENCE OF BIBLIOTHERAPY ON THE REHABILITATION OF DRUG ADDICTS IN SOUTH-WEST, NIGERIAN TEACHING HOSPITALS: AN INVESTIGATIVE STUDY

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**PERCEIVED INFLUENCE OF BIBLIOTHERAPY ON THE REHABILITATION OF
DRUG ADDICTS IN SOUTH-WEST, NIGERIAN TEACHING HOSPITALS: AN
INVESTIGATIVE STUDY**

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Abstract

This purpose of this study is to investigate perceived influence of bibliotherapy on the rehabilitation of drug addicts in South-west Nigerian teaching hospitals. The study specifically identified the pattern of information utilisation by drug addicts; examined the approaches used by medical librarians in administering bibliotherapy and the perception of drug addicts on behaviour modification using bibliotherapy. Extant literatures related to the topic were reviewed. The survey research design was used for the study and the population of the respondents consisted of Forty – Eight (48) drug addicts purposively selected from six (6) teaching hospitals (Federal, State and Private) in South West, Nigeria. Questionnaires were used as instrument for data gathering and were pretested for validity. It was analysed using frequency, percentages and four – point Likert scale. Hypothesis was also tested using spearman’s rank correlation coefficient. Out of 48 questionnaires administered, 45 were returned and found useful representing 94% response rate. The survey revealed that respondents used specific reading materials for information with mean of 2.9; they used novels, short stories, poetry, plays and biographies to improve their psychological wellbeing with mean of 3.1; it was also revealed that they read online books on addiction and recovery with mean of 2.6, among others. The study also revealed that bibliotherapy assisted them to recognize when they were likely to relapse; it assisted them to avoid and cope with relapse and encouraged abstinence from addictive substances. The result of the correlation indicated a low positive relationship between pattern of information utilisation and behaviour modification. Hence, the null hypothesis was rejected. It was recommended that health information professionals should work with mental health practitioners in providing access to information that would enhance behaviour modification among drug addicts.

Keywords: Bibliotherapy, behaviour modification, books, drug addiction, drug addicts, Nigeria, rehabilitation, South-west, teaching hospital,

Introduction

When dealing with mental conditions such as depression, coping with grief, drug and substance abuse, it may be difficult for the individual to understand what is happening in his body and mind. The use of bibliotherapy had been reported to be found useful in this regard. It aims to use literature to help improve health by providing information, support, and guidance in form of reading books and other resources. Bibliotherapy is a therapeutic approach employing books and other forms of literature to support a patient’s mental health and it has been applied in a variety of settings to many kinds of psychological problems (Abilash & Jothimani, 2019). Anecdotal research suggested that bibliotherapy may offer significant benefit in the treatment of mental health issues, and its popularity among mental health professionals implied positive results (GoodTherapy.org, 2017). Practitioners have reported successful use of bibliotherapy in treating eating disorders, anxiety and mood disorders, agoraphobia, alcohol and substance abuse, and stress-related physical disorders (GoodTherapy.org, 2017).

According to the encyclopedia of mental disorders (2018), bibliotherapy is an adjunct to psychological treatment that incorporates appropriate books or other written materials, usually intended to be read outside of psychotherapy sessions, into the treatment regimen. It is generally referred to as the use of literature to help people cope with emotional problems, mental illness, or changes in their lives.

The Online Dictionary for Library and Information Science (2011) defined in its most basic form, bibliotherapy as using books to aid people in solving the issues that they may be facing at a particular time. It consists of selecting reading material relevant to a client's life situation. Bibliotherapy had also been explained as a process of dynamic interaction between the personality of the reader and literature-interaction which may be utilized for personal assessment, adjustment, and growth. Bibliotherapy for adults is a form of self-administered treatment in which structured materials provide a means to alleviate distress.

The concept of the treatment is based on the human inclination to identify with others through their expressions in literature and art. For instance, a grieving child who reads, or is read a story about another child who has lost a parent may feel less alone in the world. Essentially, Bibliotherapy involves the use of carefully selected books to help someone recover from a psychiatric disorder such as depression or anxiety, overcome an emotional problem. Approaches used in bibliotherapy included books on prescription, prescriptive bibliotherapy and creative bibliotherapy (GoodTherapy.org, 2017).

According to Unegbu and Amanze (2016), bibliotherapy was classified into corrective and preventive therapies. In corrective therapy, the librarian or bibliotherapist attempts to solve an identified or perceived problem of the client by presenting a carefully selected book depicting a similar situation, by reading the book, the client gains insight which may enable him to solve his own problem while preventive therapy is said to be when the client is requested to read a book containing the problem he may have to deal with in the future. It is employed by educators, helping professionals, librarians, and even parents. Its versatility and adaptability make it an excellent supplement to self-improvement of all kinds (goodtherapy.org).

Several factors had been identified to be a precursor to mental health disorder. Drug addiction, among others, had been indicated to be high risk cause. The National Institute on Drug Abuse (2014) Drug Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.

The youths in Nigeria like many other countries of the world are developing addiction to psychoactive substances (Attah, 2016). Drug abuse/addiction has gone a long way to created several health problems and dangers in our societies. Such health problems include mental illness, cancer of the lungs, school drop-outs, and juvenile delinquency (Attah, 2016).

Abdullahi (2005) opined that the effectiveness of bibliotherapy may be limited by the availability of materials on certain topics, as well as the lack of client readiness and willingness to read. Clients may also project their own motives onto characters and thus reinforce their own perceptions and solutions. In addition, participants may be defensive, thus discounting the actions of characters and failing to identify with them. Some of these zlimitations can be overcome through the continuation of the process itself, role playing, and the use of group discussions.

Although the use of drug, abuse, addiction and dependency is a global issue, it is maintained that the fulfillment of the eradication is dependent on the combined understanding and efforts of all professionals. The medical and health practitioners are at the core front and it also involves the activities of information professional; especially library and information professionals (Ajayi, 2005; 2014; Magaji, 2016).

Statement of the Problem

The prevalence of health-risky behaviors associated with adolescent illicit drug use has attracted growing international recognition (Rudatsikira, et.al, 2009). On our campuses in Nigeria, there are cases of illicit use of drugs among the youths. Unfortunately, adolescents and youth may underrate the harmful effects of unhealthy life styles. It had been reported that Psychiatric hospitals have long used books to help patients in their recovery; and that it had been very beneficial compliment or adjunct therapy for individuals already in therapy. Most professionals agreed that reading is a productive activity that can promote good mental health, as reading has been shown to increase empathy, sharpen the mind, and impact behavior (GoodTherapy.org, 2017). However, the effectiveness of bibliotherapy on rehabilitation of drug addicts have not been ascertained. Hence, it is against this backdrop that this study seeks to investigate perceived influence of bibliotherapy on the rehabilitation of drug addicts in South-west, Nigerian teaching hospitals.

Objectives of the Study

The broad objective of this study is to investigate the perceived influence of bibliotherapy on the rehabilitation of drug addicts in teaching-hospitals in South-west, Nigeria. Other specific objectives are to:

- i. examine various methods or approaches used to administer bibliotherapy on drug addicts in South-west, Nigerian teaching hospitals;
- ii. determine the pattern of information utilisation by drug addicts in South-west, Nigerian teaching hospitals; and
- iii. investigate the perception of drug addicts on behaviour modification using bibliotherapy in South-west, Nigerian teaching hospitals.

Research Questions

From the objectives of the study, the following research questions are generated

- i. what are various methods or approaches used to administer bibliotherapy on drug addicts in South-west, Nigerian teaching hospitals?
- ii. what is the pattern of information utilisation by drug addicts in South-west, Nigerian teaching hospitals?
- iii. what are the perception of drug addicts on behaviour modification using bibliotherapy in South-west, Nigerian teaching hospitals?

Research Hypothesis

This null hypothesis will be tested at $\alpha = 0.05$ level of significance

H₀1: There is no significant relationship between pattern of information utilisation by drug addicts and perception of drug addicts on behaviour modification using bibliotherapy.

Significance of the Study

It is hoped that the outcome of this research work will be of utmost benefits to mental health specialists, medical librarians, NDLEA, NAFDAC and other drug regulating bodies on health information sources that would enhance effective treatment and rehabilitation.

Also, it is hoped that this research work, on completion, would be an eye opener to the strength and weaknesses of previous bibliotherapy initiatives undergone by medical librarians.

2.1 Literature Review

This section presents a brief review of related literature on the discourse of the study.

Abilash and Jothimani, (2019); Aina, (2015) identified three approaches to bibliotherapy, namely: prescriptive, books on prescription and creative bibliotherapy. **Prescriptive bibliotherapy**, also known as self-help is the use of specific reading materials and workbooks to address a variety of mental health concerns. **books on prescription** is a programme where reading materials that is targeting specific mental health needs are prescribed by mental health professionals, who might use resources such as Bibliotherapy Education Project to find the appropriate books. Most libraries

in the US carry a set of books from approved list for this purpose. On the other hand, **creative bibliotherapy** utilizes imaginative literature such as novels, short stories, poetry, plays and biographies to improve the psychological wellbeing through the incorporation of carefully selected literary works.

Okwilagwe (2011) averred that bibliotherapy programmes are carried out almost mainly through reading. He noted that the more an individual reads, the more his intelligence grows and he is able to perceive and understand various issues from a broader perspective. He noted that through the use of books, readers are given a tacit encouragement to identify themselves with persons or characters that are embodiments of desired and desirable attributes such as intelligence, courage, heroism, kindness, love, honesty and others, just as the readers may be tacitly encouraged to reject and condemn persons or characters having similar problems. Hence, what changes in the real sense is not the individual, but what makes him and his/her operative values.

In exploring pattern in the use of bibliotherapy on drug addicts undergoing treatment and rehabilitation, psychosocial modality approach can be employed to treatment and rehabilitation (Hussin, Halim & Hayati., 2007) in which counselling is one of the components. Here respondents are made to undertake series of group counselling sessions. The first session has each inmate being assigned one narrative selected from a collection of stories on the real-life experiences of successfully rehabilitated addicts, earlier compiled by a group of counsellors for reading. Over the next series of sessions, the respondents were encouraged to discuss what they feel and think about the rehabilitated addicts in the narrative read and to reflect on their own recovery process. The respondents' stage of change was determined using URICA after the last session.

The finding from this pattern shows that reading the narratives had a positive impact on the respondents in their beliefs about potential to change from Contemplation stage to the Action stage. However for this to be effective, careful planning, selection of suitable materials, exposure and training in the application of the technique are of utmost importance.

Furthermore, Yusuf and Mohammed (2003) posited that the resource or information materials are assigned to a participants for specific problems. These information materials are read by the addicts and are discussed with the facilitator. This will be followed by them writing a report, talking into the tape recorder or expressing their reaction in an art form. This pattern is to motivate the addicts with the introductory activities, to give time for reading the information material, to give time for reflection and follow-up discussion time, by asking questions that will lead the participants to make their own interpretation of the information they have gathered from the reading and lastly

evaluation will be made by the therapist and this will be followed up by self-evaluation by the participant.

Chuma-Ibe (2009) study is in consonance with Bandura (1977) which revealed that there is significant main effect of treatment (bibliotherapy) on behaviour's modification of adolescents as indicated in the pre-test and post-test scores of the experimental and control groups ($F(2,297)=66.542$ AT 0.05 α level). This confirms the perception of researchers that new value orientation can be developed, and negative behaviour can be modified under supervised reading condition.

2.2 Theoretical framework

Psychoanalytic Theory

This is a theory of personality organisation and the dynamics of personality development that guides psychoanalysis; a clinical method for treating psychopathology by Freud Sigmund (1910) by investigating the interaction of conscious and unconscious elements in the patient's mind using different techniques. The theory provides a foundation and a pivot for this research work, the implication of this theory to the subject of discourse is that the introduction and use of books by drug addict is a conscious effort to fine-tune the state of the mind. The implication of this theory in this research is that conscious elements like specific reading materials in the mind of drug addicts can have an interaction and effect on the given clinical treatment.

Bandura's Social Learning Theory

This theory as propounded in 1977 by Albert Bandura. The theory explains that, behaviour can be modified by providing appropriate learning conditions through the process of learning, and can reduce or cease totally when they are unlearned using stimuli-response-associative procedure (Bandura, 1977).. Also changes in an individual's environment usually bring changes in the individual's value and attitude. As noted by Okwilagwe (2011), it means that changes in both the overt and covert behaviour of an individual can be effected by re-organising that individual's thinking pattern, perception, attitude or belief about an idea through the use of veritable stimulus through exposure to positive role models vicariously, using positive reading materials or through experiences by observation. The implication of this theory is that behaviour can be modified through exposure to some procedures (supervised reading) that causes changes in perception and attitude. Hence, it is proposed that exposure to certain reading materials under supervised reading can cause behaviour modification in the addicts.

Methodology

This study is aimed at examining the impact of bibliotherapy on the rehabilitation of drug addicts. Extant literatures related to this research were reviewed. The descriptive survey research design was adopted and pretested for the study. The population for the study consisted of patients in the mental/psychiatric department of federal, state and private teaching hospitals in South-west, Nigeria.

The simple random sampling technique was used to select three (3) Federal teaching hospitals; Neuro-Psychiatric Hospital, Abeokuta; Lagos University Teaching Hospital and University College Hospital, Ibadan; two (2) state owned teaching hospitals namely: Ekiti State University Teaching Hospital, Ado – Ekiti and Osun State University Teaching Hospital, Osogbo; and one (1) private owned teaching hospital; namely: Babcock Teaching Hospital for the study.

The sample size for the study consisted of forty - eight (48) participants (see table 1) purposively selected from the teaching hospitals. The records of patients who attended clinics on appointment days within the last three (3) months were used for the purpose of the research work.

Specific reading materials were administered first to the participants using various bibliotherapeutic approach alongside other clinical treatment and therapeutic procedures of doctors. After an interval of two (2) weeks, questionnaires which was validated for face and content validity were administered to each of the participants. The questionnaire was designed using structured and closed – ended questions; with frequency, percentages and four – point Likert Scale of Strongly Agreed (SA), Agreed (A), Disagree (D), and Strongly Disagree (SD) to fill in their opinions. They were administered through personal contact with respondents and the help of health practitioners. Out of forty – eight (48) administered, forty-five (45) copies of the questionnaire, representing 94% were returned and found useful. Data gathered were analyzed using frequency and percentages and Pearson Product Moment Correlation Coefficients were used to test the hypothesis and to draw inference and conclusion of the study.

Data Analysis and Discussion of Findings

Introduction

This section presents the analysis of data collected and the results of the findings were discussed.

Table 1: Response Rate

Institution	No of questionnaire administered	No of questionnaire returned
UCH	10	9
NPH	10	10
LUTH	10	9
EKSUTH	6	6
OSUTH	6	5
BUTH	6	6
TOTAL	48	45(94%)

Table 1 revealed that forty – eight (48) questionnaires were administered while forty – five (45) representing 94% were returned valid and found useful.

Table 2: Age of Respondents

Ages (years)	Frequency	Percentage
21-30 years	25	55.6%
31-40 years	13	28.9%
Above40 years	7	15.5%
Total	45	100%

From table 2, 55.6% of the respondents were between 21 - 30years and 28.9% respondents were between 31 – 40years while 15.5% respondents were above 40 years of age. This indicated that higher percentages of the respondents were young adults, followed by adults. It could be deduced that higher percentages of the respondents sampled for this study were young adults.

Table 3: Approaches used to administer bibliotherapy?

Which of these approaches or methods were used to administer bibliotherapy on you?

S/N	Bibliotherapy Approach	Frequency	Percentages
1	Books on prescription	12	26.7%
2	Self – help approach (prescriptive bibliotherapy)	15	33.3%

3	novels, short stories, poetry, plays, and biographies (creative bibliotherapy)	18	40%
	Total	45	100%

Table 3 above revealed that creative bibliotherapy by using novels, short stories, poetry, plays and biographies were used by 18 (40%) respondents and 15(33.3%) respondents adopted self – help approach while 12(26.7) % respondents indicated that the approach used was the books on prescription in the rehabilitation process this is in tandem with Abilash & Jothimani (2019;)GoodTherapy.Org (2017) on approaches in administering bibliotherapy on addicts that bibliotherapy could be administered in one of the following ways viz: prescriptive bibliotherapy, books on prescription and creative bibliotherapy. Also, in a study on bibliotherapy for mental health service users by Fanner & Urquhart (2008), it was revealed that bibliotherapy and reading therapy covered a wide range of services from books on prescription service to supportive psychotherapy with carefully selected learning materials, including e – learning packages.

Table 4: Pattern of Information Utilization by Respondents

S/N	Information Utilization Behavior	SA	A	D	SD	Mean (X)	Standard Deviation
1	I use specific reading materials	17 (68)	15 (45)	4 (8)	9 (9)	2.88	1.78
2	I use workbooks to address my health concerns	8(32)	9(27)	13(26)	15(15)	2.22	1.98
3	I read books prescribed by health professionals	18(72)	14(42)	7(14)	6(6)	2.98	2.64
4	I use novels, short stories, poetry, plays and biographies to improve my psychological wellbeing	20(80)	13(39)	7(14)	5(5)	3.07	2.71
5	I read online books on addiction and recovery	13(52)	12(36)	11(22)	9(9)	2.64	2.35

6	I consult journals on drug related health problems with view of remedy	11(44)	11(33)	11(22)	12(12)	2.47	2.21
7	I follow specific recommendation by librarians	8(32)	17(51)	9(18)	11(11)	2.49	2.19
8	I Consult Bibles/Quran and religious novels with view of healing	13(52)	21(63)	5(10)	6(6)	2.91	2.11

From table 4, it is crystal clear that respondents utilized books and other literature texts for behaviour modification. However, only little proportion of the respondents used workbooks to address their health concerns as the decision was negative. It could be deduced, therefore, that the respondents utilized book sources (bibliotherapy) in the rehabilitation process. Pollock *et al.* (2012) conducted a focus group study examining the information needs of psychiatric patients. Provision of information was found to be poor, with patients and careers forced to seek alternative sources which were often of unreliable quality. Participants provided a comprehensive list of reasons for believing information to be a vital part of care planning. The authors conclude that ‘... adequately meeting patient information needs is an important step towards greater involvement of users in their treatment and care. This is also supported by a survey by Chien, et.al. (2001) in the educational needs of mental health patients who found that among the most important were information on illness, medications and side-effects; problem-solving strategies; and understanding the mental health system.

Table 5: Perception of drug addicts on behaviour modification using bibliotherapy.

S/N	IMPACT	SA	A	D	SD	Mean (X)	Standard Deviation
1	Bibliotherapy assists me to recognize when I am likely to relapse	18(72)	17(51)	4(8)	6(6)	3.0	2.7
2	Bibliotherapy assists me to avoid and cope with relapse	15(60)	13(39)	9(18)	8(8)	2.8	2.47

3	Bibliotherapy increases my motivation to change behavior	23(92)	22(66)	-	-	3.5	3.01
4	Bibliotherapy increases my motivation to enter treatment	20(80)	21(63)	3(6)	1(1)	3.3	2.88
5	Bibliotherapy encourages abstinence from addictive substances	30(120)	12(36)	1(2)	2(2)	3.6	3.10
6	Bibliotherapy changes my orientation about illicit drug use	11(44)	15(45)	10(20)	9(9)	2.6	2.32
7	Bibliotherapy assists me to regulate my emotion & reduce depression	6(24)	9(27)	16(32)	14(14)	2.2	1.86
8	Bibliotherapy discourages core additive value	27(108)	14(42)	2(4)	2(2)	3.5	3.02

Table 5 above analyses the impact of bibliotherapy on the rehabilitation of drug addicts, it was revealed that bibliotherapy assisted respondents in the following ways: recognizing when to relapse, assisted to avoid and cope with relapse, increased their motivation to change behaviour, increased their motivation to enter treatment, encouraged abstinence from addictive substances, changed their orientation about illicit drug use, and discouraged core additive values as the decision were positive in all these items. However, decision was negative to regulating emotions of rehabilitees. This is in tandem with the works of Okwilagwe (2011) on value system modification and formation and (Chuma-Ibe, 2009) that adolescent behaviour are modified after exposure to reading materials. In Also, in Apodaca & Miller (2003) meta-analysis it was found out that there were some level of reduction in drinking with participants using bibliotherapy and in cases where drinking were not reduced, other problems were alleviated. One notable exception is the WHO study as recorded by Chick, et.al. (1985), which found that positive effects of bibliotherapy did not extend to female participants, a finding unsupported by other research.

Test of Hypothesis

H₀1: There is no significant relationship between pattern of information utilization by drug addicts and perception of drug addicts on behaviour modification using bibliotherapy.

In order to test this hypothesis, Spearman Rank Correlation Coefficient would be used as shown:

Pattern of Information Utilization	Perception on Behaviour Modification	R _p	R _m	D	D ²
2.88	3.0	3	5	2	4
2.22	2.8	6	6	0	0
2.98	3.5	2	2.5	0.5	0.25
3.07	3.3	1	4	3	9
2.64	3.6	4	1	3	9
2.47	2.6	5	7	2	4
2.19	2.2	7	8	1	1
2.11	3.5	8	2.5	5.5	30.25
					$\Sigma D^2 = 57.5$

Using $p = 1 - \frac{6\Sigma D^2}{n(n^2-1)}$

$$n(n^2-1)$$

$$= 1 - \frac{6*57.5}{8(8^2-1)}$$

$$8(8^2-1)$$

$$= 1 - 0.6844$$

$$p = 0.3155$$

This shows a low positive relationship. Hence the null hypothesis is rejected which means there is low positive influence of pattern of information utilization on behaviour modification of drug addicts.

Summary of Findings

This research work examined the impact of bibliotherapy on the rehabilitation of drug addicts. Extant related literature sources were reviewed. Most of the respondents were male young adults. They utilise information sources from books in the rehabilitation process. The study revealed that the addicts utilised information through different means such as using specific reading materials, use of novels, short stories and biographies and online resources among others. The result of the correlation coefficient indicated a weak positive correlation (0.32) between pattern of information utilization and perception on behaviour modification by drug addicts. Hence the null hypothesis accepted and it could be deduced that there exists a relationship between bibliotherapy and behaviour modification of addicts.

Conclusion

The role of the library in the care of the mentally ill continues to be well-recognised and librarians often take part in programmes of rehabilitation and bibliotherapy. Bibliotherapy had been described as the healing of the soul (Quits and Palombo (2005). A technique which can be used to help people of all ages with their health problems thus promoting mental health. It had been shown to be effective in the treatment of depression. Bibliotherapy was a widely used but poorly researched therapeutic model. However, numerous randomized controlled trials (RCTs) have documented the positive effects of bibliotherapy for clinical conditions such as deliberate self-harm, obsessive-compulsive disorder (OCD) and bulimia nervosa and insomnia. Research also supports bibliotherapy as an intervention for a wide array of psychological issues including emotional disorders, alcohol addiction, and sexual dysfunction.

Recommendations

The role of bibliotherapy had been demonstrated empirically through this submission. The following recommendations are made for further studies:

- i. Health information professionals should rise up to the task of extending their services to these categories of citizens more than ever – before by providing access to information that would enhance the modification of their behaviour.
- ii. Medical librarians should be trained on the use of bibliotherapy for improved result.
- iii. Standardised procedures and techniques to be adopted by medical librarians should be outlined explicitly for improved result and behaviour modification..

- iv. Also, further studies on the efficiency and effectiveness of bibliotherapy over a continued period of time could be carried out.

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