

E-Bibliotherapy System : Book Contents for Improving Quality of Youth's Life

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Abstract – Youth, the important stage of life, between kids to adults. Youth confronts dangerous things, alcohol, smoking, violence, stress, internet addict. The aim were developing and evaluating e-Bibliotherapy system, innovation for improving quality of youth's life from risk situations. Methodology were applied in four stages 1) survey of reading, 2) develop e-Bibliotherapy system at <http://202.29.22.177/aom/bibliotherapy> 3) investigate youth's problem 4) evaluate system. Sampling was 224 youths. The result shown the popular books of youth, Harry Potter, Marketing on Facebook, and Life on the Rock. The system was the stage for sharing content between youth and building friendship network of quality media.

Keywords – e-Bibliotherapy, Youth Problem, Information System, Reading, Media

1. Introduction

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. [4] There are various ways bibliotherapy can help people cope with problems: The use of literature and poetry in the treatment of people with emotional problems or mental illness. Bibliotherapy is often used in social groups and group therapy and is reported to be effective with people of all ages, with people in institutions as well as outpatients, and with healthy people who wish to share literature as a means of personal growth and development [7].

With every period of time, children and young adults growing up face a number of challenges that can impede their ability to lead a healthy, normal life. Just as the years progress, the number of challenges that children face continue to mount. Childhood seems to be getting shorter and shorter as the words "changes in the onset and duration of adolescence have had an important impact on the way teens grow up today" This, combined with other elements, leads to a teenager different from the teenager of past decades.

Finally, Bibliotherapy is an important counseling technique that can potentially help many adolescents better understand, relate to, and work with the conditions that may affect their lives. The need exists, however, to locate young adult literature that represents rare, unknown, or underrepresented conditions so that the audience that would benefit from bibliotherapy could be expanded.

In Thailand 2012, Cabinet approval of the reading national agenda. Ministry of Education proposed the promotion of reading as a national agenda to create a society of lifelong learning as follows [6].

- Reading is as a national agenda.
- Designate April, 2 each year, is as "Reading Day." April 2, is the birthday of HRH Maha Chakri Sirindhorn's. who love of reading.
- Notice the years 2009-2018 as the Decade of the reading of the country.
- Promote reading and lifelong learning by the committee This activities will be a mechanism for encouraging the reader to come up with concrete.

Finally, the research was developed from the concept of awareness of the whole important things ; agenda of reading, teens dangerous situation, and bibliotherapy technique. Then, the output will improving quality of new generation's life.

2. Literature Review

2.1 Overview of Teenager

Human development is commonly described in term of period. Development period occur in childhood, adolescence and adulthood. Adolescence is part of the life course and as such is not an isolated

period of development. Besides, it is the period of human development based on categories as follows : [8], [9].

2.1.1 Childhood

Childhood included the prenatal period infancy, early childhood, and middle and late childhood. The prenatal period is the time from conception to birth – approximately 9 month. Infancy is time that extends from birth to 18-24 months of age. Many psychological activities –language, symbolic thought, sensorimotor coordination, social learning, and parent-child relationship-begin in this period. Early childhood is the development period about 5-6 years of age. They develop school readiness and spend many hours in play and with peer. Middle and late childhood is period that extends from the age about 6-10 or 11 years of age. In this period, called elementary school years. Children master the fundamental skills of reading, writing, and arithmetic. Achievement becomes a central theme of the child's development and self control increase.

2.1.2 Adolescence

Adolescence is a period of transition between childhood and adulthood that involves biological, cognitive, and socioemotional changes. A key task of adolescence is preparation for adulthood. Although the age range of adolescence can vary with cultural and historical circumstances, in the United States and most other cultures today, adolescence begins at approximately 10-13 years of age and ends between the ages of about 18-22. The biological, cognitive, and socioemotional changes of adolescence range from the development of sexual function to abstract thinking processes to independence. Many psychologists prefer to divided teenagers as follow :

- *Masculinity* : Traditional, masculinity men were supposed to be aggressive, strong, forceful, self-confident, virile, courageous, logical, and unemotional. To be a man, a male must be a sturdy rock with an air of toughness, confidence, and self-reliance. He must never be emotional or reveal tenderness or weakness. Men are never to express affection toward other men so as to avoid all suspicion of homosexuality. These

stereotypes of masculinity are considered socially desirable by some people today.

- *Femininity* : The traditional concept of femininity were supposed to be submissive, sensitive, tender, affectionate, sentimental, dependent, and emotional. A feminine female was never aggressive, loud, or vulgar in speech or behavior. She was expected to be soft-hearted, to cry easily, to get upset at time over small things. She was expected to be dependent and sub massive and to be interested primary in her home. Today, few social groups hold these stereotypes of femininity, indicating that significant changes have taken place in people's concept.

2.1.3 Adulthood

Adulthood is not a homogeneous period of development. Development a lists often describe three periods of adult development: early adulthood, middle adulthood, and late adulthood. Early adulthood usually begins in the late teens or early twenties and lasts through the thirties. It is time of establishing personal and economic independence, and career development intensifies. Middle adulthood begins at approximately 35 to 45 years of age and end at some point between approximately 55 and 65 years of age.

2.2 Teen Problems

Problems that teenagers are faced with today can take so many forms. Even in stable, solid family units, teenagers will face confusion and uncertainty with themselves and life. But in today world of divorce, broken homes, unsafe sex and alcohol abuse, teenagers face issues that show themselves in different ways to different individuals. Common teenager problems include eleven areas : Body Image, Sibling Rivalry, Divorce, Teenage Pregnancy, Practicing Safe Sex, Teen Dating, Schooling & Jobs, Drugs & Alcohol, Eating Disorders, Weight Struggles, Acne [11].

2.2.1 Body Image

Here are some interesting facts about Body Image and why many of teens may be suffering from a poor body image: for example, In 1920, this was the first year of the Miss America Pageant. A poll

conducted by a popular women's magazine found that 75% of women thought they were "too fat." Eating disorders are more prevalent among females than males. This gender specificity is apparent in that over 90% of patients with anorexia nervosa or bulimia nervosa are women. Body image is associated with suicide risk for girls, not for boys. Culture places a higher value on physical beauty in the evaluation of females than males. Women felt more embarrassed when asked about their weight, than when they were asked about their masturbation practices, or occurrences of homosexual affairs. Women and girls are also consistently taught from an early age that their self-worth is largely dependent on how they look. The fact that women earn more money than men in only two job categories, those of modeling and prostitution serves to illustrate this point.

2.2.2 Sibling Rivalry

This problem, Sibling rivalry occurs when a brothers and sisters fight with each other and don't get along well. Often there is a certain amount of problems that arise out of one sibling being older than the other and being able to do more than the younger. Sibling rivalry is a normal part of any kid or teens life. The word rivalry involves the idea of a competition - and that is what most sibling rivalry is - a competition between the two siblings for their parents or others attention. Everyone experiences feelings of rivalry and competition. Often rivalry involves arguing. Siblings fight for a number of reasons, for example, they fight because they want a parent's attention. They fight because they are jealous and they fight because they are growing up in a competitive society that teaches them that to win is to be better:

2.2.3 Divorce

In family, when parents have a disagreement, that does not include yelling at each other or raising their voices they are having an argument. When the arguments get louder - they could be called fights. These fights can be loud and things can be said that aren't the nicest - and this can be scary for a kid or teen who is listening. Sometimes, as a member of the family, a teen or child may feel that they had some part in creating the fight between the parents. It is

important for children to know that these fights and arguments are part of any healthy relationship. Besides, a teen or child may think that because their parents yell and scream at each other and have a fight that they do not love each other anymore or that they are going to get a divorce. It is normal for a teen or child to feel upset when they hear their parents fighting. They may feel upset, sad, angry at one or both of the parents or fearful of what the fight may mean. This may end up interfering with the school work and social activities of the child.

2.2.4 Teen Pregnancy and parenting

The BIG risk of next step for teens that become sexually involved – pregnancy. As a general rule, sexual intercourse (genital-to-genital penetration) between a guy and a girl is necessary for pregnancy to occur. STDs and unwanted pregnancies are not the only thing to worry about from sex. There are other conditions and diseases that get transmitted from sexual contact, such as crabs. One increasingly common disease to worry about is mollusum contagiosum. The first step in protection is education. *Condoms* (outer surface barrier methods) are the only effective contraception in STD prevention. Both the male and female condoms are effective but do not offer 100% protection from transmission. However, the following activities will not (ever) cause pregnancy; abstinence, holding hands, dancing, kissing, heavy petting or making out with clothing on, making out in a hot tub or swimming pool, oral sex, touching of genitals with hands, and Homosexual relations.

2.2.5 Teen Dating, Love & Sex

Dating is one of the biggest milestones during teenage years that mark change from a kid into an adult. However, no one ever teaches teens how to talk to the opposite sex, how to flirt and how to ask someone on a date. The world of dating can be a confusing and mysterious place. By the way, dating will be useful in that teens can get to meet different people and find the ones teens would like to get to know better and possibly have a relationship with. Other reasons that people go on dates are because; they are fun, they are exciting, everyone is doing it, it is something to do, They create closeness between people, they are physically attracted, they want more

popularity, they want to have sex, They want approval, and they just want a friend.

2.2.6 Schooling & Jobs

A big event in any teenager's life is high-school. It may mean more freedom of choice in teen education, more responsibility and maybe even leaving behind some of friends. Teens are suddenly in a huge new environment and there isn't anyone to hold hand. Teens have got to find the way around school, find own locker, meet tones of new people and deal with those older students that seem so confident and self-assured. Now teens have to eat lunch in the cafe and there is no such thing as recess. However, most teens are afraid of the work. High school will forecast a different type of work in each teen.

2.2.7 Teens and Drugs & Alcohol

Alcohol is fermented fruits, vegetables and grains. These are fermented when the sugar in the fruit, vegetables, and grains is allowed to change chemically with the use of yeast in alcohol. According to the National Center on Addiction and Substance Abuse found almost 80% of high school students have tried alcohol. American teens drink alcohol since 14 years old. Teens who drink put themselves at risk for many problems - problems with the law, at school, and with their parents just to name a few.

2.2.8 Eating Disorders

As a teenager, the body is changing from that of a child's into that of an adult. For many **teens**, it is hard to adjust to these changes. Some teens may feel they are too big and don't like the weight that they are gaining. Some teens may feel they are underdeveloped - and may wish that they could be as tall or as muscular as their peers. Some may feel that they are developing too fast and this is bringing them unwanted attention and perhaps more responsibility than they are ready for and some teens may feel that they are not developing fast enough and being left behind their peers. Whatever the problems are that you may be facing - it is important to have a positive body image and to understand what everybody is going through. Parents, physician and

teachers can help teen. Teen can talk to a trusted adult about what they can do to become more healthy and fit whenever they look obesity. By the way children who have fewer weight can be related health problems than adults. Overweight children are at high risk of becoming overweight adolescents and adults. Overweight people of all ages are at risk for a number of health problems including heart disease, diabetes, high blood pressure, stroke and some forms of cancer.

2.2.9 Acne: Causes and Cures

Acne is common among teens - 73% of teens between the ages of 12 and 19 have problems with acne. The cause of acne is heredity which determines skin type. During puberty hormones cause the oil glands in ones skin to become more active and this can produce blackheads and pimples. For mild acne, a teen should wash their face daily to help keep pores open and remove oil. Also, washing their hair gets rid of excess oil around the face. For acne on the back, a teen should use an antibacterial soap and back scrub brush. For more severe cases of *acne* where washing isn't enough, teen should go see physician or a dermatologist that will be able to prescribe gels, lotions and oral medications to help with the acne. However, It is important for parent to do not think that teen will simply grow out of their acne. If acne is left untreated it can cause scars, cysts and emotional problems that affect self-esteem. It is important that parents get their teen help as soon as possible. Also, parents should inform teen that eating right, drinking water and keeping clean will help, as will safe, over-the-counter remedies.

2.3 Media

In the broadcast sense of the world, a medium is a channel which a message travels from the source to the receiver, for example, print media, electronic media, chemical media –book, magazine, newspaper, television, radio, movie, and Internet. Media usually are thought of as sources of news and entertainment. The power of media to change people's minds directly is very limited. If influence were limited to changing people's mind directly, the media would not be particularly influential. The most obvious and prevalent example of mass media influence is advertising. Through catchy slogans and constant

repetition, they make people remember. Not only the ad, but also the other media effect the youth behavior. For example, Violence, most the movies on television turned to increasing graphic violence, it can lead to aggressive behavior. Drugs and alcohol, ad can increase youth to drink and alcohol abuse [1].

2.4 Bibliotherapy

Bibliotherapy is defined as "a process of dynamic interaction between the personality of the reader and literature - an interaction which may be used for personality assessment, adjustment and growth." Its history originates from World War I when wounded soldiers were given books with emotional content to read in order to calm them down and help them express their feelings. Bibliotherapy simply means "to experience healing through reading," and it can be used alone or as an adjunct to therapy with a counselor. Readers identify with the characters in a book and realize that they are not alone with the problems they experience in their lives, then when readers become emotionally involved in the story they find it easier to express their own emotions, learn to problem solve and gain alternative perspectives [2].

Bibliotherapy has evolved into two distinct approaches, "didactic text" and "imaginative literature." Didactic texts refer to the standard self-help books that most adults tend to buy in order to work through their problems without having to attend a doctor's office, pay for it, and be labeled in the process. Yet "imaginative literature" refers to using fiction, fables, and drama to understand the human condition.

The goals of bibliotherapy can include the following: [5].

- To develop an individual's self-concept.
- To increase an individual's understanding of human behavior or motivations.
- To foster an individual's honest self-appraisal.
- To provide a way for a person to find interests outside of self.
- To relieve emotional or mental pressure.
- To show an individual that he or she is not the first or only person to encounter such a problem.
- To show an individual that there is more than one solution to a problem.
- To help a person discuss a problem more freely.
- To help an individual plan a constructive course of action to solve a problem.

2.5 Information System and SDLC Concept

Information system, an integrated set of components for collecting, storing, and processing data and for delivering information, knowledge, and digital products. Business firms and other organizations rely on information systems to carry out and manage their operations, interact with their customers and suppliers, and compete in the marketplace. For instance, corporations use information systems to reach their potential customers with targeted messages over the Web, to process financial accounts, and to manage their human resources. Governments deploy information systems to provide services cost-effectively to citizens. Digital goods, such as electronic books and software, and online services, such as auctions and social networking. By the way, The Systems Development Life Cycle (SDLC) is a process used in the development, creation, and maintenance of an information system. This process is often used in the creation or updating of a database system, and can serve as a useful tool for anyone trying to undertake a large database project. The SDLC has five phases: The Planning phase, the Analysis phase, the Design phase, the Implementation phase, and the Maintenance [10], [12].

3. Methodology

There are four stage of methodology as follow:

1. *Survey of book reading* - The tool as interview to ask about What's book that teen read? What are the details of the book? Why teen enjoy read that book? By the way the comment about the books can share in webboard that access at <http://202.29.22.13/aom/>

Book ID	Book Title (Thai)	Author (Thai)	Votes
0006	How My Home	...	0
0008	3 [21 & n. 2000]
0004	Book 10:	200 [21 & n. 2000]
0003	Book 9:	90 [21 & n. 2000]
0002	Book 8:	110 [21 & n. 2000]
0001	Book 7:	30 [21 & n. 2000]
0000	Book 6:	4 [21 & n. 2000]
0009	Book 5:	110 [21 & n. 2000]
0008	Book 4:	100 [21 & n. 2000]
0007	Book 3:	7 [21 & n. 2000]
0006	Book 2:	200 [21 & n. 2000]
0005	Book 1:	107 [21 & n. 2000]
0004	20 [21 & n. 2000]
0003	1 [23 & n. 2040]
0002	4 [17 & n. 2000]

Figure 1. Webboard for sharing and voting for book

2. Investigate problem of youth in daily life - The interview begin in this phase about what kind of problem for teen? -love, education, family, internet, money, health, alcohol, gambling. This phase will recheck in the e-Bibliotherapy system after teen add information.



Figure 2. e-bibliotherapy system : present all favorite books, problem of teens, and situation to apply that books

3. Develop e-Bibliotherapy system - That sampling can be accessed at:

<http://202.29.22.177/aom/bibliotherapy>.

The process will allow teen to suggest of their favorite book. It is a stage as a zone to share book idea, problem, situation, detail of books

4. Evaluate of the system - This phase use a questionnaire as evaluate of e-Bibliotherapy system

4. Results

The results presented in four stages.

4.1 Survey of book reading

From the interview teen and webboard share about what their reading in 2012. From 224 teens, Only 205 teens (91.51%) presented ten title as follow :

No.	Title	Teens Votes (N=205)	Percentage
1	Love too much?	80	39.02
2	Woman cries, Man could not hear	29	14.15
3	Watermelon Cartoon	26	12.68
4	Get Anyone to do Anything	20	8.93
5	Life on the Rock	17	8.29
6	Harry Potter and the Prisoner of Azkaban	13	6.34
7	Visual Basic 6	7	3.41
8	Harry Potter and the Order of the Phoenix	6	2.93
9	Marketing on Facebook	4	1.95
10	Survey Inner	3	1.46

Table 1. Ten book for Teens Vote



Figure 3. Book over of teen voting

4.2 Investigate problem of youth in daily life

The interview begin in this phase about what kind of problem for teen? -love, education, family, internet, money, health, alcohol, gambling. From 224 teens, Only 208 teens (92.90%) presented ten problem as follow :

No.	Problem	Teens (N=205)	Percentage
1	love	60	28.85
2	education	53	25.48
3	family	33	15.87
4	money	23	11.06
5	acne	16	7.69
6	friend	14	6.73
7	internet	3	1.44
8	game	3	1.44
9	alcohol	2	0.96
10	gambling	1	0.48

Table 2. Problem of teens

4.3 Develop e-Bibliotherapy system

That sampling can be accessed at:

<http://202.29.22.177/aom/bibliotherapy>



Figure 4. e-bibliotherapy system (<http://202.29.22.177/aom/bibliotherapy>)

The process will allow teen to suggest of their favorite book. It is a stage as a zone to share book idea, problem, situation, detail of books. The

process to develop of e-Bibliotherapy system began with Web design, install Apache Web Server, PHP, MySQL, Design Database and Table, Upload webpage with SSH Client Software to Server no. 202.29.22.177. Finally, user can access <http://202.29.22.177/aom/bibliotherapy>



Figure 5. e-bibliotherapy system : search for interest area to study each problem

4.4 Evaluate of the system.

This phase use a questionnaire as evaluate of bibliotherapy system. From the 224 teens, all them (100.00%) presented in ten evaluate choices as follow :

- The score means level of satisfaction
- 1.00-1.49 = bad satisfaction
 - 1.50-2.49 = poor satisfaction
 - 2.50-3.49 = moderate satisfaction
 - 3.50-4.49 = high satisfaction
 - 4.50-5.00 = highest satisfaction

Topic	\bar{x}	meaning
Simply connection	3.96	high satisfaction
Easy to use	3.99	high satisfaction
Design of Webpage	3.89	high satisfaction
Design of Webboard	3.92	high satisfaction
File Attach	4.04	high satisfaction
Clear communication	3.98	high satisfaction
Access Time	4.09	high satisfaction
Information Presentation	4.11	high satisfaction
Current Information	4.07	high satisfaction
Security	4.08	high satisfaction

Table 3 : Evaluate of : e-bibliotherapy system

5. Conclusion

e-Bibliotherapy system began with the concept of book can cure of suffering. Then, youth means the stage of life that transition from kids to adults. If youths are suffer, they will be suffer further. If they are happy, their next stage will be happy too. Not only the benefit to cure of youth suffering, but also building the friendship networking between youth by using books as media friend. The access at <http://202.29.22.177/aom/bibliotherapy> will be the safe zone, caring zone, educational zone and cheer zone to every youth who feel sad, lonely, stress, and love to read book.



Figure 6 : Webboard for share experiences of Teens

Here some words from teens idea :

“We should concentrate to the problem and think. What is the problem come from? What is the solution? Tries to do. Solve it. This problem will go away from us.”

“With Facebook suddenly it became the Timeline automatically, which is a complex play is chaotic because Facebook is a part of CMU communication via the Internet is learning, friends, family, etc. It became a part of the operation. everyday life.”

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