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Chapter III

Research Methodology

3.1. Introduction

The purpose of the present study is to investigate the Effectiveness of Bibliotherapy on Marital Satisfaction and Love Styles of Distressed Married Couples. The researcher describes the research design, procedure of treatment, and data analysis process.

The characteristics of the samples are specified and the dependent and independent variables are outlined. Besides discussing the sampling method and manner of data collection, instruments used to measure dependent and independent variables have been deliberated upon. This chapter introduces the key concepts such as the theoretical and operational definitions of dependent and independent variables, hypotheses, experimental research (Randomized control group pre-test/post-test design), correlational research and statistical techniques.

3.2. Variables and Hypotheses

3.2.1. Theoretical Definition of Variables

During the study, an independent variable and four dependent variables were considered. The theoretical definitions of variables are:

(a) Independent Variable includes:

I- Bibliotherapy

Bibliotherapy generally refers to the use of literature to help people cope with emotional problems, mental illnesses, or changes in their lives (Pardeck, 1994), or to produce affective change and promote personality growth and development (Lenkowsky, 1987; Adderholdt-Elliott & Eller, 1989). By providing literature relevant to their personal situations and developmental needs at appropriate times (Hebert & Kent, 2000), people who practice Bibliotherapy
attempt to help people of all ages understand themselves and to cope with problems such as separation and divorce, child abuse, foster care, and adoption.

(b) Dependent Variables are described as follows:

I-Triangular Love Style’s components

1) Intimacy: In the context of triangular theory, intimacy refers to those feelings in a relationship that promote closeness, bondedness, and connectedness. (Robert J. Sternberg, 1998)

2) Passion: This component of love involves a “state of intense longing for union with the other.” Passion is largely the expression of desires and needs – such as for self-esteem, nurturance, affiliation, dominance, submission, and sexual fulfillment. (Robert J. Sternberg, 1998)

3) Commitment: The "decision/commitment" component of love consists of two aspects — one short-term and the other long-term. The short-term aspect is the decision to love a certain other, whereas the long-term one is the commitment to maintain that love. (Robert J. Sternberg, 1998)

- Love Styles of Sternberg’s Triangular Love Theory

![Love Styles of Sternberg’s Triangular Love Theory](image)
Seven love styles can be identified on the basis of Sternberg’s Triangular love components:

1. **Liking** in this case is not used in a trivial sense. Sternberg says that this intimate liking characterizes true friendships, in which a person feels a bondedness, a warmth, and a closeness with another but not intense passion or long-term commitment.

2. **Infatuated love** is often what is called as "love at first sight." But without the intimacy and the commitment, infatuated love may disappear suddenly.

3. **Empty love**: Sometimes, a stronger love deteriorates into empty love, in which the commitment remains, but the intimacy and passion have died.

4. **Romantic love**: Romantic lovers are bonded emotionally (as in liking) and physically through passionate arousal.

5. **Companionate love** is often found in marriages in which the passion has gone out of the relationship, but a deep affection and commitment remain. Companionate love is generally a personal relation you build with somebody you share your life with, but with no sexual or physical desire.

6. **Fatuous love** can be exemplified by a whirlwind courtship and marriage in which a commitment is motivated largely by passion, without the stabilizing influence of intimacy.

7. **Consummate love** is the complete form of love, representing the ideal relationship toward which many people strive but which apparently few achieve. (Sternberg, 1998)

**II- Marital Satisfaction**

Marital satisfaction is a mental state that reflects the perceived benefits and costs of marriage to a particular person. The more costs a marriage partner inflicts on a person, the less satisfied one generally is with the marriage and with the marriage partner. Similarly, the greater the perceived benefits are, the more satisfied one is with the marriage and with the marriage partner. (Baumeister, & Vohs, 2007)
• Distressed Married Couples

Marital distress has been defined as situations in which partners experience communication and problem-solving difficulties, find it difficult to work together, and difficulty accepting each other’s differences (Jacobson & Christensen, 1996). Also characteristics of distressed couples are high levels of fear, anger, disgust and sadness as well as withdrawal (e.g., maintaining silence, looking away, leaving the room), and body postures that are stiff, closed, and turned away from the partner (Weiss & Heyman 1997).

3.2.2. Operational Definition of Variables

One independent variable and four dependent variables were considered, besides an intervening variable. The operational definitions of variables are as follows:

(a) Independent Variable includes:

I- Bibliotherapy

Bibliotherapy is defined as “the use of literature to help distressed married couples identify and express feelings and develop their problem-solving skills within the structure and safety of the therapist-patient relationship”.

In this study bibliotherapy refers to use of two books (Cupid’s Arrow & Marital Myths) to help the distressed married couples to improve their marital satisfaction, and helps to recognize their own love styles on the basis of Sternberg’s Triangular Love components (intimacy, passion & commitment) and raise the value of intimacy, passion & commitment.

(b) Dependent Variables are described as follows:

I-Triangular Love Style’s components

1) Intimacy: Intimacy in a loving and happy marriage is one in which both partners are close to each other and are emotionally fulfilled and nurtured. Intimacy in this research has been measured by Sternberg’s Triangular Love scale (15 items of intimacy sub-test).
2) Passion: Passion is mostly physical attraction, and a state of strong desire. Passion in this research has been measured by Sternberg’s Triangular Love scale (15 items of passion sub-test).

3) Commitment: Commitment comes with devotion or dedication toward a special person in your life. Loyalty, responsibility and obligation are also important. Commitment in this research has been measured by Sternberg’s Triangular Love scale (15 items of commitment sub-test).

- **Love Styles of Sternberg’s Triangular Love Theory**

In combination, three components of Sternberg’s create seven kinds of love, such as liking, infatuated love, empty love, romantic love, companionate love, fatuous love and consummate love. Interpretation of seven styles of love of married couples depends on the structure and shapes of three components of love in a triangle. The participants read “cupid’s arrow” in an attentive manner and with the help of the researcher draw their own love triangle. Love patterns of distressed married couples were discussed during Bibliotherapy sessions to understand their own love styles.

**II-Marital Satisfaction**

It includes areas that are of major concern for most couples: communication, sex, money, togetherness, friendship, parenting, family relationships, trust, values, and personal habits which have been measured by Marital Satisfaction Questionnaire of Arnold Lazarus (2001).

- **Distressed Married Couples**

Those with below average scores in marital satisfaction questionnaire have been considered as distressed married couples. The initial clinical interview with couples has been specified distressed married couples from non-distressed married couples too. A score of 84 or more means couples have a very good marriage; a score between 72-83 reflects satisfactory to good feelings and attractions; 61-71 suggests the couples need to inculcate some changes in their lives; a score below 60 indicates a poor level of marital satisfaction. The researcher has considered couples with scores below 71 for experimental and control group.
(C) Intervening variables:

One of the most significant requirements of experimental research designs is the necessity of eliminating the effects of intervening variables. The intervening variable can be easily identified by carefully examining the hypothesis and asking the question, “What is it about the independent variable that will cause the predicted outcome?” (Tuckman, 1975). Intervening variables alter the results of this research. These variables, however, are much more difficult to control for. Intervening variables include motivation, tiredness, boredom, and any other factor that arises during the course of research. So, for controlling intervening variables, the constancy of following conditions was considered by the researcher:

1- Participants should not be suffered from any mental or physical illnesses. In short, they should be mentally stable.

2 - Couples on Bibliotherapy have not simultaneously taken part in any other therapy.

3 - Ensuring the control and experimental groups were similar on significant variables at the outset.

4-The distressed married couples have not read other self-help books during the process of bibliotherapy.

5- Since positive and negative environmental factors are inevitable, their influence on Bibliotherapy process has not been negated. In some situations, the researcher provided extra counseling sessions to the distressed married couples.

6- The researcher requested the participants to follow the Bibliotherapy step by step.

7- Understanding the Bibliotherapy and perceiving it, were very crucial for the experimental group. The researcher has clarified all aspects of the therapy to the participants.
3.2.3. Objectives

Following objectives have been established for the study:

1- To find out correlation of marital satisfaction between each and every husband and wife.

2- To find out correlation of three components of Sternberg’s love styles (i.e. intimacy, passion & commitment) between each and every husband and wife.

3- To assess the effectiveness of Bibliotherapy on marital satisfaction of distressed married couples.

4- To assess the effectiveness of Bibliotherapy on the three components of Sternberg’s love styles (i.e. intimacy, passion & commitment) of distressed married couples.

5- To assess the effectiveness of Bibliotherapy on the marital satisfaction of male partners of distressed married couples.

6- To assess the effectiveness of Bibliotherapy on the three components of Sternberg’s love styles (i.e. intimacy, passion, commitment) of male partners of distressed married couples.

7- To assess the effectiveness of Bibliotherapy on marital satisfaction of female partners of distressed married couples.

8- To assess the effectiveness of Bibliotherapy on the three components of Sternberg’s love styles (i.e. intimacy, passion, commitment) of female partners of distressed married couples.
3.2.4. Hypotheses

On the basis of the previous review of related literature, the following hypotheses were formulated. The hypotheses 3, 4,5,6,7 & 8 are related to experimental group (N=30) and control group (N=30) through Randomized control group pre-test/post-test design with bibliotherapy as a treatment. Other hypotheses (1&2) mentioned below are linked to 150 couples (N=300).

**H₁** Intimacy, passion and commitment of wives have significant positive relationship with intimacy, passion and commitment of husbands.

**H₂** Marital satisfaction of wives has significant positive relationship with marital satisfaction of husbands.

**H₃** The Bibliotherapy has significant positive effect on marital satisfaction of distressed married couples.

**H₄** The Bibliotherapy has significant positive effect on intimacy, passion and commitment of distressed married couples.

**H₅** The Bibliotherapy has significant positive effect on marital satisfaction of male partners of distressed married couples.

**H₆** The Bibliotherapy has significant positive effect on intimacy, passion and commitment of male partners of distressed married couples.

**H₇** The Bibliotherapy has significant positive effect on marital satisfaction of female partners of distressed married couples.

**H₈** The Bibliotherapy has significant positive effect on intimacy, passion and commitment of female partners of distressed married couples.
3.3. Sample & Data Collection

The target population was the employees of some reputed and qualified organizations in Pune, such as banks, IT and insurance companies. Pune, with a population of approximately 55 lakhs; is the second largest city in the state of Maharashtra. It has a very strong presence in the automobile sector and is home to many information technology (IT) companies.

The method of convenience sampling is used for the collection of data because the couples who were willing to participate in the research (who filled the questionnaires or were involved in treatment) were available when the researcher needed them. One of the most common types of non-probability sample is called a convenience sample – not because such samples are necessarily easy to recruit, but because the researcher uses whatever individuals are available rather than selecting from the entire population.

The entire sample, 150 Indian couples (N=300), who participated in the present study were legally married, residents of Pune and the employees of banks, insurance, IT companies and other qualified and reputed organizations.

The sample group (150 couples out of the target population), was selected after controlling intervening variables. The crucial determinants and variables were controlled in this study.

Prior conditions for selection of sample:

- Age Limit: 25 to 45 years
- Education: Not less than Bachelor’s degree with adequate knowledge of English Language.
- Duration of marriage: Three years and above
- Job status: Employed with qualified organizations
- Income: Rs 10,000 – Rs 40,000
- Number of children: One or more
- Religion: Hindu
- Socio-economic status: Middle-class
Sample size for Bibliotherapy:

1) Sampling was done on the basis of a purposive method which is a sample selected in a deliberate and non-random fashion to achieve a certain goal,

2) Out of 150 couples, 30 Indian couples were selected,

3) Randomly assigned to experimental group (15 couples) and control group (15 couples),

4) The 30 married couples were distressed couples which had got fewer score (a score below 71) in the Marital Satisfaction Questionnaire,

5) The experimental group undertook to bibliotherapy voluntarily, as it is explained them by the researcher

6) The control group remained idle. No kind of therapy was given to them.

7) They were not being suffered to one of severe mental or physical illnesses.

8) The couples who enter into bibliotherapy did not take any other therapies.

9) The researcher ensured that the control and experimental groups are similar on significant variables at the outset.

- Ethical Considerations

Both the BPS (British Psychological Society, 2000) and the APA (American Psychological Association, 1992) have written guidelines on how to conduct ethical research. Participation in the project was voluntary, and participants were asked to read an information sheet and sign a consent form. It is important to confirm that they understood the aims, objectives and nature of the research. Volunteers were also informed that they could withdraw their data from the research at any given time. Any information gathered about participants must be treated with utmost confidentiality and each participant’s data should be held anonymously. The study should present minimal risk to participants pertaining to experimental treatment or exposure to physical or psychological harm.
3.4. Tools of investigation

For measuring the Love Styles and Marital Satisfaction of participants, two questionnaires were administrated:

1) Sternberg’s Triangular Love scale (STLS)

2) Marital Satisfaction Questionnaire (MSQ)

A pre-test of the questionnaires (pilot study) performed among 20 Indian couples. The term ‘pilot studies’ refers to mini versions of a full-scale study, as well as the specific pre-testing of a particular research instrument such as a questionnaire or interview schedule. Twenty Indian couples from Pune participated in the pilot study. The researcher administrated marital satisfaction Questionnaire and Sternberg Triangular Love Scale among 20 Indian couples to obtain the reliability of the research tools. The results statistically verified the reliability of the two questionnaires. Participants found the wordings in the questionnaire were easily understood. No major problem was found. The explanation and psychometric properties of the scales are as follow. The following four books were introduced as a guidance of bibliotherapy.

1) Sternberg’s Triangular Love Scale (STLS, Sternberg, 1998)

The Triangular Theory of Love has created much interest among researchers in relational communication. The STLS (Sternberg, 1998) is a 45-item questionnaire that measures the degree of intimacy, passion and commitment that an individual experiences towards his/her partner in a relationship. Each component, intimacy, passion and commitment is measured by 15 items. Each scale is related on five points Likert scales. Whitley (1993) writes that both versions of the STLS have internal consistency coefficients for all three subscale scores in the .90 range and that 2-week test–retest correlations range from .75 to .81. The TLS is a highly reliable instrument, with good convergent and divergent validity, and adequate construct validity. (Lemieux & Hale, 1999, 2000) and the instrument is fit for more extensive use with adolescents.
2) Marital Satisfaction Questionnaire (MSQ, Lazarus, A. A. 2001)

The MSQ is used highly in clinical practice. It is a 12-item, symptom-based questionnaire; requesting spouses to rate different areas of potential marital dissatisfaction on a 10-point Likert scale (Herman, 1991). Although used primarily in clinical practice, the MSQ has been determined to be a psychometrically valid and reliable instrument in a published research study (Herman, 1991). A correlation of .798 was obtained between the MSQ-R and the Kansas Marital Satisfaction Scale. Alpha for the MSQ-R was found to be .912, and the Guttman split-half reliability was .902.


3.5. Procedure

Permission to conduct the study was granted by the directors or human resource managers of the qualified and reputed organizations. All the tools were distributed among the employees in the qualified organizations. At the beginning, the researcher provided two questionnaires each to 150 couples. After collection of data, scores of the questionnaires and performing descriptive statistics for analyzing the data; two hypotheses should be examined with the methods of inferential statistics. (H1 and H2)

Next, the study entered a psychotherapeutic phase. Bibliotherapy is the term used to cover the use of self-help books to address psychological and emotional issues and difficulties. Out of 150 couples, 30 couples (N=60) have been selected with their scores in Marital Satisfaction questionnaire (a score below 71) and a structured interview which provides general information. In the second step clinical in-depth interview as a method in qualitative research has been used for 15 couples in experimental group. Qualitative research has its roots in social science and is more concerned with understanding why couples behave as they
do: their knowledge, attitudes, beliefs, fears, etc. Qualitative research allows the couples being studied to give much ‘richer’ answers to questions put to them by the researcher, and may give valuable insights which might have been missed by any other method. Not only does it provide valuable information to certain research questions in its own right but there is a strong case for using it to complement quantitative research methods.

Twelve sessions of Bibliotherapy were used on an experimental group of 15 couples. The researcher has been used of two books in counseling to support client change. The Couple bibliotherapy helped the couples to understand and cope better with the stresses and strains of family life. Families can be a source of support, encouragement and love. The counseling through Couple Bibliotherapy can help the couples when a significant stressor exists in their life.

According to pre-test/post-test design, the questionnaires were given to experimental and control groups. After completing 12 sessions (Bibliotherapy), the questionnaire administration was repeated to experimental and control groups. From first to last, the 12 sessions of Bibliotherapy for 15 couples (experimental group) took approximately ten months. Bibliotherapy was given to the couples to be done at home as a treatment. Six hypotheses were examined with the methods of inferential statistics. (H3 to H6)

The books referred in the process of Bibliotherapy were “Cupid’s arrow, The Course of Love through Time” (Sternberg R. J. 1998) and “Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage” (Lazarus. A. A. 2001).

**Basic stages in Bibliotherapy**

Generally, activities in Bibliotherapy are designed to: 1) provide information 2) provide insight 3) stimulate discussion about problems 4) communicate new values and attitudes 5) create awareness that other people have similar problems 6) provide realistic solutions to problems. Finally the process goes through four basic stages (Pardeck, 1993): identification, selection, presentation, and follow-up.
During the first two stages, the clients’ needs must be identified, and appropriate books selected to match their particular problems. The selection process takes skill and insight, as the books must provide correct information about a problem while not imparting a false sense of hope. The books must then be presented carefully and strategically so that the clients are able to see similarities between themselves and the book characters. Once the clients can identify with the main character, they enter the follow-up stage during which they share what they have gained. They express catharsis verbally in discussion or writing, or nonverbal means such as art (Sridhar & Vaughn, 2000), role-playing, creative problem solving, or self-selected options for students to pursue individually (Hebert & Kent, 2000). Once catharsis has occurred, the clients can be guided to gain insight into the problem.

Generally, a marriage counseling book is often an effective way for couple therapy to proceed more efficiently. Obviously, this requires the couple to both read and understand the book. The therapist first usually explains the specific concepts and skills to be practiced in a session. Then, specific chapters are assigned and each partner agrees to read the section. To increase the chances that each will comply with the assignment, the therapist may ask each to call in by a certain date and time to indicate it has been accomplished. If one fails to call, the therapist would initiate the call.

In conclusion, bibliotherapy is one part of couple therapy that can facilitate progress in conjoint therapy. There are a large number of books available in the market. However, the therapist will generally recommend one or more that is consistent with what is being done during actual treatment sessions. The researcher controlled all variables which might affect the outcome of the study to reach significant results.

**General Scheme of Bibliotherapy**

Session 1: In-depth Clinical Interview 1 (wife)

Session 2: In-depth Clinical Interview 2 (husband)

Session 3: Administrating two questionnaires, signing the consent and explaining the ethical issues and clients’ rights
Session 4: Introduction of Bibliotherapy and its target and presenting the books

Session 5: Explaining the love style of Sternberg’s theory

Session 6: Discussion and clarifying the love styles of couples

Session 7: Catharsis

Session 8: Catharsis

Session 9: Insight oriented expression

Session 10: Insight oriented expression

Session 11: conclusion & feedback

Session 12: Administration of two Questionnaires

Two books have been presented to participants:

1- Marital Myths Revisited (Sternberg, R.J. 1998),

2-Cupid’s arrow: The Course of Love through Time (Lazarus, A. A. 2001)

Contents of “Marital Myths Revisited” are a fresh look at two dozen mistaken beliefs about marriage which every couple encounters them. Out of two dozen myths 10 myths have been selected for treatment of distressed married couples including:

MYTH 1: HUSBAND AND WIVES SHOULD BE BEST FRIENDS

MYTH 2: ROMANTIC LOVE MAKES A GOOD MARRIAGE

MYTH 3: HUSBANDS AND WIVES SHOULD DO EVERYTHING TOGETHER

MYTH 4: HAVING A CHILD WILL IMPROVE A BAD MARRIAGE

MYTH 5: MARRIAGES CAN FULFILL ALL YOUR DREAMS

MYTH 6: YOU SHOULD MAKE YOUR SPOUSE OVER INTO A BETTER PERSON

MYTH 7: MARRIAGES SHOULD BE A 50-50 PARTNERSHIP

MYTH 8: AN UNHAPPY MARRIAGE IS BETTER THAN A BROKEN HOME

MYHT 9: OPPOSITS ATTRACT AND COMPLEMENT EACH OTHER

MYTH 10: COUPLES SHOULD NOT REVEAL PERSONAL MATTERS TO OUTSIDERS
Part I of “Cupid’s arrow: The Course of Love through Time” is “The composition of Cupid’s arrow: What is love?” According to part I, following concepts were presented to distressed married couples during bibliotherapy:

1. A Three-Component View of Love
2. Seven Kinds of Love
3. Many Different Triangles of love

Measuring each of these components allows couples to gain a better sense of where each partner stands in a loving relationship. The scale can, in pointing out the specific differences between the love of two members of a couple, be therapeutic by helping to pinpoint the areas where change is necessary and suggesting the kinds of action that might effect change. (Sternberg, 1998)

An in−depth interview has been conducted in this research as a useful qualitative data collection technique which deeply explores the participants’ point of view, feelings and perspectives. In−depth interviews can be used to obtain preliminary information that can be used to develop more concrete quantitative surveys.

3.6. Research Design and statistical Analysis of Data

A research design is used to structure the research and to show how all major parts of the research project, including the sample, measures, and methods of assignment, work together to address the central research questions in the study.

3.6.1. Research Designs

This research is a quantitative one. In quantitative research, an investigator relies on numerical data (Charles & Mertler, 2002). Two types of quantitative researches were performed in the current study. (I) Experimental research (Randomized control group pre-test/post-test design) and, (II) Correlational research design.
I-Randomized control group pre-test/post-test design

This design allows researcher to compare the final post-test results between the two groups, giving them an idea of the overall effectiveness of the intervention or treatment, i.e., Bibliotherapy. With this Research Design, all conditions are the same for both the experimental and control groups, with the exception that the experimental group is exposed to a treatment.

II- Correlational research design

Correlational research design, which attempts to determine whether and to what degree a relationship, exists between two or more quantifiable variables. However, it never establishes a cause-effect relationship. The relationship is expressed by correlation coefficient, which is a number between .00 and 1.00. Correlational designs examine the relationship between two or more existing (non-manipulated) variables. Correlational research represents a general approach to research that focuses on assessing the co-variation among naturally occurring variables. The goal of correlational research is to identify predictive relationships by using correlations or more sophisticated statistical techniques. The results of correlational research also have implications for decision-making, as reflected in the appropriate use of actuarial prediction. In this study, the correlationship of variables: 1) love style components (Intimacy, Passion & commitment) and 2) Marital Satisfaction of couples were verified.

According to I-Experimental research:

1) To collect data of 150 couples. (N=300)

2) Randomly assign 60 subjects to experimental and control groups, 15 couples (N=30) as an experimental group and 15 couples (N=30) as a Control group. The couples who had fewer scores in Marital Satisfaction Questionnaire were considered for experimental group and control group.

3) Administer the pre-test (MSQ & STLS) to all participants in both the groups

4) Ensure that both groups experience the same conditions. As an exception, the experimental group experienced the treatment in addition.
5) Administer the post-test (MSQ & STLS) to all participants in both groups.

6) Marital satisfaction and love components were scored for experimental group and control group, before and after performing Bibliotherapy. Finally, the researcher considered the outcome and analyzed the data.

7) Assess the amount of change on the values of the dependent variables from the pre-test to the post-test for each group separately.

And due to II- Correlational research:

8) To find out the correlation of marital satisfaction of wives and husbands (N=150 couples, 300 subjects)

9. To find out the correlation of the components of love styles of wives and husbands (N=150 couples, 300 subjects)

Table I

<table>
<thead>
<tr>
<th>Randomly Divided To:</th>
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<tbody>
<tr>
<td><strong>Experimental Group</strong></td>
</tr>
<tr>
<td>N=15 couples</td>
</tr>
<tr>
<td>1) Pre-test</td>
</tr>
<tr>
<td>MSQ, STLS</td>
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<tr>
<td>2) Treatment of Bibliotherapy</td>
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<tr>
<td>3) Post-test</td>
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<tr>
<td>MSQ, STLS</td>
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</tbody>
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3.6.2. Statistical Analysis of Data

First, the basic descriptive statistics (Mean, Median, Mode, S.D., Skewness & Kurtosis) were performed. Consequently, the data was analyzed using inferential statistical techniques. The following statistical methods were applied to verify the hypotheses. For the experimental design, student's t-Test, Gain Score
analysis, Analysis of Covariance (ANCOVA) were utilized. For the correlational design, Pearson Product-Moment Correlation Coefficient (Pearson's $r$) was utilized.

The data was analyzed using SPSS 16.0 (Statistical Package for Social Science, 16\textsuperscript{th} Version). The hypotheses were examined properly at the end of all statistical processes.

3.7. Universe

Pune, Maharashtra, India.

3.8. Time Limit

This research has been conducted from 16\textsuperscript{th} January 2010 to 15\textsuperscript{th} June 2012.

3.9. Summary

This chapter discussed the methodology adopted to undertake the study. The methodology included following elements: the hypotheses formulated, the research designs used to test the hypotheses, the sample, the tools applied, the procedure of performing the intervention (Bibliotherapy) and the statistical analysis. The next chapter discusses the results of the research.