Appendices

I-A summary of Qualitative Study in Bibliotherapy

Abstract

This section details a summary of the qualitative study in Bibliotherapy. In current research, qualitative study includes an investigation in the case history and description of the present problems of the 15 couples who have been involved in Bibliotherapy. Therapist completely attempted to make the concepts of Sternberg’s Love Triangle understandable within the initial sessions. The couples painted their own triangles according to the obtained scores of Sternberg’s Triangular Love Scale. In this study the couples recognized and redefined the concepts of intimacy, passion and commitment in their marital life. The book “Cupid’s Arrow” (Sternberg, 1998), helped them to understand the Triangular Love Theory of Sternberg. Due to the book “Marital Myth Revisited” (Lazarus, 2001) they revisited ten out of two dozen mistaken beliefs about marriage which the therapist selected properly. The couples were asked to read these books in their leisure time and then come for the sessions, where they could explain the concepts from the books. The most recognized and used model of Bibliotherapy includes a three-stage approach that focuses on identification, catharsis, and insight (Shrodes, 1950, Wilson 2009). So in this study, treatment was based on this model of Bibliotherapy.

Interview and Rapport

The initial contact with the couples is an essential element in determining whether he/she will continue with the therapy. Couples often make the first impressions of their therapists after the in-depth interview, and then decide if they will continue for more sessions. So the rapport is an important factor for any psychotherapy should be established between the therapist and couples.

Before going to Bibliotherapy, some couples might imagine what it will be like, what the therapist will ask or how the therapist will look or behave. Especially for those who've never undergone the therapy, it can be uncomfortable or even scary to talk with a professional who they haven't met before.
The therapist as a stranger faced fifteen couples who were Hindus with Marathi language as their mother tongue. The therapist attempted to be familiar with Hindu marriages and its rites and rituals. The therapist went through the concept of arrange marriage too. The awareness of Indian culture about marriage was a stepping stone to progress the Bibliotherapy. The couples’ first impression of the interviewer was based on a variety of factors such as the greeting, manner of speaking, clothing, and body language. All of these were appropriate for the Indian culture and conveyed respect for the couples.

Meanwhile the couples understood that the therapist is knowledgeable then they could consider the therapist trustworthy. The first impression of the therapist about the couples was very positive. The therapist found them friendly and curious who were willing to know about the Bibliotherapy. They were keenly interested to know more about the effectiveness of Bibliotherapy in their marital life.

The process of interview conducted in a private location with no outsiders present and where people felt that their confidentiality is completely protected. Finding such a location may be difficult in some settings, but every effort had been made to protect couples’ privacy to the greatest extent possible. So their cooperation was increased. The Bibliotherapy in this research was conducted at the couples’ residential place for their convenience.

While conducting an in-depth interview, the researcher asked mostly open-ended questions – which were the questions that encourage a detailed response rather than “yes,” “no,” or one-word answers – to elicit unstructured talk from couples about their experiences and opinions. Later, the researcher analyzed what participants say for insights into the couples’ attitudes, beliefs, and perceptions. The therapist asked several questions to the couples to get the idea about their marital structure. The following are some of the questions which have been discussed during first two sessions:

- Do you consider your marital life successful? What is marital satisfaction according to your belief?
- What are the roles of intimacy, passion and commitment in a marital relationship? Have you ever recognized these three concepts in your married life?

- How did you get the courage to talk to a stranger about your relationship?

- Do you think the problems in the relationship are more to do with things inside or things outside the relationship? How does your work affect your relationship with your family?

- Do tensions in your families affect your relationship?

- What are the good moments in your life which you remember?

- What do you notice about other relationships that are like or unlike your own?

- Did you learn anything in your own family that has helped or hindered you in this relationship?

**Introducing Bibliotherapy & Interpretation of Sternberg’s Triangular Love Theory**

In this study, the therapist considered twelve sessions of Bibliotherapy for fifteen couples who had less scores in the Marital Satisfaction Questionnaire (Lazarus A. A., 2001). The first two sessions were in-depth Clinical Interview (husband and wife). In the third and fourth sessions the therapist gave the participants two questionnaires namely Marital Satisfaction Questionnaire (Lazarus A. A.2001) and Stenberg Triangular Love Scale (Sternberg R.J. 1998). In next two sessions, the therapist introduced Bibliotherapy and interpreted Sternberg’s Love Triangular components.

The discussions about the usage of fiction, non-fiction and self-help books in the path of Bibliotherapy enlightened their points of view about treating and healing with the help of books. A brief research-based explanation about the effectiveness of Bibliotherapy on emotional and mental problems, and other aspects of human life brought them into the stream of therapeutic phase of the
research. Every participant had her/his own attitude about Bibliotherapy. Even some of them did not have any idea about using literature for therapy. A couple amongst them thought that the Bibliotherapy is an elementary process which is not a therapy. As the participants were educated, persuading them to accept the concept of Bibliotherapy was not difficult. Day by day approaching them to the Bibliotherapy became effortless. Firstly the therapist with the help of the two books (Cupid’s Arrow and Marital Myth Revisited) provided some adequate information for the couples. Providing the insight for the participants was the second step of Bibliotherapy. In the third step therapist stimulated the couples to express their own problems about marital satisfaction and love. In the process of Bibliotherapy, some new values and attitudes were formed. The therapist created awareness that other couples have similar problems and then provided realistic solutions to the problems.

The couples were made acquainted with the Sternberg Triangular Love Theory. The therapist clarified three main components of love in Sternberg’s Triangular Theory. Knowing about these components of love may help couples avoid pitfalls in their relationship, work on the areas that need improvement or help them recognize when it might be the time for a relationship to come to an end.

The Bibliotherapy sessions were completely dynamic, especially when the therapist asked them to draw their own triangular love according to their scores in intimacy, passion and commitment. The couples were gratified because of their obtained wisdom of love and its components.

In the next few sessions, after reading the book related to two dozen mistaken beliefs about marriage, the therapist could observe the couples’ catharsis and insight oriented expressions. The couples aligned with some marital myths which defined by some stories of husbands and wives in the book “Marital Myth Revisited” (Identification). During Bibliotherapy the couples were able to release their emotions (Catharsis) and they experienced the integration of thoughts, emotions and their own processes (Insight) too.
At the end of Bibliotherapy process, the therapist administrated and scored the two assessment tools: 1) Marital Satisfaction Questionnaire (Lazarus A. A.2001) and 2) Stenberg Triangular Love Scale (Sternberg R.J. 1998).

**Conclusion & Feedback of Bibliotherapy**

The therapist observed that the Bibliotherapy was an impressive method to increasing marital satisfaction and improvement of three components of Sternberg’s love styles i.e. Intimacy, Passion and Commitment. The post-tests’ results in marital satisfaction and three love components of couples showed the effectiveness of Bibliotherapy. The therapist always attentively monitored and recorded the couples’ behaviors. After analyzing data, the therapist concluded the efficacy of bibliotherapy in current research. The couples were able to draw their love triangles and easily interpreted the components of Sternberg’s Triangular Love.

The couples compared their pre-test and post-test results of marital satisfaction and three love components (intimacy, passion and commitment). They then realized the improvement in their own marital life.

The therapist attempted to provide a peaceful and friendly setting for the couples throughout the Bibliotherapy. So they disclosed their marital problems properly. Their emotional releases could help the therapist to tackle with the conflicts of the couples.

The couples found out the effectiveness of Bibliotherapy and requested the therapist to make a list of useful books in the field of marital satisfaction, love and marriage. Some of the couples asked the therapist to be in touch for the future requirements, if any. After completing twelve sessions of Bibliotherapy, the therapist came to know that there were good relationships between every couple.

At last session, the therapist asked couples to write their feedbacks about the therapy. Most of them were pleased with Bibliotherapy and the effects of this particular therapy on their marital satisfaction and love. Their feedback notes relatively showed their satisfaction to the process of Bibliotherapy. Providence. Satisfaction of the therapist originated from the satisfaction of the couples.
The effectiveness of Bibliotherapy was determined from the couples’ compliments and it was proved by significant statistical differences between pre-test and post-test results. After completing the therapy, the couples understood the concept of three components of Sternberg’s Triangular Love.

So Intimacy, Passion and Commitment of the couples made some useful tools to interpret and clarify their relationship. The efficacy of Bibliotherapy was undeniable. They concluded that love could be created even for those couples who had an arranged marriage. They reasoned out that the self-help books could be delightful in their marital life. The intervening of a therapist made several constant changes in the couples’ lives too.
II-Marital Satisfaction Questionnaire

After each question below write down the number that most closely approximates your present feelings about your marriage or your spouse. On a scale of one to ten, 10 is "pleased," 5 is "half yes/half no," and 0 is "not pleased."

I AM:

- Pleased with the amount we talk to each other.
- Happy with the friends we share in common.
- Satisfied with our sex life.
- In agreement with the amount of time you or we spend at work and at home.
- In agreement with the way we are spending money.
- Pleased with the kind of parent you are. (This refers to the way your spouse interacts with the children.)
- Of the opinion that you are "on my team."
- Pleased with our leisure time together (e.g., sports, vacations, outings, etc.).
- Basically in agreement with your outlook on life (e.g., values, attitudes, religious beliefs, politics, etc.).
- Generally pleased with the way you relate to members of your own family. (This refers to your spouse’s parents, siblings, etc.)
- Satisfied with the way you relate to members of my family. (This refers to your own parents, siblings, etc.)
- Pleased with your general habits, mannerisms, and overall appearance.

Adapted from Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage, by Dr. Arnold A. Lazarus. Available at online and local bookstores or directly from Impact Publishers, Inc., PO Box 6016, Atascadero, CA 93423-6016, http://www.bibliotherapy.com/ or phone 1-800-246-7228.
III-Sternbergs Triangular Love Scale

To complete the following scale, fill in the blank spaces with the name of one person you love or care about deeply. Then rate your agreement with each of the items by using a nine-point scale in which 1 = "not at all," 5 = "moderately," and 9 = "extremely." Use points in between to indicate these values. Then consult the scoring key at the end of the scale.

**Intimacy Component**

___1. I am actively supportive of _______’s wellbeing.
___2. I have a warm relationship with ________.
___3. I am able to count on _________ in times of need.
___4. ________ is able to count on me in times of need.
___5. I am willing to share myself and my possessions with ________.
___6. I receive considerable emotional support from ________.
___7. I give considerable emotional support to ________.
___8. I communicate well with ________.
___9. I value ________ greatly in my life.
___10. I feel close to ________.
___11. I have a comfortable relationship with ________.
___12. I feel that I really understand ________.
___13. I feel that ________ really understands me.
___14. I feel that I can really trust ________.
___15. I share deeply personal information about myself with ________.

**Passion Component**

___16. Just seeing ________ excites me.
___17. I find myself thinking about ________ frequently during the day.
___18. My relationship with ________ is very romantic.
___19. I find ________ to be very personally attractive.
___20. I idealize ________.
___21. I cannot imagine another person making me as happy as ________ does.
22. I would rather be with ________ than with anyone else.

23. There is nothing more important to me than my relationship with ________.

24. I especially like physical contact with ________.

25. There is something almost "magical" about my relationship with ________.

26. I adore ________.

27. I cannot imagine life without ________.

28. My relationship with ________ is passionate.

29. When I see romantic movies and read romantic books I think of ________.

30. I fantasize about ________.

### Decision/Commitment Component

31. I know that I care about ________.

32. I am committed to maintaining my relationship with ________.

33. Because of my commitment to ________ I would not let other people come between us.

34. I have confidence in the stability of my relationship with ________.

35. I could not let anything get in the way of my commitment to ________.

36. I expect my love for ________ to last for the rest of my life.

37. I will always feel a strong responsibility for ________.

38. I view my commitment to ________ as a solid one.

39. I cannot imagine ending my relationship with ________.

40. I am certain of my love for ________.

41. I view my relationship with ________ as permanent.

42. I view my relationship with ________ as a good decision.

43. I feel a sense of responsibility toward ________.

44. I plan to continue my relationship with ________.

45. Even when ________ is hard to deal with, I remain committed to our relationship.

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