Abstract

The present study investigated the Effectiveness of Bibliotherapy on Marital satisfaction and Love Styles of Distressed Married Couples. Participants were 150 couples (N=300), 25 to 45 years old and employees of reputed organizations in Pune (India). Couples were asked to complete two questionnaires, Marital Satisfaction Questionnaire (Lazarus, 2001) and Sternberg Triangular Love Scale (Sternberg 1998). Marital satisfaction (also referred to as marital quality, marital adjustment and marital happiness) and is defined as one’s subjective evaluation of favorability towards his/her spouse and the marital relationship (Roach, Frazier & Bowden, 1981). Sternberg’s (1986) triangular theory of love suggests that the experience of love consists of a mix of three separate but related components: Passion, Intimacy, and Commitment. The aim of this study was to find out correlation between intimacy, passion, commitment and marital satisfaction of every couple and to study the efficacy of Bibliotherapy. The materials 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.2006).

Next, after scoring data of 150 couples, 30 couples (N=60) who had less score in Marital Satisfaction Questionnaire have been selected for Bibliotherapy. Bibliotherapy is defined as the use of literature to help people cope with emotional problems, mental illness, or changes in their lives (Pardeck, 1994). The researcher randomly assigned 30 couples to control group and experimental group. With Randomized control group pre-test/post-test design; all conditions are the same for both the experimental and control groups, with the exception that the experimental group was exposed to a treatment namely Bibliotherapy. After twelve sessions of Bibliotherapy, Marital Satisfaction Questionnaire (Lazarus, 1989) and Sternberg Triangular Love Scale (Sternberg 1998) administered for both the experimental and control groups. To find out the difference in pre-test /post- test scores on marital satisfaction and three components of Sternberg’s love styles in the experimental and control groups, gain score i.e. (post- test) – (pre-test) was computed and compared between these two groups to find out the effectiveness of Bibliotherapy. To verify the hypotheses of present study, Student t - test, gain score and ANCOVA method were used. Results indicated that the effectiveness of Bibliotherapy on marital satisfaction and love styles of distressed married couples has been proved.