

Reading Therapy: An Evaluation about Literary Books of Puberty on the Axis of Bibliotherapy

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Key words:Bibliotherapy, Puberty Books, Reading Education,Turkish Language Education, Puberty

ABSTRACT

Bibliotherapy is a reading strategy which aims to help people solve their problems or adapt to a new environment with the help of specifically chosen texts. This study aims to examine the first works of youth era in Turkish Literature in educational activities on the basis of bibliotherapy. The target group of the study includes 12 to15-year-old students of secondary stage in primary schools. The main problems of young people aged between 12-15 can be ordered as in the following: stepmother and stepfather, puberty, physical appearance deficiencies (disability, structural deficit, emaciation or obesity), not able to accept socio-economical status, being ashamed of family, introduction to bilateral relations and new concepts, addiction, neglect, child sexual abuse, change of location, test anxiety, death of a family member/ relative, violence from family or acquaintances. For this purpose, the puberty works which appeal to young people aged between 12-15 were analyzed by using content analysis from qualitative method in order to provide solutions and guide young people.

According to findings, when the changes and possible problems that adolescents aged between 12-15 go through are examined it is seen that their choice of books reflects their states. Interests shape in relation to the traits of development era. When young people's choice of books and problems are compared, it is seen that such themes as pursuit of similarity, self-discovery, pursuit of role model, differences in socio-economical status, norm/normlessness conflict, test anxiety and realizing opposite sex are common. It is also seen that books related to step mother/father, addiction, neglect, child sexual abuse, change of location, death of a family member/ relatives, violence by family/acquaintances and physical appearance deficiencies are not in the list of choice. Considering the findings, it is possible to suggest the following points: Libraries and publishing firms should form a suggestion list of books by taking possible problems into consideration as well as young people's interests and desires.