

EFFECT OF BIBLIOTHERAPY ON AGGRESSIVE BEHAVIOUR MODIFICATION AMONG YOUNG ADULTS IN ORPHANAGES IN OYO STATE, NIGERIA

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Abstract

The study investigated the effect of bibliotherapy on modification of aggressive behaviour among young adults in orphanages in Oyo State, Nigeria. The pretest, posttest, control group, quasi-experimental design was adopted while questionnaire and a bibliotherapy treatment package was used in data collection. Findings revealed that bibliotherapy usage had effect on aggressive behaviour modification among young adults in orphanages in Oyo State. Findings from the study further revealed that gender had significant effect on aggressive behaviour modification in favour of female young adults.

Keywords: Aggressive behaviour, Bibliotherapy, Young adults, Orphanages in Oyo State, Nigeria.

Introduction

Aggressive behaviour is a major societal problem that has caused damage to lives and properties. According to Jamal (2016) many factors have been said to be responsible for or influence the high incidence of aggressive behaviour among young adults. These include personal factors, family background, parental upbringing, school based/education factors, socio-economic and political factors, religious factors, peer Influence, media and career related factors among others. According to Obasola (2013), aggressive behaviour can be associated with low self-esteem, fear of failure, or feelings of isolation. It can be related to situations in which a young adult feels anxious because they have no control over situations around them. Such situations may include divorce and family problems.

Aggression is a multidimensional phenomenon which includes social, cultural, family dysfunction, and neurological and biological variables; therefore, young adults need treatment. Aggressive behaviour is an intentional act to hurt others, physically or psychologically and it is an emotion felt by most young adults in daily life. It is any form of behaviour directed toward the goal of harming or injuring another living being. Aggression among young adults can be grouped into two types, physical and verbal aggression. Alokun and Osakinle (2015) posit that physical aggression includes behaviours such as pushing, shoving, hitting, slapping, biting, kicking, hair-pulling, stabbing, shooting, and rape while verbal aggression, on the other hand, may include threatening and intimidating other young people and engaging in malicious teasing,

taunting, and name-calling. Aggression is generated by sheer defiant nature, being illogical and being unaware of the consequences. Aggressive behaviour is also common during the infant and toddler years too but the most dangerous aggression occurs during the late teen years and in early adulthood. According to Muhammad and Muhammad (2013), young adults present reactive or proactive aggression, directly or indirectly while they demonstrate several common characteristics like anger, empathy, endorsement of power, and low self-regulation. Sometimes aggressive behaviour leads young people into drug addiction.

Aggressive behaviour is a common thing in the Nigerian society, aggressive and intolerant behaviour is rampant on the streets, roads and other common places and can be costly and damaging to the society. Factors responsible for aggressive behaviour are many and inter-connected and these factors combine to make probability of criminal behaviour in youths more likely. Young adults who are violent also engage in self-destructive actions, such as suicide attempts. Aggressive behaviour among young adults in Nigeria includes physical fighting, cultism, bullying, man slaughter, robbery as well as other behaviours that are not socially proper or deviation from the social norms such as stealing, killing, possession of weapons, housebreaking, and armed theft.

Moreover, physical aggression also leads to drug addiction, crimes, accidents, suicidal activities, depression, abuse by spouse and neglect parenting. Thus, aggressive behaviour usually leads to anti-social behaviours among young adults which are foremost social issues in Nigeria and this is posing a whole lot of issues to the well-being of the people (Muhammed, Salami, Adekeye, Ayinla and Adeoye, 2000). Also, insecure feelings, distrustful, repulsive, feeling of failure, deprivation and insults which young adults go through in orphanages could lead to aggressive behaviour that prevents the fulfillment of their dreams.

Furthermore, young adults who engage in aggressive behaviour are mostly involved in vandalism in Nigerian societies and this has created fear of investing in Nigeria by investors. With high rate of vandalism established organisations are likely to scale down their operations because of the activities because vandalism is a great discouragement towards the establishment of new companies with attendant loss of jobs. Aggressive behaviour among young adult can also result into insecurity of life, poverty and hunger. These young adults present great concern to parents and the community at large.

Obasola (2013) asserted that young adults' aggressive behaviour is any intentional physical, sexual or psychological assault on another person (or persons) between the ages of 12 to 19 years. Recent happenings in Nigeria have revealed that about 80 or more percent of crime committed in the nation and worldwide is perpetuated by young adults and this is worrisome, because it has a serious negative implication for the future of Nigeria. However, though most young adults display highest levels of physical aggression in childhood, this behaviour could decline with the age, proper care and concentration on the development of young adults (Onukwufor, 2013).

Aggressive young adults are usually angry, anxious, and feel lonely, hence they find it difficult to express their feelings. According to Ikediashi and Akande (2016), young adults in orphanages also do have a disproportionately high prevalence of mental health disorders. Elegbeleye (2013), defined an orphan as a child that has lost one or both parents. The loss of one parent classifies a child as a single orphan and the loss of both parents as a double orphan. However, aggression in these young adults may have started due to the issues with their former family which put them in the situation of living in orphanages. Also, issues with friends at the orphanage may create a great impact on developing aggression because there may be sustained jealousy among these young adults. The development of aggression among young adults in orphanages could be due to issues with handling by caregivers and administrative staff. Observations have revealed that young adults in orphanages are sometimes deprived of satisfaction of natural psychological needs which is not in the same level of those who enjoyed the tenderness of their parents (Ahmad, 2001). Some young adults in orphanages are characterised by lying, theft, drug abuse, homosexuality and others. Lack of satisfaction among young adults' may also lead to aggressive behaviour such as lack of sense of security and belonging, which may generate forms of aggressive responses.

Moreover, young adults in orphanages may suffer from lack of satisfaction of their psychological needs (i.e the need for competence, safety, self-esteem, love and belonging) which also affects their socialisation. This does not allow them to build social skills and expertise that are required to build normal relations with others. Also, residential care in orphanages may play a significant role in the character traits of the young adults such that orphans in orphanages with low level of residential care, have many problems such as confusion, attention deficit disorder, hyperactivity, low academic achievement and acquisition of language and social skills which are necessary to communicate with others. Some orphanage environments are characterised by lack of ability to properly respond to future situations, or the tendency for the environment to respond predictably to behaviour (McAllister, Flynn, and Alexander, 2014).

According to Adeyeye and Oyewusi (2017), bibliotherapy can help in addressing the aggressive behaviour of young adults. They described bibliotherapy as an activity which involves reading books and poems in order to make young people feel better in and about themselves in order to be able to cope with problems relevant to their situations and developmental needs at appropriate time. Book therapy can serve as a therapeutic means for these young adults in orphanages because they can enter the world described in the pages of a good book and become involved with the character thereby gaining insight and ideas of dealing with life issues. Books can impact one's personality and allows solving of personal problems and concerns. The contribution of reading books to young adult's lifestyles cannot be over-emphasised because books help young adults cope with issues or situation that could affect or have affected their behaviours. Bibliotherapy is a remediation approach with the intention of not only helping young adults learn and develop new social skills but also to experience validation and insight into their own thought processes and emotions.

Dirks (2010) posited that the process of bibliotherapy when followed can help young adults understand the feelings they have, find solutions that will work and make them feel better about themselves which will increase their personal success. Those who use bibliotherapy understand and follow the theory that reading is able to impart information from a safe distance and/or arouse emotions within the reader. This can then influence their thinking and behavior especially when focused on their specific needs. Bibliotherapy not only teaches basic skills on improving behaviour, but also creates an emotional response that brings about change. The process of bibliotherapy includes identification, catharsis, and insight (Wadsworth 2007). Bibliotherapy can also be used to specifically address young adults' issues, such as alcohol and drug addiction, divorce and separation of parents, emotional and behavioral problems, moving to a new home, physical disabilities, pregnancy and abortion, serious illness and death, sexual awareness, sibling relationships, and step-parents is very necessary (Cook, Earles-Vollrath and Ganz, 2006).

Bibliotherapy is reading to heal and it involves the selection of reading materials which includes fiction and non-fiction books that can be used to guide readers to realise greater self- understanding, self- reflection and comfort when faced with problems, loss, disabilities, illness and other challenges and can help young adults overcome aggressive behaviour because there will be more understanding when the theme (which may include cooperation, honesty, responsibility, tolerance) in the book is discussed in line with the characters presented (Adeyeye and Oyewusi, 2017).

As a therapeutic method, stories have the ability to diagnose inner secrets and feelings and that helps to construct the content of unacknowledged unfinished issues, stored memories and denied feelings in a non-frightening manner. Stories also help in transferring suppressed content matter gradually to the region of the conscious brain, which allays pains and improves problem-solving skills of young adults. Also, stories can promote self-esteem among young adults in orphanages and help them deal with those of their desires that lean toward aggression, jealousy and more. Through stories, young adult finds room to release his instincts and desires; he acquires feelings and impressions that suit his different phases of growth, as stories provide him with characters that suffer from similar problem.

Bibliotherapy also helps orphanages in developing the young adult's hobbies and emotions, and gears it toward a positive direction. The suppression of aggressive behaviour in the orphanage leads to a seemingly less frustration which is often made manifest in a psychological defensive manner expressed in socially unacceptable behaviours. Then, the orphanage may be freed of frustrations and confusions, and be able to analyse attitudes and behaviours as well as deepen self-esteem and self-confidence of young adults living in orphanages. The role of those who participate in the process of bibliotherapy shows that bibliotherapy is a technique for structuring an interaction between a facilitator and a participant. This is an interaction which is in some way based on their mutual sharing of literature in the broadest sense possible. Furthermore, Interaction between the facilitator and the participant may take place

within a group or one-on-one setting. According to Carr (2006) and Silverberg (2003) Bibliotherapy can be used as a corrective and preventive measure against social vices.

According to Elegbeleye (2017) orphanages are accommodation used for the placement of orphans who have no family connection under the supervision of a number of male and female employees. These institutions have their own buildings and provide the required financial and technical support to carry out its work and achieve its objective. Orphanages have few disadvantages which can affect the behaviour of young people resident in them. This includes the treatment of the orphan through the collective method, which does not achieve the socialisation and therefore does not allow the impact of social skills that can build normal relations with others around them (Baillargeon, Tremblay, and Williams, 2002). Most times, young adults in these institutions suffer from lack of satisfaction of psychological needs like the need for competence, safety, self-esteem, love and belonging, despite the physical security they live in, thus their emotional growth would be affected negatively compared to young adults in normal families. Deprivation of basic needs, such as nutrition and medical care, may also be experienced in orphanages, especially with the economic recession in Nigeria.

Federal Ministry of Women Affairs and Social Development controls Orphanages in Nigeria. In Oyo State, orphanages are managed by Oyo State Ministry of Women Affairs, Community Development, Social welfare and Poverty Alleviation. Orphanages are established to provide care and support, education/vocational training, food and nutrition, legal and protection, shelter and care, health care for orphans and the vulnerable children in the society. The Regulations of Federal Ministry of Women Affairs and Social Development include creation and formulation of policies and legislation on survival, development, protection and participatory rights of women and children in the country.

Many studies have been done within and outside Nigeria on bibliotherapy such as McAllister, Flynn, and Alexander (2014), Oyewusi (2016), Ajayi (2014) Jamal (2016) Freeman (2016) however, few researches have been carried out on (aggressive behaviour) among young adults. Alokun and Osakinle (2015) suggested that aggressive behaviour can be as a result of child abuse. Sharma (2012) also investigated that boys engage more in physical aggression while girls engage more in verbal aggression. Aggressive behaviour tend to be more rampant among younger children than older ones and that male children are more likely to be aggressive than female children. Therefore, this study intends to investigate the effect of bibliotherapy on the reduction of aggressive behaviour among young adults in orphanage homes in Oyo State, Nigeria.

The records of aggressive behaviour among orphans over the years, have shown that the goal of substantially improving the overall behaviour in our society is far from been realised. This is because most orphans are passing through traumatic periods and cases of aggressive behaviour are on the increase in the country. Young adults in orphanages involve in both verbal and physical aggression (kicking, hitting, pushing, insult,

assault, fighting, lying), as a result of some displeased experience. However, young adults' involvement in aggressive behaviour makes the country suffer socially and economically. Age and gender have also been found to be major factors that can affect aggressive behaviour among young adults in Nigeria

Without the use of bibliotherapy in orphanages, it will be difficult to help young adults to cope with issues or situation that could modify their behaviours. One of the approaches to complement the remediation and correction of these aggressive behaviours in young adults is the use of books therapy.

Objectives of the study

The specific objectives of this study are to determine the:

1. main effect of bibliotherapy on aggressive behaviour of young adults in orphanages in Oyo State, Nigeria;
2. main effect of gender on aggressive behaviour of young adults in orphanages in Oyo State, Nigeria;
3. the main effect of age on aggressive behaviour of young adults in Orphanages in Oyo State, Nigeria;
4. the interactive effect of bibliotherapy, gender and age on aggressive behaviour of young adults in Orphanages in Oyo State, Nigeria.

Hypotheses

The following null hypotheses were tested at 0.05 level of significance:

1. There is no significant main effect of bibliotherapy on aggressive behaviour of young adults in orphanages in Oyo State, Nigeria
2. There is no significant main effect of gender on aggressive behaviour of young adults in orphanages in Oyo State, Nigeria.
3. There is no significant main effect of age on aggressive behaviour of young adults in Orphanages in Oyo State, Nigeria.
4. There is no significant main interaction effect of bibliotherapy, gender and age on aggressive behaviour of young adults in Orphanages in Oyo State, Nigeria.

Methodology

The study made use of both qualitative and quantitative components. The qualitative components adopted Focus Group Discussion (FGD) approach. The quantitative approach adopted the pre-test, post-test, control group, quasi-experimental design with 2x2x2 factorial matrix. The population of this study comprises young adults in registered orphanages in Oyo State who are between ages 13 and 18years. Jesus Children Mission (JCM), Bodija and Seed of Charity Home in Akobo were the two orphanages that were purposively selected for the study. Selected young adults from these two orphanages constitute the participants for this study. Twenty young adults from Jesus Children Mission, Bodija was used for the experimental group while 20 young adults from Seed of Charity, Akobo constitute the Control Group. The study's inclusion criteria were; participants should be young adults resident in selected orphanages in Oyo State, participants should be between the age of 13-18 years, participants should be willing and ready to participate in the experiment without

coercion, participants should have elements of aggressive behaviour, participants should be above average in intelligence and should be able to read and write; and participants should be ready to attend and actively participate in the treatment sessions.

The instrument that was used for the collection of data on this study is a Self – report Measures of Aggressive Behaviour Scale. The instrument was designed under two headings and harmonised into one single questionnaire consisting of sections A and B. Section A focused on the demographic variables of young adults such as age, gender while Section B is a Self-Report Measure of Aggressive Behaviour for Young Adolescents. The instrument developed by Pamela, Orpinas and Ralph Frankoswki (2001) was used to collect data. This scale assessed aggression types occurring during the physical harm; slapping, or punching someone before the other, person hitting them, beating up someone; attacking someone with a knife, and shooting at or shooting someone with a real gun. The scale uses a 4-point likert type scale ranging from Strongly Agree =4, Agree=3, Disagree=2 and Strongly Disagree=1. The scoring was carried out on the basis of the total points in the scale, the higher the score, the higher the level of aggressive behaviour.

Also, the Bibliotherapeutic Treatment Package for young adults in orphanages is designed to expose young adults to desired behaviour that could modify their behaviour using one locally authoured story book, *The Stubborn Child'* by Seye Odedare, Ibadan; Seye Publisher Nig. Ltd, 2016, 158.

The treatment package was given to the researcher supervisor, one expert from the Centre for Educational Media Resource Studies for face validity. The content validity was also carried out at Adriel Home, Gbagi, Ibadan Oyo State using Twenty (10 males and 10 females) between the age 13 and 18 who are not part of the main study. The items adopted and adapted were subjected to test-retest reliability. Cronbach Alpha Coefficient Pearson product moment correlation was used to determine the reliability coefficient with the result of 0.77.

Interpretation of Results and Discussion of Findings

This chapter presents the findings of data analysis and the discussions of findings based on the hypotheses tested in the study. The background characteristics of participants in terms of gender and age groups were analysed using descriptive statistics of frequency counts and percentages while the hypotheses of study which were tested at 0.05 level of significance using Analysis of Co-variance (ANCOVA).

Testing the Hypothesis

Hypothesis 1: There is no significant main effect of bibliotherapy on aggressive behaviour of young adults in orphanages in Oyo State, Nigeria

Table 1 Analysis of Covariance (ANCOVA) of Post Aggressive Behaviour scores by Treatment, Gender and Age

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.	Partial Squared	Eta
Corrected Model	2636.418 ^a	8	329.552	72.413	.000	.949	
Intercept	59.526	1	59.526	13.080	.001	.297	
PRE_TEST	137.718	1	137.718	30.261	.000	.494	
TREATMENT (Bibliotherapy)	170.327	1	170.327	37.426	.000	.547	
GENDER	51.994	1	51.994	11.425	.002	.269	
AGE	1.879	1	1.879	.413	.525	.013	
TREATMENT (Bibliotherapy) * GENDER	*10.001	1	10.001	2.198	.148	.066	
TREATMENT (Bibliotherapy) * AGE	*17.657	1	17.657	3.880	.058	.111	
GENDER * AGE	1.797	1	1.797	.395	.534	.013	
TREATMENT (Bibliotherapy) * GENDER * AGE	1.207	1	1.207	.265	.610	.008	
Error	141.082	31	4.551				
Total	35840.000	40					
Corrected Total	2777.500	39					

a. R Squared = .949 (Adjusted R Squared = .936)

From Table 1, there is significant effect of treatment on aggressive behavior among young adults ($F(1,31) = 37.426$; $p < 0.05$, partial $\eta^2 = .547$). The size of effect is 54.7% (which implies that 54.7% of the variation in post aggressive behaviour can be attributed to the treatment that is bibliotherapy). This means that the adjusted posttest aggression scores of young adults in the experimental group and control group are significantly different. Thus, hypothesis 1 is rejected. Hence, there is the need to determine the magnitude of the mean scores of young adults in each group. The estimated marginal means of the treatment group was carried out and the result is presented in Table 2.

Table 2: Estimated Marginal Means for Post Aggressive Behaviour by Bibliotherapy and Control group

TREATMENT	Mean	Std. Error	95% Confidence Interval	
			Lower Bound	Upper Bound
BIBLIOTHERAPY (BS)	26.541a	.494	25.533	27.549
CONTROL GROUP (CG)	30.959a	.494	29.951	31.967

Table 2 reveals that young adults in bibliotherapy treatment group had the lowest post aggressive behaviour mean score (26.54). The control group had a post aggressive behaviour mean score of 30.96, higher than the bibliotherapy group. Since higher aggression score is associated with higher aggressive behaviour, the bibliotherapy group exhibited lower aggressive behaviour. This further affirms the effectiveness of bibliotherapy in reducing aggressive behavior among young adults.

Table 3 Post-hoc Analysis of Post Aggressive Behaviour by Bibliotherapy and Control

Group (I)	Group (J)	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
BIBLIOTHERAPY	CONTROL	-4.418	.722	.000	-5.891	-2.945
CONTROL	BIBLIOTHERAPY	4.418	.722	.000	2.945	5.891

Table 3 reveals that young adults exposed to Bibliotherapy Strategy were significantly different from their counterparts in the Control Group in their post aggressive behaviour scores. This implies that bibliotherapy was the main source of significant difference.

Hypothesis 2: There is no significant main effect of gender on aggressive behaviour of young adults in orphanages in Oyo State, Nigeria.

Table 1 shows that there is significant effect of gender on aggressive behaviour of young adults ($F(1,31) = 11.425, p < 0.05, \text{partial } \eta^2 = .269$). The effect is 26.9%. Therefore, Hypothesis 2 is rejected because there is significant difference in the mean post aggression scores of young adults in orphanages in Oyo State, Nigeria based on gender. In order to determine the magnitude of the significant main effect across gender, the estimated marginal means of gender was carried out and the result is presented in Table 4.

Table 4 Estimated Marginal Means for Post Aggressive Behaviour by Gender

GENDER OF RESPONDENTS	Mean	Std. Error	95% Confidence Interval	
			Lower Bound	Upper Bound
MALE	25.720	.958	23.766	27.673
FEMALE	31.780 ^a	.958	29.827	33.734

Table 4 shows that females had higher post aggression scores than their male counterparts. Females had post aggressive behaviour mean score of 31.78 while the males had post aggression mean score of 25.72. This was observed by the researcher in the Focus Group Discussion that females showed higher verbal aggressive behaviour.

Table 5 Post-hoc Analysis of Post Aggressive Behaviour by Male and Female

(I) GENDER OF RESPONDENTS	(J) GENDER OF RESPONDENTS	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
MALE	FEMALE	-6.061*	1.793	.002	-9.718	-2.404
FEMALE	MALE	6.061*	1.793	.002	2.404	9.718

Table 5 reveals that females' aggressive behaviour was significantly different from males' aggressive behaviour. Females exhibited more aggressive behaviour. This implies that gender has main effect on aggressive behaviour of young adults in Orphanages in Oyo State, Nigeria.

Hypothesis 3: There is no significant main effect of age on aggressive behaviour of young adults in Orphanages in Oyo State, Nigeria.

Table 1 shows that there is no significant main effect of age on young adults aggressive behaviour ($F(1,31) = .413, p > .05, \text{partial } \eta^2 = .013$). The size of effect is 1.3%. Although young adults between the ages of 16-18 years showed just slightly higher aggression than those aged 13-15 years, it was in no way significant. Therefore, the null hypothesis was not rejected because there is no significant difference in the mean post aggression scores of young adults based on the age. This means that age does not determine aggressive behaviour.

Table 6 Post-hoc Analysis of Post Aggressive Behaviour by Age Group

(I) AGE OF RESPONDENTS	(J) AGE OF RESPONDENT S	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
13-15 YEARS	16-18 YEARS	-.571	1.152	.624	-2.920	1.778
16-18 YEARS	13-15 YEARS	.571	1.152	.624	-1.778	2.920

Table 6 shows there was slight difference in the mean score of respondents between the ages of 13-15 years and those between 16-18 years. Respondents between 16-18 years of age score slightly higher (difference of 0.571) than respondents between 13-15 years. However, the difference was not statistically significant. Thus, there is no significant difference in the mean post aggression scores of both age groups.

There is no significant main interaction effect of bibliotherapy, gender and age on aggressive behaviour of young adults in Orphanages in Oyo State, Nigeria.

From Table 1, the 3-way interaction effect of bibliotherapy, gender and age on aggressive behaviour of young adults is not significant ($F(1,31) = .265, p > 0.05$, partial $\eta^2 = .008$). This implies that there is no significant interaction effect of bibliotherapy, gender and age on aggressive behaviour of young adults.

Discussion of Findings

The study revealed that bibliotherapy has significant effect on aggressive behaviour of young adults in orphanages in Oyo State, Nigeria. This means that there is difference in the mean of aggressive behaviour of participants in bibliotherapy strategy and the control group. Hence, hypothesis 1 was rejected. This clearly reveals that bibliotherapy have components which could effect change and reduced the level of aggressive behaviour among the participants. This finding confirms the position of Freeman (2016) that bibliotherapy is effective in changing the behaviour of young adults. According to the findings of the study, it was discovered that bibliotherapy can adjust behaviour that are negative among young adults. This means that books can be used to correct aggressive behaviour of young adults in orphanages.

The finding of this study shows that there is significant main effect of gender on aggressive behaviour of young adults in orphanages. This means that gender influenced young adult's involvement in aggressive behaviours that are not socially acceptable in the society. Aggressive behaviour is intentional and it violates social norms and causes a breakdown in a relationship. Girls thus appear to learn very quickly that aggressive behaviour is punished socially, while the same behaviour in boys is accepted and often rewarded. Gender tend to affect aggressive behaviour of young adults, according to the result of the study, females tend to engage in aggression especially verbal aggression than boys which confirms the statement of Sharma and Sangwan (2015) that girls tend to use indirect and verbal means of aggression,

including withdrawing their friendship, spreading rumours and gossips about another girl, and encouraging others to ignore or reject someone.

The finding of this study shows that there was no significant main effect of age on young adult's aggressive behaviour. This means that irrespective of age young adults could get involved in behaviours that are not socially acceptable in the society. Aggressive behaviour is also exhibited during the infant and toddler years too. Hence, aggressive behaviour is not limited to the adolescent age alone. On the other hand, Adekoya and Ogunola (2014) observed that when toddlers are angry or frustrated, they often push, shove, bite, and hit other children and that as they moved into their preschool years, they tend to turn to verbal aggression-yelling at other children and having temper tantrums. The common notion that young adults are more aggressive than other ages should be erased based on the findings of this study. The study shows no significant difference between age and aggressive behaviour.

The study reveals that there is no significant interaction effect of bibliotherapy, gender and age on aggressive behaviour among young adults in orphanages in Oyo State. The null hypothesis was not rejected owing to the fact that the result signified that there was no significant interaction effect of bibliotherapy, gender and age on aggressive behaviour among young adults. This explains the fact that both male and female gender and age grade of young adults did not significantly moderate the effect of bibliotherapy on aggressive behaviour of young adults in orphanages. This is in line with the study carried out by Moulton (2014) that, bibliotherapy is believed to influence attitudes, feelings, and behaviours of individuals as expected and may stimulate readers to think. Also, Shechtman (2009) emphasises that bibliotherapy entails the use of literature for therapeutic purposes and it includes listening to stories, poems and looking at pictures. It is a playful, engaging, and fun process." Shechtman combines listening to stories, reading poems and looking at pictures in a series of bibliotherapy, so the activities run interestingly and pleasingly for the young adults in orphanages.

Summary and Conclusion

The study investigated the effect of bibliotherapy in modifying aggressive behaviour of young adults in orphanages in Oyo State. The study established a significant main effect of bibliotherapy on aggressive behaviour of young adults and that bibliotherapy was very effective in mitigating the aggressive behaviour of young adults. Aggressive behavior of Young adults exposed to bibliotherapy reduced compared to their counterparts in the control group. Furthermore, gender has a significant main effect on young adult's aggressive behaviour. Females differed significantly in their aggression scores than the males. In other words, females showed higher aggressive behaviour than their male counterpart. There is no significant main effect of age on young adults. Although young adults between the ages of 16-18years showed just slightly higher aggression than young adults aged 13-15 years, it was in no way significant. The 3-way interaction effect of bibliotherapy, gender and age is not significant on young adults' aggressive behaviour. Bibliotherapy as a treatment strategy when rightly used is effective on aggressive behaviour of young adults in orphanages. The book used for bibliotherapy was able to assist young adults with

aggressive behaviour. The study equally found out that gender has significant effect on aggressive behaviour of young adults in orphanages in Oyo State. The study also found out that age has no significant effect on aggressive behaviour of young adults in orphanages in Oyo State. There was no significant interaction effect of treatment, gender and age on young adults' aggressive behaviour.

Recommendations

The following recommendations are made:

1. Bibliotherapy plays a significant role in the society at large by correcting and changing the negative idea of the person involved to have a positive outlook therefore bibliotherapy should be encouraged for treatment of issues among young adults in orphanages.
2. Young adults in orphanages should be exposed to reading of appropriate books that would assist in managing aggressive behaviours.
3. In order to lessen aggressive behaviour among young adults in orphanages, it is recommended that young adults should be exposed to ways of regulating their emotions, behaviours and thoughts through reading.
4. Services of qualified teacher librarian should be employed to handle libraries in orphanages and they should be encouraged to take more interest in the use of books as therapeutic materials and bibliotherapy session should be done regularly in the library.
5. Well-equipped libraries with recent informational and educational resources should be provided in all orphanages that would help orphans to socialise and also eradicate unruly behaviours.
6. Policy makers should implement bibliotherapy as an intervention for correcting behaviour and for use in orphanages in Nigeria.
7. Authors and publishers should be motivated to write and publish books on themes on bullying, fear, aggressive behaviour, truancy and so on that will help in formation and maintenance of good behaviour.
8. Policy makers should organise seminars and conferences for caregivers and managers of orphanages on bibliotherapy that would help them to curb unruly behavior among orphans through the use of appropriate books.

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