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# Martial arts bibliotherapy – the prospect of support of Aggressiveness therapy based on cognitive-behavioural methods

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## Abstract

**Introduction.** The term *bibliotherapy* has appeared for the first time in *Atlantic Month* journal in 1916 and was defined in *Oxford English Dictionary* in 1920. In 1923, American Library Association (ALA) published the first in the world instruction about selection of book collections for patients [1]. From 1966 ALA has accepted, that bibliotherapy is an usage of selected reading materials as a therapeutic support in medicine and psychiatry, and also guidance in solving personal issues through dedicated reading [2]. Bibliotherapy is a form of mental support and has application in psychotherapy.

The objective of this work is an argumentation justifying the creation of support's patterns for people susceptible of learning aggressive behaviour (preventive aspect) and for people with diagnosed aggressiveness (therapy aspect).

**The objectives of bibliotherapy.** The objectives of bibliotherapy are mostly connected with RJ Rubin's division [3] for three categories: institutional, clinical and developmental. The main objective of institutional bibliotherapy is an application of didactic literature and an assurance of appropriate recreation. The objective of clinical bibliotherapy is a treatment of disorders and developmental bibliotherapy is focused on correction of an attitude, compensation and self-fulfillment.

**Recipient – theory – practice.** There are at least six target groups for bibliotherapy: ill persons, impaired persons, antisocial persons, students of various types of schools, parents and teachers, adults above 60 years old [1].

Theory and practice of bibliotherapy include following spheres of human: mental, intellectual, social and emotional. Because of its wide influence on human, it could be helpful in modification of his behaviour. These are important aspects connected with quality of life, fulfillment of needs (including personal and loved ones safety in view of escalation of violence and aggression), personal identity and creative attitude. Methodology of bibliotherapy is based on literary, psychological and increasing influence of praxeological principles. In the area of interest primal specific means of influence on reader such as text, plot and characters remain unchanged.

**Clinical effects.** Results of clinical studies from last 15 years has given us evidences of high effectiveness of bibliotherapy in various kinds of mental disorders [4-11] (Table 1).

**Table 1.** Results of bibliotherapy in various kinds of mental disorders (selected clinical studies from last 15 years)

Authors	Mental disorder	Applied form of bibliotherapy	Result
Wright J et al. [4] 2000	panic attacks, panic cognitions, anticipatory anxiety, avoidance, and depression	relapse prevention (RP) program delivered via bibliotherapy in the treatment of individuals with panic attacks	"clinically significant change" in status on both panic-free status and level of avoidance
Naylor E et al. [5] 2010	depression	<i>Feeling Good</i> (Burns DD, 1999 [11])	behavioural prescription for <i>Feeling Good</i> may be as effective as standard care, which commonly involves an antidepressant prescription.
Högdahl L et al. [6] 2013	bulimia nervosa (BN) and similar eating disorders (EDs),	cognitive behavioural therapy based on guided self-help (CBT-GSH) via the Internet	results showed that both groups attained significant improvements in core- as well as related ED symptoms in both instruments.

Authors	Mental disorder	Applied form of bibliotherapy	Result
Rohde P et al. [7] 2014	self-assessed depressive symptoms	<i>Feeling Good</i> (Burns, 1980),	Condition differences in major depression onset were nonsignificant but suggested support for CB interventions
Sharma V et al. [8] 2014	stress, anxiety	effectiveness of a self-directed Stress Management and Resil- iency Training (SMART) program delivered using only written material	A statistically significant improvement in perceived stress, resilience, mindfulness, anxiety ,and quality of life was observed
Lewis K et al. [9] 2015	children's nighttimes fears	The treatment protocol involved parents reading Uncle Lightfoot, Flip that Switch: Overcoming Fear of the Dark, Academic Version	clinically significant change in anxiety severity. In addition, decreases in child-reported nighttime fears were observed
Rus-Makovec M et al. [10] 2015	alcohol addiction	comprised two texts without reference to alcohol dependence ('Der Panther', Siddhartha), two displaying a critical attitude to alcoholism, by describing its negative aspects (John Barleycorn, L'Assommoir) positive approach to alcoholism (The Pickwick Papers, 'In Taberna Quando Sumus')	Even short passages from literary works, appropriately and expertly differentiated, served to trigger or reinforce mentalisation-based reflective processes in addiction psychotherapy

**Perspectives** Interdisciplinary of bibliotherapy (culture therapy) and its broad connections with medicine, psychiatry, pedagogy, mass culture etc., paradoxically could be one of the most effective means of *catharsis* for a men stunned by electronic media that shows virtual and real destructive fights, neo-gladiators games and aggressive competition in many sports [12-14]. Meanwhile mass (global) education did not provide knowledge and there is lack of development of skills necessary to opposing effectively those highly destructive actions for human personality.

Elaborated methodology of bibliotherapy can be a foundation of general principles of counteraction in this difficult situation, where main means of acquiring knowledge of this phenomena are description of struggle of characters in belles-lettres, didactic and scientific literature. Some people may find interest in exploration of knowledge about struggle in literary descriptions about foiling an alien invasion, and others – in studying scientific papers from the field of agonology (science of struggle [15,16]) or science of martial arts [17].

**Keywords:** agonology • clinical studies • theory and practice of bibliotherapy

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