

# Bibliotherapy in the Pandemic Time: A Bibliometric Analysis

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**Abstract.** This research aims to obtaining the general parametric insights on the productivity and influence of the studies on that fields as the attempt to deal with the impact of the spread of the corona virus particularly to students and their language learning. The inclusion of the language learning is connected with the notion of language as the main ingredient of text(s) selected for bibliotherapy. By relying upon Publish or Perish (PoP) metrics, the analysed data were taken from the articles published within the range from 2020-2022 which are thought to be the period of the emergence and highly spread of Corona Virus. To guide the exact and comprehensive search, seven keywords such as covid, pandemic, students, text, literature, language learning and Indonesia are combined with bibliotherapy as the main topic. The results indicated that globally 148 articles mark the productivity of the research on the bibliotherapy, yet the high impact gain by the combination of bibliotherapy with 'student, pandemic, and literature' as shown by the metrics of citation and index. Unfortunately, this global tendency is far different from the Indonesian context which reveals no inquiry yet conducted on the bibliotherapy issue despite the big number of victims and affected covid-19 in this country.

**Keywords:** Bibliotherapy, Pandemic, Bibliometrics, Student

## 1 Introduction

The emergence of the Covid-19 pandemic has put students in new situations that are not easy and confusing and even complicated. Students are not only faced with the demands of adaptation from offline to online but also with the unpreparedness of online infrastructure, they also have to deal with changes in learning patterns, assignment patterns, and independent learning[1]. Not to mention being overshadowed by the lack of direct guidance or feedback from lecturers that has been felt so far[2] This is coupled with not being fully synchronized with the curriculum changes due to the pandemic which has an impact on the demands for adapting materials or textbooks and teaching methods[3]. Students are cornered and try hard to deal with this pressure and tend to be depressed[4].

When the spread of Covid-19 is said to be starting to decline and all learning activities are directed to be carried out offline[5]–[7]. Students are not immediately free from pressure. Now they are dealing with new learning protocols, and new ways of interacting with lecturers and learning with colleagues that so far have not been felt in online activities. The necessity to come to campus affects the daily pattern that has been carried out for approximately three years. Demands for discipline in attendance and assignment entry as well as

peer comments are menu that must be faced[8]. In other words, the decline in the spread of Covid-19, does not immediately make the situation easier. New changes due to the tendency for conditions to return to normal with the decline in the rate of Covid-19 outbreaks remains a challenging situation for students. This situation is compounded by changes in Education policy from the national level with the hope that students are encouraged to participate in independent learning activities for independent campus learning (MBKM) as part of efforts to expand and deepen competencies[9]. This clearly adds to the complexity of the challenges faced by students. Various learning activities to provide opportunities for students to use their right to study outside campus to increase professionalism and anticipate the demands of the world of work[10] is not yet fully supported by an integrative system both internal and external universities, and a similar perception among the academic community.

It can be said that the situation of both the early and late emergence of the Covid-19 Pandemic for students is not much different. Students are faced with conditions that are not easy and have the potential to hinder their progress and success in learning[11]. Furthermore, this will have an impact on the accuracy of completing studies and acquiring competencies that are brought into the world of work. This implies the need for a

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breakthrough that is therapeutic in nature to be able to anticipate the potential stresses experienced by students and at the same time have a strong contribution to the acquisition of personal competence[12]. In this context, the authors views bibliotherapy as a potential alternative to be applied to students. This assumes that bibliotherapy activities based on texts or books are closely related to student activities. It will be easier for students to interact with books than with other objects. It cannot be separated from the role of texts or books as a source of knowledge for students so far[13]. But the question that remains at this time, in the context of scientific studies, is how bibliotherapy has been practiced or researched so far, especially in the range of the emergence of the Covid-19 pandemic. In the midst of a situation that tends to be depressive for students, how research on bibliotherapy is carried out, including how much and what is the trend. This is the purpose of this study, namely how to practice bibliotherapy globally, especially in the context of therapy and learning, and in Indonesia in particular. It cannot be separated from the role of texts or books as a source of knowledge for students so far.

## 2 Research Method

This study is based on the bibliometric method. Methods that are relevant to the mapping efforts of researchers and studies who are interested and prominent in the field[14]. The criteria or metrics presented and used in bibliographic data can be useful for determining the productivity and impact or impact of publications[15]. In this context, the bibliotherapy study is seen for its existence by focusing on the keywords entered in the published or perish (PoP) data by prioritizing the following metrics, papers, citations. Cites/yea\_, cites/paper, author/paper, h-index, q-index, h1.norm, h1.annual, hA-index[16].

- Publication years:
- Citation years:
- Papers:
- Citations:
- Cites/year:
- Cites/paper:
- Authors/paper:
- h-index:
- g-index:
- hI,norm:
- hI,annual:
- hA-index:

**Fig. 1** Bibliometric Method

This metric is used to see the data acquisition if [17] it is associated with eight keywords in the abstract of the article. The main keyword is bibliotherapy, which is then combined with seven other keywords in the form of a series as in table 1. below:

**Table 1.** Reserach Keywords

No	Keywords
1	Bibliotherapy
2	Bibliotherapy, Covid
3	Bibliotherapy, Student, Pandemic
4	Bibliotherapy, Text
5	Bibliotherapy, Literature
6	Bibliotherapy, Language
7	Bibliotherapy, Language Learning
8	Bibliotherapy, Indonesia

This combination of keywords is assumed to be very relevant to the purpose of mapping research related to the productivity and impact of bibliotherapy topic publications in the context of the covid-19 pandemic and its handling, especially for students and language learning both globally and nationally. Indeed, there are two keywords with similar meanings, namely 'Covid' and 'pandemic', the involvement of these two keywords is to include in the search all articles related to the existence of the spread of the corona virus. Therefore, the articles selected for this study were taken in the 2020-2022 range, which is a period of high spread of the corona virus. To ensure the selected publications, this study places a selection mode on articles taken from Scopus data with the thought that the language of articles published in Scopus journals are credible and reputable publications. However, it is also necessary to be informed of the limitations of this research, which concerns the time span taken only during the COVID-19 pandemic because this could result in publication data that have not been fully detected considering the length of the process of publishing an article in reputable journals.

## 3 Results and Discussion

Processing of bibliometric data taken from articles published in the span of two years, namely 2020 – 2022, the period of the outbreak of the COVID-19 pandemic which has had a psychological impact or depression on most of the global population. Bibliotherapy is seen as one of the keywords to deal with a pandemic situation. The results of the bibliometric analysis of these articles have found numbers in the form of metrics that can measure and evaluate the productivity and impact of the publication as a whole. It also explains the general trend of research topics that can be studied more deeply by researchers. The section describes the results of bibliometric analysis of bibliotherapy studies as follows;

### 3.1 Productivity

It was found that there were 148 articles published using the main keyword bibliotherapy. This means that the number of studies including the elaboration of issues or topics related to bibliotherapy is only 0.76 when compared to the number of countries monitored, including the WHO membership, which is 194 countries (WHO, 2021)[18]. This is presented in table 2.

**Table 2.** Research Productivity

No	Keywords	Papers	Citation	Cites/ year	Cites/ papers
1	Bibliotherapy	148	304	152.01	2.06
2	Covid Bibliotherapy	8	106	53.01	13.26
3	Bibliotherapy Student Pandemic	25	48	24.01	1.92
4	Bibliotherapy Text	15	20	10.01	1.33
5	Bibliotherapy Literature	42	99	49.51	2.37
6	Bibliotherapy Language	11	12	6.01	1.09
7	Bibliotherapy Language Learning	4	4	201	1
8	Indonesian Bibliotherapy	0	0	0	0

Thus, this number of articles further indicates a lack of productivity or research interest in efforts to mitigate the impact of the COVID-19 pandemic. This is ironic when looking at the data presented by WHO regarding claims of the corona virus as a major threat to world health in the last two years, namely 50.4 million cases that have been reported, excluding data in countries that have weak health reporting systems (WHO, 2021)[19]. From this proposition, it can be seen that the magnitude of the impact of the corona virus is far from the efforts to deal with its effects by taking textual therapy measures, especially bibliotherapy, whereas bibliotherapy is seen as being able to contribute to restoring mental health or accelerating post-traumatic recovery[20].

From table 2, it can also be seen articles that directly direct their publications to the discussion of bibliotherapy for handling the impact of the corona virus on the global population, and the lack of knowledge about the potential of bibliotherapy in helping to overcome the excesses of the COVID-19 pandemic[21]. However, an interesting fact emerges when one considers the number of citations obtained from the number of author citations as well as citations per paper and citations per year which is higher than the citations obtained from other keywords associated with bibliotherapy, both related to students and especially language learning. For example, the citations to these eight articles are far more than the citations per paper, per author, per year obtained by 42 bibliotherapy articles related to literature.

This reflects the great benefit of articles that discuss the direct connection of bibliotherapy with the impact of the corona virus[22]. The tendency of other researchers or writers to cite these articles illustrates the usefulness of ideas, research or findings that present the relationship of bibliotherapy with the covid-19 pandemic which is far more than citations to other key words attached to bibliotherapy, indicating that the articles are more used in the public domain[23]. Interestingly, the data in table 2 also implies that there is no presentation of thoughts regarding the existence of bibliotherapy in Indonesia. The condition of the content is unique considering that Indonesia is one of the countries with a large population in the world and is

experiencing the massive impact of the corona virus[24].

### 3.2 Impact

In the impact of publications related to the topic of bibliotherapy as indicated by the parameter number of authors per article, h-index and q-index were found that globally the most productive number of authors per article was in articles discussing bibliotherapy related to texts and literature, namely 1. larger than the articles that present bibliotherapy with other issues. The metric figures in table 3 represent this situation.

**Table 3.** Publication Impact

No	Keywords	Author/ paper	h-index	g-index
1	Bibliotherapy	0.99	7	13
2	Bibliotherap, Covid	0.88	4	8
3	Bibliotherap, Student, Pandemic	0.96	4	6
4	Biblioteraph, Text	1	3	3
5	Bibliotherap, Literature	1	4	8
6	Bibliotherap, Language	0.91	3	3
7	Bibliotherap, Language learning	1	1	2
8	Bibliotherap, Indonesia	0	0	0

From this table, it seems that it is in accordance with the main character of bibliotherapy which is based on therapeutic efforts on the basis of the use of texts including literary materials or certain texts that are selected as part of health recovery treatment[25]. This reveals that the influence of writers who put forward the form of bibliotherapy as part of anticipating the spread of covid-19 through text and literary elements is greater than writing articles with a focus on bibliotherapy alone[26]. This tendency seems to be inseparable from the view that the strength of handling mental or health impacts lies in the use of texts, including text selection and presentation. Interestingly, when it is associated with the function of the text as a learning medium, it combines it with the idea of bibliotherapy as a language learning medium. This is because language is the main ingredient of a text[27]. The productivity of the author's impact per article on topics related to language is greater in his published work. In the span of two years during the COVID-19 pandemic. Although this is global, in Indonesia itself this trend is not detected at all. Furthermore, in this productivity context, an impact is also seen which is indicated by an index number based on the number of citations received from other authors for their articles. From table 3 it can also be explained that in contrast to the number of article authors, the number of publications and citations per publication reflected by the h-index shows a non-linear trend with the productivity of authors per article at a high h-index

found in authors whose work mentions bibliotherapy only which results in an h-index of 7 far above the h-index bibliotherapy. with text, literature or language learning that is only 1. Thus, the greatest impact in the context of the focus of research or writing scientific papers implies a greater magnitude in publications that focus primarily on the issue of bibliotherapy. The number of indexes obtained illustrates the potential for these articles to influence other articles produced during the spread of the corona virus[28]. It can also be seen that articles that present research thoughts or ideas that combine bibliotherapy with students, the covid pandemic and literature have a similar impact on other authors or articles which is illustrated by the similarity of the h-index obtained, which is 4 below the bibliotherapy-topic article only and above the combination. with other topics. This phenomenon implies that an article will have a greater impact in the context of bibliotherapy if it is associated with student issues, pandemics and literature. This proposition confirms in terms of research trends, the magnitude of this h-index number provides clues for opportunities to conduct research that has an impact on the thoughts of the author or other articles[29]. Furthermore, these findings mean a bibliotherapy study focused on the scope of COVID, pandemic and students is a research space that needs to be elaborated and explored at this time by the authors. Seeing the lack of research on this topic in Indonesia indicates how urgent the study is. The magnitude of the impact of the COVID-19 pandemic in Indonesia demands more research that discusses its existence and effects on society in general and on students in particular[30].

### 3.3 Hybrid Impact

The impact of a research publication here can also be seen from the magnitude of the g-index which reflects the average number of citations from the accumulation of articles as a whole[31]. This confirms the size of the influence on the writing of other articles or the thoughts of other researchers as shown in table 4.

**Table 4.** Hybrid Impact

No	Keywords	hi,norm	hi,annual
1	Bibliotherapy	7	3.5
2	Covid Bibliotherapy	4	2
3	Bibliotherapy Student Pandemic	4	2
4	Bibliotherapy Text	3	1.5
5	Bibliotherapy Literature	4	2
6	Bibliotherapy Language	3	1.5
7	Bibliotherapy Language Learning	1	0.5
8	Indonesian Bibliotherapy	0	0

By looking at the results of the metrics in table 4 above in depth on the magnitudes of the h-index and g-index numbers, it can be concluded that the impact of ideas and thoughts and research in the three topics above on other thoughts and publications on topics of similar scope. In this context, bibliotherapy studies within the scope of covid or pandemic and student impact on the

influence and reputation of researchers. This bibliometric analysis also finds patterns of article impact on the author's reputation with the h-norm, h-an and hA-index parameters[13]. Table 4 data implies that the trend of numbers is not much different from the trend of achievement of the h-index. This is not surprising because they are associated with citations in terms of the number of authors per article and in the length of the year in which they were published[23]. This data shows that bibliotherapy by covering the issue of covid, pandemic and students still has a higher number than other issues. These three topics place article writers on an average of 4, which is clearly more productive, has a greater impact, and builds a stronger reputation than fans of other issues, such as language learning. This can further be interpreted that the research articles written by these authors have built a good reputation as researchers. However, this finding still has the potential to change considering that other topics in the scope of this discussion may receive additional citations at different timescales. Likewise, with the accumulation of years of publication. Further data table 4. implies that globally the author or researcher who has an interest in the topic of bibliotherapy has built a reputation that influences other researchers. This means that bibliotherapy research has become part of the studies conducted during the pandemic regarding what students experience. However, research directly related to learning, especially language learning, still requires more researchers to take part[32]. In Indonesia, in the span of two years, researchers who have an interest in this topic or who are quoted in the context of publications related to bibliotherapy do not appear to exist at all.

### 3.4 Discussion

From the exposure to the bibliometric data and analysis above, it can be synthesized that globally bibliotherapy studies have produced significant publications during the pandemic as evidenced by the number of articles, citations, and citation indexes[33].

This proves that theoretically and practically, bibliotherapy is one of the potential efforts to deal with individual crises during a pandemic[20]. In the results of the metric figures, it was also found that this study confirms previous research which emphasizes the basic character of bibliotherapy research, namely how carefully selected literary texts can be useful for health recovery purposes, including in the midst of a crisis. Bibliotherapy with text-based materials is a crisis recovery effort that relies on the ability to use the power of language extracted from texts that have gone through the right selection process[21]. It is at this point that there is an opportunity to link bibliotherapy studies with language learning among students[34].

This is also inseparable from the perspective that students receive a severe impact from the emergence of the Covid-19 pandemic[35]. Besides that, this study also shows that Indonesia as one of the countries that has received a large and severe impact of the COVID-19 pandemic has not even had many publications related to

the practice or benefits of bibliotherapy[36]. This is in contrast to the view that many Indonesians suffer from mental stress disorders during the pandemic[37].

Therefore, considering the ongoing covid-19 pandemic despite the declining trend of exposure in connection with various medical efforts launched by the government in the form of vaccines and treatments[38], Indonesian researchers in particular have a potential research topic, namely bibliotherapy which can be linked with appropriate materials for the community and students. Similar studies will be very significant for efforts to overcome the COVID-19 pandemic, both now and after the pandemic[39].

However, Indonesian researchers in particular have potential research topics, namely bibliotherapy that can be linked to appropriate materials for the community and students. A similar study will be very significant for efforts to overcome the current and post-pandemic covid-19 pandemic. However, Indonesian researchers in particular have potential research topics, namely bibliotherapy that can be linked to appropriate materials for the community and students. Similar studies will be very significant for efforts to overcome the COVID-19 pandemic, both now and after the pandemic.

## 4 Conclusion

Analysis and discussion of bibliometric data with the main topic of bibliotherapy associated with seven other relevant issues shows that bibliotherapy has become a topic that has received attention by researchers across fields and not only in medicine during the emergence of the corona virus or at least in the span of two years, namely 2022. -2022. The finding of metric figures has shown the productivity of research interest related to bibliotherapy as indicated by the number of articles published globally. Likewise, the impact or influence that has been generated by the number of indicators or metrics that reflect citations either per article, per year or per author. Related to the main material of bibliotherapy is the text, it seems that this topic has also attracted the interest of researchers in the field of language and learning which is characterized by the parametric numbers obtained which imply greater productivity and influence than other research keywords. However, the acquisition of these bibliometric figures tends to only be shown by studies produced by global researchers. In Indonesia, bibliotherapy research in two years of the spread of the corona virus does not seem to have been carried out at all, as shown by the data in each table above. Despite the limited data coverage,

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