

**Bibliotherapy, Self-assertiveness Strategies and Psychological Well-being of Widows in
Ibadan Metropolis, Oyo State, Nigeria**

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Certification

This is to certify that Ngozi Joyce Osuagwu, with matriculation number LCU/PG/002566 carried out this research, titled ‘Bibliotherapy, Self-Assertiveness Strategies and Psychological Well-Being of Widows in Ibadan Metropolis, Oyo State, Nigeria’ in the Department of Information Management, Faculty of Communication and Information Sciences, Lead City University, Ibadan, Oyo State, for the award of Doctor of Philosophy Degree (PhD) in Library and Information Science and that this work has not been previously submitted.

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Dedication

To God Almighty for His unending grace, to the loving memory of my late mother and to all widows who survived despite all odds.

Acknowledgement

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In as much as I was assisted by the aforementioned institution and individuals at various levels during the process of this research, I alone stand responsible for the error(s) if any, found in this work.

Abstract

The loss of a spouse often leads to lack of emotional and social support, increasing social isolation and worsening the widow's psychological wellbeing. Without adequate support mechanisms, the grieving process becomes more difficult, potentially resulting in long-term psychological distress. This study examined how bibliotherapy and self-assertiveness strategies impact the psychological well-being of widows in Ibadan Metropolis, Oyo State, Nigeria. This study aimed to assess how strategies such as bibliotherapy and self-assertiveness, with moderating variables of age, economic status and tribe could improve widows' psychological and overall well-being. Sixty-four (64) widows, aged between 22 and 55 years, were recruited for this study. Participation was voluntary, and all participants gave their informed consent. The sample was selected using purposive and multi-stage sampling techniques. A mixed-method approach was used to obtain both quantitative and qualitative data. For the quantitative data, the Ryff Psychological Well-being Scale (RPWBS) was used for pre and post-tests. Data analysis was conducted using Analysis of Covariance (ANCOVA). For the qualitative aspect, focus group discussions (FGDs) were held. These discussions were recorded and transcribed. The study's findings indicated that both bibliotherapy strategy ($F_{(1,37)}=7.353$, $p<0.05$, $\eta^2=0.166$) and self-assertiveness strategy ($F_{(1,36)}=48.970$, $p<0.05$, $\eta^2=0.576$) were effective in improving widows' psychological well-being in Ibadan metropolis, Oyo State, Nigeria. Findings also show that there was a significant interactive effect of bibliotherapy strategy and age ($F_{(1,35)}=9.700$, $p<0.05$, $\eta^2=0.217$) on the psychological well-being of widows in Ibadan Metropolis. However, there was no significant interactive effect of bibliotherapy strategy and economic status ($F_{(2,33)}=0.577$, $p>0.05$, $\eta^2=0.034$) on the psychological well-being of widows in Ibadan Metropolis. Findings reveals that there was no significant interactive effect of bibliotherapy strategy and tribe ($F_{(1,34)}=2.541$, $p>0.05$, $\eta^2=0.070$) on the psychological well-being of widows in Ibadan Metropolis. More so, the result indicates that there was no significant interactive effect of self-assertiveness and age ($F_{(1,34)}=1.040$, $p>0.05$, $\eta^2=0.030$) on the psychological well-being of widows in Ibadan Metropolis. It also shows that there was no significant interactive effect of self-assertiveness and economic status on the psychological well-being of widows in Ibadan Metropolis. There was no significant interactive effect of self-assertiveness strategy and tribe ($F_{(1,33)}=1.085$, $p>0.05$, $\eta^2=0.032$) on the psychological well-being of widows in Ibadan Metropolis. The study further reveals that there was a significant interactive effect of bibliotherapy and self-assertiveness strategies and age ($F_{(2,57)}=23.353$, $p<0.05$, $\eta^2=0.450$) on the psychological well-being of widows in Ibadan Metropolis. Result shows that there was no significant interactive effect of bibliotherapy and self-assertiveness strategies; and economic status ($F_{(4,54)}=1.135$, $p>0.05$, $\eta^2=0.078$) on the psychological well-being of widows in Ibadan Metropolis. Also, there was no significant interactive effect of bibliotherapy and self-assertiveness strategies; and tribe ($F_{(3,55)}=2.516$, $p>0.05$, $\eta^2=0.121$) on the psychological well-being of widows in Ibadan Metropolis. However, more researches are recommended for a long-term follow-up studies to assess the sustained impact of bibliotherapy and self-assertiveness interventions on the psychological well-being of widows in Ibadan Metropolis. More so, researchers could also explore the effectiveness of multifaceted interventions that combine bibliotherapy, self-assertiveness training, and other support services, such as economic empowerment programs or social integration initiatives.

Word Count: 500

Keywords: *Bibliotherapy, Self-Assertiveness, Widowhood, Psychological Wellbeing, Quality of Life*

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List of Acronyms

Abbreviation	Meaning
CBT	Cognitive Behavioural Theory
CEDAW	Convention on the Elimination of all forms of Discrimination Against Women
FGD	Focus Group Discussion
GNI	Gross National Income
JSS	Junior Secondary School
NICE	National Institute for Clinical Excellence
PSES	Performance-Self-Esteem Scale
PWB	Psychological Well-being
RPWBS	Ryff Psychological Wellbeing Scale
SDGs	Sustainable Development Goals
SSS	Senior Secondary School
WHO	World Health Organization