



UNIVERSITI PUTRA MALAYSIA

**READING YOUNG ADULT LITERATURE FOR THE DEVELOPMENT
OF SELF-ESTEEM AMONG UNDERGRADUATES IN MALAYSIAN
HIGHER EDUCATION INSTITUTIONS**

JOSEPHINE LOURDUNATHAN

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BY

JOSEPHINE LOURDUNATHAN

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Chairman: Professor Malachi Edwin Vethamani, PhD

Faculty : Educational Studies

The purpose of this phenomenological study was to explore the potential of reading young adult literature in developing self-esteem among a group of undergraduates at a Malaysian higher education institution. Research on reading for self-development or bibliotherapy has demonstrated various gains with diverse population and problems. This study examined the effectiveness of reading young adult literature with a group of undergraduates with self-esteem issues.

A qualitative methodology was employed to explore the participants reading of young adult literature at their natural setting. The data generated through interviews, dialogue journals and observations were able to present a rich in-depth data on the participants' reading experience. Data were analyzed, tagged and coded based on common patterns which emerged from the study.



Six undergraduates pursuing a degree in Bachelor of Education at Universiti Teknologi MARA, Melaka City Campus participated in the study. These participants read young adult literature, shared their thoughts, feelings and experiences on the reading phenomenon through dialogue journals. Data triangulation was carried by analyzing and comparing findings from observations made by two informants, researcher's field notes, in-depth pre and post interviews and the administration of Rosenberg self-esteem questionnaire.

The study discovered the undergraduates are aware of the importance of self-esteem and how their personal struggles have affected their level of self-esteem. Among the challenges faced by them are identity crisis, lack of self-confidence and poor family relationship. The study also found that reading young adult literature has the potential to elevate the readers' self-esteem. The reading process which involved the phases of connection-response-evolution has contributed to the success of developing self-esteem among the participants.

This study uncovered four reading characteristics contributing to the effectiveness of reading young adult literature for self-esteem. Four types of reading characteristics – intentional, relational, reflective, transporting reflected the participants' purposeful and conscious effort to seek help through reading of young adult literature while one participant showcased pleasure reading characteristic as he read for entertainment and information only.



The findings of this study provided evidence that reading young adult literature can be inspiring and enriching. The participants revealed how the readings have helped them to understand their lives and the people around them. Reading young adult literature has helped them to experience a new level of self-confidence, gain new understanding of themselves, helped to feel less different and inspired them to grow positively.

The results of this study may guide teachers and counselors in using young adult literature for helping young adult with self-esteem issues. The findings of this study suggest that literature can be used in schools for personal development and literature classroom has the potential to create authentic reading experiences. Literature can be a catalyst for growth and literature can be used as reading guidance in the educational institutions in Malaysia.



Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**PEMUPUKAN ESTIM KENDIRI GOLONGAN PELAJAR DI INSTITUSI
PENGAJIAN TINGGI MALAYSIA MELALUI PEMBACAAN SASTERA
REMAJA**

Oleh

JOSEPHINE LOURDUNATHAN

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Kajian penomenologi ini bertujuan melaporkan keberkesanan pembacaan sastera untuk remaja di dalam mempertingkatkan estim sendiri segolongan pelajar di insititusi pengajian tinggi Malaysia. Kajian dalam bidang pembacaan untuk mempertingkatkan kualiti sendiri adalah menyakinkan. Kajian ini bertujuan mengkaji sejauh manakah keupayaaan sastera remaja dalam mempertingkatkan estim sendiri para peserta kajian serta mencungkil ciri-ciri pembacaan yang menyumbang kepada keberkesanan pembacaan sastera remaja tersebut.

Pendekatan kaedah kualitatif telah digunakan dalam kajian ini untuk mendapat gambaran sebenar tentang pembacaan sastera remaja dalam suasana yang sebenar. Data yang diperolehi dari sesi temubual, penulisan jurnal, serta pemerhatian oleh dua pensyarah telah memberi gambaran yang amat bermakna tentang fenomena

pembacaan oleh para peserta. Data yang diperolehi telah di analisa, dilabel, serta diberi kod berdasarkan persamaan pola yang timbul.

Seramai enam pelajar dari Universiti Teknologi MARA, Kampus Bandaraya Melaka yang mengikuti kursus Pengajian Pendidikan telah menyertai kajian ini. Para peserta telah membaca novel-novel sastera remaja dan berkongsi pemikiran, perasaan serta pengalaman masing-masing tentang fenomena pembacaan ini dalam jurnal mereka, Data peserta telah ditrangulasi dengan pemerhatian yang dilakukan oleh dua orang pelapor, nota pemerhatian oleh pengkaji, data temubual serta maklumat yang diperolehi dari borang kajiselidik estim sendiri Rosenberg.

Kajian ini mendapati para remaja memahami kepentingan estim sendiri dan bagaimana ianya terganggu akibat masalah-masalah yang dihadapi oleh golongan ini. Di antara masalah-masalah peribadi yang telah mempengaruhi estim sendiri para peserta adalah seperti krisis identiti, kurang keyakinan diri serta hubungan keluarga yang tidak sihat. Hasil kajian ini mendapati pembacaan sastera untuk remaja dapat mempertingkatkan estim sendiri para remaja melalui pembacaan serta pengajaran yang diterima dari novel-novel tersebut. Ciri pembacaan yang merangkumi fasa penghayatan-reaksi-evolusi telah menyumbang kepada keberkesanan pembacaan sastera untuk remaja untuk estim sendiri.

Kajian ini telah membongkarkan empat ciri-ciri pembacaan yang telah menyumbang kepada keberkesanan pembacaan sastera remaja dalam mempertingkatkan estim

remaja. Empat ciri-ciri ini iaitu ‘intentional, relational, reflective dan transporting’ menggambarkan kesungguhan para pembaca mengatasi masalah yang dihadapi melalui pembacaan manakala seorang daripada peserta menunjukkan ciri pembacaan yang bercorak hiburan serta bertujuan menimba pengetahuan sahaja.

Kajian ini telah memberi bukti bahawa pembacaan sastera remaja mampu memberi inspirasi kepada para pembaca. Para peserta telah menyatakan bagaimana pembacaan novel-novel telah membantu mereka memahami dengan lebih dalam tentang hidup mereka serta masyarakat di sekeliling mereka. Projek pembacaan ini juga telah memberi keyakinan diri, pemahaman yang baru tentang diri mereka, mengetahui bahawa mereka bukan seorang sahaja yang menghadapi masalah dan akhir sekali memberi inspirasi bagi mereka untuk mengharungi hidup dengan lebih positif.

Hasil kajian ini memberi pengetahuan kepada para guru serta kaunselor bagaimana cara mengguna sastera remaja untuk membantu mempertingkatkan estim sendiri para remaja. Sastera remaja boleh di gunakan untuk mempertingkatkan kualiti sendiri para pelajar kerana ia dapat menghasilkan pengalaman pembacaan yang benar. Adalah dicadangkan agar sastera remaja digunakan sebagai pembimbing di institusi-institusi pendidikan di Malaysia.

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I certify that a Thesis Examination Committee has met on 29 October 2010 to conduct the final examination of Josephine Lourdunathan on her Doctor of Philosophy thesis entitled “The Reading of young adult literature for the development of self-esteem among undergraduates at a Malaysian higher learning institution” in accordance with Universiti Putra Malaysia (Higher Degree) Act 1980 and Universiti Putra Malaysia (Higher Degree) Regulations 1981. The committee recommends that the candidate be awarded the relevant degree. Members of the Examination Committee are as follows:

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DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.

JOSEPHINE LOURDUNATHAN

Date:



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