

Bibliotherapy as a Tool for reducing the Study Behavior Issues among Undergraduates:**A case Study at the University of Peradeniya****Premarathne, B. N. G. S,***sp12386@gmail.com*

Bibliotherapy is a generally applied technique of using literature in fostering self understanding, growth or healing the practice involves reading, questioning and discussing emotional issues encountered in literature (Antila-2009). Bibliotherapy practitioners attempt to help people of all ages to understand themselves and to cope with problems. Some of the undergraduates are facing emotional, personnel issues during their study period. Counseling is a positive step towards looking after their emotional wellbeing. Such undergraduates have met with the authorities at the University of Peradeniya Health centre, Carrier Guidance Unit and the Students counseling center. They have given possible solution with counseling to solve their issues. Bibliotherapy is a supportive method for further counseling and it will be an asset for higher education and also improve reading skills of the students. This is only a concept paper and the case study is scheduled to be conducted at the University of Peradeniya in December 2016.

The objectives of this study are to understand the basic concept of bibliotherapy and how it can be applied for the undergraduates, to communicate new values and attitudes, promoting reading and also to promote the library as a user friendly information resource center to solve their study base issues. Survey research method will be applied for the study. Data collection will be done using of questionnaire and interviews. Undergraduates who have obtained counseling from University Health Center, Carrier Guidance Unit, and Students Counseling Center will be selected to this study.

Expected outcome of the study is to identify bibliotherapy methods to support the undergraduate's to reduce negative emotions such as stress, anxiety and loneliness, enhance the self-esteem, interpersonal skills and emotional maturity, increasing self-awareness, temporary escape from pressing problems, emotional release or relief and to improve better reading habits to fulfill their information requirement.

Keywords: *Bibliotherapy, Reading therapy, Counseling, Reading habits.*