

Novel Use in Psychological Counseling and Guidance Education: An Analysis of the Novel of "Oblomov" in Terms of Reality Therapy

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Abstract: Novels are literary works and contain many psychological elements. Analyzing the attitudes of the characters, reflecting them, depicting their life frame and experiences are among the most important features of the novels. At this point, it is not surprising that there is a relationship between novels and psychology. In this study, it was aimed to examine the work named "Oblomov" in terms of reality therapy in order to show the use of novel in psychological counseling and guidance education. Reality therapy is based on the necessity of taking responsibility and the choices individuals make throughout their lives. Basic requirement, choice and responsibility, quality world-picture album, being here and now, successful and failure identity, etc. concepts constitute some of the basic concepts of reality therapy. The study was carried out with an analytical research model. In addition to being among the important classics of World Literature, the novel discussed in this study can be examined in terms of reality therapy because it deals with a character that has never met the need for freedom, does not value himself, and has difficulty in fulfilling his duties in life. This research has shown that the novel "Oblomov" can be used as an additional resource to understand the concepts of reality therapy and to illustrate the concepts.

Keywords: Reality therapy, choice theory, Oblomov

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Introduction

Novels are works that deal with the thoughts, behaviors and feelings of the characters in a fictional way. Besides, the novel, which is one of the literary genres; it reflects the characters' personalities, their perspective on the world, or the human profile and psychology of the characters in their time. In addition, literature and psychology are two fields that interact with each other and contribute to each other's development. The therapy approaches in psychology explain human behavior and deal with the individual from many different perspectives. At this point, examining the rich characters in novels with a wide variety of therapy approaches can provide a better understanding of therapy approaches and exemplify concepts.

Literature and psychology are two fields that focus on "human". Both literature and psychology process the psychological structure of the individual, "language used" is important in both fields and similar analysis techniques are used (Emre, 2006). Wellek and Warren (1983) state that novels are sources of psychology as they contain characters with typical characteristics. As a matter of fact, when the literature is examined, it is seen that various theorists have studied literary genres. Freud analyzed Goethe's "Poetry and Truth" and Dostoevsky's "Brothers Karamazov" etc. (Emre, 2006). From this point of view, it can be stated that examining novels and characters in novels in terms of psychology can serve as an example in understanding the personality structure of real-life characters and benefit the development of psychology. In addition, when the studies conducted in the country are examined, it is seen that novels and book reviews (Aras-Kemer & Tuzgol-Dost, 2020; Bilgili & Voltan-Acar, 2017; Kızıldağ & Voltan-Acar, 2009; Tunc, 2018) have been made in terms of therapy approaches. Psychological counseling and guidance is a field where both education and psychology are integrated. For this reason, literary works chosen as material in this field can be used effectively both in psychological counseling training and in psychological counseling practices. Examining and examining a therapy approach in different dimensions besides its theoretical dimensions helps to understand that therapy approach more easily. Thus, the examination of literary works in terms of various psychological counseling theories allows both the psychological counseling literature and the study of literary works from different angles (Kızıldağ & Voltan-Acar, 2009). As a matter of fact, when the literature is examined, Yesilbursa and Sabancı (2015) concluded that the use of literary works in the context of education is effective in concretizing knowledge, increasing interest in knowledge, and enriching teaching. Based on the importance of the relationship between psychology and literary works, the behavior of Ilya Ilyich Oblomov in the novel "Oblomov" and the effect on the character of the individuals with whom he is in close relationship, the use of reality therapy in this study was deemed appropriate.

Reality therapy was created by William Glasser, who did not find it right that individuals who are not psychologically healthy are not responsible for their behavior (Kaner, 1993a). Reality therapy explains how individuals take responsibility in their lives, make effective choices, communicate effectively, engage in meaningful activities for themselves, and the importance of time (Seligman, 2001). Therapy basically consists of two theories.

Control theory and choice theory. Glasser (1989) states that control theory explains the reasons for individuals' behavior. According to the theory, the only thing individuals can control is their own behavior, and individuals need to control their own behavior in order to control the context (Glasser, 1989). Individuals are not passive receptors driven by their environment, but instead can actively direct and choose their behavior. The behaviors chosen by individuals are aimed at meeting their own needs (Glasser, 1981; as cited in Kaner, 1993a; Glasser, 1984, 1989, 1990). On the other hand, choice theory emphasizes that the behavior of individuals consists of a choice, and that individuals act is related to their own internal system (Glasser, 1998). According to therapy, most of the problems of individuals arise from their inability to establish a healthy and successful relationship with people who are important to them (Corey, 2008). Based on the information given, it is understood that the actions of individuals consist of conscious choices, behaviors are shaped in line with the needs of the individual, meaningful relationships are important in the mental health of individuals, and the necessity of engaging in meaningful activities and being here and now.

It will be useful to understand the therapy principles as well as the features of reality therapy. Individuals are congenital; It has five basic requirements: power, love, fun, belonging, and survival. The difference between what an individual wants and what he obtains is the source of his behavior. All the behaviors and choices of people; consists of four total behaviors: thinking, feeling, acting, and physiology. Although the behaviors of individuals seem aimless and random, they are actually goal oriented. The source of total behavior is the individual, not the environment. Individuals see the world through a perceptual system that functions as a lens (Wubbolding, 2000). When the specified characteristics are examined, it can be said that the perceptions of individuals have an effect on their behavior, and behavior choices are made in line with perceptions and needs. It seems a necessity to address the basic concepts of therapy in order to understand the behavior choices of individuals.

Main concepts of reality therapy are; basic requirements, choice and responsibility, total behavior, being here and now, successful and failure identity, quality-picture album and so on. (Corey, 2008; Glasser, 1965; as cited in Kaner, 1993a; Glasser, 1984; Kaner, 1993b; Seligman, 2001). Within the scope of this study, the content of the therapy was examined by the researcher, the concepts of "language-word use", "perceptual error" and "key relationship" related to therapy were formed and these concepts were also included in the analyses. Information on the basic concepts of therapy is discussed in detail in the findings section. Reality therapy appears to be an appropriate therapeutic approach to examine Oblomov's novel in terms of the concepts and principles it contains. This work done; The use of novels in analyzing therapy approaches can contribute to the literature in terms of concretizing the therapies discussed in the teaching process, understanding the therapy approaches more easily, and providing students with different perspectives. It is believed that the examination of the novel "Oblomov", one of the World Classics, will bring a literature that can be used in terms of different cultures. In addition, the study can be functional in explaining the concepts related to reality therapy through

the characters, for students and staff in the field of counseling and guidance to better understand and use therapy effectively.

In this study, it was aimed to examine the work named "Oblomov" in terms of reality therapy in order to show how novels can be used in psychological counseling and guidance education. Qualitative research methods were preferred to deal with the concepts of reality therapy in depth in the novel. Accordingly, the following research questions were sought:

1. How can Oblomov novel be evaluated in terms of reality therapy?
2. What basic concepts of reality therapy does Oblomov novel meet?
3. How can the attitudes of the characters of Oblomov's novel be explained in terms of reality therapy?

Method

Research Design

The research was carried out with analytical research model. Educational research is generally classified into two as qualitative and quantitative research. Studies that fall outside of the two classifications mentioned are referred to as analytical studies. Analytical research is the examination of documents, records, and environments in terms of events, thoughts, concepts and works. Analytical studies encompass the characteristics of both qualitative and quantitative research and are classified as mixed method research, historical analysis, legal analysis, and concept analysis. In analytical research, it is essential to examine documents and records in terms of concepts, events, and opinions (McMillan, 2004). In this study, the novel "Oblomov" was accepted as a document and the research was conducted as a document research.

Data Source

Novel; Oblomov describes the events and attitudes of the character to the events and situations experienced throughout his life. In the novel, the collapsing social order, life, traditions, family structure and working order of the old Russia are revealed. Oblomov is a child of the Russian overlord class living in Oblomovka. Although he had a farm and slaves, he left them to a butler and went to the big city. Oblomov, who grew up in a small place, experiences a feeling of being in between in a new and big city. In this respect, it is seen as the representative of many people living in Russia at that time. Oblomov bread, which was enlarged to eat the bread that the villagers prepared for him, was caught in an impasse among his own winners. Since he is not ready for such a life, his will weakens and eventually turns into an isolated person from society. Oblomov's situation is a social destiny rather than a personal laziness. The children of the overlords, who had no influence in Russia at that time, could not adapt to the new life. Oblomov, too, cannot get used to these changing life conditions and falls victim to unstable family education. Oblomov is a child who was raised without any difficulties.

Therefore, he does not know what to do when he encounters any difficulties. He is inadequate in solving his problems, shows an intense procrastination and does not take responsibility for his life. The things he plans to do remain only in the dimension of thought and never turn into action. His friend Stolz and the woman he is in love with, Olga, do their best to change this situation and want to change the direction of Oblomov's life. Oblomov's choices in his life, his relationships with people, his way of meeting his needs were chosen by the researcher because it was suitable for explaining the concepts of reality therapy.

Data Collection and Analysis

In the research, the novel "Oblomov" was used as the main data source and the novel was analyzed through content analysis. In content analysis, data are gathered around similar concepts and themes and interpreted in a way that the reader can understand (Creswell, 2014). The main goal is to reach concepts and relationships that can explain the data obtained (Yıldırım & Simsek, 2018). In this novel analysis, the content analysis was carried out at the specified stages:

1. Creating a list of concepts for reality therapy by two expert psychological counselors.
2. Reading and coding of the novel by two different experts.
3. Describing the data according to the codes, including quotations.
4. Interpretation of the findings.

Novel Selection Criteria

- Since Oblomov's choices in his life, his relationships with people, his way of meeting his needs are suitable for explaining the concepts of reality therapy, this novel was thought to be suitable for reality therapy by the researcher doing a doctorate in the field of psychological counseling and guidance.
- Considering the concepts of reality therapy, the book was read by the researcher and an expert psychological counselor, and it was understood that the novel to be discussed was suitable for therapy.
- The language of the novel should be understandable, accessible, and therefore the edition should be up-to-date.

In the novel, it was sought that there should be at least five of the basic concepts of reality therapy. Based on this, a researcher and a specialist psychological counselor, who is an expert in the field of counseling and guidance and taking theoretical lessons on reality therapy, created a list of concepts based on reality therapy (Table 1).

Table 1.

Basic Concepts for Reality Therapy

Language used / Word usage	Need for belonging
Need for power	Need for freedom
Key relationship	Being here and now
Perceptual error	Success and failure identity
Quality world/Picture album	Choice and responsibility

The concept of "language used / word usage" is about the clues about the perception of whether the language used by the individual has control over events or situations. The need for belonging expresses the need to be with other people, love and be loved. The need for power is associated with the qualifications possessed, the achievements shown or being respected by others. Choice and responsibility defines individuals' accepting the result and responsibility of their behavior and making effective decisions to lead a quality life. The need for freedom refers to individuals' ability to take action according to their wishes in various areas of life. Key relationships are important relationships that allow individuals to meet their needs. Not being here and now is individuals' focusing on the needs of the present and making the right choice of behavior. Perceptual error is the difference between the inner world of individuals and the outer world they live in. Successful identity or failure identity includes not taking responsibility for behavior, not seeing enough value, not meeting needs, denial of facts, not being able to engage in activities that make life meaningful, etc. features. Quality world / picture album is a concept that includes photographs that meet the needs of individuals, the image of the people desired to be in a relationship with, in other words, it reflects the world in the ideal of the individual.

Table 2.

Novel Information

Name of the Novel:	Oblomov
Author:	Ivan Aleksandrovic Goncarov
Translators:	Sabahattin Eyuboglu, Erol Guney
Number of Pages:	622
Number of Edition:	23 rd Edition
Year of Publication:	2019
Publisher:	Turkey Isbank Cultural Publications
Novel Characters:	Ilya Ilyich Oblomov (Protagonist of the novel) Ilya Ivanovich Oblomov (Oblomov's father) Andrey Ivanovich (Stolts) (Oblomov's best friend) Olga Sergeyeвна (Oblomov's love - Stolts' wife) Zahar (Oblomov's maid) Mihey Andreyevich (Oblomov's friend) Tarant'yev (Oblomov's friend) Ivan Matveyevich (Oblomov's landlord's brother) Anisya (Zahar's wife) Agafya Matveyevna (Oblomov's landlord)
Country:	Rusya

After the concept list was created, the researcher and other expert psychological counselor examined the book according to the list of concepts created and noted the sentences and the page numbers where the sentences were mentioned in relation to each concept. After the examination according to the list of concepts created, the results of both examinations were compared, and the analysis was finalized. Table 2 contains information about the novel whose content analysis was made. **Validity and Reliability**

The novel was examined independently by two experts in line with the list of concepts created, and the inter-coder reliability, which expresses the consensus between the coders according to the Miles and Huberman model, was calculated. The formula for encoders to make similar encodings is as follows.

$$\text{Reliability} = \frac{\text{Number of Consensus}}{\text{Total Consensus} + \text{Number of Differences of Opinion}}$$

In this formula where inter-coder reliability is calculated, the consensus in terms of terms should be 80% (Miles & Huberman, 1994; Patton, 2002). In the study, the number of coding with a consensus among the coders was determined as .73, while the number of coding without consensus was .9. When calculated according to the formula, the number of consensus in terms of terms was 89%.

Findings

In this section, regarding reality therapy; The book page numbers were given in line with the concepts of belonging, need for power, control system, quality world, language / word use, choice and responsibility, key relationship, being here and now, perceptual error, and successful-failure identity, and it was stated which concept it is related to. In addition, each concept is handled one by one, and quotations from the book are included as an example of the concept discussed. Table 3 shows the places where the basic concepts of reality therapy are used according to the page numbers in the novel.

Table 3.

Where Concepts Related to Reality Therapy Are Used in the Novel

Page Number	Basic Concepts	Context
16	Being Here and Now	Inside the house dialogue between Zahar and Oblomov about the payment of debts.
61	Being Here and Now	Dialogue between Mihey Andreyevich and Oblomov about sending post.
78	Being Here and Now	The paragraph in which the author uses the observer point of view about Oblomov's postponement of the things he should do.
112	Being Here and Now	The speech Oblomov gave to his servant about delaying things while lying in his bed at home.

161	Being Here and Now	Dialogue on Ilya Ivanovich Oblomov's delay in answering the letter he received in the family environment at his home.
405	Being Here and Now	Oblomov's good memories with Olga in his house and thinking about what will happen in the future.
424	Being Here and Now	Oblomov's postponement of what he has to do in finding money to get married in his house.
18	Language used / Word usage	Oblomov's complaints that life in his house is constantly getting him into trouble.
77	Language used / Word usage	Oblomov's attribution of his economic troubles to divine elements.
102	Language used / Word usage	Oblomov attributing the cause of his illness to Zahar.
116	Language used / Word usage	Oblomov tying his troubles while lying in his bed to fate.
204	Language used / Word usage	The dialogue that Oblomov talks to Stolts about life upsetting itself.
493	Language used / Word usage	The evolving dialogue that Oblomov talks to Stolts that life is disturbing itself.
39	Choice and responsibility	Dialogue about Oblomov's handing over the responsibility of moving out of his home to Zahar.
58	Choice and responsibility	Oblomov asked for guidance from Tarantyevev, who came to visit his home, on what to do.
60	Choice and responsibility	Oblomov asks Hague Andreyevich to go to the farm instead of him.
71	Choice and responsibility	The author's observational perspective on Oblomov's avoidance of women in order not to take responsibility for attachment.
208	Choice and responsibility	His dialogue with Stolts that Oblomov would not do anything about his negativity while lying in his house.
393	Choice and responsibility	Oblomov's not doing anything to leave his house, even though he was uncomfortable with the house he lived in.
420	Choice and responsibility	Oblomov's thoughts that the love he lived through a letter from Olga while sitting at home was not necessary.
491	Choice and responsibility	Dialogue about the comfort of not working for Stolts who came to visit while sitting in Oblomov's house.
49	Key relationship	The author's divine point of view about Oblomov simply loving and trusting Stolts.
75	Key relationship	Stolts' divine perspective on Oblomov's attempt to use his talents in the right direction and his love for a more meaningful life.
88	Key relationship	The author's divine point of view that Oblomov met all the needs in his life thanks to Zahar.
68	Quality world/Picture album	Oblomov's thoughts and experiences about family life.
79	Quality world/Picture album	Oblomov's dream is to portray himself as an invincible warrior.
92	Quality world/Picture album	Oblomov's positive thoughts and memories about where he was born and raised.
121	Quality world/Picture album	Painless contextual thoughts in which Oblomov can get away from his troubles in his imagination.
139	Quality world/Picture album	Realizing that Oblomov did not have the beautiful lives in the fairy tales he listened to and was saddened.

165	Quality world/Picture album	The lives of Oblomov that he will continue his life through constant service.
219	Quality world/Picture album	The houses and places that Oblomov dreams of leading a happy family life.
220	Quality world/Picture album	Oblomov's dreams of establishing healthy and positive relationships with people.
241	Quality world/Picture album	Oblomov's dialogue with Andrey about creating a common perspective in the house they hosted.
250	Quality world/Picture album	Oblomov's thoughts on the qualities that his wife should have.
291	Quality world/Picture album	Oblomov's thoughts on the marital life he thinks about Olga.
294	Quality world/Picture album	The differences in opinion of Olga and Oblomov about love. Olga's compassion, Oblomov's passion.
297	Quality world/Picture album	Oblomov's and Olga's different perspectives on the emotions they experience.
301	Quality world/Picture album	Olga'non not taking Oblomov out of the male stereotypes of her dreams.
336	Quality world/Picture album	Oblomov's thoughts that his love is sacred.
338	Quality world/Picture album	Oblomov dreams of spending time with Olga in Oblomovka.
413	Quality world/Picture album	Conflict of Oblomov and Olga's relationship needs.
421	Quality world/Picture album	Oblomov's dream of a quiet, calm, carefree and comfortable life.
433	Quality world/Picture album	Oblomov and Olga are not alike and their reactions to events.
436	Quality world/Picture album	Relationship processes are disrupted due to Oblomov's unstable Olga's determination.
465	Quality world/Picture album	Olga loves the Oblomov she wants to be, not the existing Oblomov.
483	Quality world/Picture album	Oblomov's deep-seated thoughts about marriage, women, and life.
484	Quality world/Picture album	Common thoughts of Oblomov and Agafya Matveyevna on life and life.
517	Quality world/Picture album	The relationship needs of Olga and Stolts are similar, and they have a common curiosity.

572	Quality world/Picture album	The common views of Stolts and Olga about how they should spend a lifetime.
596	Quality world/Picture album	Oblomov's description of himself as a calm war spectator.
68	Perceptual error	Oblomov's view of the civil service life as family life in the world of quality.
325	Perceptual error	Oblomov's seeing that love is permanent while it is not.
534	Perceptual error	While I thought Olga would be very happy and excited when she got engaged, it really isn't.
68	Need for freedom	Oblomov's expectation that he will lead a life as he wishes.
166	Need for freedom	Oblomov's inability to do the things he wanted to do as a child and stay inside.
71	Need for belonging	Oblomov is happy with his dating behaviors with women.
238	Need for belonging	Oblomov enjoys spending time with Olga and shows a brief change.
248	Need for belonging	Oblomov and Olga feeling excited, shivering and happy while spending time together.
266	Need for belonging	Oblomov being happy while making plans for Olga.
324	Need for belonging	Oblomov's reminder that Olga was very happy with the emotional words he said to him.
342	Need for belonging	Oblomov's motivation to spend time with Olga and see himself as a good person.
354	Need for belonging	Olga and Oblomov's great pleasure to be hugged.
439	Need for belonging	Oblomov no longer feels lonely as a result of Olga's family treating Oblomov well.
515	Need for belonging	Stolts' caring makes Olga happy and Olga responds.
109	Need for power	Oblomov's pride in continuing his life without work.
227	Need for power	Oblomov seeing himself as a worn item and not feeling power inside.
293	Need for power	Oblomov's love making Olga feel proud and strong in the relationship.
322	Need for power	The fact that Olga acts with pleasure and confidence because of feeling strong in the relationship.
349	Need for power	Dialogue on Oblomov's remarks that Olga enjoyed making him cry by seeing himself weak.
445	Need for power	Oblomov's attempt to find solutions to his financial difficulties so that Olga can see herself as strong as a man.
115	Failure identity	That Oblomov thinks that he has spent his life full of failures and collapse, and envies others.
208	Failure identity	Oblomov's no longer trying to change his life.
226	Failure identity	Oblomov's thoughts that his life has worsened since childhood and that the power in him has died out.
266	Failure identity	Dialogue in which Oblomov uses negative adjectives to describe himself.
267	Failure identity	Oblomov's condescending statements while talking about himself.
268	Failure identity	That Oblomov thinks he can't manage even his servants successfully.
286	Failure identity	His thoughts that Oblomov is insufficient in human relations.
305	Failure identity	Oblomov's lack of reason for Olga to love himself.
306	Failure identity	Oblomov's assessment of himself as an unloved person.
449	Failure identity	Oblomov's expression to Ivan Matveyevich as ignorant, unsuccessful, and unable to do anything.
490	Failure identity	Dialogue about Oblomov's dialogue with Stolts at his home that there are major differences between Olga and himself.
199	Success identity	The author's divine perspective on Stolts' self-confidence, wit and pride

Below, the basic concepts of reality therapy are explained and examples of where these concepts are used in the novel are included.

Being Here and Now

In reality therapy, the individual is asked to be in the present, and it is not accepted to carry the negative experiences of the past to the present and engage with them. The problems experienced by the individual in the past and the needs that he cannot meet emerge today. Since the past cannot be changed, individuals should focus on their needs in the present and make the right choice of behavior. The individual can control his / her behavior in the time he / she is in. (Casstevens, 2010; Cisse, 2010; Corey, 2008; Fuller, 2015). Being in the here and now implies that individuals focus on the moment they live in with a "here and now" approach rather than living in the past or the future. Being "here and now" increases the control of the individual over his life.

Ivan Ilyich Oblomov, in contrast to the information given, constantly carries future anxieties in his mind and seeks how to solve his problems. He always waits for tomorrow to solve the problems that arise at the moment he lives. *"When he got out of bed in the morning, had breakfast and lay on his sofa, he would take his head in his hands and contemplate without sparing his strength. Finally, his mind got tired of this work and he would say to himself with a clear conscience, "Well, I've worked enough for humanity today." (p. 78).* They cannot live their happiness for a long time and wait for the moment when their happiness will deteriorate. For this reason, his happiness was often not fully realized. *He thought about his excitement of happiness, Olga's warm hand, his fiery kiss, all of his dreams, and all of a sudden it was frozen. Something inside him was saying, "All this is over, it's over. What would happen now?" (p. 405).* He worries about his future plans about Olga, who makes her happy and wants to share her life, and focuses on the problems she may have rather than the likelihood that she will be happy. *"But as soon as the shivers of love filled him up, a thought was weighed heavily on him: What would he do? How would he marry, find money, then live with what? She was saying, I'll wait a little longer." (p. 424).*

Language Used / Word Usage

The language and words used in reality therapy to emphasize that individuals have control over their lives and behaviors are important. The language and words used by the individual, instead of showing the events and situations as externally controlled and unchangeable elements; It should show them as elements that can be changed, have no continuity and are under the control of the individual. Seligman (2001) and Corey (2008) state that the use of expressions such as "irritating, annoying, causing tension" rather than "depressive, angry, tense" that load individuals' characteristics are necessary in order to show that behaviors and emotions can change.

Ivan Ilyich Oblomov is a character who believes that he does not have the power to control his life. *"Oh dear, life haunts me, it follows me wherever I go!" (p. 18).* He

expresses that the events he experiences are caused by environmental factors or other people and that the situations that disturb him are constantly continuing. *"Joyful! I said you wouldn't talk about moving in; Whereas you remind me of this five times a day. Do not you understand? You're spoiling my health. I am already in a terrible situation. "* (p. 102). Thinking Oblomov had no effect on his life, *"So that's my destiny, what can I do?"* (p.116). He thinks that the life he lives in disables him and his mental health deteriorates for this reason. *"Is it good? Yeah, he'd always caress my face. Life makes me sad just as naughty children do not leave a person alone at school, pinch him unaware and throw sand in his eyes... I'm done now."* (p. 204). *"Ah! This life does not make you feel comfortable. He gets you in trouble. What if I could lie down and sleep... without getting up..."* (p. 493).

Choice and Responsibility

People's behavior is the result of their own choices. Since individuals choose their own behavior, they should also take responsibility for their behavior (Corey, 2008). Engaging in activities that will add meaning to the lives of individuals can be an effective method for taking responsibility, and thus individuals can get rid of their erroneous and irresponsible behaviors (Akpınar & Oz, 2013). According to Glasser (1975), responsible individual engages in activities that will make him / her feel valuable, accepts reality and exhibits actions directed towards reality. Contrary to the information given, Ivan Ilyich Oblomov could not make choices according to the realities of life and as a result, he described himself as worthless. He avoided making a choice, delayed his choices and could not be happy while trying to make choices in accordance with his "not wanting to do anything" life philosophy. *"I tried but it didn't... I can't try again anymore. Nothing attracts me, I have no wishes, let's close this issue..."*(p. 208) He tries to avoid responsibility by getting others to do even the tasks he has to do. *"Let stand. It's not the time to go to the farm yet. Let me finish the plan of the innovations I will make on the farm... Look, Mihey Andreyevich, go for me. You know the job, you also know those parties; I pay a lot of travel expenses."* (p. 60). The choices he made caused Oblomov to contemplate deep thoughts, not being in the here and now, to fictionalize the negative consequences of what he would experience rather than focus on the process when there were things that could make him happy, and as a result he became a passive living person of life. *"Ilya Ilyich has never been attracted to beautiful women and has never been a prisoner or admirer of any woman. The reason for this was rather the troubles and burdens that such a bonding would cause."* (p. 71). *"My poor angel cried and couldn't sleep. God, why does he love me? What do I love him for? I wish we hadn't met. All because of Andrey. He instilled this love in us. What kind of life is this? Always rush, live in action. When will I have a calm, comfortable happiness?"* (p. 421).

Key Relationship

According to reality therapy, many problems in individuals' lives arise from their inability to relate to others that are important to them. Behaviors such as judging, blaming, and

punishing are negative habits for relationships (Cameron, 2010). There are also pictures of the important relationships that enable people to fulfill their needs in the quality world. Individuals keep the human profiles they like, want in their lives, and do not want in this world (Unuvar, 2012). As stated, it is important for mental health that individuals develop positive relationships that can meet their needs in their lives, accept themselves without judgment, criticism, and increase the awareness of the parties in the relationship. As a matter of fact, Ilya Ilyich Oblomov was able to establish a relationship with a small number of people in his life with positive characteristics, but as he did not want to take responsibility in his relations and did not want anything from him, his devotion to these relations remained in his thoughts and was not reflected in the action.

Andrey Ivanovich (Stolts) is the most important person Oblomov's life and best friend. He likes spending time with him, he likes to support him, solve his problems, and not look like himself in personality. He soothes himself with the assurance that he will be there for Stolts even in the most difficult times. Stolts has an important place in Oblomov's picture album. *"Only one man liked it; he did not leave Oblomov alone, he loved the news, the crowd, the science, the life; but his love was deeper, more alive. Oblomov was good to everyone. But only he really loved this man, he only relied on this maybe because they grew up, studied and lived together. This man was Andrey Ivanovich Stolts..."* (p. 49). Oblomov also occupies an important place in Stolts' painting album. It is important for Stolts that Oblomov is a good, reliable and sincere person. He does not leave Oblomov alone with his own choices and constantly tries to direct him to take responsibility and to spend his life more peaceful and happy. *"He would try to keep these life moves of Stolts Oblomov as long as he could. He used Oblomov's love for poetry in this way and kept him alive for a year and a half with a love of thought and knowledge. He wanted to turn the youthful enthusiasm of his friend from the world of poetry into more positive endeavors and called him to design a more positive, more productive life for the future. The two of them raged together, cried, and swore not to deviate from the path of reason and truth."* (p. 75). Alongside Stolts, Zahar is one of Oblomov's key relationships. Zahar has been with Oblomov since childhood, helps him to meet all his needs and develops a devotion to Oblomov. *"The old bond between them was too strong to be broken. Ilya Ilyich could not go to bed, get out of bed, comb her hair, or eat without calling Zahar; Zahar could not think of a master who would clothe, feed, snort, deceive, and still love and count like a God."* (p. 88).

Quality World-Picture Album

The quality world in reality therapy is a concept that includes photographs that meet the needs of individuals, the image of people to be in a relationship with, in other words, reflecting the world in the ideal of the individual. Glasser (1984) explains that in order to fulfill our needs, it is necessary to learn how to meet these needs. In addition, Glasser (1984) states that objects, people, events or situations that meet the needs of people are stored in the mind. Similarly, Sohm (2004) describes the quality world as the place where photos are found and where requests are met in the current world. The quality world is the world based on dreams (Glasser, 1998) and is based on the needs of the individual.

The needs found in this world based on dreams are not general, but rather specific to individuals (Corey, 2008). Based on the information given, it can be said that the quality world has an important place in the lives of individuals, and the pictures in the quality world are used as a resource in normal life.

Oblomov has a rich quality world, he paints himself in the way he wants to see in this world, tries to see how he meets his past needs and how he should relate to people by looking at this world. *"Ilya Ilyich sometimes liked to see himself as an invincible conqueror, not even Napoleon's Yeruslan Lazarevich could pour water into his hands.... Sometimes he was an intellectual or a great artist: Everyone worshiped him, applauded wherever he appeared, surrounded by the public; "Look, look, Oblomov is passing! Our famous Ilya Ilyich is passing away," they would shout. (p. 79). However, what exists in Oblomov's quality world often does not coincide with reality, which causes Oblomov to create perceptual errors. "Oh what a life this is! What a terrible thing the noise of the city! When will I get the paradise I miss? When will I get the fields and forests where I was born? His desire to lie on the grass under a tree, look at the sun through the leaves, count the birds on the branches.... When would he get all this? " (p. 92). Oblomov loves and is in love with Olga; but the worlds of quality do not match with Olga, and their expectations from the world, love and romance are different. While Olga wants to meet the need for power in the relationship, Oblomov wants to meet the need for belonging. Because the worlds of quality are different, they cannot establish healthy relationships. "Olga was doing all her female games with the kindness of a woman; Oblomov's efforts were full of passion.... Once in a while Oblomov was just about to yawn, and he met Olga's astonished gaze and immediately covered her mouth with her hand. The slightest sign of sleep on her face wouldn't have gone unnoticed by Olga.... All Oblomov did was change his old self.... Oblomov was thinking, trying not to close his eyes after eating:... 'Last night I slept in a terrible hotel in the city without taking off my clothes.... All this is because of Olga." (p. 294-295). "Olga was listening to these enthusiastic words slowly and contemplatively. "Listen, Ilya, she said. I believe you love me and will listen to my word. But why do you scare me with your indecisions? Why are you making me doubt you? You say you are the purpose of my life, but you are moving towards me slowly, fearlessly. You still have a long way to go, you must be superior to me." (p. 436). "Olga looked up and tried to look at Oblomov through tears: '... I loved not an Oblomov that happened, but an Oblomov that would be.... You can spend your whole life crouching in the attic. But I'm not like that. This is not enough for me..." Oblomov's childhood relationships prevent Oblomov from meeting his needs and cause Oblomov to develop a failure identity. Oblomov's needs for fun and freedom have not been met, and so pictures in the quality world are full of errors. "... Ilya Ilyich could not find the opportunity to do anything himself. He realized that he was more comfortable like that later himself. He learned to shout like his elders It would be annoying that his family was so overwhelmed from time to time.... Ilyusha pouting pouting remained in the house like a warm country flower grown in the winter garden, and grew like him slowly and lifelessly. Unable to spend the powers that wanted to be wasted, he remained in it and slowly became blind..." (p. 66).*

Perceptual Error

The difference between the inner world that covers the wishes of individuals and the outer world they live in causes perceptual errors to occur. This difference leads the individual to act (Banmen, 1983). Our actions are made to reduce the difference between photographs in our minds and the world we live in. If the individual cannot reduce the existing difference with his actions, he must find different ways of behavior (Glasser, 1984). In other words, the increase of the difference between the quality worlds that reflect the ideal for them and the world they live in, leads the individual to make a behavior and in this way the individual tries different ways of behavior. The novel *Oblomov* is also someone with perceptual errors. The fact that the pictures in the quality world he created in his childhood and the events he experienced in his adulthood do not match leads him to an impasse and causes him to develop ineffective behaviors. *"He was so kneaded with family happiness that he thought that his civil service life would be a continuation of his family life, if he were there, he would do a job like his father keeping idle ledgers.... He would be able to hang up in bad weather, in hot weather, or only on days when people didn't want to work..."* (p. 68). In addition, *Oblomov* is surprised and upset when he sees the difference in reality from what the concepts express in his quality world. *"Oblomov said loudly to himself: "What the hell is this? " 'So love also passes. I thought so that the life of lovers is windless and motionless like a hot afternoon. However, there is no comfort in love. It is also changing, constantly changing..."* (p. 325).

Basic Requirement

Another important concept in reality therapy is basic requirement. Individuals are innate; they direct their lives with five basic requirements: survival, power, freedom, belonging, and fun (Corey, 2008). Need for survival, health, safety, nutrition, etc., covers needs. It can be said that the need for survival is dominant if the individual puts his life in less danger than others (Glasser, 1998). Glasser (2000) explains that the need for belonging is one of the most important needs, because it is important for individuals to develop relationships with people in order to meet their other needs. Human relationships are based on the need to be with other people. It is about individuals' ability to meet their need for love and be loved (Glasser, 1965; as cited in Kaner, 1993a; Glasser, 1984; Wubbolding, 2012). Activities involving socialization were created to meet the belonging needs of individuals (Wubbolding, 1988). The need for power emerges as a need that can be met in different ways. Individuals can meet their power needs through their qualities, their achievements, or by being respected by others. Couples' efforts to control their relationships arise from the need for power (Glasser, 1984). The need for freedom refers to individuals' ability to take action according to their wishes in various areas of life. Individuals continue their lives as they wish, being in contact with the individuals they prefer, etc., and they want to act freely on matters (Glasser, 1984; Wubbolding & Robey, 2012). The need for fun refers to the participation of the individual in activities that he is not obliged to do. It adds vitality to individual life and relationships through activities (Glasser, 1984; Glasser, 1989).

The above-mentioned needs also show up in Oblomov's world. Oblomov is an individual whose need for freedom and fun was not met in his childhood. So, there are no pictures of how to meet these needs in the quality world. He does not care much about these needs in the later periods of his life. *"Things were endless! Twice they got him out of bed at night, dictated a report, often summoned him from a friend's house.... In despair, 'When will I live? he kept saying."* (p. 68). He meets his need for belonging and love with Olga. During his time with Olga, Oblomov changes. *"Oblomov was with Olga in the morning and evening. He was reading a book to him, sending flowers, going to the lake with him, going up the hills. It was Oblomov who did this! What is not happening in this world!"* (p. 238). *"Even though they both stood still, they were burning with a fire that filled them, and they heard the same chill; There were in tears accumulated by the same feelings in his eyes. These were signs of passion that manifested in Olga's soul in the form of fleeting emotions, shots, awakenings, and that one day would unfold."* (p. 248). The mismatch of the worlds of quality makes their relationship difficult. While Oblomov wants relationships that will not put himself in a difficult situation or impose responsibility on himself; She asks Oblomov to change his life and take action and take control of his life. In Oblomov's relationship with Olga, the different requirements of the two parties prevail. Olga wants to meet her need for power in her relationship, and Oblomov's love glorifies her. *"From time to time Oblomov glances at her, he understands her thoughts because of her: 'How much she loves me! How much she loves! She was looking proudly at the man on his feet, admiring his strength."* (p. 293).

Successful and Failure Identity

According to reality therapy, individuals' satisfaction with their lives is based on their ability to form a successful identity (Nelson-Jones, 1995). Successful identity contains various positive elements. It includes taking responsibility for what they do, meeting their needs effectively, having a sense of worth, being able to accept the facts, love and be loved (Glasser, 1984; Kaner, 1993b; Karahan & Sardogan, 2012; Palancı, 2004). The failure identity contains the opposite of the attributes of the successful identity. Not taking responsibility for behaviors, not seeing enough value, not meeting their needs, denial of facts, inability to engage in activities that make life meaningful, etc. characteristics also constitute the content of the failure identity (Glasser 1965; as cited in Kaner, 1993; Glasser, 1969; as cited in Kaner, 1993a). Based on the information given, it can be said that successful identity is the combination of positive features of other basic concepts of reality therapy. Oblomov is a character that does not have the specified features. He postpones his decisions to avoid responsibility, does not want to take responsibility for the relationship and work, does not value himself, and makes negative criticisms about himself, *"No, it is not possible, he said. Loving a frivolous person like me, with sleepy eyes, sagging cheeks, and lethargic cheeks... I guess she was making fun of me..."* (p. 266). He lives the life he believes to be. *"As he thought that he was an unfinished man, that his spiritual powers remained undeveloped and that a weight had fallen into his life, his heart was falling apart. He is jealous of the rich, active life of others; he saw the path of his own life as a narrow, pathetic pathway blocked by a heavy boulder."* (p. 115). "As

soon as I knew myself I felt that I was starting to fade. My extinction started when I was sitting at the paperwork in the flat; Then, as I read the books and found truths that I could not use in my life, listened to gossip, ridicule, cold, bad, idle chatter among friends, and attended pointless, loveless meetings, I got worse." (p. 226). Unlike Oblomov, Stolts achieves many of his goals in life, his control system is strong and he engages in different activities to make his life meaningful. "What he wanted was to see life simple and take it as it is. Solving life's difficulties, he appreciated his difficulties better, and when he saw that his path went in the wrong direction and found the right way, he was proud and happy about it. " (p. 198).

Conclusion and Discussion

According to reality therapy, individuals' problems are based on their inability to establish healthy relationships. To meet the needs in the right way, to belong, to love and be loved, to survive, to engage in meaningful activities, to take an active role in guiding life and to take responsibility; Thinking, acting, feeling, and being aware of their physiological states, not using words that restrict themselves and suggest that they are not in control, paying attention to the time and solving problems at that moment are important elements in therapy (Cassestevens, 2010; Cisse, 2010; Corey, 2008; Fuller, 2015; Glasser, 1975; Kaner, 1993b; Seligman, 2001). When we look at the concepts of reality therapy, it can be seen that it includes features that may be valid for many people. Explaining and discussing these features through the characters of the novel can contribute to the understanding of the concepts of reality therapy. For this purpose, the novel "Oblomov" has been examined in terms of the concepts of real therapy.

Oblomov character can be described as a character who has a failure identity, has difficulty meeting his needs, and is not even aware of his needs. He lived the life he chose without seeing different behaviors as a result of not taking the responsibility for change while he was able to meet the need for belonging. The fact that he did not engage in activities that would add meaning to his life caused him to consider his life and himself worthless and to be unable to be here and now. Oblomov, who did not take any responsibility in his life, could not create healthy photographs in the quality world, and therefore; he had to struggle with his mind full of perceptual errors. In addition, Oblomov's avoidance of taking any responsibility, lack of self-confidence and having many perceptual lives was also affected by the conditions of his era and family. The character of the novel is also related to the context, as the changing face of the ancient Russia put many people in an impasse at that time. From this point of view, the topics discussed and the attitudes exhibited have been effective in concretizing the concepts of reality therapy. In addition, the fact that the behavior of the individual is affected by the context and the family environment in this novel has contributed to the psychological counselors and counselor candidates to have an idea about the factors that should be taken into account when working with their clients.

Written sources are tools that can create attitude changes in individuals from past to present (Yilmaz, 2002). Since ancient Greece, books have been used to address mental distress (Oner, 2007). Bibliotherapy is also a process that enables individuals to benefit from literary works in addressing their problems and discovering themselves (Bodont, 1980; as cited in Oner & Yesilyaprak, 2006). The books read can be effective on people. Individuals are thinking and feeling at the same time while reading a book. Such experiences also help individuals to be free from their emotions (Oner, 2007). Thanks to books, individuals can look at the world from different perspectives apart from the perspective they have. In addition, based on what they read, they may realize that while they feel closer to some personalities, they should stay away from some personalities and situations (Oncu, 2012). In addition, Solmaz (2018), in his research, which examined the reading habits of university students, determined that novels took the first place among the type of books that students preferred to read. Based on this information, it can be said that books are important tools in shaping the lives of individuals. Seeing the results of the behaviors and lifestyles of the characters in the novels, reading can be effective in organizing behavior for the reader or learner. Therefore, it may be useful to present novels to individuals by examining them in terms of psychological concepts and to inform them. In addition, written sources are among the most frequently used and most used documents in education. Sahin (2015) found in his study that the most used materials in the education process are written documents. Considering that books are important elements in the education of individuals, book reviews and the results obtained can serve as entertaining teaching materials for students and employees in the field of psychological counseling and guidance. Thus, individuals in the field can benefit from these resources and publications to improve themselves and increase their knowledge. As a matter of fact, when the domestic literature is examined, it is seen that the publications made for this purpose are limited. Bilgili and Voltan-Acar (2017) discussed the novel "Martin Eden" in terms of the basic concepts of existential therapy and suggested that the character of the novel could be used in psychological counseling sessions as a result of the study. Similarly, Kızıldag and Voltan-Acar (2009) examined the novel "Vurun Kahpeye" in terms of feminist therapy and reached the conclusion that the novel could be effective in understanding feminist therapy and raising awareness. The fact that there are not enough studies on novel analysis in the field of psychological counseling and guidance suggests that this research will also be effective in contributing to the field.

The study was carried out to the extent that Oblomov's novel allowed to explain the concepts of reality therapy. In addition, in this study, the basic concepts of reality therapy are explained through the protagonist of the novel and the characters with which it has a key relationship. It should not be forgotten that the comments made in the study are limited to the novel examined.

Based on the limitations given above, various suggestions can be made for future studies. It can be presented as a suggestion to examine reality therapy in a wider context on a wider variety of characters. In addition, different novels can be analyzed by academicians working in the field in order to concretize the therapies and make them



more understandable. This resource can be used when teaching reality therapy within the scope of the psychological counseling theories course. In addition, therapies can be processed by making use of written literary works of different genres (poems, stories, fairy tales, etc.).

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