# Importance of the Human Library Programmes: a Literature study

**[1]Wijerathne M.G.H.K and [2]Amarasooriya, Y.W.N.D**

[1&2]Department of Library and Information Science, University of Kelaniya, Sri Lanka
[1]erandakaushalya1@gmail.com and [2]nimasha.dilrangi@gmail.com

## Abstract

*The Human Library Programmes have emerged as innovative initiatives aimed at promoting empathy, challenging stereotypes, and fostering understanding among individuals from diverse backgrounds. This literature study examines the importance of Human Library Programmes in achieving these goals. Through a comprehensive review of scholarly articles, books, and reports, this study analyzes the impact of Human Library Programmes on participants and society. Findings indicate that Human Library Programmes are highly effective in breaking down barriers and promoting dialogue between people with different experiences and perspectives. Participants report increased empathy, reduced prejudice, and improved understanding through conversations with Human "Books." These interactions facilitate personal growth and expanded worldviews by challenging biases and preconceptions. Additionally, Human Library Programmes provide safe spaces for marginalized individuals to share their stories, empowering them to challenge stereotypes and contribute to societal change. However, scalability, long-term impact assessment, and inclusivity pose challenges that require further research. In conclusion, this literature study confirms that Human Library Programmes effectively promote empathy, challenge stereotypes, and foster understanding. Ongoing evaluation and research will enhance our understanding of long-term impact and potential improvements, ensuring the continued success of these programs in creating a more inclusive and tolerant society.*

***Keywords:*** *Human Library, Literature study, Human Library Programs, Sharing information, Human book*

## Introduction

Inspired by the concept of a traditional library, where books can be borrowed, the Human Library introduces "human books" - individuals who have experienced marginalization or stigmatization based on their identities. Participants in Human Library events engage in one-on-one conversations with these "human books," allowing them to gain firsthand insights into the lived experiences of others.

The importance of Human Library programs has gained attention from scholars and practitioners seeking to explore their impact on attitudes, beliefs, and behaviors. This literature study aims to examine existing research and scholarly articles to understand the outcomes and potential of Human Library initiatives. By delving into the existing literature, this study seeks to provide valuable insights into the importance of Human Library programs, identify factors contributing to their success, and highlight potential limitations and areas for further research. Understanding the impact of Human Library programs can inform the development and enhancement of initiatives aimed at fostering inclusivity, understanding, and social cohesion in diverse communities.Lots of time training is confused with development, but both are different in certain respects yet components of the same system. Training may be described as an endeavor aimed to improve or develop additional competency or skills in an employee on the job one currently holds in order to increase the performance or productivity. While development implies opportunities created to help employees grow (Management study guide,2018). Kara Blizzard, Becker & Goebel (2018) observed human library successfully engages students, staff, faculty, and the Camrose community in a learning experience that

benefits both readers and human books. The human library provides an opportunity for unique information literacy assignments that increase students' engagement with relevant topics and demonstrate the importance of consulting a variety of source types during the research process. Wong & Lin (2023) examined Human libraries are special libraries that give access to real persons known as "human books." Readers "check out" human books by attending reading sessions organized by the human library. The majority of previous studies focus on reporting the achievement of human libraries, especially on reducing prejudice and promoting social inclusion. There is a dearth of research to investigate how a human library serves and interacts with society.

## Materials and Methods

This literature study utilized a systematic approach to examine the importance of Human Library programs. The Literature study methodology encompasses the use of quantitative techniques on data. The research data was obtained Google Scholar advanced search tool. The keywords "Human Library", "Human book", "Information Sharing" and "Human Library programme"were used in the data filtering procedure anywhere in the article. The search was conducted for articles published in the 2012-2022 range. From the search, the totals of 58 articles were published. Relevant articles published in the English language were selected for analysis. The data extracted from the selected articles were synthesized to identify common themes and outcomes. The methodology focused on analyzing and synthesizing existing research to provide an overview of the current state of knowledge regarding the importance of Human Library programs. Excel package was used to analyze and visualize data in the study.

**Results and Discussion**

The analysis of the literature on the importance of Human Library programs reveals consistent and positive outcomes. The Human Library helps to overcome stigma, combat prejudice, dismantle stereotypes, inform ignorance, clarify misconceptions, debunk myths, end discrimination, and challenge negative attitudes through conversations with Human Books. Many Human Library Programs are designed to challenge stereotypes and prejudices by allowing individuals to engage in meaningful conversations with people from different backgrounds or with different life experiences. Research may examine how effective these programs are in changing attitudes and reducing biases.

The importance of Human Library programs can be attributed to the authentic and interactive nature of the experiences. By engaging in direct conversations with individuals from different backgrounds, participants have the opportunity to humanize and empathize with others' experiences. The open dialogue and safe space provided by these programs facilitate genuine connections and transformative learning.

The Human Library is designed to build a positive framework for conversations that can challenge stereotypes and prejudices through dialogue. The Human Library is a place where real people are on loan to readers. A place where difficult questions are expected, appreciated and answered. While the existing literature provides promising evidence, further research is needed to explore the long-term effects of Human Library programs and their impact across diverse populations and settings. Additionally, studies investigating the specific mechanisms through which these programs lead to attitude and behavior changes would provide deeper insights into their importance.

## Conclusion and Recommendations

In conclusion, the literature on the importance of Human Library programs demonstrates their significant impact in promoting understanding, empathy, and challenging. The findings consistently indicate that participation in Human Library events leads to increased awareness, reduced prejudices, improved interpersonal skills, and enhanced empathy among participants. The personal interactions with "human books" create a safe and transformative space for dialogue, fostering connections and breaking down barriers. These programs offer valuable opportunities for individuals to engage with diverse perspectives, challenge their own biases, and contribute to building inclusive communities. Further research and evaluation are necessary to deepen our understanding of the long-term effects and potential of Human Library programs.

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