

Reduction in depression scores with reminiscence therapy in the elderly

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Article Info:

Submitted: 2 July 2023	Accepted: 10 July 2023	Approve: 20 July 2023	Published: 26 July 2023
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Abstract. The aging process that occurs in the elderly brings about physical and psychological changes, leading to deterioration and psychological issues such as depression. Non-pharmacological therapy that nurses can undertake to alleviate depression in the elderly is Reminiscence therapy. This research aims to determine the effectiveness of Reminiscence therapy in reducing depression among the elderly. The research design used is a one-group pre-post test with a sample size of 30 respondents, consisting of 8 males and 22 females. The Geriatric Depression Scale (GDS) questionnaire was utilized. The research findings revealed that the elderly participants were within the age range of 60-65 years (63.3%), predominantly female (73.3%), had a medium level of education (46.7%), were married (76.7%), and had a high income (70.0%). The Wilcoxon test results indicated a significant outcome ($p < 0.001$) between Reminiscence therapy and depression in the elderly before and after the therapy, with a Mean value before (10.20), SD before (0.805), and Mean value after (7.067), SD (1.946). This therapy can be incorporated into the program of public health centers, particularly for elderly patients experiencing depression, to maintain therapeutic activities.

Keywords: Therapy, reminiscence, elderly.

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INTRODUCTION

Elderly age is part of the developmental process. Humans don't suddenly become old, but progress from infancy, childhood, adulthood, and eventually into old age (Azizah & Hartanti, 2016). The elderly represent a group that experiences a decline in health status, both naturally and due to illnesses (Ministry of Health, 2020). Depression is a component

of mood disorders; in the elderly, it arises from changes in the aging process and problems stemming from these changes (Maslim, 2013). According to Hasan (2017), factors leading to depression in the elderly include age, gender, ethnicity, and psychosocial conditions during childhood.

Reminiscence is an ability in the elderly to recall memories of the past, guided to be "shared" with family, groups, or staff (Manurung, 2016). According to Chen, Li, and Li (2012), Reminiscence therapy is a significant non-pharmacological intervention associated with improved affect and rapid reduction of emotions and behaviors related to depression and apathetic symptoms. The goal of Reminiscence therapy is to enhance self-esteem, aid individuals in self-awareness and self-understanding, adapt to stress, improve life satisfaction, and view oneself in a historical and cultural context.

According to the World Health Organization (WHO), depression is a common mental disorder characterized by symptoms such as a depressed mood, loss of pleasure or interest, guilt, or low self-esteem. Based on data from the Aceh Provincial Health Profile for 2020, the coverage of early detection of depression in the elderly at the provincial level is 71.11%, which has decreased compared to the coverage in 2018 at 83% (Aceh Health Office, 2016).

Bireuen Regency, with an area of 1,901.21 square kilometers or 190,121 hectares, is divided into 17 sub-districts with a total of 609 villages. The elderly population in the Bireuen Regency is 450,544 individuals (out of a total population of 4,486,570 in Aceh Province), comprising 21,296 males and 22,960 females (BPS Bireuen, 2018). Based on a preliminary study conducted on August 10-12, 2020, in the Peusangan sub-district of Bireuen Regency, Reminiscence therapy, whether individual or group, had not been previously applied.

Research conducted by Kousha, Sayedi, Moghaddam, and Matlabi (2020) found significant results between scores before and after Reminiscence intervention in various sub-scales of quality of life, including physical function, role limitations due to physical and emotional health issues, emotional well-being, social functioning, and general health. Another study by Rokayah et al. (2019) focused on the Effects of Reminiscence Therapy on Reducing Depression in the Elderly using a quasi-experimental design. The study revealed that the depression level in the elderly decreased from severe depression in 15 respondents (51.7%) to mild depression in 14 respondents (48.3%) after Reminiscence therapy. There was a significant influence of Reminiscence therapy on reducing depression levels in the elderly, with a p-value of 0.000.

Rieberro et al. (2015) state that Reminiscence therapy is an effective intervention for elderly residents in nursing homes, as it is relatively easy and minimizes potential side effects or risks to the elderly. Therefore, this therapy is crucial for elderly individuals experiencing depression as an intervention to prevent or recover from the severity of depression, given its substantial impact. A study by Yan Ping (2016) suggests that Reminiscence therapy effectively reduces depression in the elderly due to its efficiency and ease of application for every elderly individual.

LITERATURE REVIEW

Therapy is a process or method of treatment or intervention carried out to assist individuals in addressing physical, mental, or emotional health issues (Kanate et al., 2023). Therapy can involve various approaches and techniques, including talk therapy, physical exercises, medications, and other methods aimed at restoring balance and well-being for the individual.

Meanwhile, memories are a sequence of recollections and experiences from the past stored in an individual's mind. Memories encompass various events, emotions, and information derived from an individual's life experiences. These memories can play a significant role in shaping one's identity and perception of the world around them (Jiménez-Sánchez & García-Espín, 2023).

Meanwhile, the elderly phase is the stage of life after someone has passed through adulthood, characterized by further increases in age beyond the productive age (Blossey et al., 2023). During this period, the body and mind undergo natural changes associated with aging. The elderly phase can also be referred to as old age or the twilight years.

METHOD

This research employed a one-group pre-post study design conducted from June 3, 2023, to July 11, 2023. The sample for this study consisted of 30 elderly individuals. Data were collected through questionnaire completion. The questionnaires used were the Socio-Demographic Questionnaire and the Geriatric Depression Scale (GDS) Questionnaire, which comprised 15 items with a Likert scale ranging from 0 to 4. This study obtained ethical committee approval. Respondents were included after providing their informed consent.

RESULTS AND DISCUSSION

1. Summary of Respondent characteristics

Table 1 Summary of elderly characteristics (n=30)

Number	Variables	Frequency (f)	Percentage (%)
1	Age		
	60-65 Years	19	63.3
	66-70 Years	11	36.7
2	Gender		
	Male	8	26.7
	Female	22	73.7
3	Education		
	Primary	10	33.3
	Secondary	14	46.7
	Higher	6	20.0
4	Marriage Status		
	Married	23	76.7
	Divorce	7	23.3
Total		30	100

Based on table 1 of 30 respondents who were given therapy, it was found that most respondents were aged 60-65 years (63.3%), the majority of respondents were female (73.7%), had secondary education (46.7%) and were married (76.7%).

2. Level of depression

Table 2 Depression levels of the elderly before and after reminiscence therapy

Number	Level of Depression	Frequency (f)	Percentage (%)
1	Before		
	Moderate Depression	30	100
2	After		
	No Depression	2	6.7
	Mild Depression	20	66.7
	Moderate Depression	8	26.7
Total		30	100

Based on table 2, it is known that out of 30 respondents it was found that the level of depression of respondents before and after the intervention, before the intervention all respondents experienced moderate depression (100%), while after the intervention it was found mild depression (66.7%) and moderate depression (26.7%).

Table 3 Effectiveness of Reminiscence therapy in reducing Elderly Depression

Level of depression	Median (Min-Maks)	Mean	SD	p
Depression before	10			
Reminiscence Therapy	(9-10)	10.20	0.805	
Depression after	7			0.001
Reminiscence Therapy	(4-11)	7.067	1.946	

Based on table 3 of 30 respondents found that the level of depression of respondents before and after the intervention, before the intervention all respondents experienced moderate depression (100%), while after the intervention was found mild depression (66.7%) and moderate depression (26.7%).

This study shows a correlation value of P-value <0.001. It can be concluded that there is a relationship between reminiscence therapy and elderly depression. This study is in line with research conducted by (Viguer, Satorres, Fortuna, and Meléndez, 2017), namely Reminiscence Therapy is useful for reducing depression and increasing life satisfaction and increasing the level of well-being in the elderly. The same thing was also found in other studies where the results of Reminiscence therapy can improve cognition and reduce depression in the intervention group (Duru Aşiret and Dutkun, 2018).

The results of research (Hallford and Mellor, 2021) found that research conducted with the CRT method stated that reminiscence therapy can improve the ability and self-reflection of the elderly when remembering abilities or events that were often done before. (Justo-Henriques, Pérez-Sáez, and Alves Apóstolo, 2021) found that reminiscence therapy in

patients with dementia can improve several things such as patient cognition, patient quality of life but has no relationship to executive ability and depression levels in patients.

The effectiveness of reminiscence therapy is also proven by other studies which obtained the results of individual reminiscence therapy can eliminate depression and anxiety (D. Wu et al., 2016), structured reminiscence psychotherapy is effective for reducing the level of depression in the elderly (Devi, 2019). Regularly implemented reminiscence therapy can improve cognitive function, reduce depressive symptoms, and improve quality of life in elderly people with Alzheimer's (Löke et al., 2019). Reminiscence therapy can reduce anxiety, depression and loneliness in the elderly (Tarugu et al., 2019).

Based on the research above, the researcher assumes that reminiscence therapy can reduce depression levels in the elderly, this is related to the way the elderly and families cope with loneliness, so that in this case loneliness due to the abandonment of loved ones such as children who already have their own families, the death of a spouse and living alone can affect the level of depression in the elderly.

CONCLUSION

The level of depression of the elderly in the Cot Ijue Puskesmas working area is mostly in the mild depression category. The results of research conducted in the Cot Ijue Puskesmas Area, Bireuen Regency, obtained the results of the Chi-Square statistical test at the 95% confidence level ($\alpha = 0.05$) obtained a p-value = 0.001 ($p > 0.05$). that Reminiscence Therapy is effective for reducing depression in the elderly.

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