



THE EFFECTIVENESS OF REMINISCENCE THERAPY ON DECREASING DEPRESSION AMONG ELDERLY PERSON AT SELECTED OLD AGE HOME

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ABSTRACT

Depressing disorders such as loss of interest, low self-esteem are major causes of disability in elderly person. The purpose of the present study was to evaluate the effectiveness of reminiscence therapy on decreasing depression among elderly person in a selected old age home at Villupuram district. A quasi-experimental research design was conducted by using Purposive sampling techniques among selected 60 elderly person both experimental group and control group in an old age home using the Geriatric Depression Scale for assessment of depression. Data were analyzed using descriptive and inferential statistics. The results showed that the posttest I, and posttest II Were effective. The computed t value are high posttest -I ($p < 0.01$) and very high in posttest -II. ($P < 0.001$). There was a significant reduction in depression among elderly persons after reminiscence therapy.

Key Words; Reminiscence Therapy, Depression and old age home

INTRODUCTION

Aging is a normal, bio-logical, and universal phenomenon, ageing of the population occurs throughout the world, more rapidly developing countries. People are living longer lives, and both share and the number of older persons in the total population are growing rapidly. Globally, there were 727 million persons aged 65 years or over in 2020. Over the next three decades, the number of older persons worldwide is projected to more than double, reaching over 1.5 billion in 2050. All regions will see an increase in the size of the older population between 2020 and 2050. Globally, the share of the population aged 65 years or over is expected to increase from 9.3 % in 2020 to around 16. % in 2050. **(World population prospects 2020)**

The older person numbers and proportion of people aged 60 years and older in the population is increasing. In **2019**, the number of people aged 60 years and older was 1 billion. This number will increase to 1.4 billion by 2030 and 2.1 billion by 2050 and expected to in coming decades, particularly in developing countries. **(World Health Organization 2019).**

Depressive disorders were sadness, loss of interest or interest, feeling of guilty, low self-esteem, disturbed sleep, feeling of tiredness and poor concentration. Prevalence rate of elderly person 7.5% globally affected fo depression. **(Global Health Estimates, 2017)**

Reminiscence therapy makes use of life events by having participants vocally recall episodic memories from their past. It helps provide people with a sense of continuity in terms of their life events. Reminiscence therapy may take place in a group setting, individually, or in pairs depending on the aim of the treatment Reminiscence therapy can also be structured or unstructured within these configurations. APA **(American Psychological Association 2020).**

Bharathi AR (2021) did an experimental study to analyses the efficacy of reminiscence therapy on depression among elderly at old age home the results showed that reminiscence therapy helped to reduced depression for elderly person. Sahu I , et al (2019) study results the showed that after reminiscence therapy decreased depression among experimental group when compared to control group ($p < 0.0001$). Revathy N (2019) conducted a study on Effectiveness of group reminiscence therapy on levels of life satisfaction and depression among elderly adults at Sri Narayani Hospital and Research Centre, Vellore. The results showed that there was a significant reducing depression level after reminiscence therapy. Lin Y, Dai Y, Hwang S. (2018) found that Reminiscence therapy was good noninvasive treatment for elderly person in prevention and treatment of mental illness in Taiwanese elderly person. Dr Anku Moni Saikia (2016) a study was conducted on depression in elderly community – dwelling at Assam. The results showed that there was a significant association with age and depression.

Therefore, the purpose of the present study the effectiveness of reminiscence therapy on decreasing depression, among elderly persons a selected old age home was done by the researcher.

Problem statement

A study to assess the effectiveness of reminiscence therapy on decreasing depression among elderly person in a selected old age home at Villupuram. District, Tamilnadu

Objectives of the study

- To assess the level of depression scores among elderly person in experimental and control group
- To find out the effectiveness of reminiscence therapy on reducing depression among elderly person in experimental and control group
- To determine the association between the pretest and posttest level of depression scores among elderly person with selected demographic variable in experimental and control group.

Research Methodology

A quantitative research approach was used for the present study and quasi experimental pretest and posttest control group design was used. The sample size was 60 elderly persons in the experimental group and 60 elderly persons control group taken.

Sampling Criteria

Inclusion criteria;

The elderly persons who were,

- above 60 years
- Both genders included
- Willing to participate for the study
- Able to understand and communicate for mother tongue
- Old age home elderly person only studied

Exclusion criteria

- The elderly persons who were sick during data collection period
- The elderly persons have comorbid disease condition

Tool for data collection

The tool was validated by various experts in the field of nursing fraternity and statistician. The tool consists of two parts. Part one demographic variables the part two geriatric depression scale. Geriatric depression scale consists of 15 items was developed by Yesavagi JA in 1986. level of depression scores normal/ no depression 0-4, mild depression 5-8, moderate depression 9-11 and severe depression 12-15.

Data Collection Procedure

The written permission was obtained from the authorities of selected old age home. Informed consent was obtained from the participants. The participants were selected as per inclusion criteria then randomly assigned to the intervention group who received reminiscence therapy intervention. Elderly persons were divided into eight groups each group consists of 8 to 10 members Reminiscence therapy totally 8 sessions are like childhood, school days, adolescence, adulthood/marriage, about their job, about their children, about their retirement, and present situation also assessed, one session per week for 8 weeks was collected. Each reminiscence therapy session was 60 minutes approximately, welcome to the participant take 10 minutes, then main sub theme activity takes 45 minutes and finally the closure therapy took 5 minutes Pretest was assessed the depression, Posttest was assessed the depression. Data analysis and interpretation after posttest one month and followed the 3-month assessment done.

Ethical Clearance:

The elderly persons informed about the purpose of the study and each session confidentiality were ensured. The participants were any time freedom to leave for the study. Assurance was given to them that anonymity of each individual would be maintained.

RESULTS AND DISCUSSION

Data Analysis

Descriptive and inferential statistics were used to analyses the data. The demographic profile for an elderly persons were analyzed in terms of frequency and percentage. In Reminiscence therapy majority of experimental group out of 60 an elderly person were in the age of 65-70 years (38%). Male (52%), Hindu religion (80%), with regard to education had primary Education (45%), were Married person (75%), Income (42%) were RS 5,000 to 10,000. source of income by family members (60%), were one children (30%), Duration of stay at old age home were stayed 6 month to 1 year (43%) and residence for rural (55%).

Table 1: Pretest Level of Depression score among Experiment and Control group of Elderly person (N = 120)

Assessment	Level of Depression	Group				Chi-square value	P value
		Experimental Group (n=60)		Control Group (n=60)			
		No.	%	No.	%		
Pre-test	Normal	4	6.67%	5	8.33%	1.71	0.63 (NS) DF=3
	Mild	13	21.67%	18	30.00%		
	Moderate	30	50.00%	28	46.67%		
	Severe	13	21.67%	9	15.00%		

DF= Degrees of freedom S= significant NS= not significant P>0.05 not significant

Table 1 showed that level of depression in the experimental group the pre test scores shows that, 50% moderate level depression, it was found that both the experimental group 13% were severe and mild depression. Control group moderate depression 47%, mild depression 30%, and severe depression 15% and 8% normal depression.

Table 2: Overall comparison between mean, standard deviation and mean difference experimental and control group depression score for elderly persons

N=120

	Group				Mean difference	Student independent t-test
	Experimental(n=60)		Control(n=60)			
	Mean	SD	Mean	SD		
Protest	9.58	2.45	9.20	2.28	-0.38	t=0.89 p=0.38(NS)
Posttest-1	7.97	1.70	9.10	2.32	-1.13	t=3.06 p=0.01**(S)
Post-test -2	5.70	1.94	9.00	2.28	-3.30	t=8.52 p=0.001***(S)

Table 2 showed that overall depression scores for the experimental group in the pre-test mean 9.58 with SD 2.28. post test-I the mean 7.97 with SD 2.32. Post Test –II scores mean 5.70 with SD 2.28. the post-test –I experimental group obtained “t “value t= 3.06 it was significant p< 0’05. Then post-test - II obtained “t” value t = 8’52 it was high significant. Therefore reminiscence therapy reducing the depression level. Which is also represented in the bar diagram.(**Figure 1 shows simple bar diagram below**).

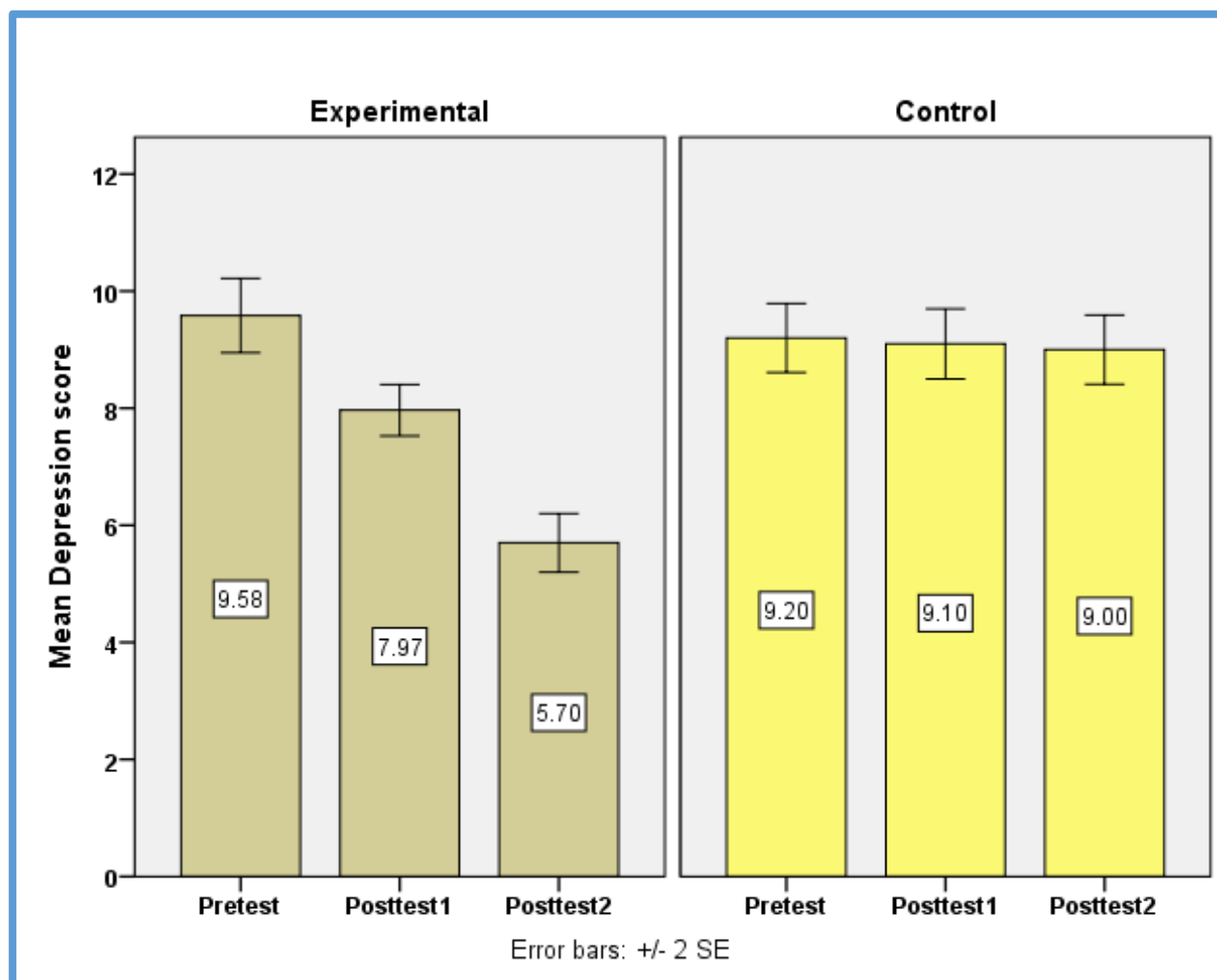


Fig 1: Simple bar diagram with 2 standard error shows the mean Depression score During Pretest, Posttest-I, Posttest-II among experimental and control group

Table 3: Comparison of mean Depression score During Pretest, Posttest-I, Posttest-II and Posttest-III among experimental and control group

N= 120

	Pre-test		Post-test-I		Post-test-II		Mean difference	Onaway measures ANOVA F-test	Repeated
	Mean	SD	Mean	SD	Mean	SD			
Experimental	9.58	2.45	7.97	1.70	5.70	1.94	3.88	F=59.25 p=0.001*** (S)	
Control	9.20	2.28	9.10	2.32	9.00	2.28	0.20	F=0.97 p=0.38 (NS)	

Table 3 results showed that an experimental group, Repeated measures F-test analysis shows that, mean overall depression score is statistically significant different between pre-test and post-test-II(F = 59.25 P ≤ 0.001). Therefore, we can conclude that a reminiscence therapy reduces significantly depression score among elderly persons. (Figure 2 line graph shown below)

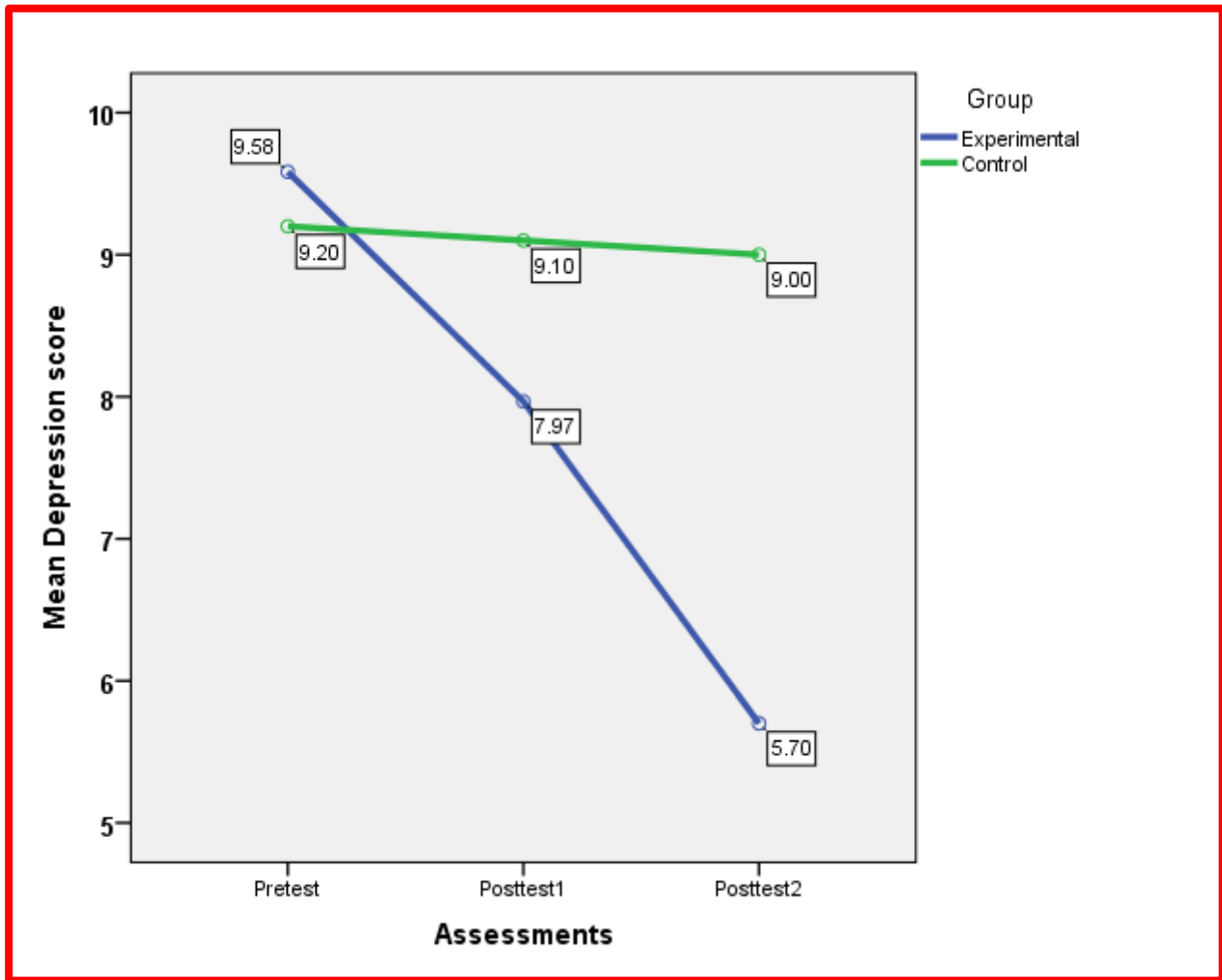


Fig2: Line graph shows the pre-test, post-test-I, post-test-II Experimental and control group reduction depression scores.



Table 5: Chi-Square value Distribution of Pretest, Posttest-I and Posttest-II level of depression score among Experiment and Control group of Elderly people

(N = 120)

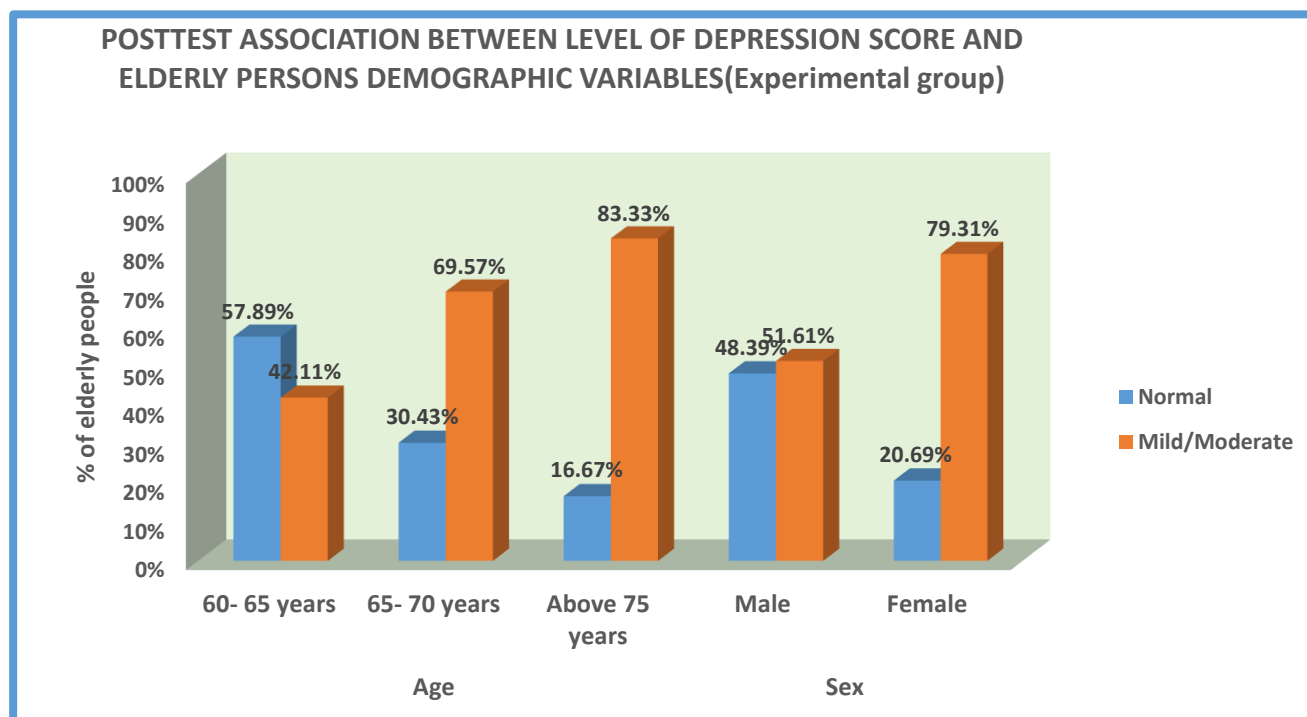
Assessment of depression	Level of depression	Group				Chi-square value	P value
		Experimental Group (n=60)		Control Group (n=60)			
		No.	%	No.	%		
Pre-test	Normal	4	6.67%	5	8.33%	1.71	0.63 (NS) DF=3
	Mild	13	21.67%	18	30.00%		
	Moderate	30	50.00%	28	46.67%		
	Severe	13	21.67%	9	15.00%		
Post-test-I	Normal	7	11.67%	3	5.00%	8.10	0.05* (S) DF=3
	Mild	33	55.00%	22	36.67%		
	Moderate	16	26.67%	26	43.33%		
	Severe	4	6.67%	9	15.00%		
Post-test-II	Normal	21	35.00%	5	8.33%	31.54	0.001*** (S) DF=3
	Mild	33	55.00%	22	36.67%		
	Moderate	6	10.00%	26	43.33%		
	Severe	0	0.00%	7	11.67%		

DF= Degrees of freedom S= significant NS= not significant

P>0.05 not significant P≤0.05 significant P≤0.001 very high significant

Table 4 results showed that the level of Depression score between experimental and control group of elderly person. In pre-test, there is no significant difference between experimental and control group of elderly persons. The non-significant p- values 0.63. In post-test-I, there is a significant difference between experimental and control group of elderly persons. The significant p- values 0.05. In post-test-II, there is a significant difference in level of Depression score between experimental and control group of elderly persons. The significant p- values 0.001. There was a significant reduction in depression among elderly persons after reminiscence therapy

Fig3: Multiple bar diagram shows the experimental group posttest the association between elderly person age and sex with their level of depression score



Discussion

The present study evaluated the effect of reminiscence therapy on decreasing depression among elderly person residing in selected old age home. The results showed that before intervention pretest experimental group mean 9.58 and SD 2.45. control group were mean 9.20 and SD 2.28. There was no significant in pretest between experimental and control group ($p > 0.05$). In the post test-I after intervention experimental group mean 7.97 and SD 1.70 then control group mean 9.10 and SD 2.32. there was significant posttest-1 between experimental group and control group ($p < 0.01$). In the post test-II after intervention experimental group mean 5.70 and SD 1.94 then control group mean 9.0 and SD 2.28. there was high significant posttest-1I between experimental group and control group ($p < 0.001$). The results of present study were supported by the study conducted on Bharathi AR (2021) an experimental study to analyses the efficacy of reminiscence therapy on depression among elderly at old age home results showed that reminiscence therapy helps reduced depression for elderly person. Then Sahu I, et al (2019), as the results showed that after reminiscence therapy decreased depression among experimental group as compared to control group ($p < 0.0001$). Dr Anku Moni Saikia (2016) a study was conducted on depression in elderly community – dwelling at Assam. The results showed that age to be significant association for depression.

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CONCLUSION

Overall reminiscence therapy was an inexpensive and potentially beneficial approach to helping the elderly person successfully and happily. It appears to provide them with a sense of overall decreasing depression for elderly person. Future studies could be examine the long term effects of reminiscence therapy, in this study was limited to three month follow-up only taken.

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