



A STUDY TO EVALUATE THE EFFECTIVENESS OF REMINISCENCE THERAPY IN TERMS OF PSYCHOLOGICAL WELL-BEING AMONG SENIOR CITIZENS AT RESIDENTS OF SELECTED COMMUNITY AT MEERUT.

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Abstract: This study has been undertaken to evaluate the Effectiveness of Reminiscence Therapy in terms of psychological well-being among senior citizens at residents of selected community at Meerut. The independent variable was Reminiscence therapy and the dependent variable was level of psychological well-being among senior citizens. 40 senior citizens, 20 in experimental group and 20 in control group selected in this study by Non – probability purposive sampling technique. The mean post-test score was 161.05 experimental group and 94.35 in control group. The calculated unpaired “t- test” score was 8.1788 for df 38 at 0.05 level of significance which was higher than the table value.

Keywords: Effectiveness, Reminiscence therapy, senior citizens, psychological well-being, community, resident.

1.1 INTRODUCTION

As people age and move toward retirement they can experience a loss of physiological, psychological, and social function and involvement. Indeed, such losses are variable and not all aged people need care or support, they necessarily depend. However, in some cases such loss of function and capability can leave the person emotionally and physically vulnerable. Aging is a complex process of biologic, psychosocial, cultural, and experiential changes. From the moment of birth, the human body begins the aging process. As a unique individual, each person ages differently; the rate of age-related changes varies from one individual to the next.

Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Sustainable well-being does not require individuals to feel good all the time; the experience of painful emotions (e.g. disappointment, failure, grief) is a normal part of life, and being able to manage these negative or painful emotions is essential for long term well-being. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and interfere with a person's ability to function in his or her daily life.

Reminiscence activity was an activity programme designed to have therapeutic value for the institutionalized elderly. The implementation of this program in long –term care setting resulted in improved self-esteem among the residents and heightened community understanding and involvement.

1.2 RESEARCH METHODOLOGY

The research methodology includes the steps undertaken to gathering and organizing the data collection that are research approach , research design , study setting , population undertaken study sample, sampling technique, criteria for selection of sample, development of demographic variable, description of tools for data collection and plan for data analysis.

1.3 POPULATION AND SAMPLE

The target population of this study was Senior citizens.

The samples were Senior citizens resident of Satvai (Mansabgadh), Janni Khurd at Meerut.

1.4 DATA AND SOURCE OF DATA

Formal administrative permission was taken from the Gram Pradhan of Satvai, Janni Khurd, Meerut. Final data was done from 28/06/2020 to 25/07/2020. 40 senior citizens (20 in experimental group and 20 in control group) were selected from in each group y purposive sampling technique.

1.5 THEORETICAL FRAMEWORK

Variables of the study contains dependent and independent variables. The independent variable was Reminiscence therapy and dependent variable was Level of psychological well – being.

1.6 STATISTICAL TOOLS AND ECONOMETRIC MODELS

The details of methodology is given as follow

1.7 DESCRIPTIVE AND INFRENTIAL STATISTICS

Score were planned to be organized tabulated and analyzed by using the frequency distribution with descriptive statistics (mean, standard deviation and mean score percentage) and inferential statistics (paired and unpaired t- test and chi square) which helped to find out the effectiveness of Reminiscence therapy among senior citizens.

1.8 RESEULT AND DISCUSSION

Table 1: Mean and standard deviation of pre-test and post-test score of experimental group

n=20

| Level of psychological well being | Mean | Mean difference | SD | t – value (cal) | t – value / p value (tab) |
|-----------------------------------|--------|-----------------|-------|-----------------|---------------------------|
| Pre – test | 97.9 | 63.15 | 16.60 | 12.393* | 2.093 |
| Post – test | 161.05 | | 36.11 | | .00001* (p value) |

df=19

Data represented in table show - The Mean of the pre-test and post-test score was 97.9 and 161.05 respectively and the Standard deviation score of the pre-test and post- test was 16.60 and 36.11 respectively. The Mean difference was 63.15 and the paired “t” test score was 12.393 that is more than the table value so that shows results were significant and Reminiscence therapy helps to increase the level of psychological well-being of senior citizens.

Hence the research hypothesis H_1 was accepted and null hypothesis H_{01} was rejected at 0.05 level of significance.

Table 2: Mean and standard deviation of pre-test and post-test score of control group

n=20

| Level of psychological well being | Mean | Mean difference | SD | t – value (cal) | t – value / p value (tab) |
|-----------------------------------|-------|-----------------|-------|-----------------|---------------------------|
| Pre – test | 92.15 | 2.2 | 14.44 | 1.9900 | 2.093 |
| Post – test | 94.35 | | 14.38 | | .061178(p value) |

df=19

Data represented in table show - The Mean of the pre-test and post-test score was 92.15 and 94.35 respectively and the Standard deviation of the pre-test and post-test score was 14.44 and 14.38 respectively. The Mean difference was 2.2 and the paired “t” test score was 1.9900 that is less than the table value so, that shows the results were not significant at 0.05 level of significance.

Table 3- Compare the post test score of effectiveness of Reminiscence therapy on level of psychological well-being between experimental and control group

n=40

| Level of psychological well being | Post-test Mean | Post-test Mean difference | SD | t – value (unpaired) (cal) | t – value/ p value (tab) |
|-----------------------------------|----------------|---------------------------|-------|----------------------------|--------------------------|
| Experimental Group | 161.05 | 66.7 | 36.11 | 8.1788* | 2.024 |
| Control group | 94.35 | | 14.38 | | .00001* (p value) |

df=38

Data represented in table shows- The table value depicts the difference of mean post-test score level was 161.05 in experimental group and 94.35 was in control group and the Standard deviation was 36.11 in experimental group and 14.38 in control group. The mean difference was 66.7. The calculated Unpaired “t” score was 8.1788 for df 38 at 0.05 level of significance which was higher than the table value. So, the Reminiscence therapy on senior citizens was an effective method to increase level of psychological well-being.

Hence the research hypothesis H_2 was accepted and null hypothesis H_{02} was rejected at 0.05 level of significance.

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