Effectiveness of group reminiscence therapy on levels of life satisfaction and depression among elderly adults at Sri Narayani Hospital and Research Centre, Vellore

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Abstract
The aim of the study was to find out the Effectiveness of group reminiscence therapy on levels of life satisfaction and depression among elderly adults at Sri Narayani Hospital and Research Centre, Vellore.

The research design selected for this study was pre experimental one group pretest-posttest design. Purposive sample technique was adopted to select 40 elderly adults in Sri Narayani Hospital and Research Centre, Vellore. Tool used was life satisfaction scale to assess the levels of life satisfaction and geriatric depression scale to assess the levels of depression.

Findings of the study showed that pre test mean value level of life satisfaction is 25, level of depression is 7 and after reminiscence therapy post test mean level of life satisfaction is 27, level of depression is 4. The mean difference for life satisfaction is 2, depression is 3. The computed ‘t’ value for life satisfaction is 85.4, depression is 103.3 was higher than the table value life satisfaction is 2.63, depression is 2.62 at P<0.005 level. The conclusion of the study findings shows most of the elderly adults in Sri Narayani Hospital and Research Centre have significant increase in levels of life satisfaction and reduction in level of depression after reminiscence therapy.

Keywords: effectiveness, reminiscence therapy, life satisfaction and depression

Introduction
The WHO (2015) Report states that globally the percentage over the age of 60 years is estimated to be 9.9%. By 2030, the world population, aged 65 years, is projected to increase approximately to 973 million, increase from 6.9% to 12% and in the developing countries the share of the world’s population aged 65 is projected to increase from 5.9% to7.1%. At present, in India the population over 60 years of age is estimated to be 7.75%.

The World Health Organization (2015) estimated that the overall prevalence rate of depressive disorders among the elderly generally varies between 10 and 20%, depending on the cultural situations. The community-based mental health studies in India have revealed that the point prevalence of depressive disorders in elderly Indian population varies between13% and 25%. Although India is the second-most populated country in the world, in terms of elderly population of 60 years and above, elderly depression is not yet perceived as a public health problem in India.

Reminiscence therapy is a valuable intervention and extremely beneficial alternative, among all treatment modalities in reducing depression among elderly.

Statement of the Problem
Effectiveness of group reminiscence therapy on levels of life satisfaction and depression among elderly adults in Sri Narayani Hospital and Research Centre (SNHRC) at Vellore.

Objectives of the Study
- To assess the pre test levels of life satisfaction and depression among elderly adults.
- To determine the effects of group reminiscence therapy on life satisfaction and depression among elderly adults.
- To find out the association between post test levels of life satisfaction and depression among elderly adults.
Hypotheses
H1- here is a significant difference between pre test and post test levels of life satisfaction and depression among elderly adults.
H2- There is a significant association between post test levels of life satisfaction and depression and selected demographic variables.

Methodology
The research approach used for the study is “Quantitative approach Pre experimental with one group pre test and post test design.”

\[
\begin{array}{ccc}
O_1 & x & O_2 \\
\end{array}
\]

O1 - Assess the pre test levels of life satisfaction and depression.
X - Group reminicence therapy
O2 - Assess the post test levels of life satisfaction and depression.

Description of the tool

Section-A
It deals with demographic variables like age, gender, religion, educational status, marital status, self perceived health status, socio-economic status and activities of daily living.

Section-B
Life satisfaction scale contains 5 questions, total score is 35.

Level of life Satisfaction | Scores
--- | ---
Extremely satisfied | 31-35
Satisfied | 26-30
Slightly satisfied | 21-25
Neutral | 20
Slightly dissatisfied | 15-19
Dissatisfied | 10-14
Extremely dissatisfied | 5-9

Section-C
Depression scale consists of 15 questions. Of the 15 items 10 Questions have positive scoring while the rest (question numbers 1, 5, 7, 11, 13) have negative scoring

Levels of Depression | Scores
--- | ---
Normal/no depression | 0-4
Mild depression | 5-8
Moderate depression | 9-11
Severe depression | 12-15

Data collection Procedure
Ethical clearance was obtained from institutional research committee members and written permission from head of institution to conduct the research at Sri Narayani Hospital and Research Centre, Vellore. 40 elderly adults were selected using inclusion criteria and were informed regarding the research study and written consent was obtained. Elderly adults were divided into 5 groups A, B, C, D, E each groups had 8 elderly adults. In pretest, levels of life satisfaction and depression was assessed and after that Elderly adults had 2 session of reminiscence therapy on selected topic such as old songs, school days, holidays, foods, friends, marriage. Elderly adults discussed on all the topic for once in a week 3 hours for a period of 2 weeks under the supervision of the researcher. Group A had intervention on Monday, Group B had intervention on Tuesday, Group C had intervention on Wednesday, Group D had intervention on Thursday, Group E had intervention on Friday. Focus group discussion was used by researcher for reminiscence therapy. After two weeks of reminiscence therapy levels of life satisfaction and depression were assessed by using life satisfaction scale and geriatric depression scale.

Plan for data analysis
Distribution of demographic variables is analyzed by descriptive statistics (mean, standard deviation). To find out the effectiveness of reminiscence therapy, inferential statistics (paired ‘t’ test) is used. To find out the association between post test levels of life satisfaction and depression and selected demographic variables, inferential statistics (chi square) is used.

Results and Discussion

<table>
<thead>
<tr>
<th>S. No</th>
<th>Level of Life Satisfaction</th>
<th>Pre-Test</th>
<th>Post-Test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Frequency (N)</td>
<td>Percentage (%)</td>
</tr>
<tr>
<td>1.</td>
<td>Extremely satisfied (31-35 score)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2.</td>
<td>Satisfied (26-30 score)</td>
<td>21</td>
<td>52.5</td>
</tr>
<tr>
<td>3.</td>
<td>Slightly satisfied (21-25 score)</td>
<td>16</td>
<td>40</td>
</tr>
<tr>
<td>4.</td>
<td>Neutral (20 score)</td>
<td>1</td>
<td>2.5</td>
</tr>
<tr>
<td>5.</td>
<td>Slightly dissatisfied (15-19 score)</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>6.</td>
<td>Dissatisfied (10-14 score)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>7.</td>
<td>Extremely dissatisfied (5-9 score)</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>
Table 1 shows during pretest that majority of the elderly adults were satisfied 21 (52.5), and 16 (40%) of them were slightly satisfied 1 (2.5%) was neutral, 2 (5%) were slightly dissatisfied. After reminiscence therapy 31 (77.5%) were satisfied and 9 (22.5%) were slightly satisfied. This shows that after therapy there was increase in the levels of life satisfaction. Hence hypotheses H1 was accepted.

| S No | Level of Depression | Pre Test | Post Test | | | |
|------|---------------------|----------|-----------|---|---|
|      | Frequency (n)       | Percentage (%) | Frequency (n) | Percentage (%)  |  |  |
| 1.   | Normal (0-4 score)  | -         | 31 | 77.5 |  |  |
| 2.   | Mild (5-8 score)    | 33 | 82.5 | 9 | 22.5 |  |  |
| 3.   | Moderate (9-11 score)| 7 | 17.5 | - | - |  |  |
| 4.   | Severe (11-15 score)| - | - | - | - |  |  |

Table 2 shows during pretest that majority of elderly adults 33 (82.5%) were mildly depressed and 7 (17.5%) were moderately depressed. After reminiscence therapy there was reduction in depression level 31 (77.5%) of them were found to be normal 9 (22.5%) were in mild depression level. Hence hypotheses H1 was accepted.

Table 3: Effectiveness of group reminiscence therapy on level of life satisfaction among elderly adults. (n=40)

<table>
<thead>
<tr>
<th>S. No</th>
<th>Level of Life Satisfaction</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Mean Difference</th>
<th>Paired ‘t’ Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pre test</td>
<td>25</td>
<td>2.6</td>
<td>2</td>
<td>85.4*</td>
</tr>
<tr>
<td>2.</td>
<td>Post test</td>
<td>27</td>
<td>2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The above table 3 shows that pre-test mean value is 24 and standard deviation is 2.6. After reminiscence therapy the post-test mean value is 27 and standard deviation is 2. The mean difference is 2. The calculated ‘t’ value 85.4 is greater than that of the table value. This shows that reminiscence therapy is highly effective in increasing the level of life satisfaction among elderly adults at p<0.001 level.

Table 4: Effectiveness of group reminiscence therapy on level of depression among elderly adults. (n=40)

<table>
<thead>
<tr>
<th>S. No</th>
<th>Level of Depression</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Mean Difference</th>
<th>Paired ‘t’ Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pre test</td>
<td>7</td>
<td>1.4</td>
<td>3</td>
<td>133.3*</td>
</tr>
<tr>
<td>2.</td>
<td>Post test</td>
<td>4</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The above table 4 shows that pre-test mean value is 7 and standard deviation is 1.4. After reminiscence therapy the post-test mean value is 4 and standard deviation is 1. The mean difference is 3. The calculated ‘t’ value 133.3 is greater than that of the table value. This shows that reminiscence therapy was highly effective in reducing the levels of depression among elderly adults at p<0.001 level.

There is a significant association between post test level of life satisfaction and demographic variables like age, gender, religion, educational status, marital status, self perceived health status, socio economic status and activity of daily living at (p<0.05) level. Hence it is interpreted that the difference in mean score was true difference and not by chance and hence hypothesis H2 was accepted.

There is a significant association between post test level of depression and demographic variables age, religion, educational status, marital status, self perceived health status, socio economic status and activity of daily living at (p<0.05) level and there is a no significant association with gender. Hence, it is interpreted that the difference in mean score was true difference and not by chance and hence hypothesis H2 was accepted.

Conclusion
The present study assessed the effectiveness of reminiscence therapy on levels of life satisfaction and depression among elderly adults at Sri Narayani Hospital And Research centre. Before the therapy the levels of life satisfaction was low and increase in depression level and after the therapy it was found that there was increase in the levels of life satisfaction and reduction in the levels of depression which shows that reminiscence therapy was effective.

References

   http://www.stanford.edu/~yesavage/ACRC.ht