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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% to 7.1%. 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 between 13% 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.

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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.

O ₁	x	O ₂
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O₁ - Assess the pre test levels of life satisfaction and depression.

X - Group reminiscence therapy

O₂ - Assess the post test levels of life satisfaction and depression.

Description of Variables

- **Dependent Variable:** life satisfaction and depression.
- **Independent Variable:** Group reminiscence therapy
- **Demographic Variables:** Age, gender, religion, educational status, marital status, self perceived health status, socio economic status and activities of daily living.

The study was conducted in SNHRC, Vellore. The setting is chosen on the basis of feasibility and availability of adequate sample. The population selected for the study consisted of elderly adults in SNHRC, Vellore. The purposive sampling technique was used. In this study sample consists of 40 elderly adults.

Criteria for sample selection

Inclusion Criteria: Elderly who are

- Aged above 60 years.
- Willing to participate in this study.
- Able to oriented, conscious and attention.
- Able to understand and communicate in tamil

Exclusion Criteria: Elderly who are

- Not available at the time of data collection
- Not willing to participate.
- Severe sensory impairment.
- Known mental illness.

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 1: Frequency and percentage distribution of levels of life satisfaction among elderly adults. (n=40)

S. No	Level of Life Satisfaction	Pre-Test		Post-Test	
		Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)
1.	Extremely satisfied (31-35 score)	-	-	-	-
2.	Satisfied (26-30 score)	21	52.5	31	77.5
3.	Slightly satisfied (21-25 score)	16	40	9	22.5
4.	Neutral (20 score)	1	2.5	-	-
5.	Slightly dissatisfied(15-19 score)	2	5	-	-
6.	Dissatisfied (10-14 score)	-	-	-	-
7.	Extremely dissatisfied (5-9 score)	-	-	-	-

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.

Table 2: Frequency and percentage distribution of level of depression among elderly adults (n=40)

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)

S. No	Level of Life Satisfaction	Mean	Standard Deviation	Mean Difference	Paired 't' Test
1	Pre test	25	2.6	2	85.4*
2	Post test	27	2		

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)

S. No	Level of Depression	Mean	Standard Deviation	Mean Difference	Paired 't' Test
1	Pre test	7	1.4	3	133.3*
2	Post test	4	1		

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.

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.

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

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