OPEN ACCESS

Original Research Article

Reminiscence Therapy Decreases the Level of Depressions among Elderly: A Quasi Experiment

Nurul Husna[1*], Syarifah Rauzatul Jannah[1], Marthoenis[1]

[1]Faculty of Nursing, Universitas Syiah Kuala, Banda Aceh, Indonesia

Abstract: The elderly often experiences with mild to severe of depression from various reasons. Reminiscence therapy is a non-pharmacological therapeutic intervention that can be given to the elderly with depressive symptoms. The therapy combines the individual therapy with the group therapy, aiming to improve the quality of life for the elderly. This study aims to determine the effectiveness of reminiscence therapy in reducing depression in the elderly. The research design was one group pre-posttest with a total sample of 30 respondents consisting of 8 men and 22 women. The presence of depression was measured with the Geriatric Depression Scale (GDS) questionnaire. It was found that the reminiscence therapy significantly reduces the severity of depression ($p < .001$), with the mean value before therapy was 10.20, SD=0.805, and the mean value after the therapy was 7.067, SD = 1.946. This therapy can be used as a program by the community health centers in carrying out the elderly, especially those with depressive symptoms.
Keywords: Therapy, reminiscence, elderly.

1. INTRODUCTION

Reminiscence or memories are an ability in the elderly who are guided to remember past memories and "shared" (delivered) these memories with family, groups or staff (Manurung, 2016). Reminiscence therapy is an important non- pharmacological intervention that is associated with an increase in affect and can help quickly reduce emotions and behaviors associated with depression and apathy symptoms (Chen, Li, and Li, 2012). Reminiscence therapy aims to increase self-esteem, help individuals achieve self-awareness, understand themselves, adapt to stress, increase life satisfaction and see themselves in historical and cultural contexts.

Furthermore, reminiscence therapy aims to increase self-esteem and help individuals achieve self-awareness and self- understanding, adapt to stress and see their part in historical and cultural contexts (Wu *et al.,* 2016). Reminiscence therapy also aims to create group togetherness and increase social intimacy. The therapy is a psychological treatment specifically designed for the elderly to improve mental health status by recalling and accessing existing memories (Chen *et al.,* 2012). The advantages that reminiscence has over other interventions are methods that use memory to protect mental health and improve quality of life.

Reminiscence is not only to remember past events or experiences but a structured systematic process to reflect on a life with a focus on re-evaluation, solving problems from the past so as to find meaning in life and access to adaptive problem solving.

According to research conducted by (Kousha *et al.,* 2020) found significant results between scores before and after being given reminiscence interventions in most of the quality-of-life subscales, including physical function, role limitations due to physical health problems and emotional well-being, social functioning, and general health. Research on the Effect of Reminiscence Therapy on Depression in the Elderly by using a quasi-experimental. The results showed that the level of depression in the elderly before reminiscence therapy was carried out from respondents experiencing severe depression as many as 15 respondents (51.7%), the level of depression in the elderly after reminiscence therapy was carried out from respondents experiencing mild depression as many as 14 respondents (48.3%), there were significant effect of reminiscence therapy on reducing depression levels in the elderly, with P<0.001 (Rokayah *et al.,* 2019). Reminiscence therapy is an effective intervention given to the elderly in nursing homes, because this therapy is relatively easy and can minimize harmful side effects/risks in the elderly

(Rieberro *et al.,* 2015). Therefore, this therapy is very important to be implemented in the elderly who experience depression as an intervention to prevent or restore depression experienced by the elderly considering the impact of depression is quite severe. One of the studies conducted by (Yan P, 2016) states that Reminiscence Therapy is effective in reducing depression in the elderly because this therapy is very efficient and easy to do for every elderly.

2. METHODS

This study used a one group pre-post design which was conducted on December 3, 2021 to January 11, 2022. The sample in the study was first screened among 47 elderlies. They were all initially tested for their cognitive level using the MMSE instrument, and 30 of them were found to meet the research inclusion criteria. Data was collected by filling out a questionnaire. The questionnaire used was a socio-demographic questionnaire, and a geriatric depression scale (GDS) questionnaire, which consists of 15 question items with a Likert scale of 0-4. This research has been approved by the ethics committee of a local university. Respondents signed the informed consent and participated in the study voluntarily. The sample that has been selected according to the test requirements is explained about the objectives, benefits, and time of the research. In reminiscence therapy there are 5 sessions and it is carried out in 9 meetings. Sessions 1-4 each held 2 meetings, while session 5 only held one meeting each session takes 75 minutes.

3. RESULTS

Out of 30 respondents participated in the therapy, the majority were aged between 60-65 years old (63.3%), female (73.7%), and married status (76.7%). Almost half of the respondents had secondary education (46.7%). Detail of demographic characteristic of respondents is presented in Table 1. Furthermore, before the participation in the reminiscence therapy, all respondents experienced moderate depression (100%), whereas after the intervention, more than half (66.7%) suffered from mild depression (66.7%) and one-fourth (26.7%) with moderate depression. The detail of rate of depression before and after participating in reminiscence therapy can be found in Table 2. Finally, the effectiveness of reminiscence therapy in reducing depression in the elderly has been significantly found (p < 0.001). Before the intervention was carried out all respondents experienced moderate depression (100%), while after the intervention was found mild depression (66.7%) and moderate depression (26.7%). Detail of effect of reminiscence therapy on depression can be found in Table 3.

Table 1: Summary Characteristics of the elderly (n=30)

No	Variable	Frequency (f)	Percentage (%)
1	Age		
	60-65 Years old	19	63.3
	66-70 Years old	11	36.7
2	Gender		
	Male	8	26.7
	Female	22	73.7
3	Education		
	Basic	10	33.3
	Middle	14	46.7
	Higher	6	20.0
4	Marital status		
	Married	23	76.7
	Divorced	7	23.3
	Total	**30**	**100**

Table 2: depression rate before and after participating reminiscence therapy

No	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**

Table 3: Effect of Reminiscence Therapy on Depression Levels before and after Therapy

Depression level	Median (Min-Max)	Mean	SD	p
Depression before Reminiscence Therapy	10 (9-10)	10.20	0.805	
Depression after Reminiscence Therapy	7 (4-11)	7.067	1.946	0.001

4. DISCUSSION

This study found the decrease of depression rate in the elderly after reminiscence therapy. This finding has been consistent with previous report where reminiscence therapy was found to be useful for reducing depression and increasing life satisfaction and increasing levels of well-being in the elderly (Viguer *et al.,* 2017). Reminiscence therapy could also improve

cognition and reduce depression in the intervention group (Duru A *et al.,* 2018). Using the cognitive-Reminiscence Therapy (CRT) method stated that reminiscence therapy could improve the ability and self- reflection of the elderly when remembering abilities or events that were often done before (Hallford *et al.,* 2021). Reminiscence therapy in patients with dementia can improve several things such as patients cognitive, patient's quality of life but has no relationship on executive ability and level of depression in sufferers (Justo H *et al.,* 2021). The effectiveness of reminiscence therapy is also proven by other studies which show that individual reminiscence therapy can relieve depression and anxiety (Wu *et al.,* 2016), structured reminiscence psychotherapy is effective for reducing the level of depression in the elderly (Devi, 2019). Reminiscence therapy that is carried out regularly can improve cognitive function, reduce symptoms of depression, and improve quality of life in the elderly with Alzheimer's (Lök *et al.,* 2019). Reminiscence therapy can reduce anxiety, depression and loneliness in the elderly (Tarugu *et al.,* 2019).

The effect of reminiscence therapy on the elderly with stress has been carried out by getting the mean stress score before and after in the stress control groups before 27.81 with SD 4.34 in the eighth week the stress score decreased to Mean 24.64 with SD 4.74. In the intervention group, the mean stress score before 28.31 with an SD of 4.44 and after being treated for eight weeks decreased to 14.80 with an SD of 5.86. Evidenced by $p < .001$ (Andrianti *et al.,* 2022). Changes in the GDS score in the elderly before and after being given reminiscence therapy and the results of the Wilcoxon test showed a P-value $< .001$, which stated that there was an effect of reminiscence therapy in reducing depression in the elderly (Cahyono *et al.,* 2021)

5. CONCLUSION

Reminiscence therapy can reduce the level of depression in the elderly. There is a difference in the decrease in the level of depression before and after being given therapy. This therapy can be used as an alternative therapy in helping elderly people who are depressed.

BIBLIOGRAPHY

*   Aşiret, G. D., & Dutkun, M. (2018). The effect of reminiscence therapy on the adaptation of elderly women to old age: A randomized clinical trial. *Complementary therapies in medicine*, *41*, 124-129. https://doi.org/10.1016/j.ctim.2018.09.018
*   Cahyono, W., Rahmani, R., & Sukardin, S. (2021). Penerapan Reminiscence Therapy dalam Menurunkan Tingkat Depresi Lansia Kabupaten Lombok Barat. *Health Information: Jurnal Penelitian*, *13*(1), 20-30. https://doi.org/10.36990/hijp.v13i1.242
*   Chen, T. J., Li, H. J., & Li, J. (2012). The effects of reminiscence therapy on depressive symptoms of Chinese elderly: study protocol of a randomized controlled trial. *BMC psychiatry*, *12*(1), 1-6. https://doi.org/10.1186/1471-244X-12-189
*   Hallford, D. J., & Mellor, D. (2021). Cognitive-reminiscence therapy for young adults with depressive symptoms: Clinical observations, challenges, and recommendations.1-38.
*   Ikhsan, I., Andrianti, S., & Aprilatutini, T. (2021). Pengaruh reminiscence therapy terhadap tingkat stres pada lansia masa pendemi covid-19. *Holistik Jurnal Kesehatan*, *15*(4), 640-646.
*   Justo-Henriques, S. I., Pérez-Sáez, E., & Alves Apóstolo, J. L. (2021). Multicentre randomised controlled trial about the effect of individual reminiscence therapy in older adults with neurocognitive disorders. *International Journal of Geriatric Psychiatry*, *36*(5), 704-712. https://doi.org/10.1002/gps.5469
*   Kousha, A., Sayedi, A., Moghaddam, H. R., & Matlabi, H. (2020). The Iranian protocol of group reminiscence and health-related quality of life among institutionalized older people. *Journal of Multidisciplinary Healthcare*, *13*, 1027-1034. https://doi.org/10.2147/JMDH.S263421
*   Manurung, N. (2016). Terapi reminiscence. *Jakarta: Trans Info Media*.
*   Rokayah, C., Kusnandar, K., Putri, M. H., Studi, P., Keperawatan, S., Tinggi, S., & Kesehatan, I. (2019). *The Effect of Reminiscence Therapy on Decreasing the Level of. 9, 73–78*.
*   Tarugu, J., Pavithra, R., Vinothchandar, S., Basu, A., Chaudhuri, S., & John, K. R. (2019). Effectiveness of structured group reminiscence therapy in decreasing the feelings of loneliness, depressive symptoms and anxiety among inmates of a residential home for the elderly in Chittoor district. *International Journal of Community Medicine And Public Health*, *6*(2), 847-854. https://doi.org/10.18203/2394-6040.ijcmph20190218
*   Viguer, P., Satorres, E., Fortuna, F. B., & Meléndez, J. C. (2017). A follow-up study of a reminiscence intervention and its effects on depressed mood, life satisfaction, and well-being in the elderly. *The Journal of Psychology*, *151*(8), 789-803. https://doi.org/10.1080/00223980.2017.1393379
*   Wu, D., Chen, T., Yang, H., Gong, Q., & Hu, X. (2018). Verbal responses, depressive symptoms, reminiscence functions and cognitive emotion regulation in older women receiving individual reminiscence therapy. *Journal of clinical nursing*, *27*(13-14), 2609-2619. https://doi.org/10.1111/ijlh.12426