

An Experimental Study to Assess the Effectiveness of Reminiscence therapy on the Level of Depression among Geriatrics in a WHO Society, Greater Noida, UP

Vigy Elizebth Cherian

Assistant Professor, School of Nursing Science and Research, Sharda University, Greater Noida, NCR Delhi India

ABSTRACT

Aging is not a disease, but the final stage of normal life. “Old age is an incurable disease”. “You do not heal old age”, “you protect it”, “you promote it”, “and you extend it”. The degree of adaptation to the fact of aging is crucial to a man’s happiness in the phase of later life. Failure to adapt can result in bitterness, inner withdrawal, weariness of life and depression. The difficult changes that many geriatrics can lead to depression especially in those without a strong support system¹. Purpose: The purpose of the study was to assess the effectiveness of Reminiscence therapy on the level of depression among geriatrics. **Objectives** 1. To assess the pre and post-test level of depression among elderly people in a selected society. 2. To evaluate the effectiveness of reminiscence therapy on the level of depression among elderly people in a selected society. 3. To associate the post level of depression among elderly people with their selected demographic variables (age, sex, marital status, education, religion, source of income, type of family, number of children, habitant and history of physical illness.) **Methodology:** The research design was Pre-experimental one group pre-test and post-test design⁷, the setting chosen to conduct study was a WHO Society, Greater Noida, UP-201306. The sample was geriatric peoples of age 60-80yr, Sample size was 50, The sampling technique used was purposive sample technique⁷. The geriatric peoples who fulfilled the inclusion criteria were selected as samples and were given Reminiscence therapy. The scale adapted to measure geriatric depression was a standardised Geriatric depression scale with 30 dichotomous type questions with yes or no response². The interpretation of the score cut-off; Normal 0-9, Moderate depressive 10-19, and severe depressive 20-30. The data gathered and analysed by using descriptive and inferential statistics method and interpretation is made on the basis of objectives of the study. **Major findings:** The analysis of the study findings revealed that the pre-test mean was 13.08 with a standard deviation of 5.094 and the post-test mean was 7.54 with a standard deviation of 2.70. The paired calculated value of $t=10.28$ was found to be highly statistically significant at $p<0.02$. Chi square test revealed that there is no association between the demographic variables. **Conclusion:** The study infers that there was highly statistically significant reduction in the level of depression among the geriatrics after providing the reminiscence therapy on depression to the geriatrics.

Keywords- Effectiveness, Depression, Geriatrics, Reminiscence therapy.

INTRODUCTION

Aging is a process that begins with conception but in practice, aging is regarded as that phase in life when body functioning begins to decline in the loss of adaptive response to stress and in increasing risk of age related disease³.

Corresponding Author :

Vigy Elizebth Cherian

E-mail: vigyelizebth89@gmail.com

The WHO (2003) 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 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% of the total and about 90% of aged community living in rural areas and 55% of old age people are widows. The

elderly population has risen from 32.89 million to 55.5 million from the year 1971 to 1991 respectively⁴.

Reminiscence refers to recollection of memories from the past. Reminiscence involves exchanging memories with the old and young, friends and relatives, with caregivers and professionals, passing on information, wisdom and skills. Therapeutic reminiscence not only enhances the cure of souls in geriatrics; it also helps to close the gap between the depressing expectations of younger generations and the reality of continued growth in the last half of life. Elderly adults often gain satisfaction, confidence and sense of identity from reminiscing⁵. To provide effective nursing care, all nurses must foster a positive attitude towards the aged. So, there is a need to know the psychological problems of senior citizens who live in the old age homes⁶.

Based on the information, the researcher felt that there was a need to conduct a study about the effectiveness of reminiscence therapy since it is a cost effective, non-invasive nursing intervention, and an effective strategy which increase self-esteem, reduce depression and improves the quality of life of the elderly. Therefore, the present study is designed to assess the effectiveness of reminiscence therapy on the level of depression among geriatrics residing in selected society at greater Noida, UP.

MATERIALS AND METHOD

Research approach- Quantitative Research approach⁷.

Research design- Non experimental research design⁷

Setting of the study- a WHO society, greater Noida, UP-201306.

Population- Both men and women aged from 60 to 80 years

Sample –Elderly people who fulfilled the inclusion criteria from a WHO society, greater Noida.

Sample size- 50

Sampling techniques- Purposive sampling techniques⁷

Criteria for sample selection

Inclusion criteria

Elderly people who

- 1) Who are willing to participate in the study.
- 2) Who are residing in selected society in greater Noida.
- 3) Who can understand English or Hindi.
- 4) Who are available at the time of Data Collection.

Exclusion criteria

- 1) Those that have chronic mental illness and are on treatment.

DEVELOPMENT AND DESCRIPTION OF THE TOOL

SECTION A: ASSESSMENT OF DEMOGRAPHIC VARIABLES

Personal data sheet on the demographic characteristics of elderly includes such as age in years, gender, religion, education, income, marital status, family and number of children, habitant, and history of physical illness.

SECTION B: GERIATRIC DEPRESSION SCALE. (Long Form)

The tool was used by Yesavage, JA, Brink TL, Rose TL, et al. Development and validation of a geriatric depression screening scale. It was a standardized long form scale with 30 dichotomous type questions with yes or no response to assess the level of depression among geriatrics²

FINDINGS

The data analysis was done using descriptive and inferential statistics.

Descriptive Statistics

1. Frequency and percentage distribution was used to analyse the demographic variables of geriatrics.

2. Mean and standard deviation to assess the level of depression among geriatrics.

Inferential Statistics

1. The calculated paired 't'-test to compare pre-test and post-test level of depression among geriatrics after the administration of reminiscence therapy⁷.

2. Chi square test was used to associate the post- test level of depression among geriatrics with their selected demographic variables⁷

ORGANISATION OF THE DATA

Section A: Description of demographic variables of geriatrics.

Section B: Assessment of pre-test and post-test level of depression among geriatrics.

Section C: Effectiveness of reminiscence therapy on level of depression among geriatrics

Section D: Association of post-test level of depression among geriatrics with their selected demographic variables.

SECTION A: Table 1.DESCRPTION OF DEMOGRAPHIC VARIABLES OF GERIATRICS.

N=50

Demographic variables	No.	%
AGE		
60-65	7	14.0
66-70	19	38.0
71-75	18	36.0
76-80	6	12.0
SEX		
Male	31	62.0
Female	19	38.0
MARITAL STATUS		
Married	50	100
Unmarried	0	0

Cont... SECTION A: Table 1.

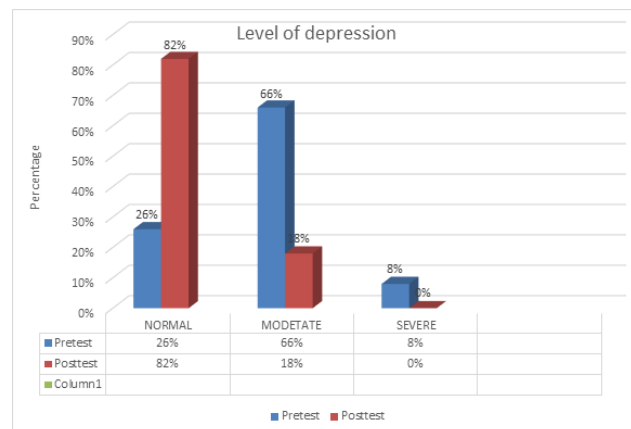
EDUCATION		
Collegiate	32	64.0
High school	9	18.0
Middle school	4	8.0
Primary school	4	8.0
Illiterate	1	2.0
RELIGION		
Hindu	49	98.0
Muslim	1	2.0
Sikh	0	0
Christian	0	0
SOURCE OF INCOME		
Pension	19	38.0
Deposits	6	12.0
Family member	25	50.0
Institution	0	0
TYPE OF FAMILY		
Nuclear family	31	62.0
Joint family	13	26.0
Extended family	6	12.0
NO OF CHILDREN		
One	3	6.0
Two	22	44.0
Three	23	46.0

Cont... SECTION A: Table 1.

None	2	4.0
HABITANT		
Rural	1	2.0
Urban	48	96.0
Semi-urban	1	2.0
HISTORY OF PHYSICAL ILL-NESS		
Yes	24	48.0
No	26	42.0

The table shows that majority of the geriatrics 19(38%) were in the age group of 66-70 years, 31(62%) were male, all 50(100%) were married, 32(62%) were educated up to collegiate, 49(98%) were Hindu, 25(50%) were dependent on family members, 31(62%) belonged to Nuclear family, 23(46%) had three children, 48(96%) were from urban area and 26(52%) had no history of physical illness.

SECTION B: ASSESSMENT OF PRETEST AND POST TEST LEVEL OF DEPRESSION AMONG GERIATRICS.



The diagram shows that in the pre-test, majority 33(66%) of geriatrics had moderate level of depression, 4(8%) had severe level of depression and only 13(26%) were normal, whereas in the post test after providing reminiscence therapy depressive persons, majority 41(82%) were normal and 9(18%) had moderate level of depression.

SECTION C: Table 2. EFFECTIVENESS OF REMINISCENCE THERAPY ON LEVEL OF DEPRESSION AMONG GERIATRICS.

N=50

Depression	Mean	S.D.	Paired 't' value
Pre-test	13.06	5.094	t=10.28
Post test	7.52	2.70	P<0.02

P<0.02 S-Significant

The table shows that the pre-test mean score of depression among geriatrics was 13.06 with S.D 5.094 and the post-test mean score of depression was 7.52 with S.D 2.70. The calculated paired 't' value of t=10.28 was found to be highly statically significant at p<0.02 level. This clearly indicates that after providing the reminiscence therapy on depression to the geriatrics, their post-test level of depression was reduced and this clearly indicates that reminiscence therapy on depression was found to be highly effective in decreasing the level of depression among geriatrics.

SECTION D: ASSOCIATION OF POST TEST LEVEL OF DEPRESSION AMONG GERIATRICS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

The post-test level of depression among geriatrics at p<0.05 level all the demographic variables had not shown statistically significant association with the post-test level of depression among geriatrics.

DISCUSSION

The analysis shows that in the pre-test, majority 33(66%) of geriatrics had moderate level of depression, 4(8%) had severe level of depression and only 13(26%) were normal, whereas in the post test after providing the reminiscence therapy on depression, majority 41(82%) were normal and 9(18%) had moderate level of depression and no one had severe level of depression. The calculated paired 't' value of t=10.28 was found to be highly statically significant at p<0.02 level. Hence H₁ hypothesis stated earlier that "there will be a highly statistically significant association between the pre-test

level of depression score and post-test level of depression score. The post-test level of depression among geriatrics at $p < 0.02$ level all the demographic variables had not shown statistically significant association with the post- test level of depression among geriatrics. Hence H_2 hypothesis stated earlier that “there will not be a statistically significant association between the post-test levels of depression score with selected demographic variables.

CONCLUSION

The present study assessed the effectiveness of reminiscence therapy on the level of the depression among geriatrics. The study findings revealed that there was highly significant difference in the pre- test and post -test level of depression among geriatrics. The reminiscence therapy is effective in reducing the severe level of depression among geriatric clients therefore it can be used as an intervention for geriatrics to reduce the level of depression.

Source of Funding- Self

Ethical Considerations: Formal permission was obtained from dean school of nursing science and research at Sharda university

Written consent was obtained from the a WHO Society

Consents from the participants were obtained

Conflict of Interest- Nil

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