

The Effect of Reminiscence Group Therapy on Reducing Depressive Symptoms of Elderly Residences in the Nursing Home X

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Abstract

Statistics showed an increasing number of elderly populations every year. However, despite the increasing number of the elderly, psychological efforts and interventions to maintain elderly's well-being have not received much attention in Indonesia. Financial, family, and social stressors have been known as ones of the determinants of various psychological disorders in elderly, especially depression. A well-known psychological intervention to reduce depression for the elderly is reminiscence therapy, either in the individual or group settings. Although several studies indicate significant effect of reminiscence therapy in the elderly, the results remain inconsistent. Thus, this study is aimed to test the effectiveness of reminiscence group therapy to reduce depressive symptoms, as represented by the level of Geriatric Depression Scale, of the elderly in nursing home X. The design of this study is a mixed method, using both qualitative and quantitative approaches. Eight elderly (four of them are female) living in the nursing home participated in this research. All participants were assigned to an experimental and control conditions with respect of their heterogenous and homogenous characteristics. The participants in the experimental group received reminiscence group therapy, which consists of eight sessions, with a depression measurement before the first session, after the last session, and two weeks after the last session as the follow up measurement. Two-way mixed anova were performed, as well as other relevant statistical methods, to test the hypotheses. The analysis also includes qualitative facts collected during sessions. The result showed that reminiscence group therapy is statistically significant to reduce depressive symptoms of the elderly in the nursing home X. Group interaction created and maintained in each therapy session also gives contribution to the reduction of participants' depressive symptoms. Therapeutic effect was obtained through the reminiscence activities and group support and interaction.

Keywords: reminiscence group therapy, depression, elderly