

## **Application of Reminiscence Group Singing to Reduce The Feeling of Loneliness in Older People Living in Nursing Home X**

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Loneliness is an unpleasant psychological condition based on individual negative perception on the quality of social relations they have. Loneliness is one of the most common problem experienced by older adults living in a nursing home. Aging process, illnesses, isolation from family members, and inability to build a close relationship with other members in the institution make it so hard for older people to cope with their feeling of emptiness. In this research, reminiscence group singing was implemented to older peoples living in the Nursing Home X. Reminiscence group singing uses familiar songs singing in a group and discussing participants' past or life experience. This technique was aimed to create a new social connection within the institution in a fun way for older people. The reminiscence group singing was created in nine sessions, twice a week within a month. The use of singing familiar songs and telling life experiences in this therapy shows a good effect in creating social contact as well as reducing loneliness participants has experienced.

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