

**The intervention of Horticultural Therapy on Increasing Self-efficacy
For Older Adults in Nursing Home**

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Abstract

The aim of this study is to see the intervention of horticultural therapy on self-efficacy for older adults has living in nursing home. Older adults is people who are reaching 60 years old or above. Older adults have to be active and do some activities. One of activities that older adults can do is planting kale. There is three subjects in this research but there is a problem with her health so she cannot continue the therapy. The result of this research shows that the score mean of self efficacy on participants increase after following horticultural therapy. This makes older adults more confidence and more active on doing some activities.

Keywords: Horticultural therapy, self-efficacy, older adults, and nursing home