

A Study to Effect of Reminiscence Therapy on Psychological Well-Being among Elderly Residing in Selected Old Age Home

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Abstract:-

➤ *Background:*

As getting older progresses, aged people go through a variety of challenges which influences their psychological well-being as properly. memory therapy for the aged improve their psychological well- being through lowering despair, main to higher lifestyles pleasure, impression of amour, save you dementia, lowering solicitude and inspiring older folks to communicate and engage.

➤ *Objectives:*

To evaluate the level of psychological wellness among elderly earlier than and after management of memory therapy. Materials and Methods Pre-experimental one organization pre and posttest layout.

➤ *Participants:*

Fifty elderly citizens who meet the inclusion standards have been selected by using non-probability consecutive sampling approach.

➤ *Selection Criteria:*

Inclusion standards covered elderly of 60 years and above age of each genders. Pretest turned into finished on 50 samples the usage of changed Ryff's scale and reminiscence remedy changed into applied. post test completed the use of the identical device.

➤ *Results:*

The look at findings concluded that memory therapy changed into powerful in improving the psychological properly-being of the aged with paired t-check cost 18.02 large at $p < 0.05$. No association among the psychological properly-being parameters and the demographic variables.

➤ *Conclusion:*

The present examine evaluated the effectiveness of memory remedy on the level of the despair amongst aged

humans. The take a look at findings discovered that there was a sizeable difference in the pre- check and post -take a look at level of psychological wellbeing among elderly people.

Keywords:- *Effective of Reminiscence Therapy ,Elderly in Selected Old Age Home.*

I. INTRODUCTION

Populace ageing is pointed to grow to be one of the maximum big transformations of the 21st century. There are numerous demanding situations faced through aged which wishes to pay more attention. elderly human beings come upon lots of out dated stereotypes which could result in isolation and marginalization in lot of communities.

Globally, there have been 703 million humans elderly sixty five years or over in 2019. The number of older humans is projected to double to one.5 billion in 2050. Globally, the proportion of the population elderly 65 years or over multiplied from 6 per cent in 1990 to 9 per cent in 2019. It shows that the range of elderly men and women is predicted to grow to 173 million via 2026.

Elderly people are more likely to brought institutionalized now a days. Advancing in age, no longer having a domestic or a accomplice, low educational degree, sedentary life-style, negative self-rated fitness repute, excessive number of drug prescriptions and functional and cognitive impairments are the principle motives for the institutionalization manner (MMD Medeiros,2020).

Emotional and psychological nicely-being is important at each segment of existence. elements of psychological properly-being among elderly encompass despair and tension will have an extended-time period effect on people, in particular the elderly whilst left unattended. it can even result in bodily and intellectual impairments and prevent the treatment of winning chronic diseases (M Cachioni,2017).

Reminiscence remedy is defined as a type of psychotherapy that involves recalling beyond occasions. by way of returning to those beyond incidents, human beings sense delight. often employed with older humans, this kind of lifestyles overview therapy improves someone's sense of well-being. (Dr. Robert Butler, 1960).

Benefits of memory therapy consists of progressed 6ba8f6984f70c7ac4038c462a50eeca3 discount of unwanted behaviors, decreased strain, high grew to become feel of well-being, feeling of joy, growth the deeper intergenerational bonds among family and increase the pleasant of life by way of locating the which means of their lives (O'Leary E,2008).

➤ Objectives

- To assess the level of psychological wellbeing among elderly before and after administration of reminiscence therapy.
- To determine the effectiveness of reminiscence therapy among elderly.
- To find out the association between pre test scores on level of Psychological wellbeing among elderly and their selected demographic variables.

➤ Hypothesis

- **H₁** - There is significant level of psychological wellbeing among elderly before and after administration of reminiscence therapy.
- **H₂** - There is a significant difference in the effectiveness of reminiscence therapy among elderly
- **H₃** - There is a significant association between pre test scores on level of Psychological wellbeing among elderly and their selected demographic variables.

II. LITERATURE REVIEW

Pandey R, et.al., 2015, organized a move sectional study on first-rate of life among aged human beings residing in vintage age domestic and inside circle of relatives setup. The observe turned into performed at vintage age houses and two regions of Ranchi. overall pattern size became 80 elderly human beings wherein four hundred of them from antique age home and 40 of them dwelling with their own family. Findings of this take a look at suggest that satisfactory of existence become better of these aged folks that have been residing in old age home in comparisons of these aged people who have been living inside circle of relatives setup.

Lena L, et.al., 2011, conducted a have a look at to look at the independent and interactive results of living on my own and loneliness on depressive signs and exceptional of lifestyles in a prospective 2year observe-up cohort examine of 2808 network-living older adults in Singapore. In go-sectional analysis, loneliness become a better predictor of geriatric despair scale rating than of dwelling arrangements. Geriatric melancholy rating associated with dwelling on my

own became worse for individuals who felt lonely than for individuals who did not feel lonely. for this reason the psychological properly-being is reduced when the loneliness become taken into consideration

Ernst Bohlmeijer et.al., 2007, carried out a meta-evaluation examine to assess the effectiveness of memory on mental properly-being across unique intention businesses and remedy modalities. Fifteen controlled look at results were protected. An usual impact length of zero.54 become found, betoken a slight affect of reminiscence on life-contentment and passion well-being than easy memory. further, reminiscence had considerably more impact on community-dwelling adults than adults residing in nursing homes or residential care.

Weber J D (2016) carried out a look at at the outcomes of memory remedy and memory on dementia among 985 hospitalised customers. a total of 392men (38.8%) and women (60%). The results were assessed with the aid of pre and publish- check. The researcher wrapped up that the clients progressed within the stage of despair.

III. METHODOLOGY

➤ Design:

The studies layout selected for the existing examine changed into a Pre-experimental layout in which one group pre and put up check became decided on to evaluate the effectiveness of memory on mental nicely-being among aged citizens.

➤ Setting:

Selected old age homes at Erode.

➤ Sample Size:

The total sample size 50 elderly residents in selected old homes at Erode.

➤ Sampling Technique:

Consecutive sampling technique.

➤ Development of Tool:

Section A demographic variables of the elderly residents, Section B Standardized mini mental status Examination Scale (MMSE), Section C Modified Ryff's psychological Well being Scale.

➤ Data Collection Procedure:

Prior to series of facts, consent became received from the president of selected Old age homes at erode. the pretest, this Mini mental examination was used in screening cognitive function .it consist of 6 components like orientation, registration, attention, and calculation, recall ,language ,construction.by using modified ryff's psychological well being scale to assess the level of psychological well-being among elderly residents. The time of period was 40-50 minutes ,2times per day for 15days.the post test was conducted at 16th days by using ryff's.

IV. RESULTS

➤ *Description of Aged Citizens in Step with their Demographic Variables.*

Table 1 Description of Aged Citizens in Step with their Demographic Variables

S. No	Demographic variables	Frequency (N)	Percentage (%)
1	Age in years a) 60 - 65 years b) 66- 70 years c) 71 - 75 years d) 76 - 80 years	14 14 16 6	28 28 32 12
2	Sex a) Male b) Female	26 24	52 48
3	Education a) No formal education b) Primary education c) Higher secondary d) Graduation	9 18 16 7	18 36 32 14
4	Previous occupation a) Daily wagers b) Self employed c) Retired from service d) Any other(Specify)	10 20 18 2	20 40 36 4
5	Marital status a) Married b) Unmarried c) Widow/widower d) Divorced/separated	25 3 20 2	50 6 40 4
6	Total number of children a) Nil b) One c) Two d) More than two	7 16 17 10	14 32 34 20
7	Hobby a) Yes b) No	28 22	56 44
8	Financial support a) Pensioner b) Dependent on family members	16 34	32 68
9	Frequency of visit by family members a) Never b) Occasionally c) Often	18 20 12	36 40 24
10	Mode of entry in to the old age home a) Voluntary b) Compulsion of family members	28 22	56 44
11	Duration of stay in old age home a) Greater than< 1 year b) 1 – 3 years c) Less than 3 years	19 19 12	38 38 24

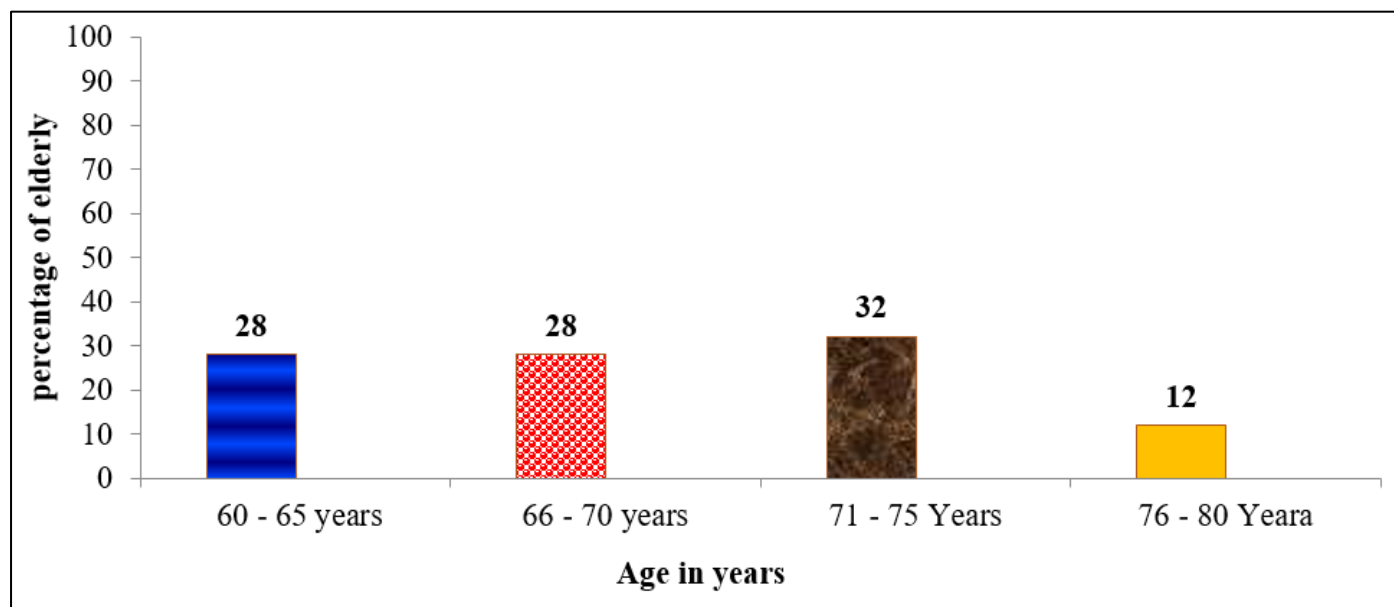


Fig 1 Bar Diagram shows the Frequency and Percentage Distribution of Elderly According to their Age in years

➤ *Frequency and Percentage Distribution of Pre and Post Check Rankings of Mental Health among Aged Residents.*

Table 2 Frequency and Percentage Distribution of Pre and Post Check Rankings of Mental Health among Aged Residents

S. No	Level of psychological well being	Pre test		Post test	
		(N)	(%)	(N)	(%)
1.	Poor psychological well being	10	20	0	0
2.	Average psychological well being	40	80	9	18
3.	Good psychological well being	0	0	41	82

➤ *Paired “t” values of Pre and Post Test Scores take a look at Rankings of Mental wellness among Elderly Citizens.*

Table 3 Paired “t” values of Pre and Post Test Scores take a look at Rankings of Mental wellness among Elderly Citizens

S No	Areas of psychological well being	Paired ‘t’ test value	Level of significance
1.	Autonomy	16.30	P< 0.05 S
2.	Environmental mastery	14.82	P< 0.05 S
3.	Personal growth	13.05	P< 0.05 S
4.	Positive relations with others	15.01	P< 0.05 S
5.	Purpose in life	13.26	P< 0.05 S
6.	Self-acceptance	15.01	P< 0.05 S
	Total	18.02	P< 0.05 S

➤ *Comparison of mean, SD and Percentage of Pre and Publish Test Mental wellbeing amongst Aged Residents.*

Table 4 Comparison of mean, SD and Percentage of Pre and Publish Test Mental wellbeing amongst Aged Residents

S No	Areas of psychological well being	Max. scores	Pre test			Post test			Difference in mean percentage
			Mean	SD	Mean %	Mean	SD	Mean %	
1	Autonomy	15	7.0	1.61	46	12.4	1.52	83	37
2	Environmental mastery	15	6.8	1.36	45	11.2	1.06	75	30
3	Personal growth	15	7.2	0.80	48	12.3	0.94	82	34
4	Positive relations with others	15	7.3	1.20	49	10.4	1.08	69	20
5	Purpose in life	15	7.8	0.88	52	11.5	1.61	77	25
6	Self-acceptance	15	7.5	1.23	50	12.2	1.01	81	31
	Total	90	44.56	1.85	50	76.22	1.24	85	35

V. DISCUSSION

Recurrence and percent apportioning of mental well-being scores among elderly residents describe that, in pretest majority (80%) of the elderly had average psychological well-being and only 20% of them had poor psychological well-being whereas in posttest majority (82%) of the elderly had good psychological well-being and only 18% of them average psychological wellbeing. It seems that reminiscence therapy was effective in improving the psychological wellbeing among elderly residents.

Paired “t” test estimated to figure out the distinction in pre and post test rankings of psychological well being, the paired “t” test value was 18.02. When contrasted to table value ($P < 0.05$) it was high. Hence it can be wrapped out that there is highly importance distinction between the pre and post test scores psychological well being. It probable that reminiscence therapy was extremely effectual among elderly residents.

Comparison of mean, SD, and mean percent of pre and post test scores disclose that, in pre test highest mean score was (7.8 ± 0.88), which is 52%, whereas in post test the mean score was (11.5 ± 1.61), which is 77%, exhibit a difference of 25% on the Purpose in life. Lowest mean score was (6.8 ± 1.36), which is 45%, whereas in post test the mean score was (11.2 ± 1.06), which is 75%, showing a distinction of 30% on level of environmental mastery.

Overall in pre test mean score was (44.56 ± 1.85), which is 50%, whereas in post test the mean score was (76.22 ± 1.24) which is 85% , showing a distinction of 35%. It seems that reminiscence therapy was highly effective in improving psychological well being among elderly residents.

VI. CONCLUSION

The existing study assessed the effect of reminiscence therapy on the level of the despair among elderly citizens. The observe findings revealed that there has been a tremendous difference inside the pre check and publish check level of mental well being amongst elderly humans.

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