## Original Research Paper

## Nursing

# EFFECTIVENESS OF GROUP REMINICENCE THERAPY ON LEVELS OF SELF-ESTEEM AMONG ELDERLY ADULTS AT SRI NARAYANI  HOSPITAL, VELLORE

| Mrs. Revathy. N* | M.Sc(N)., P.hD, Research Scholar, Himalayan University, Arunachal Pradesh-632055 *Corresponding Author |
| --- | --- |
| Dr. P. Muthumari | Vice Principal, Suran College Of Nursing, Mottamalai, Srivilliputtur, Tk Rajapalayam Tamilnadu-626125 |

**ABSTRACT** The aim of the study was to assess the effectiveness of group reminiscence therapy on levels of self esteem among elderly adults at selected  hospital ,Vellore. The research design selected for this study was pre- experimental one group pretest-posttest research design. Purposive sample technique was adopted to select 40 elderly adults in Sri Narayani Hospital and Research Centre, Vellore. Tool used was Rosenberg self esteem scale to assess the level of self esteem.

Findings of the study showed that pre test mean value level of self esteem is 18 and after reminiscence therapy post test mean value level of  self esteem is 21. The mean difference was self esteem is 3.The computed 't' value for self esteem is 66.45, was higher than the table value self esteem is 2.65 at $P<0.005$ level. This shows that reminiscence therapy is effective in increasing the levels of self esteem  among elderly adult in Sri Narayani Hospital and  Research  Centre, Vellore.

The conclusion of the study findings shows that there is significant  increase in the levels of self esteem, after reminiscence therapy among elderly adults .This shows that reminiscence therapy was effective in increasing the self –esteem of elderly adults.

**KEYWORDS :** Effectiveness, Group Reminiscence Therapy, Self-esteem, Elderly Adults

### INTRODUCTION:

Aging is a universal, normal, inevitable biological phenomenon. Aging is generally defined as a process of deterioration in the functional capacity of one individual that results from structural changes. Elderly can be broadly characterized by time altered changes in an individual's biological, physical, psychological and health related capabilities and its implications for the consequent changes in the role in the economy and society. The current demographic revolution is predicted to continue well into the coming centuries. One out of every ten persons is now 60 years or above; by 2050, one out of five will be 60 years or older; and by2150, one out of three persons will be 60 years or older.

The major developmental crisis associated with aging include: Dependence, depression, isolation, separation, illness, loss, retirement, and death of loved once. Persons who reminisce (recall past experiences) together may gain a sense of continuity between the past and present, gain deep insight into their past and present relationships, transmit their cultural heritage. They may resolve conflicts and acquire a sense of life achievement, which increases their self-esteem.

Reminiscence has been recognized for its positive impact and therapeutic merit as non-pharmaceutical treatment. Reminiscence seeks to evoke meaningful memories from the past by relating experiences, facts, or actions associated with certain stimuli. Webster (2003) defined   it as presently remembering and interpreting life events that were experienced at some time in the past, usually the distant past. Research on reminiscence treatment has shown it to have positive effects in elderly adults. Hsieh and Wang (2003) found reminiscence to have an impact on self-esteem, social behavior, integrity, and life satisfaction.

### STATEMENT OF THE PROBLEM:

Effectiveness of group reminiscence therapy on levels of self esteem among elderly adults in Sri Narayani Hospital and Research Centre ,Vellore.

### OBJECTIVES:

- To assess the pre test levels of self esteem among elderly adults.
- To determine the effects of group reminiscence therapy on self esteem among elderly adults.
- To find out the association between post test levels of self esteem among elderly adults with selected demographic variables.

### HYPOTHESES:

$H_1$- There is a significant difference between pre test and post test levels of self esteem among elderly adults.

$H_2$- There is a significant association between post test levels of self esteem among elderly adults and selected demographic variables.

### METHODOLOGY:

The research approach used for the study is "Quantitative approach". Pre experimental with one group pre test and post test design.

| $O_1$ | x | $O_2$ |
| --- | --- | --- |

$O_1$- Assess the pre test level of self esteem
X – Group reminiscence therapy
$O_2$- Assess the post test level of self esteem

### DESCRIPTION OF VARIABLES:

**DEPENDENT VARIABLE:** self-esteem.

**INDEPENDENT VARIABLE:** Group  reminiscence therapy

### DEMOGRAPHIC VARIABLES:

Age, gender, religion, educational status, marital status, self perceived health status, socio economic status and activities of daily living.

The study was conducted in SNHRC, Vellore. The setting is chosen on the basis of feasibility and availability of adequate sample. The population selected for the study consisted of elderly adults in SNHRC, Vellore. The purposive sampling technique was used.  In this study sample consists of 40 elderly adults.

### CRITERIA FOR SAMPLE SELECTION:
#### INCLUSION CRITERIA :

Elderly who are
- aged above 60 years.
- willing to participate in this study.
- able to oriented, conscious and attention.
- able to understand and communicate in Tamil

### EXCLUSION CRITERIA:

Elderly who are
- not available at the time of data collection
- not willing to participate.
- severe sensory impairment.
- known mental illness.

### DESCRIPTION OF THE TOOL:
#### SECTION-A:

It deals with demographic variables like age, gender, religion, educational status, marital status, self perceived health status, socio-economic status and activities of daily living.

#### SECTION-B:

Self esteem scale contains 10 questions. 6 questions have positive scoring, Remaining of 4 (2,4,6,9) questions have negative scoring

| LEVELS OF SELF ESTEEM | SCORES |
| --- | --- |

| Low self esteem | <15score |
| Normal self esteem | 15-25 score |

## DATA COLLECTION PROCEDURE:

Ethical clearance was obtained from institutional research committee members and written permission from head of institution to conduct the research at Sri Narayani Hospital and Research Centre, Vellore. 40 elderly adults were selected using inclusion criteria and were informed regarding the research study and written consent was obtained. Elderly adults were divided into 5 groups A, B, C, D, E each groups had 8 elderly adults.

Elderly adults had 2 session of reminiscence therapy on selected topic such as old songs, school days, holidays, foods, friends, marriage. Elderly adults discussed on all the topic for once in a week 3 hours for a period of 2 weeks under the supervision of the researcher. Group A had intervention on Monday, Group B had intervention on Tuesday, Group C had intervention on Wednesday, Group D had intervention on Thursday, Group E had intervention on Friday. Focus group discussion was used by researcher for reminiscence therapy. After two weeks of reminiscence therapy levels of self esteem, were assessed by using Rosenberg Self Esteem Scale.

## PLAN FOR DATA ANALYSIS:

Distribution of demographic variables is analyzed by descriptive statistics (mean, standard deviation). To find out the effectiveness of reminiscence therapy, inferential statistics (paired 't' test) is used. To find out the association between post test levels of self-esteem and selected demographic variables, inferential statistics (chi square) is used.

## RESULTS AND DISCUSSION:

**Table-1 Frequency and percentage distribution of levels of self esteem among elderly adults before and after reminiscence therapy.**

(n=40)

| S. NO | Level Of Self Esteem | PRE TEST | | POST TEST | |
|---|---|---|---|---|---|
| | | Frequency (n) | Percentage (%) | Frequency (n) | Percentage (%) |
| 1 | Low self esteem (<15 score) | 11 | 27.5 | 8 | 20 |
| 2 | Normal (15-25 score) | 29 | 72.5 | 32 | 80 |

The above table shows that 29(72.5%) of them have normal self esteem and 11 (27.5%) have low self esteem level in pre test. After reminiscence therapy there was increase in self esteem elderly 32 (80%) of them have normal self esteem and 8 (20%) of them have low self esteem. Hence hypotheses H1 was accepted.

**Table-2 Effectiveness of group reminiscence therapy on levels of self esteem among elderly adults.**

(n=40)

| S.NO | Level Of Self Esteem | Mean | Standard Deviation | Mean Difference | Paired 't' Test |
|---|---|---|---|---|---|
| 1 | Pre test | 18 | 3 | 3 | 66.45* |
| 2 | Post test | 21 | 2 | | |

The above table shows that pre-test mean value is 18 and standard deviation is 3. After reminiscence therapy the post-test mean value is 21 and standard deviation is 2 . The mean difference is 3. The calculated 't' value 66.45 is greater than that of the table value is2.65 at p<0.001 level.This shows that reminiscence therapy is highly effective in increasing the level of self esteem among elderly adults

There is a significant association between post test level of self esteem and demographic variables like gender, religion, educational status, marital status, self perceived health status, socio economic status and activity of daily living at (p<0.05)level and there is no significant association with age. Hence it is interpreted that the difference in mean score was true difference and not by chance and hence hypothesis H2 was accepted.

## CONCLUSION:

The present study assessed the effectiveness of reminiscence therapy on levels of self esteem among elderly adults at Sri Narayani Hospital And Research centre. Before the therapy the levels of self-esteem was low and after the therapy it was found that there was increase in the levels of self-esteem which shows that reminiscence therapy was effective.

## REFERENCES

**BOOKS:**
1. American Psychiatric Association, (2000). "Diagnostic and Statistical Manual of mental disorders", 4th edition. Washington, D.C publication. Pg no 143-148.
2. Dr. BimlaKapoo, (2006), Textbook of Psychiatric Nursing, volume II, 1st edition,Delhi, Kumar Publication. Pg no 25 -32.
3. ElakkuvanaBhaskara Raj (2014), Debr's Mental Health [Psychiatric Nursing], 1st, Bangalore, EMMESS publication. Pg no 56-63.
4. Katherine M, Patricia A, (2004). "Psychiatric Mental Health Nursing", 3rd edition. California, Mosby publication. Pg no 58-65.
5. Lawrence C. Kolb, (1968). "Modern clinical psychiatry", 8th edition. London, W.B publication. Pg no 258 -263.

**JOURNAL REFERENCE:**
1. American Psychiatric Association (2011): DSM – 5 developments, Washington, 51.
2. Richards .V, Depression (2007), BMJ publishing group's range of journals, New Delhi: volume 5, 25-26. . http://www.google scholar/geriatric depression- reminiscence.
3. Blow. C: Psychiatry reports (2006), New Delhi, Volume 8 & 9, Jaypee brother's publication.32(5), 201-214. http://www.stanford.edu/~yesavage/GDS.html
4. Clevin. M: Recognition and treatment of depression (2010), Washington,:52 . http://www.pubmed.com. . http://www.clevel and clinic meded.com/medical pubs/psychiatry-psychology.
5. Lin, Y., Dai, Y., & Hwang, S. (2003). The effect of reminiscence on the elderly population: A systematic review. Public Health Nursing, 29(4), 297-306. . http://www.stanford.edu/~yesavage/ACRC.ht
6. Mitchell. A.S, Geriatric Psychiatry (2013), USA 18(12): 1066-77.
7. Stinson, C. (2007). Structured reminiscence: An intervention to decrease depression in older adults. Doctoral dissertation, Texas Woman's University, Houston, Texas,1-59.