



## REMINISCENCE THERAPY FOR DEPRESSION, SELF-ESTEEM AND LONELINESS

### Geriatrics

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### ABSTRACT

Ageing is universal, inevitable, and irreversible, impairment of physical and mental functions becomes increasingly compared to previous period of life. A meta-analysis was done between 2012 – 2020 in which Baseline data were collected by using geriatric depression scale, Rosenberg self-esteem scale and loneliness scale. In most of the studies, the results showed that Reminiscence therapy was good noninvasive treatment for elderly person in prevention and treatment of mental illness.

### KEYWORDS

#### INTRODUCTION

Ageing is universal, inevitable, irreversible, impairment of physical and mental functions become increasingly compared to previous period of life (Charmini Jebapriya 2015). The number of people aged 60 years and older was 1 billion. This number will be increase to 1.4 billion by 2030 and 2.1 billion by 2050 which may get accelerated in coming decades, particularly in developing countries. (WHO 2019).

Elderly population is rapidly increasing in India and in times to come, loneliness among elderly population is going to pose a significant challenge, with respect to their health and social needs. There is an urgent need to improve the awareness about loneliness among the elderly in the health administrators and policy-makers, both with respect to its prevalence and adverse health outcomes. Further, there is also a need to improve the awareness of general population with respect to loneliness, depression so that the traditional family structure is maintained and elderly people are kept in the same household (Sandeep Grover 2020)

According to APA (American psychological association 2020) report the **reminiscence therapy** makes use of life events by having participants vocally recall episodic memories from their past. It helps provide people with a sense of continuity in terms of their life events. Reminiscence therapy may take place in a group setting, individually, or in pairs depending on the aim of the treatment Reminiscence therapy can also be structured or unstructured within these configurations.

The word 'reminiscence' has been derived from reminiscent meaning the "act of remembering," "remembrance, recollection," "remember; recall to mind," Thus 'reminiscence' is "a recollection of something past"

The 8<sup>th</sup> edition of Mosby Medical Dictionary defines Reminiscence therapy as a psychotherapeutic technique in which self-esteem and personal satisfaction are restored, particularly in older persons, by encouraging patients to review past experiences of a pleasant nature.

Reminiscence Therapy (RT) involves the discussion of past activities, events and experiences with another person or group of people, usually with the aid of tangible prompts such as photographs, household and other familiar items from the past, music and archive sound recordings. The reminiscence therapy session should be started after making the elderly person comfortable, where there are Minimal distractions and without rushing them. Allow time for them to communicate in a way they are Comfortable. When closing the reminiscence make sure the activity has a formal ending and that the person knows the reminiscing is coming to an end. Acknowledge how the person is feeling, that their emotions are genuine. Stay with the person a little longer if time permits.

A meta-analysis was conducted among 3948 individuals aged 50-90 years between on January 2000-August 2019. Articles related to the subject were obtained by searching Scopus, Science Direct, SID, magi ran, Barakat Knowledge Network System, Medline (PubMed), and Google Scholar databases. The heterogeneity of the studies was evaluated using I<sup>2</sup> index and the data were analyzed in Comprehensive Meta-Analysis software. The study results revealed that prevalence of

severe depression in Iranian older adult was 8.2% (95% CI, 4.14-6.3%) based on meta-analysis. It was reported that the prevalence of severe depression in Iranian older adult decreased with increasing sample size and increasing years of the study, which was significantly different (P < 0.05). (Nader Salarji 2020)

The epidemiological survey was held in the urban region of Uberaba, a city in the state of Minas Gerais, with 980 elderly people between August 2012 and March 2013 causing. The Rosenberg Self-Esteem, Katz, Lawton and Short Geriatric Depression Scales. The analysis was done with the Mann-Whitney and Kruskal-Wallis tests, Spearman's correlation and multiple linear regression the results should that the female gender was predominant, 70-80 years, married, income one minimum wage, between four and seven years of education, who lived with their children. The predictors of worse levels of self-esteem were higher age (p<0.01), lower education (p=0.021) and signs of depression (p<0.001). The community-based elderly presented high self-esteem and signs of depression were the main predictor of low self-esteem. (Michelle Couto Salerno et al., 2019).

Further, there is also a need to improve the awareness of general population with respect to loneliness, so that the traditional family structure is maintained and elderly people are kept in the same household (Sandeep Grover 2020)

#### Benefits of Reminiscence Therapy for Depression

Reminiscence therapy has been proven to be beneficial to the elderly person depression reduced and negative feelings. Reminiscence therapy improves cognitive function, decreased depression and improves quality of life in Alzheimer patients (Neslihan Lok et al.,2019).Reminiscence is good noninvasive treatment for elderly person prevention and treatment of mental illness in Taiwanese elderly person (Lin Y et al., 2018). Reminiscence therapy has some positive effects on people with dementia (Hsin-Yen and Li-Jung Lin., 2018). Reminiscence therapy is effective treatment of depressive symptoms of Chinese elderly (Chen TJ and LI HJ et al., 2012).

#### Benefits Of Reminiscence Therapy For Self Esteem

The study was conducted on the effect of life review reminiscence activities on reported depression and self-esteem. The study used a pretest-posttest experimental design in which 24 well older adults living in a retirement community were randomly assigned to experimental and comparison groups. The experimental group participated in six life review sessions, after which all subjects were administered the Rosenberg Self-Esteem Survey. An analysis of covariance indicated that life review reminiscence activities did not significantly affect depression and self-esteem. These findings imply that participation in life review activities did not negatively affect this sample of well older adults and that life review reminiscence is a worthwhile activity for this age group. (RG Stevens- Ratchford 2019)

#### Benefits Of Reminiscence Therapy For Loneliness

The findings in data-based studies have showed that reminiscence therapy was effective in reducing the loneliness. The effects of reminiscence therapy on psychological wellbeing, depression and loneliness among the institutionalized elderly people (Kai-Jo Chiang

et al., 2010). The effects of reminiscence therapy on self-esteem, depression, loneliness and life satisfaction of elderly people living alone (Lin SJ et al 2007).

#### **Benefits Of Reminiscence Therapy For Others Disease Condition**

The study was conducted to review systematically the application and outcomes of reminiscence therapy in Taiwan. Sixteen articles were systematically reviewed using a synthesis of two matrices of experimental designs and intervention designs. Reminiscence group sizes ranged between 7 and 12 participants, session frequencies were all once a week for periods lasting between 4 and 16 weeks, and session durations ranged from 30 minutes to 2 hours. The memories of the participants were stimulated using materials dating from their youth such as Taiwanese folk songs, toys, photos, radio programs, newspapers, and food and drinks. In terms of research methodology, most of the studies that were reviewed used quasi-experimental designs without random assignment or control group due to sample size. A minority of the reviewed studies applied the randomized controlled treatment method. Only a few of the studies evaluated indicators in pretest, posttest, and follow-up periods. The results of these studies identified several benefits of reminiscence therapy in Taiwanese older adults, including improvements in cognitive function, anxiety, depressive symptoms, self-esteem, life satisfaction, and personal interaction (**Hsin-Yen Yen and Li-Jung Lin 2018**).

#### **CONCLUSION**

Overall reminiscence therapy is an inexpensive and potentially beneficial approach to helping the elderly person successfully and happily. It appears to provide them with a sense of overall decreasing depression, improve self-esteem and reduce loneliness.

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