"A QUASI EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF REMINISCENCE THERAPY ON DEPRESSION AMONG ELDERLY IN SELECTED VILLAGE GANJAM, BRAHMAPUR."

A. MAHESH[1]   DR. MANASA GODATI[2]

1.P.G SCHOLAR {DEPARTMENT OF MENTAL HEALTH NURSING} VISWASS School and College of nursing, Bhubaneswar, Odisha.

2. ASST. PROF {DEPARTMENT OF MENTAL HEALTH NURSING} VISWASS School and College of nursing, Bhubaneswar, Odisha.

ABSTRACT

The old age is an integral part of human life. It is the evening of life. It is unavoidable, undesirable, unwelcome and problem ridden phase of life. But it is really interesting to note that everybody likes to live a long life, but not to be old. It is ironical that however undesirable the old age that is bound to life. Reminiscence therapy for depression consists of recollecting of past life experiences which implicates the principles of cognitive therapy. However there are inherent difficulties in assuming from these studies that reminiscence therapy for depression is an effective treatment with the general adult population. The research design adopted for the study was quasi experimental non-equivalent control group design. The study was conducted at selected Geriatric home, Madurai. The samples selected were 60, of which 30 samples were allotted in the experimental group and the remaining 30 were in the control group. The samples were recognized based on the inclusion criteria and picked up with Non probability – purposive sampling technique. Yesavage geriatric depression scale was used as a tool for data collection after confirming the validity and reliability. Reminiscence therapy was demonstrated to the experimental group only for 21 days in both morning and evening. The data obtained were analysed and interpreted using descriptive and inferential statistics. The comparison of mean post test score of level of depression among geriatrics between experimental and control group using unpaired 't' test revealed that the 't' value was 22.25 which showed a statistical significance at $p<0.001$ level. It was inferred that the reminiscence therapy was significantly effective to decrease the level of depression among elderly in experimental group. The chi square test revealed that there was significant association between pretest level of depression among elderly with the selected demographic variables like gender($p=0.0102$), marital status($p=0.0051$) and any

medical illness (p=0.0012) in experimental group and control group and remaining was not associated with demographic variables at $p < 0.05$ level.

KEYWORDS: Reminiscence therapy, Effectiveness, Depression, Elderly, Old-age home

INTRODUCTION

It is ironical that however undesirable the old age that is bound to life. A man is compelled to go through the pains and pleasure of this age as like other phases in life, before making exit from this mortal world. Indeed the loneliness and neglect associated with the old age is a rather recent phenomenon. It is the outcome of breakup of the tradition of joint family system. Growing urbanization and fast moving modern life have contributed to the problem. Furthermore, the erosion of moral values has also aggravated the situation. Earlier, when life was simpler and values counted for more, those who reached a ripe old age held an enviable place in society where they could really release and enjoy the twilight years of life.

Depression is common among the elderly. Depression is the most common diagnosis in older adults ,who have attempted suicide and suicidal rate due to depression among persons older than age of 65 is doubled compared with suicide rates of persons younger than 65. According to the National institute of mental health (NIMH), 2010 major depression is a significant predictor of suicide in the elderly. The elderly (age 65 and older) accounts for over 18% of all suicides, frequently depression goes unrecognized and there for untreated in the older population.

PROBLEM STATEMENT

A quasi experimental study to evaluate the effectiveness of reminiscence therapy on depression among elderly in selected village , Ganjam.

OBJECTIVES

- To assess the pretest and posttest level of depression among elderly in both control and experimental groups.
- To compare the pretest and posttest level of depression scores among elderly in experimental and control groups.
- To determine the effectiveness of reminiscence therapy on depression among elderly by comparing the post test scores between control and experimental groups.
- To find out the association between pretest level of depression among elderlywith selected demographic variables in both experimental and control groups.
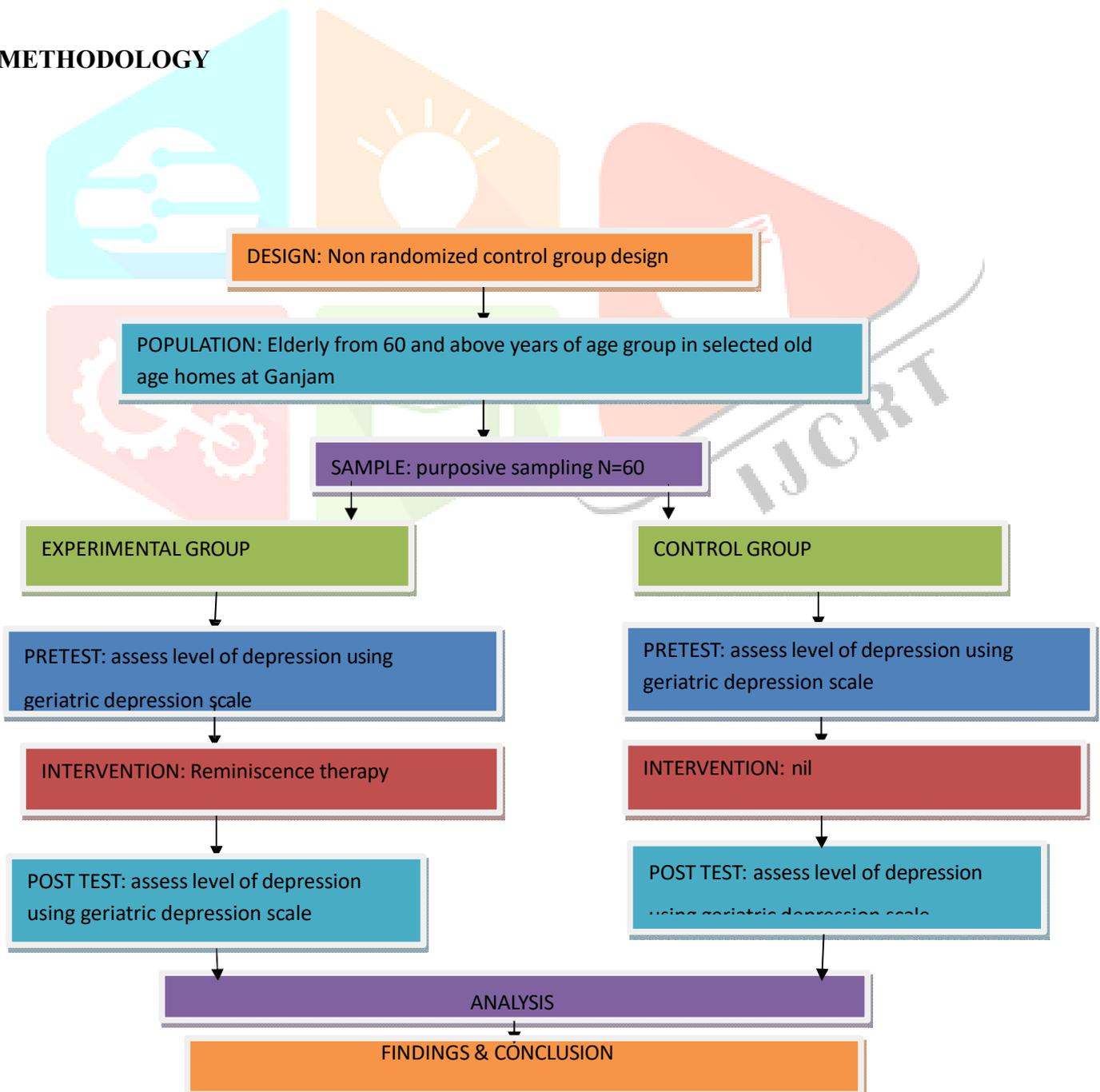
RESEARCH HYPOTHESES:

H1- The mean post test depression scores of experimental group is significantly lower than the mean post test depression scores of control group.

H2- The mean post test depression scores are significantly lower than the mean pre test depression score of experimental group.

H3- There is a statistically significant association between pretest depression scores with selected demographic variables in both control and experimental groups.

REVIEW OF LITERATURE

1. Studies related to old age depression
2. Studies related to reminiscence therapy
3. Studies related to reminiscence therapy on old age depression

METHODOLOGY

DESIGN: Non randomized control group design

POPULATION: Elderly from 60 and above years of age group in selected old age homes at Ganjam

SAMPLE: purposive sampling N=60

EXPERIMENTAL GROUP

CONTROL GROUP

PRETEST: assess level of depression using geriatric depression scale

PRETEST: assess level of depression using geriatric depression scale

INTERVENTION: Reminiscence therapy

INTERVENTION: nil

POST TEST: assess level of depression using geriatric depression scale

POST TEST: assess level of depression using geriatric depression scale

ANALYSIS

FINDINGS & CONCLUSION

METHOD OF DATA COLLECTION

After obtaining permission from the concerned authority and informed consent from the samples, the researcher will collect the data. It consists of the following phases.

Phase I- Pretest was conducted to assess the level of self esteem using Geriatric Depression scale.

Phase II- Reminiscence therapy was given for 21 days (four hour per day).

Phase III- Post test was conducted to assess the level of Depression using the same scale in the following week.

The research tool consists of

Part I: Demographic data

Part II: Geriatric depression scale(Yesavage J.A)
Geriatric depression scale - Yesavage's Geriatric Depression Scale (GDS)

consisting of 30 items related to geriatric depression with 'yes' or 'No' options was used for the study to collect the data. Reliability score was (0.83) ,established by split half method

Scoring procedure

Scoring was based on the responses of the client. Each depressive answer count one. Positive and negative items were scored based on the framing of questions. If Q 1, 5,7,9,15,19,21,27,29 and 30 has "No" responses scored as one for each question and for the rest if responses were 'Yes" it was scored as one and then the total scores were obtained. Thus the total obtainable score is 0-30.

Obtained score is interpreted as follows:

- Normal 0-09
- Mild depression10-19.
- Severe depression 20-30.

Data analysis

Data analysis helps the researcher to organize, summarize, evaluate, interpret and communicate the numerical facts. For the present study the collected data from the participants was grouped and analyzed using both descriptive and inferential statistical methods. Statistical analysis was done by using SPSS 17.0 software. Data was analyzed using both descriptive and inferential statistics.

Organize the data in master sheet:

Descriptive statistics application:

- Frequency and percentage distribution to analyze the demographic variables
- Mean and Standard deviation to compare pre – test and post – test level of depression among elderly.

Inferential statistics application:

- Paired 't'test and Unpaired 't' test to compare the pre – test and post - test level of depression among lderly in experimental and control group. Post – test assessment.

Data analysis and interpretation

Section A: Data on description of demographic variables of elderly in experimental and control group.

Section B: Data on assessment of level of depression among elderlyin experimental and control group.

Section C: Data on effectiveness of reminiscence therapy on the level of depression among elderly in experimental and control group.

Section D: Data on association between the levels of depression with the selected demographic variables among elderly.

Comparison of pre-test and post-test level of depression mean scores among elderly in experimental group.

n=30

Level of depression experimental pretest		Experimental posttest		Difference in mean%
Mean	SD	Mean	SD	23.6
14.6	2.42	14.7	1.35	

Paired "t" test showing the comparison of mean pre-test and post-test score of level of depression among elderly with in the control group.

Level of depression		Control pretest		Control post test
Mean	SD	Mean	SD	1.0
14.7	0	14.7	49	

RESULT

the pretest and posttest level of depression scores was compared using paired' test. The mean pretest level of depression score 14.9 ±2.42 was higher than the mean posttest on the level of depression score 17.8 ±1.35 among elderly. The mean difference in level of depression was 23.9. Using the paired "t" test, the obtained pretest and post test score of level of depression among elderly in experimental group revealed that "t" value was 5.307 which showed a statistical significance at p<0.001 level. It was inferred that the reminiscence therapy was significantly effective in reducing depression level among elderly.

The mean pretest score 14.7 (SD = 0) was equal to the mean post test score 14.7(SD=0). The mean difference in level of depression was only 0. Using the paired "t" test, the obtained pretest and post

test score of level of depression among elderly in control group revealed that "t" value was 0 which showed no statistical significance.

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