A Study to Determine the Effectiveness of Reminiscence Therapy on the Level of Depression among Older Adults in Selected Old Age Home at Tirupati

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Abstract: *Introduction: Aging may best be defined as the survival of growing number of people who have completed the traditional adult roles of making a living and child bearing. Depression is common in the older adults and is a major public health problem. Reminiscence therapy considered an alternative intervention for treating depression in older adults. Objectives: To assess the level of depression among older adults in selected old age home. To determine the effectiveness of reminiscence therapy on the level of depression among older adults. To associate the level of depression among older adults with their selected demographic variables. Methodology: The research approach was used Experimental approach and design was one group Pre-test and Post-test design. Purposive sampling technique was used. Results: The findings of the study revealed that among 30 older adults in pre- test level of depression among older adults, 3(10%) had mild depression, 19(63.3%) had moderate depression and 8(26.7%) had severe depression. The post-test revealed that majority 19(63.3%) expressed mild depression, 9(30%) expressed moderate depression and 2(6.7%) expressed severe depression. It represents that reminiscence therapy sessions reduced the level of depression of older adults. Conclusion: The effectiveness of reminiscence therapy on depression among older adults using paired "t" test shows 7.4 significance at the level of p <0.01. Finally, it was concluded that reminiscence therapy sessions are effective in reducing the level of depression among older adults.*

Keywords: Depression, effectiveness, Reminiscence therapy, older adults, old age home.

1. Introduction

Aging may best be defined as the survival of growing number of people who have completed the traditional adult roles of making a living and child bearing[1]. Some old people may adjust effectively in this situation by disengaging from society or by reinvesting themselves in new pursuits. However, for others old age may necessitate a lowering of self-esteem perhaps to the point of being clinically depressed, unless a means can be found of coping with the loss and re-evaluating the impact of aging on the self [2].

Depression is common in the older adults and is a major public health problem. The World health organization (2005) also emphasizes that depression, which is a foremost common illness, can lead to physical, emotional, social and economic problems. The prevalence rate of depression varies worldwide and their prevalence rates range between 10% and 55%. A study shows the depression ranges from 34.6% to 77.5% in old age home [3-10].

Depression in older adults is associated with poor health. Reminiscence therapy considered an alternative intervention for treating depression in older adults. Reminiscence is the process whereby an individual recalls the past, previous events, people, incidents etc. It can also be used to connect the present with the past 'an event that brings to mind a similar, former event".

1.1 Objectives of the Study

- To assess the level of depression among older adults in selected old age home.
- To determine the effectiveness of reminiscence therapy on the level of depression among older adults.
- To associate the level of depression among older adults with their selected demographic variables.

2. Methodology

The research approach was used **Experimental** approach and design was **one group Pre-test and Post-test design** which involves the assessment regarding effectiveness of reminiscence therapy on the level of depression among older adults. The study was conducted at Navajeevan Old Age Home, Tirupati. The sample of the study was chosen by purposive sampling technique, in which it included 30 older adults who were staying in old age home.

The tool used in the study consists of two sections. Section-I contains demographic data of older adults. Section-II consists of modified geriatric depression scale which was developed by Yesavage JA et al., (1983). The tool was validated by experts from the field of psychiatry, psychology and psychiatry nursing.

Table 1

Category	Score
Mild depression	4-9
Moderate depression	10-19
Severe depression	20-30

3. Results

Table 2: Level of depression among older adults in the pretest

Level of depression	No. of older adults	Percentage
Mild depression	03	10
Moderate depression	19	63.3
Severe depression	8	26.7

The data presented in the table -2 shows that findings of the study revealed that among 30 older adults in pre- test level of depression among older adults, 3(10%) had mild depression, 19(63.3%) had moderate depression and 8(26.7%) had severe depression.

Table 3: Level of depression among older adults in the post test

Level of depression	Frequency	Percentage
Mild depression	19	63.3
Moderate depression	9	30
Severe depression	2	6.7

The data presented in the table -3 shows that after administration of reminiscence therapy sessions among the older adults, the findings of the post-test revealed that majority 19(63.3%) expressed mild depression, 9(30%) expressed moderate depression and 2(6.7%) expressed severe depression. It represents that reminiscence therapy sessions reduced the level of depression of older adults

Table 4: Comparison of pre and post-test level of depression among older adults

Level of depression	Mean	Standard deviation	t-value	P value
Pre test scores	15.80	4.65	7.432	0.001
Post test scores	10.57	4.03		

The data presented in the table -4 shows that the total calculated t-value was 7.432, which is statistically significant (p<0.001) and clearly shows that reminiscence therapy sessions had an impact on the level of depression among the older adults. The mean score 15.80 and standard deviation 4.65 obtained in the pre-test and a mean score 10.57 and standard deviation 4.03 were obtained in the post-test for level of depression among older adults clearly show that there was a decrease in mean and standard deviation after administration of the reminiscence therapy sessions among older adults.

4. Implications

Nursing practice depending on the statistical analysis used, reminiscence therapy has varying effects on depression reduction for the older adult. Thus, the intervention of reminiscence therapy needs to be taken into account. Before reminiscence therapy can be further tested, it should be considered as a viable, valuable and useful intervention to potentially reduce depression in older adults. A qualitative Approach needs to be applied in studying the effects of reminiscence therapy on depression. Individual interviews with the elderly subjects on their personal feelings and thinking can provide in-depth understanding of the effect of reminiscence therapy. Nursing students can be motivated in conducting sessions on reminiscence therapy with advanced audio visual aids like video teaching.

5. Major Finding of the Study

There was statistically significant association between post test knowledge and the demographic variables such as Marital status among 7(23.3%) of married, 5(16.7%) had moderate depression, 2(6.70%) had severe depression and 2(6.7%) of unmarried had mild depression, 1(3.3%) of separated had mild depression, 20(66.7%) of widow, 16(53.3%) had mild depression and 4(13.3%) had moderate depression (p<0.006) at0.01. Occupational status among 24(80%) of housewives, 16(53.3%) had mild depression, 8(26.7%) had moderate depression and 2(6.7%) of farmers expressed mild depression. Out of 4(13.3%) of employees 1(3.3%) had mild depression, 1(3.3%) had moderate depression and 2(6.7%) had severe depression who, before joining in the old age home had retired (p<0.004). Reason for staying in old age home family migration: majority of older adults 3(10%) had mild depression. Single/alone: 14(46.7%) had mild depression, 4(13.3%) had moderate depression. Family problems: older adults who had 3(10%) moderate depression, 2(6.7%) had severe depression and other reason for joining in old age home: 2(6.7%) had mild depression, 2(6.7%) had moderate depression (p<0.007) at 0.01. Duration of staying in old age home older adults who were staying less than 5years in old age home 13(43.3%) had mild depression, 3(10%) had moderate depression, older adults who were staying 5-10 years, 6(20%) had mild depression and 4(13.3%) had moderate level of depression older adults who were staying >10years in old age home 2(6.7%) had moderate level of depression, 2(6.7%) had severe depression (p<0.001) at 0.00 l level.

6. Conclusion

The study reveals that there was significant decrease in the level of depression among older adults in the post test. The effectiveness of reminiscence therapy on depression among older adults using paired "t" test shows 7.4 significance at the level of p <0.01. Finally, it was concluded that reminiscence therapy sessions are effective in reducing the level of depression among older adults. The effects of reminiscence therapy on depression are likely to be confounded by the experience of separation with the researchers. In the future researcher suggests to increasing the sample size in order to magnify the effects, thereby more easily validating the effect of reminiscence therapy

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