Effect of Life Review Reminiscence Activities on Depression and Self Esteem in Older Adults

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Abstract: <u>Objective</u>: **The purpose of the study is to evaluate the Effect of life review reminiscence activities on depression and self esteem in older adults.** <u>Methods</u>: **Totally 30 subjects15 in experimental group and 15 in control group with age of above 58.** <u>Results</u>: **Statistical significance is present in experimental group than control group with regard to effect of life review reminiscence activities.** <u>Conclusion</u>: **A Life review reminiscence activity has significant effect on reducing depression and improving self esteem.**

Keywords: Depression, Self esteem, Life review reminiscence activities

1. Introduction

Depression ranks among the most significant health problems in older adults but is potentially treatable in all ages. World health organization describes depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration.

The consequences of both major and minor depression in older adults are severe and include diminished quality of life, functional decline, marked disability, increased service utilization.

Research states that 12-18% of long stay residents in care homes suffer from depressive illness (Rovner et al 1991). A number of factors contributing to this have been identified, such as deterioration of health, lack of economic and social recourses, loss of established interpersonal relationships, and sense of weakened control over one's life (Chao et al.,2006)

Reminiscence is past-oriented thinking that involves all aspects of the individual's past life including persons, places, events, and the feelings associated with one's past life experiences. However, life review reminiscence is defined here as any structured or directed participation in reminiscing for therapeutic purposes, regardless of whether the person evaluates his or her past experiences. The therapeutic value of reminiscence is thought to be the promotion of self-esteem and self-worth and the encouragement of the acceptance of one's life as it has been.

McMahon and Rhudick (1964), like Erikson, contended that identity is achieved through a lifelong developmental process and that reminiscence maintains self-esteem and reaffirms identity, thus fostering successful adaptation in old age. Life review is believed to affect self-esteem and depression , Erikson (1959) assent the life review to be a means for accomplishing the final developmental task, preventing despair, and allowing the older person to accept the ending of life with self-esteem.

Occupational therapists are also using activities involving life review reminiscence in therapeutic groups (Buechel, 1986 et.al). Because of increased use of this activity, the present study examined the effect of structured life review reminiscence activities on depression and self-esteem in a sample of well older adults.

2. Need for the Study

Depression is a common psychiatric conditions in older adults, late life depression can be leads to extensive losses , including bereavement, retirement, social isolation and physical decline. So untreated late life depression are cause to low self esteem and diminished quality of life

So there is a need to review the past life events, for that reminiscence can be used, the reminiscence will promote the life satisfaction self acceptance and self esteem and reducing depression. Hence there is a need to explore the role of life review reminiscence among depression.

Aim
The aim of the study is to determine the effect of life review reminiscence activities on depression and self-esteem in older adults.

Objective
- To evaluate the level of depression among older adults.
- To evaluate the level of self esteem among older adults .
- To evaluate the effectiveness of life review reminiscence activities on depression and self esteem among older adults.

Null Hypothesis
The null hypothesis states that there will be no significant effect of life review reminiscence activities on depression and self-esteem in older adults.

Alternative Hypothesis
The alternative hypothesis states that there will be significant effect of life review reminiscence activities on depression and self-esteem in older adults.

3. Review of Literature

1) Regena G and Stevens-Ratchford (2015)
They conducted a study on effect of life review reminiscence activities on depression and self-esteem in older adults. 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 session. After which all subjects were re administerd the beck depression inventory and Rosenberg self esteem scale. The findings of the study implies that participation in life review reminiscence activities did not negatively affect this sample of well older adults. The experimental group's response to participation in life review reminiscence activities supports previous notions that life reviewing is a positive and worthwhile experience for older persons.

2) Juan Carlos Meléndez-Moral et, al.,(2013)
They conducted a study on Effects of a reminiscence program among institutionalized elderly adults. This study purpose was to investigate the usefulness of reminiscence intervention in an elderly, institutionalized Samples. In this study the depression age range from 65-92 yrs. various tests and scales were administered to take pre- and post-intervention measures, To assess cognitive level the Mini-Mental State Examination (MMSE) was administered, To assess depressive symptoms min geriatric depression scale 8 was used, Self-esteem was evaluated by using the Rosenberg Self-esteem Scale, Life satisfaction was captured using the Philadelphia Geriatric Center Morale Scale. Significant results were obtained, including a drop in depressive symptoms and improved self-esteem, satisfaction, and psychological well-being.

3) F. Sharif et, al.,(2010)
They conducted a study on Effect of group reminiscence therapy on depression in older adults. The aim of this study was to examine the effectiveness of group reminiscence therapy on depression symptoms among elderly people attending a day centre, in this study 50 depression people age range from 60 and above participated and their depression was assessed by 15-item geriatric depression scale. Reminiscence therapy was given in 6 sessions. Result conclude that group reminiscence therapy reduce the depressive symptoms in older people.

4) Sarah housden (2009)
They conducted a study on the use of reminiscence in the prevention and treatment of depression in older people living in care homes. They consider older depression population from the care home residents. They conclude that reminiscence is a particularly useful activity for care home residents because of combining a number of deferent benefits in one activity.

5) Annie M.H. Chin (2007)
He conducted a study on clinical effects of reminiscence therapy in older adults. This study aimed to examine the clinical effects of reminiscence therapy on the life satisfaction, happiness, depression, and self esteem of older adults aged 50 or above. A total of 15 studies were included for analysis, Potential studies were mainly identified through the key words "reminiscence", "life review", "reminiscing". The two data extractors assessed the quality of methodology and reporting with the generic scales of Chalmers et al. this scale consist of three items assessing the method of treatment assignment, control of selection bias after treatment assignment and blinding of participants and investigators of the trails. Detailed instruction are given for scoring each item from 0 to 3, that finally gives a total score ranging from 0 to 9; with higher score indicating superior quality. Result concluded that reminiscence therapy showed significant beneficial effects on happiness and depression.

6) Wang, Jing-Jy et, al.,(2004)
They conducted a study on the comparative effectiveness among institutionalized and non-institutionalized elderly People in Taiwan of reminiscence therapy as a psychological measure. A quasi-experimental design was conducted, using pre-intervention and post-intervention tests and purposive sampling. Forty-eight subjects completed the study, with 25 institutionalized elderly people and 23 non-institutionalized home-based elderly people. Independent t-tests and paired t-tests were conducted to measure the differences in variable means between and within groups. A significant difference was found between groups in mood status post-test ($t = 5.96$, $p < .001$) and significant differences were noted in self-health perception, depressive symptoms, and mood status ($t = -2.56$, 2.83, $=3.02$; $p = .018$, $.009$, $.007$) between the pre- and post-intervention tests in the institutionalized group. These results suggest that reminiscence therapy is especially appropriate for older people who reside in care facilities.

7) L Lasa et, al., (2000)
They conducted a study on the use of the beck depression inventory to screen for depression in the general population, 1250 subjects, from 18 to 64 years old, were randomly selected from the Santander (Spain) municipal census. A two-stage method was used: in the first stage, all individuals selected completed the BDI; in the second, 'probable cases' (BDI cut-off≥13) and a random 5% sample of the total sample with a BDI score less than 13 were interviewed by psychiatrists using the Schedules for Clinical Assessment in Neuropsychiatry (SCAN), which generates diagnoses of depressive disorders. They conclude that beck depression inventory is a good instrument for screening depressive disorder In community surveys.

Methodology
The purpose of the study was to determine the effect of life review reminiscence activities on depression and self-esteem in older adults

Research Design
The present study was conducted on two group pre test and post test of quasi experimental design

Control group = Pre test Post test
Experimental group = Pre test (reminiscence activities) Post test

Sample Size
30 subjects
- 15 subjects in control group
- 15 subjects in experimental group

Sampling Technique
Convenient sampling procedure was adopted.

Study Place
Vettom rehabilitation centre

Period of Study
1 year

Inclusion Criteria
- Participants were older adults with age of above 58 years.
- Older adults with depression and poor self esteem
- Participants should able to read and understood Basic English language.
- Both males and females
- Co-operated depression patients

Exclusion Criteria
- Age of the patient should not be less than 58 years
- Inco-operative depression patients
- Bipolar disorder
- Person not aware about basic English language.

Independent Variables
Life review reminiscence activities

Dependent Variables
- Depression
- Self esteem

Tools and Materials Required

Rosenberg Self-Esteem Scale

Beck's Depression Inventory

Procedure
Convenient sample of 30 subjects were selected for the study. The Participants were older adults with age of above 58 years. The 30 subjects were randomly assigned into two groups, a control group and an experimental group. In control group consist of 15 subject were taken from vettom rehabilitation center and the experimental group also consist of 15 subject were taken from vettom rehabilitation centre.

The pre data was collected from both group before the intervention phase started by beck depression inventory and Rosenberg self esteem scale. beck depression inventory was used to assess the depression and Rosenberg self esteem scale used to assess the self esteem.

The control group doesn't receive any treatment and the experimental group receive life review reminiscence activities.

The therapy was given for 6 week duration contain 18 sessions. In which one session was extended up to 60 min duration, total 3 sessions per week. The therapy sessions are based on STINSON'S PROTOCOL

Post data were collected after the treatment sessions by beck depression inventory and Rosenberg self esteem scale.

Sessions

Weeks	Themes Or Activities
WEEK 1 Session 1	Introduction of leaders and members. Concentrate on personal background. Encourage members to bring a picture of an animal or a stuffed animal that represents them. Have them introduce themselves and tell why the animal reminds them of themselves. Have extra stuffed animals available.
Session 2	Remembering the past through songs from the 1940s to 1970s.
Session 3	Remembering the past through films from the 1940s to 1970s.
WEEK 2 Session 4	Sharing photographs. Have a show-and-tell session of personal memorabilia.
Session 5	Discussing home life or volunteer activities.
Session 6	Discuss about work/first job.
WEEK 3 Session 7	Remembering a favourite holiday.
Session 8	Remembering school days.
Sessions 9	Remembering about their political interest when they are youngsters.
WEEK 4 Session 10	Remembering toys from childhood.
Session 11	Remember first date/spouse/wedding/marriage.
Session 12	Remember about their inspirational peoples.
WEEK 5 Session 13	Remembering family/pets.
Session 14	Remembering foods.
Session 15	Discuss important days of past life.
WEEK 6 Session 16	Describe about the past generation and new generation.
Session 17	Remembering friends.
Session 18	Closure.

Data Analysis and Interpretation

Table 1: Comparison of Depression in Pretest between Control and Experimental Group

S.no	DEPRESSION	Mean	M.D	S.D	"t"value	'p'value
1	Pretest (control group)	38.00	0.013	3.7	0.1275	P>0.05
2	Pretest (experimental group)	38.13		1.60		

Graph - I: Comparison of Depression In Pretest Betweencontrol and Experimental Group
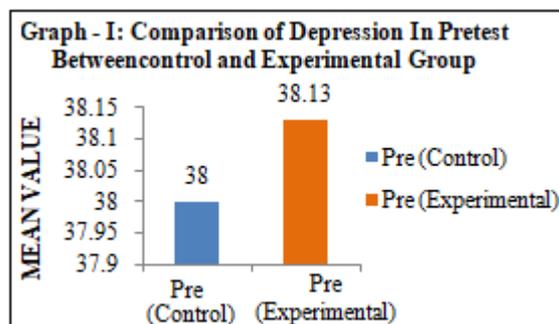
Table 2: Comparison of Self Esteem in Pretest Between Control and Experimental Group

S.no	Self Esteem	Mean	M.D	S.D	"t"value	'p'value
1	Pretest (control group)	15.60	0.6	1.24	1.3108	P>0.05
2	Pretest (experimental group)	16.20		1.26		

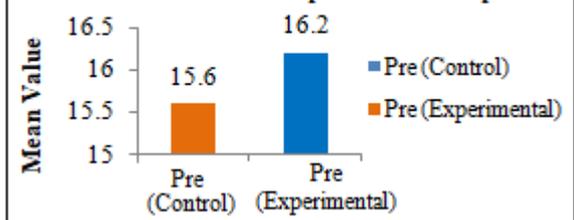GRAPH - II: Comparison of Self Esteem In Pretest Between Control and Experimental Group

Table 3: Comparison of Depression between Pre and Post Test in Control Group

Sl.no	Depression	Mean	M.D	S.D	"t"value	'p'value
1	Pre test	38.00	0.2	3.72	1.8708	P>0.05
2	Post test	37.80		3.57		

Graph III Comparison Of Depression between Pre and Post Test in Control Group
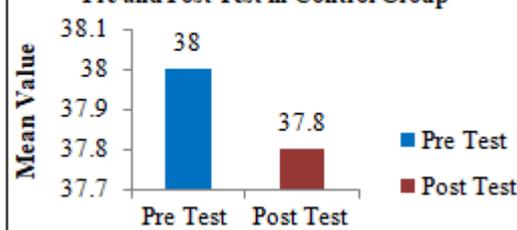
Table 4: Comparison of Depression between Pre and Post Test in Experimental Group

S.no	Depression	Mean	M.D	S.D	"t"value	'p'value
1	Pre test	38.13	16	1.60	20.8218	P<0.05
2	Post test	22.13		3.16		

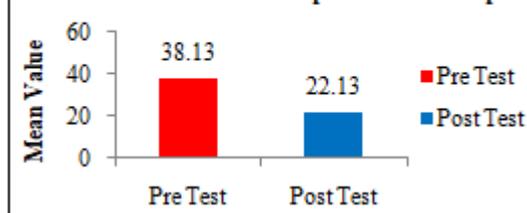Graph IV Comparison of Depression between Pre and Post Test in Experimental Group

Table 5: Comparison of Depression in Post Test Between Control and Experimental Group

S.no	Depression	Mean	M.D	S.D	"t"value	'p'value
1	Post test (control group)	22.13	15.34	3.16	12.0957	P<0.05
2	Post test (experimental group)	37.47		3.76		

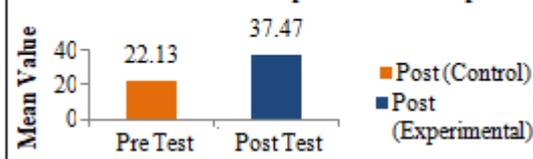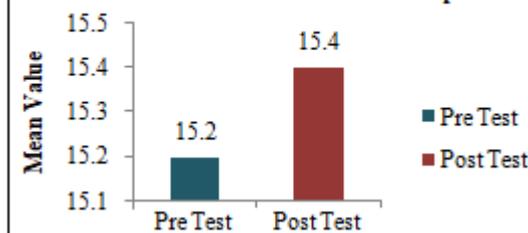Graph V Comparison of Depression in Post Test Between Control and Experimental Group

Table 6

Sl.no	Self Esteem	Mean	M.D	S.D	"t"value	'p'value
1	Pre test	16.20	10.13	1.26	28.9477	P<0.05
2	Post test	26.33		1.68		

Graph VI Comparison of Self Esteem between Pre and Post Test in Control Group

Comparison of Self Esteem between Pre and Post Test in Control Group

S.No	Selfe Esteem	Mean	M.D	S.D	"t"value	'p'value
1	Pre test	15.20	0.2	1.37	1.8708	P>0.05
2	Post test	15.40		1.55		

Table 7: Comparison of Self Esteem Between Pre and Post Test in Experimental Group

Graph VII Comparison of Self Esteem Between Pre and Post Test in Experimental Group
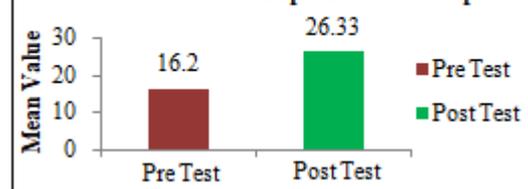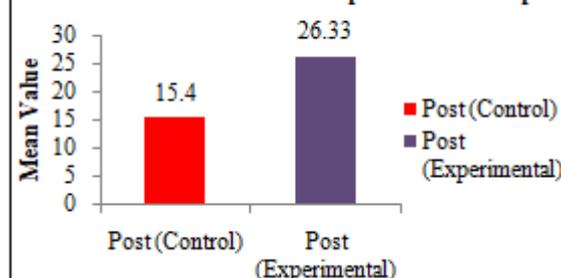
Table 8: Comparison of Self Esteem in Post Test between Control and Experimental Group

S.no	Self Esteem	Mean	M.D	S.D	"t"value	'p'value
1	Post test (control group)	15.40	10.93	1.55	18.5524	P<0.05
2	Post test (experimental group)	26.33		1.68		

Graph VIII Comparison of Self Esteem in Post Test Between Control and Experimental Group

The purpose of the study was to determine the effect of life review reminiscence activities on depression and self-esteem in older adults.

In this study life review reminiscence activities were given. The life review reminiscence activities were given to reduce depression and improve the self esteem in older adults. The samples received 18 hour program with 3 sessions in a week, total 18 sessions were conducted with 6 week duration. The pre-test is taken by beck depression inventory and Rosenberg self esteem scale. After the evaluation clients engaged in life review reminiscence activities based on STINSON'S PROTOCOL for 60 minutes. After the 18 session post test value suggest that there is a significant improvement in reducing depression and improve self esteem in older adults.

Stinson's protocol were supported by Cynthia kellam, she conducted a study on structured group reminiscence: An intervention for older adults, This article provides an overview of qualitative and quantitative research on group reminiscence and offers a suggested evidence-based protocol (Stinson's protocol) for a 6-week group intervention based on this research.

Unpaired 't' test have been calculated for the both experimental and control group . The mean of pretest test was found to be 38.00(control} and 38.13(experimental} respectively. The calculated 't' value was obtained to be 0.1275 with level of significance 0.5 and the table 't' value is found to be 2.05. Hence the table 't' value is greater than calculated 't' value. so there is no significant difference between both group means.

Unpaired 't' test has been calculated for the both experimental and control group (Rosenberg self esteem scale). The mean of post test was found to be 15.60(control) and 16.20(experimental) respectively. The calculated 't' value was obtained to be 1.3108 with level of significance 0.5 and the table 't' value is found to be 2.05. Hence the table 't' value is greater than calculated 't' value there is no significant difference between both group means.

Paired 't' test has been calculated for depression in the control group. The mean of pre test was found to be 38.00 and the post test was 37.80. The calculated 't' value was obtained to be 1.8708 with level of significance 0.05 and the table 't' value is found to be 2.15. Hence the table 't' value is greater than calculated 't' value. so there is no significant difference between pre and post test values.

Paired 't' test has been calculated for depression in the experimental group. The mean of pre test was found to be 38.13 and the post test was 22.13. The calculated 't' value was obtained to be 20.8218 with level of significance 0.05 and the table 't' value is found to be 2.15. Hence the table 't' value is less than calculated 't' value indicates highly significant difference between pre and post test values.These finding were supported by F. Sharif et, al.,(2010),

Unpaired 't' test has been calculated for the both experimental and control group to measure depression. The mean of post test was found to be 22.13(control) and 37.47(experimental) respectively. The calculated 't' value was obtained to be 12.0957 with level of significance 0.5 and the table 't' value is found to be 2.05. Hence the table 't' value is less than calculated 't' value .so there is a highly significant difference between both group means. These finding were supported by Regena G and Stevens-Ratchford (2015).

Paired 't' test has been calculated to measure self-esteem in the control group (Rosenberg). The mean of pre test was found to be 15.20 and the post test was 15.40. The calculated 't' value was obtained to be 1.8708 with level of significance 0.05 and the table 't' value is found to be 2.15. Hence the table 't' value is greater than calculated 't' value. so there is no significant difference between pre and post test values.

Paired't' test has been calculated for the experimental group to measure self-esteem. The mean of pre test was found to be 16.20 and the post test was 26.33. The calculated't' value was obtained to be 28.9477 with level of significance 0.05 and the table 't' value is found to be 2.15. Hence the table't' value is less than calculated 't' value .so there is a highly significant difference between pre and post test values.These finding were supported by Shu-Yuan Chao et, al.,(2006).

Unpaired 't' test has been calculated for the both experimental and control group (Self-esteem). The mean of post test was found to be 15.40 (control) and 26.33(experimental) respectively. The calculated 't' value was obtained to be 18.5524 with level of significance 0.05 and the table 't' value is found to be 2.05. Hence the table 't' value is less than calculated 't' value .so there is a highly significant difference between both group means. These findings were supported by Juan Carlos Meléndez-Moral et,al.,(2013).

Present study has demonstrated that the experimental group who receives life review reminiscence activities shows more statistical significant than the control group, Therefore the present study rejecting null hypothesis and accepting the alternative hypothesis. Based on the result, life review reminiscence activities can be used as a therapeutic modality on reducing depression and improving self esteem in older adults.

4. Conclusion

From this study, it is concluded that there is a significant improvement in depression and self esteem through the life review reminiscence activities.

5. Limitation and Recommendations

Limitation
- Study was done on a small sample size .
- Study was conducted for shorter duration.
- Male and female comparison is not included in this study.
- Study was done on confined age group older adults above 58 yrs.

Recommendations
1) The study can be done on larger sample size
2) Study can be done on different age groups.
3) Further follow up study can be done
4) Study can be done for longer duration.
5) Study can be measure by other assessment tools

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