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Research article

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Assess the efficacy of reminiscence therapy on wellbeing among the elderly person

Mrs. Soumya Sonalika¹, Dr. Sikandar Kumar²

¹Lecturer, Dept. of Community Health Nursing, Lord Jagannath Mission's College of Nursing, Bhubaneswar, Odisha, India

²Vice- Principal, Dept. of Psychiatric Nursing, Lord Jagannath Mission's College of Nursing, Bhubaneswar, Odisha, India

Corresponding author: Mrs. Soumya Sonalika

Email: sikkandar.kumar@gmail.com

ABSTRACT

A quantitative approach and pre experimental research design was undertaken on 50 elders selected by purposive sampling technique. To evaluate the effectiveness of planned teaching programme on efficacy of Reminiscence therapy on wellbeing among elderly person of Missionaries Charity of Mother Teresa Old Age home Satyanagar, Bhubaneswar. Data was collected through structured questionnaires schedule and collected data were analyzed by using descriptive and inferential statistics. Finding revealed that highest percentage of elderly were in the age 66-70 years (46%). 20% were male, 44% were illiterate, 54% belong to nuclear family, 38% having moderate income and all belongs to old age home.

Keywords: *Planned teaching programme (PTP), Reminiscence therapy, Elderly person*

INTRODUCTION

“Grow old along with me, The Best is yet to be, the last of life, for which the first was made. Our times are in his hand who faith, A whole I planned, youth shows but half; Trust God, see all, nor be afraid” (Herbet Hoover). With advances in medical technology, the life expectancy of people globally is increasing. This trend has contributed to an aging population worldwide. For example, in 2005 the global elderly population over 65 years of age was 7.4%; this percentile is projected to increase to 16.1% by the year 2050 (United Nations Population Division, 2009).¹ The elderly population all over the world is growing with an unprecedented rate. In

global population of over 6 billion almost 10% are elderly. In India the proportion of elderly has risen from 4.9% in 1901 to 5.5% in 1951, 6.5% in 1991, and 7.7% in 2001 and will be 12% in 2025. Generally, 34% of India's geriatric population is young old' (60-70 years) and the rest “old old” (over 70 years)¹. Mental health problems in elderly patients are significant in their frequency impact on health status and influence on cause of physical illness later in life it has been estimated that approximately 20-25% of elderly population suffer from some form of mental illness at any given time the problem of mental illness in elderly patients occurs in both institutional and community setting².

Reminiscence therapy also enhances self-integration which is usually provided to the elderly person with depression about 6–12 times, 1–2 times weekly, and in a 40–60 min. These results support the contention that reminiscence behavior is adaptive and that it can produce a positive effect on depressed mood states in the elderly old age homes. ³

PROBLEM STATEMENT

“ A study to assess the efficacy of PTP regarding reminiscence therapy on wellbeing among elderly persons staying at a selected old age home, Bhubaneswar.”

OBJECTIVES OF THE STUDY

1. To assess the effectiveness of reminiscence therapy among elderly person.
2. To find out the association between reminiscence therapy with their demographic variables.

HYPOTHESIS

- H₁- There will be significant difference between the pre and posttest after giving reminiscence therapy.
 H₂ –There will be significant association between reminiscence therapy and selected demographic variable.

CONCEPTUAL FRAMEWORK

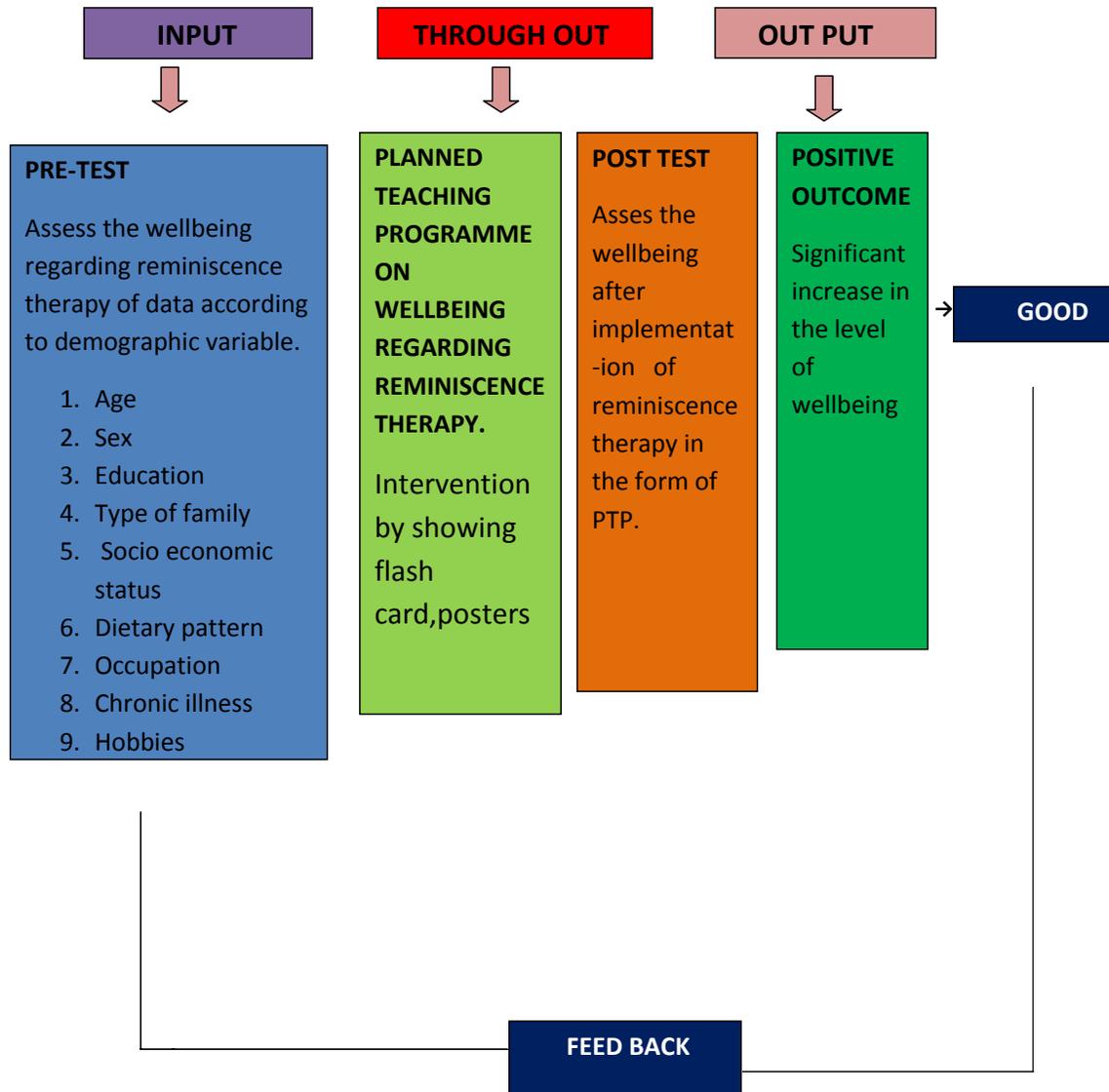


Fig no-1 Theoretical Frame Work –J.W Kenny’s Open system module 1990

RESEARCH METHODOLOGY

A quantitative approach and pre experimental research design was used in this study. The sample size was 50 elderly people who fulfilled the sampling criteria. In the present study non-probability purposive sampling technique were used to conduct the study.

INCLUSION CRITERIA

- The elderly person who were in the age group of 60-75yrs of age.
- The elderly person who were staying at old age home.
- Those who are willing to participate in the study.
- Those who were present during the period of data collection.

TOOL CONSTRUCTION

The tool was developed in 2 sections Section-A includes demographic variable & section-B includes

structured interview schedule. The tool was validated by various experts from the field of community nursing, statistics.

REVIEW OF RELATED LITERATURE

A structured data collection schedule was developed by:

- Review of research & non-research literatures.
- Discussion with experts.
- Referring various books, journals, newspaper, manuals of Psychiatric.

DATA COLLECTION PROCEDURE

Informed consent was obtained from respondents. The pre-test was conducted followed by the administration of PTP. After 7 days post test was conducted. Descriptive statistics was used for item wise analysis & presented through tables for data analysis.

DATA ANALYSIS AND INTERPRETATION

Table1:- Distribution of demographic characteristics of elderly person N=50

Demographic variables	Percentage (%)
1.Age (in years)	
60 – 65	28
66 – 70	46
Above 71	26
2.Gender	
Male	80
Female	20
3. Educational status	
Illiterate	44
Primary	24
Secondary	24
Higher secondary & above	8
4. Type of family	
Nuclear	54
Joint	46
5. Occupational status	
Business	12
Private	8
Government	0
Unemployed	80
6. Socio-economic Status	
Below Rs 836	0
Rs 837-1670	10
Rs 1671-2785	20

Rs 2786-5570	38
Rs 5571 & above	32
7. Dietary Pattern	
Vegetarian	52
Non- Vegetarian	48
8. Chronic Illness	
Diabetes Mellitus	28
Hypertension	34
Asthma	16
Others	22
9. Hobbies	
Watching T.V	22
Gardening	26
Reading Newspaper	16
Listening Music	36

SECTION-B

Table 2:-Item wise analysis of elderly people towards wellbeing of physical factors regarding reminiscence therapy

Physical factor	Pre-test				Post-test			
	Yes	No	Yes	No	Yes	No	Yes	No
	Frequenc y	Percentag e	Frequenc y	Percentag e	Frequenc y	Percentag e	Frequenc y	Percentag e
Difficulty in toileting	27	54%	23	46%	24	48%	26	52%
Maintain personal hygiene properly	30	60%	20	40%	35	70%	15	30%
Problem while walking	25	50%	25	50%	18	36%	32	64%
Problem during taking food	29	58%	21	42%	28	56%	22	44%
Any surgery	19	38%	31	62%	19	38%	31	62%
Had a good	26	52%	24	48%	36	72%	14	28%

sleep at last night								
have a good appetite	27	54%	23	46%	28	56%	22	44%
Any past illness	27	54%	23	46%	29	58%	21	42%
Doing daily exercise	16	32%	34	68%	28	56%	22	44%
Had any joint pain earlier	28	56%	22	44%	33	66%	17	34%
Any vision problem	31	62%	19	38%	31	62%	19	38%

Item wise analysis in physical factor reveals that in pre-test highest 62% of elderly had positive response towards vision problem after 40yrs of age where as the lowest 32% of elderly persons responded for the item that they are doing daily exercise. In the post-

test highest 72% of elderly people had a positive response that they had good sleep at last night where as only 36% of them have responded of having problem while walking.

Table 3:- Item wise analysis of elderly people towards wellbeing of psychological factors regarding reminiscence therapy

Psychologic al Factor	Pre-test				Post-test			
	Yes		No		Yes		No	
	Frequenc y	Percenta ge						
Interested in gossiping	24	48%	26	52%	25	50%	25	50%
able to adjust in old age home environment	26	52%	24	48%	31	62%	19	38%
you play with your	22	44%	28	56%	22	44%	28	56%

friends								
you had stress	29	58%	21	42	25	50%	25	50%
enjoyed your life during adult age group	27	54%	23	46%	27	54%	23	46%
your life was going simply before coming here	18	36%	32	64%	26	52%	24	48%
family member supports you	21	42%	29	58%	21	42%	29	58%
know your date of birth	21	42%	29	58%	26	52%	24	48%
trust anyone in this old age home	32	64%	18	36%	37	74%	13	26%
ever tried to commit suicide	26	52%	24	48%	26	52%	24	48%
you came here with your own interest	24	48%	26	52%	24	48%	26	52%
facing any personal problem	27	54%	23	46%	24	48%	26	52%
concentrate while studying	28	56%	22	44%	28	56%	22	44%
you feel lonely	32	64%	18	36%	32	64%	18	36%
have control over your anger	21	42%	29	58%	28	56%	22	44%

Item wise analysis in psychological factor reveals that in pre-test highest 64% of sample responded to the item that they can trust anyone in this old age home and 74% in post- test in this item and also felt lonely after leaving home (64%) whereas the lowest 36% of elderly persons responded to the item that

they think life was going simple before coming to old age home. The item wise analysis in psychological factor reveals that in post-test the lowest 42% had response towards the item family members supports them emotionally.

Table 4:- Item wise analysis of elderly people towards wellbeing of social factors regarding reminiscence therapy

Social factors	Pre –test				Post-test			
	Yes		No		Yes		No	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%
comfortable with your friends	27	54%	23	46%	33	66%	17	34%
society gives you any bad remarks	25	50%	25	50%	24	48%	26	52%
feel neglected in your home	22	44%	28	56%	21	42%	29	58%
any closeness with your neighbourhood	25	50%	25	50%	27	54%	23	46%
having an important position in the society	22	44%	28	56%	29	58%	21	42%
want to isolate yourself from the society	26	52%	24	48%	24	48%	26	52%
you mix with the others	21	42%	29	58%	22	44%	28	56%
problem for money	21	42%	29	58%	24	48%	26	52%
feel guilty for your activity	29	58%	21	42%	30	60%	20	40%
feel annoyed of not able to attend social function	33	66%	17	34%	30	60%	20	40%
you feel your self esteem is lost	30	60%	20	40%	31	62%	19	38%
family members are showing refused behaviour	27	58%	23	46%	27	54%	23	46%
you feel decreased ability to fulfil demands of others	30	60%	20	40%	33	66%	17	34%
you feel upset while recoiling your past enjoyment	30	60%	20	40%	30	60%	20	40%

Item wise analysis in social factor reveals that in pre-test highest 66% of elderly responded that they feel annoyed of not attending social function. In post-test

highest 66% of sample responded for the item that they feel decreased ability to fulfill the demands of others.

Table 5:-Item wise analysis of elderly people towards wellbeing of spiritual factors regarding reminiscence therapy

Spiritual factors	Pre-test				Post-test			
	Yes		No		Yes		No	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%
you have faith in God	29	58%	21	42%	31	62%	19	38%
you think god gives you any punishment for your mistakes	29	58%	21	42%	29	58%	21	42%
did you visit any holy place	27	54%	23	46%	27	54%	23	46%
you think god doesn't listen your words	34	68%	16	32%	34	68%	16	32%
you are frightened of ghost	26	52%	24	48%	26	52%	24	48%

Item wise analysis in social factor reveals that in pre-test highest 68% of elderly persons think that god doesn't listen your word whereas the lowest 52% had positive response for the item they are frightened of ghost. In post-test 62% of elderly have faith in god?

the planned teaching programme was highly effective in wellbeing of elderly regarding reminiscence therapy.

CONCLUSION

In pre-test it was found that the elderly person was not able to recall some past memory but in post-test they were able to recall their past memory. It shows

NURSING IMPLICATION

- The finding will help to utilize for assessing the wellbeing further and to improve them.
- And can be utilized for conducting research study by using large sample.

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