ABSTRACT

THE INFLUENCE OF REMINISCENCE THERAPY TOWARD ANXIETY LEVEL ON ELDERLY PERSON

Pra-eksperimental Research in UPTD GriyaWerdha Surabaya

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The amount of anxiety was increased in elderly person. The anxiety was caused by several factors, there were elderly internal factors and the environment. Anxiety had a negative impact on elderly’s life. One of the non-pharmacological therapy that can be used to treat anxiety was reminiscence therapy. Reminiscence therapy was a treatment that memorize the beautiful past experience. This research was aimed to determine the effect of reminiscence therapy to reduce elderly’s anxiety level.

This research used Pre-Experimental One Group Pre-Post Test design. The population of this research was 20 elderly who experience anxiety. This research used total sampling technique. The number of respondent in this study was 20 respondents. The independent variable in this research was reminiscence therapy and the dependent variable was the level of anxiety. Data were collected using ZSAS questionnaires which consisted of 20 questions. The anxiety levels were analyzed by using wilcoxon signed rank test, with level of significance α<0.05.

The results showed that the reminiscence terapy influenced the anxiety level with significant level of p=0.000. This reminiscence therapy could reduce the anxiety level of elderly. This therapy was recommended as one of the options that can be used modality therapy in elderly who experience anxiety.

Keywords: Elderly, Anxiety level, Reminiscence therapy