

ABSTRACT

THE EFFECT OF REMINISCENCE GROUP STRATEGIES ON THE REDUCTION OF THE LEVEL OF DEPRESSION IN ELDERLY

A Pre-Experimental Study
at
HARGO DEDALI Folk's Home, Surabaya
by
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Aging process is a natural phenomenon occurring in each individual. Most of aged individuals or elderly have difficulties in their effort to cope with the process. Losing of job, partner, and loneliness, will cause depression in the elderly. If this is not overcome immediately, their level of depression will be higher. The objective of this study was to investigate the effect of reminiscence group strategies treated at Hargo Dedali Folk's Home, Surabaya.

This study used pre-experimental design, population was all elderly with certain level of depression at Hargo Dedali Folk's Home Surabaya, in June 2006. Sample comprised 10 individuals who met the inclusion criteria. The independent variable in this study was reminiscence therapy. The dependent variables were depression. Data were collected by using Geriatric Depression Scale and then analyzed using Wilcoxon statistical test with significance level of $p \leq 0.05$.

Results revealed the presence of influence in treatment group. The level of elderly depression was decreased significantly, with significance level $p=0.005$. Elderly depression indicators such as activity was decreased, with significance level $p = 0,007$, depressed feeling was decreased with significance level $p = 0,005$ and spirit and hope level was increased with significance level $p = 0,003$. It was found that reminiscence therapy is effective in affecting the reduction of the level of depression in elderly.

It can be concluded that reminiscence therapy is effective for helping depressive elderly to cope with their problem. It should be recommended for the caregiver and the family to hold the reminiscence therapy to overcome the depression problem in the elderly, make them feel worthy as a human being and to fulfill their need to be care, to be heard and leave their legacy for the younger generation. Further study with the more number of samples is needed.

Keywords: *elderly, depression, reminiscence therapy*

