

## SUMMARY

### **Laughter Therapy Effectiveness to Reduce Depression Level in Elderly at St. Yosef Senior House Surabaya and Bhakti Luhur Senior House Sidoarjo**

Aging was a natural process when an elderly experiences physical, cognitive, psychological, and spiritual changes. Various changes affect health status, either physical and psychical, including change or disorder in mental health of the elderly, such as mood disorders or depression. Depression was a disorder characterized by feelings of moodiness, excessive sadness, feeling empty, hopeless and dispirited. World Health Organization (WHO) states that depression ranks fourth of the diseases in the world. Approximately 20% of women and 12% of men from age 60 years are suffering from depression. Of this amount, 10 to 15% occur in elderly living at home, and that number increased dramatically from 50% to 75% in elderly who are in institutions. One treatment for depression is to provide laughter therapy. Laughter therapy was a therapy method using laughter done in groups in order to help individuals reducing problem, either in the form of physical disorders and mental disorders. The use of laughter therapy was increase endorphins or hormones of happiness that gives the feeling of relieved and positive emotions in individuals. This was because laughter naturally produces pain relief and reduce depression.

The purpose of this study was to determine the effectiveness of laughter therapy to lower the rate of depression in elderly in St. Yosef Senior House and Bhakti Luhur Senior House Sidoarjo. This study was a quasi experimental study using non-randomized control pretest posttest design. Samples were 35 individuals who were divided into treatment groups comprising 19 individuals and control group of 16 individuals. Elderly at St. Yosef Senior House served as the treatment group and those in Bhakti Luhur Senior House served as control group. The treatment group was provided with laughter therapy as many as 12 times, which was done three times a week in the morning for 30 minutes. Changes that occurred during the therapy were recorded observation sheet in a log book. Both groups were subjected to depression assessment before and after laughter therapy using standard instruments Geriatric Depression Scale/GDS.

Analysis of pretest depression scores in treatment group, which was not normally distributed, used Mann Whitney test with  $p = 0.758$ . This shows there was no significant difference in depression pretest scores between treatment and control groups. Posttest depression scores in treatment group was not normally distributed, which, using the Mann Whitney test, the  $p$  value was 0.000, showing significant difference in post-test depression scores between treatment and control groups. Change (difference) of pretest and posttest depression score in treatment groups was not normally distributed, so Wilcoxon Signed Ranks Test was used with  $p$  value = 0.000. This shows that there was significant difference in pretest and posttest depression scores. Control group showed significance value of 0.458, meaning there was no significant difference in pretest and post-test depression scores. Changes in depression scores both in treatment and control groups were

not normally distributed, mean value in treatment group was 5.95 and mean in control group was -0.50, and the Mann Whitney test results demonstrated p value of 0.000. This means that there was significant difference depression scores change between treatment and control groups.

In conclusion, laughter therapy is effective in reducing level of depression in elderly at St. Yosef Senior House Surabaya and Bhakti Luhur Senior House Sidoarjo. Thus, laughter therapy is recommended as one of non-pharmacological therapies to reduce depression.



**ABSTRACT****Laughter Therapy Effectiveness to Reduce Depression Level in Elderly at St. Yosef Senior House Surabaya and Bhakti Luhur Senior House Sidoarjo**

Aging was a natural process in which elderly experience physical, cognitive, psychological, and spiritual changes. Psychic changes in elderly include mood disorders or depression. One treatment for depression was to provide laughter therapy. Laughter therapy was a therapy method of using laughter done in groups in order to help individuals reducing problems either in the form of physical and mental disorders. The use of laughter therapy was increase endorphins or hormones of happiness, which gives the feeling of relieve and positive emotions in individuals. This was because laughter naturally produces pain relief and reduce depression. This study was to determine the effectiveness of laughter therapy on the level of depression in the elderly. This was a quasi experimental study in elderly at St. Yosef Senior House and Bhakti Luhur Senior House Sidoarjo using non randomized control pretest posttest design. Samples who met inclusion criteria consisted of 35 individuals, divided into treatment groups of 19 individuas and control group 16 individuals. Elderly at St. Yosef Senior House served as treatment group and elderly at Bhakti Luhur Senior House served as control group. Both groups performed measurements of depression at the same time before and after laughter therapy using standard instruments of Geriatric Depression Scale (GDS). Changes in depression scores both in treatment and control groups were not normally distributed. It was tested with Mann Whitney test with  $p = 0.000$ , showing significant difference in depression scores changes between treatment and control groups. Thus, laughter therapy is effective in lowering the level of depression in elderly at St. Yosef Senior House Surabaya and Bhakti Luhur Senior House Sidoarjo.

**Keywords:** elderly, depression and laughter therapy