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Reminiscence Therapy through Kidung Bali for Depression of older people living in Urban area

Sukardin¹, Hadi Suryatno², Ni Wayan Dewi Parwati³, Ni Made Sumartyawati⁴

^{1,2,3,4} STIKES Mataram, Family and Community Nursing Departement Indonesia. Jln. Swakarsa III No. 10-13 Gerisak, Mataram,
Email correspondent: kardinsakti@yahoo.co.id



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Abstract

Introduction: Aging process impacted the existence of health-related problems. Depression is one of the most common health problems that occurred in older people. Effects experienced by elderly depression is an increased risk of getting various diseases. So that we need therapy as an alternative treatment for depression in the elderly.

Objectives: This study aimed to determine the effect of Reminiscence therapy through Kidung Bali on the changes in depression in the elderly in Urban area.

Methods: This research was a quasi-experimental study performed on 33 Elderly in Mataram. Participants were randomly selected. The Geriatric Depression Scale (GDS) questionnaire was used to collect data related to Elderly Depression. Reminiscence therapy was conducted over five days, the duration of treatment approximately 30-40 minutes each meeting. Data were analyzed using Pearson and Spearman correlation and Wilcoxon-test in SPSS 24.

Results: This study illustrated that there was a change in the Geriatric Depression Scale score. Before giving the reminiscence therapy, a mean value was 5.67, and after being given the reminiscence therapy, the mean Value changed to 3.15. Statistical test results showed the p-value $< \alpha$ ($0.000 < 0.05$).

Conclusion: It can be concluded that There was an effect of Reminiscence therapy through Kidung Bali to elderly depression in Urban area. Reminiscence therapy through Kidung Bali is an alternative option in reducing depression in the elderly.

Keywords: reminiscence therapy, kidung bali, elderly, depression.

Introduction

Globally, the elderly population in 2005 was 7.4% and it is projected to increase to 16.1% by 2050.¹ According to World Health Organization (WHO), the elderly population in Southeast Asia is 8% or around 142 million people.² Meanwhile, Indonesia ranks 71 out of 96 countries. The number of older people in Indonesia has grown from year to year, reaching 20.24 million people, equivalent to 8.03% of the total population of Indonesia in 2014.³ In West Nusa Tenggara, the number of older people is 398,122 people. Then, in Mataram city, the elderly in 2018 reached 31,546 people.⁴

As they age and toward retirement, older people can experience loss of physiological, social functions and involvement. The disadvantages vary, and not all older people need care or support, nor are they always dependent. However, in some cases, loss of such functions and abilities can make the elderly emotionally and physically vulnerable. Family participation is needed to maintain and improve health, both promotive and preventive to maintain and improve the quality of life of the elderly. A huge family spend their time working so that the elderly get less care at home. At the same time, it is known that the elderly are individuals who need attention in terms of living procedures, income, physical and mental health.⁵ Psychological changes that occur in the elderly include feelings of uselessness, sadness, and depression.^{6,7}

Depression is the third largest psychosocial disorder which is estimated to occur in 5% of the world's population.² Depression occurs in the elderly because of changes in the ageing process and the problems that arise as a result of these changes.⁸ Management of depression in the elderly can be done with reminiscence therapy.⁹ Reminiscence therapy is an act or process of remembering a good or pleasant past. And also, Reminiscence therapy is a psychological intervention that is specifically designed to address issues of particular relevance to older people, such as depression. This therapy aims to increase self-esteem, help individuals achieve self-awareness, understand themselves, adapt to stress, and see themselves in historical and cultural contexts.⁹ Several studies have shown that reminiscence therapy was successful in improving depressive symptoms in the elderly. This finding was in line with the results of several previous studies.¹⁰⁻¹⁵ Reminiscence therapy has been shown to benefit older people because it reduces depression and negative feelings. It also enhances self-integration.

Kidung in the Indonesian Dictionary means religious song. Kidung is usually sung during traditional and religious ceremonies, where the meaning and content of the song is the worship of God. Some types of Kidung that are very popular among Balinese people include the Manusa Yadnya Kidung, the Pitra Yadnya Kidung, the Dewa Yadnya Kidung.¹⁶ One of the songs that can never be separated from the life of the Balinese people is the Kidung Dewa Yadnya like Kidung Warga Sari. This song is usually sung when there is an activity of worshipping Dewa Yadnya in the community. When singing or listening to hymns with full appreciation or solemnity, the meaning of the song can calm each listener. Song of the soft rhythmic time to listen will bring feelings toward sobriety.¹⁷ Some of the benefits of Balinese Kidung therapy include peace of mind, reduced anxiety, worry and anxiety, reduced blood pressure, deep sleep, better mental health, increased thinking logical, increased creativity and increased confidence.¹⁸ Hence, this review is helpful to identify the effect of reminiscence therapy through Kidung Bali on the Depression of elderly in Mataram City.

Methods

This research was a quasi-experimental study: one group pretest-posttest design. It was performed on 33 Elderly in Mataram City. Participants were randomly selected. The Geriatric Depression Scale (GDS) questionnaire was used to collect data related to Elderly Depression. Reminiscence therapy was conducted over five days, the duration of treatment approximately 30-40 minutes each meeting. Data were analyzed using Wilcoxon-test in SPSS 24.

Before being given Reminiscence Therapy, the researcher measured the level of depression of the older people using the Geriatric Depression Scale (GDS), which contains 15 questions. In every question, there are positive questions and negative questions. for negative questions given a score of 1 in the answer "No" (question numbers: 1,5,7,11,13), and positive questions gave a score of 1 in the answer "Yes" (question numbers: 2,3,4,6,8, 9,10,12,14,15). The score was the value obtained with the result criteria: score 0-4 Normal category, score 5-8 mild depression, score 9-11 moderate depression, and score 12-15 severe depression.

Initially, 38 elderly people participated in this study. A total of 5 participants missed therapy and were considered dropouts, so the number of respondents in this study was 33 elderly. The general reasons for the elderly not taking part in the study were due to the inability to comply with the therapy schedule and personal health problems. After giving Reminiscence therapy three times, researchers re-measured the depression level in the elderly. Data were analyzed using Pearson and Spearman correlation and Wilcoxon-test in SPSS 24. In this study, respondents were reminded that completing a survey indicates an agreement to participate in the research. Confidentiality and anonymity were maintained throughout the study.

Results

Table 1. Characteristics of Respondents

No	Variable	Total (n = 33)	%
1.	Age		
	60 - 74	21	63.6
	>75	12	36.4
2.	Gender		
	Male	12	42.4
	Female	19	57.6
3.	Educational Level		
	Illiterate	2	6.1
	Elementary School	20	60.6
	Junior High School	3	9.1
	Senior High School	8	24.2

Based on the table, it is clear that the most of respondents were 60 – 74 years old (63.6%) and >75 years old accounted for 36.4%. Furthermore, according to gender, the majority of respondents were female (57.6%). And based on the level of education, the majority of respondent in the study were elementary school (60.6%).

Table 2. Frequency distribution of depression in the elderly before and after being given Reminiscence Therapy through Kidung Bali.

No	Level of depression	Pre-Test (n=33)		Post-Test (n=33)	
		n	%	n	%
1	Normal			25	75.8
2	Mild Depression	28	84.4	8	24.2
3	Moderate Depression	5	15.2		
4	Severe Depression				
	Total	33	100	33	100

Based on table 2 before giving major therapy, the elderly mild depression was 28 respondents (84.8%), while, in moderate depression was 5 respondents (15.2%). Then, after giving Reminiscence therapy through Kidung Bali, most of the elderly had a change in the level of depression in normal was 25 respondents (75.8%), and mild depression was 8 respondents (24.2%).

Table 3. Analysis of depression level before and after Reminiscence Therapy through Kidung Bali using Wilcoxon statistical test

Depression	Mean	SD	P-Value
Pre-Test	5.67	2:52	0.000
Post--Test	3:15		

Based on table 3, This study illustrated that there was a change in the Geriatric Depression Scale score. Before giving the reminiscence therapy, the mean value was 5.67, and after giving the reminiscence therapy, the mean value changed to 3.15. Statistical test results showed the p-value $< \alpha$ (0.000 < 0.05). this value indicates that there was an effect of Reminiscence Therapy through Kidung Bali on reducing depression in the elderly in Mataram City.

Discussion

Depression in the elderly before giving Reminiscence therapy through Kidung Bali

Before being given Reminiscence therapy, most of the elderly experienced mild depression (84.8%), while the elderly who experienced moderate depression were 5 respondents (15.2%). It was because the elderly who have mild depression feel they have left their interest or pleasure. They were

afraid that something terrible would happen to them. The elderly often feel bored, and also think that other people were better than them. According to Videback (2008), depression is part of a mood disorder.⁸ Depression occurs in the elderly because of changes in the ageing process and the problems that arise from these changes. It is in line with research conducted by Bharaty (2011), which has conducted research related to providing reminiscence therapy to older people with depression. The results showed the significance of reminiscence therapy in depressed older people than in non-depressed older people.¹⁹

The Depression level in the elderly after is giving reminiscence therapy through Kidung Bali in Mataram City

The results showed that there were changes in depression in the elderly after being given Reminiscence Therapy through Kidung Bali. After giving Reminiscence therapy through Kidung Bali, most of the elderly had a change in the level of depression in ordinary was 25 respondents (75.8%), and mild depression was 8 respondents (24.2%). Physical loss factors also increase susceptibility to depression with reduced willingness to care for oneself and loss of independence. According to Meiner and Leuckenotte (2006), reminiscence therapy is a therapy that is applied to the elderly through a process of motivation and discussion about past experienced and efforts to resolve problems at that time.²⁰ Similar research was also conducted by Jones (Lestari, 2016) regarding the effectiveness of reminiscence therapy in elderly depressed women living in unique places in Florida. The results showed that reminiscence therapy was an effective therapeutic measure to reduce depression in older women.²¹

Analysis of the Effect of Reminiscence Therapy through Kidung Bali on Elderly Depression in Mataram City

The results of Table 3 show that there was an effect of Reminiscence therapy through Kidung Bali on changes in elderly depression in the city of Mataram. It was evidenced by the results of the Wilcoxon Signed Rank Test statistical test found that $p\text{-value} < \alpha$ ($0.000 < 0.05$), then H_a was accepted and H_0 was rejected. That means, there was a significant effect of giving Reminiscence Therapy through Kidung Bali on reducing elderly depression in Mataram city. The results of this study were in line with,^{10-12, 22} stated that Reminiscence Therapy through Kidung Bali provides a comprehensive relaxation effect, including a relaxed physiological state, cognitively with an approach to fulfilling behaviour human and behavioural by acting on the organism's system of both internal and external stimuli.¹⁷ According to Crow (1996), said that music produces a healing effect because it can calm the excessive activity of the left brain. The sound sends signals to the cortex, which automatically blocks out inputs from other senses such as sight, touch and smell. If the sensory input decreases, then the noise of the brain's work (for example, internal speech, analysis, and decisions) will subside, so that individuals can rest and relax, then giving this therapy gives changes to depression experienced by the elderly.²³

According to Chen, Li, (2012), Reminiscence therapy is an essential non-pharmaceutical intervention that is associated with an increase in effect and can help quickly reduce emotions and behaviours related to depression and symptoms of apathy. Reminiscence therapy aims to increase self-esteem, help individuals achieve self-awareness, understand themselves, adapt to stress, increase life satisfaction and see themselves in historical and cultural contexts.¹⁵ Stinson also reported that reminiscence therapy increased adaptation to the present time, quality of life, and satisfaction because this intervention is based on remembering events experienced in the past.^{24,25} Through reminiscence therapy, participants have the opportunity to share their emotions, which in turn brings them peace. The understanding that everyone has lived a meaningful life filled with happiness, sadness, and satisfaction makes participants feel satisfied and proud of themselves. During the keepsake and interactive feedback, participants experience a process of self-improvement; this improves their psychological well-being. These results support the finding that reminiscence therapy can be a defence mechanism for the elderly because it can strengthen the ego and reduce dissonance. By using reminiscence therapy as a form of group interaction, elderly individuals can improve their psychological well-being and that of others.

Conclusion

The results of our study indicate that reminiscence therapy through Kidung Bali has significantly decrease depression in the elderly. Further research, we suggest increasing sample size to magnify the effects, thereby more easily validating the effect of therapy.

Conflict of Interest Declaration

The author has no conflict of interest to declare.

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