

# Effect of Individual Reminiscence Therapy on Self Esteem Among Institutionalized Senior Citizens in A Selected Old Age Home

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## ABSTRACT

**Aim:** To determine the effectiveness of individual reminiscence therapy on self-esteem among institutionalized senior citizens.

**Design:** Quasi experimental Methods: The sample consisted of 60 institutionalized senior citizens fulfilling the inclusive criteria were selected by means of Purposive sampling technique is assigned in to two groups. The interventional group received seven one hour weekly individual reminiscence therapy session and the control group received only the routine care. Pre and post intervention assessment have done using Rosenberg self-esteem scale. Chi square, Paired t test and unpaired t test was used for data analysis.

**Results:** The study findings showed that the individual reminiscence therapy was effective in improving the self esteem of senior citizens ( $t=16.039, df=29, P<0.001$ ). **Conclusion:** Individual reminiscence therapy is effective in enhancing the self-esteem among institutionalized senior citizens. The study gives evidence to support that individual RT is an effective intervention for elderly hence add to the body of knowledge of gerontological nursing and enhance professionalism.

**Keywords:** Self-esteem, Senior citizens, Individual Reminiscence therapy.

## INTRODUCTION

In India, Population above 60 yrs is increasing steadily and touched 13.8 crore in 2021. In Tamil Nadu 13.6 % were elders. Aging is a natural Process in life, Universal experience, time related deterioration of the physiological functions brings difficult milestones and may bring observed decline in self esteem, which are the most famous indicators of sound mind among senior citizens. Self esteem is the positivity of a person's global evaluation of the self. Low self-esteem is an etiological factor in much psychiatric illness as well as in suicidal individuals. The number of elderly living in residential homes is expected to increase rapidly in parallel with the aging of the population. The concept of institutionalization of the elderly act as a root cause of psychological disturbance. As health care is becoming expensive it is a must to find out such non pharmacological, low cost and effective intervention which can make use of their leisure time to enhance the self esteem of the individual and reminiscence will be such type of therapy. Reminiscence uses five senses sight, hearing, taste, smell and touch to reconnect to past events and reaffirm their feelings of being important by reflecting on their accomplishments and give a sense of fulfillment and comfort as they look back at their lives. Reminiscence therapy is recommended by the British psychological society and proved to be effective in improving self esteem among elderly

## STATEMENT OF THE PROBLEM

Effect of individual reminiscence therapy on self esteem among institutionalized senior citizens in a selected old age home at Kanyakumari district.

## AIM OF THE STUDY

The aim of the study is to evaluate the effect of individual reminiscence therapy on self-esteem among institutionalized senior citizens.

## OBJECTIVES OF THE STUDY

1. To determine the level of self-esteem among institutionalized senior citizens before and after giving individual reminiscence therapy
2. To determine the effect of individual reminiscence therapy on self-esteem level among institutionalized senior citizens.
3. To determine the association of self-esteem with the selected demographic variables

## HYPOTHESIS

There is a significant difference in self-esteem level between experimental and control group.

## Methods and Materials

The proposed study was conducted in the Bishop Agniswamy home for aged, Kanyakumari. A purposive sample who meets the inclusion criteria was selected composed of 60 senior citizens agreed to participate in the study. Participants were randomly assigned to two groups 30 in the interventional group and 30 in the control group. Rosenbergh self esteem scale (1965) was used to evaluate self esteem.

A week before individual reminiscence therapy, all senior citizens in the interventional and control group individually took the pre test. The researcher read out and explained each item of data collection tool to the senior citizens and recorded their responses. Individual reminiscence therapy was explained to the interventional group. It consists of seven sessions. Each session lasts for 45 minutes and had three phases i. introductory ii. Working iii. Concluding. The seven session were focused on memories related to 1. Family of origin 2. Educational life 3. Occupational life 4. Procreation 5. Social life 6. Personal life and achievements 7. Evaluation of therapy

Sessions started with a brief introduction lasted for about 5 to 10 minutes includes greeting the senior citiuzen, providing comfortable position, enquiring general condition and introducing new theme and giving a brief description of last session. Stimulus was used to inspire and renew memories followed by retriving and sharing according to the theme and concludes the session by clarifying doubts, restating main theme and memories of session, sharing experiences about session by the researcher and senior citizens and plan for the next session. The senior citizens in the control group received no intervention and only the routine program of the institution was used. The week after the end of the seven week individual Reminiscence therapy sessions, senior citizens took the post test individually. At the end, control group also received individual reminiscence therapy.

## DATA ANALYSIS AND INTERPRETATION

Sample of 60 senior citizens were selected for the study. 30 in the interventional group and 30 in the control group. Based on the demographic variables majority of them 24(80%) in the age group between

70-79 Years in interventional group, similarly 18(60%) belongs to the age group of 70-79 Years, Regarding the previous occupation 15(50%) were unemployed in interventional group same 21(70%) were unemployed in control group. Regard to the number of children most of them 14(46.7%) had 3 or more children in interventional group, same as in control group 16(53.3%) had 3 or more children, the data regard to the source of income 13(43.3%) receive money from their children in interventional group and in control group 12(40%) receive money from their children



**Fig: 1 Frequency and Percentage of samples according to previous occupation in interventional group**

**Table: 1 matching of the study groups**

SL No	variable	Interventional			Control			t	df	Significance
		n	Mean	S D	n	Mean	S D			
1.	Age	30	73.96	3.96	30	72.4	5.008	1.280	58	P>0.05
2.	No of Children	30	2.3	2.1	30	2.6	2.1	0.676	58	P>0.05
3.	Duration of stay	30	8.5	3.5	30	7.7	3.7	0.611	58	P>0.05

The table 1 shows that the mean age of interventional and control groups were  $73.96 \pm 3.96$  and  $72.4 \pm 5.008$  respectively. The observed difference between the mean ages were not statistically significant  $P > 0.05$ . The mean number of living children of both groups were  $2.3 \pm 2.1$  and  $2.6 \pm 2.1$ . The duration of stay of both groups were  $8.5 \pm 3.5$  and  $7.7 \pm 3.7$ . The main crucial factors of age, number of children and duration of stay had shown not significantly significant differential statistics. Hence both groups were comparable.

**Table: 2 Determination of self-esteem of senior citizens before intervention**

Sl No	Group	n	Mean	S D	Estimation of population mean at 95% CI
1.	Interventional	30	11.1	1.3	10.6 to 11.5
2.	Control	30	14.4	1.2	13.9 to 14.8

The table 2 shows the pretest self-esteem of interventional group as  $11.1 \pm 1.3$  and control group as  $14.4 \pm 1.2$ . The above interventional group population mean would be in between 10.6 to 11.5 at 95%

confidence interval. Similarly the control group population mean self-esteem would lie in the range of 13.9 to 14.8 at 95% confidence interval.

**Table: 3 Self-esteem of the interventional group after intervention and control group without intervention**

Sl No	Group	n	Mean	S D	Estimation of population mean at 95% CI
1.	Interventional	30	18.2	3.0	17.1 to 19.3
2.	Control	30	14.5	1.1	14.1 to 14.9

The table 3 shows the level of self-esteem of the interventional group after intervention as  $18.2 \pm 3.0$  and the same of control group at the same time without intervention was  $14.5 \pm 1.1$  The estimated population means of the both group would be the range of 17.1 to 19.3 and 14.1 to 14.9 respectively.

**Table: 4 Comparison of self-esteem before and after individual reminiscence of interventional and control group**

Sl No	Variable	N	Before		After		Mean difference		Paired t	df	Significance
			Mean	SD	Mean	SD	Mean	SD			
1	Experimental	30	11.1	1.3	18.2	3.0	7.2	2.5	16.07	29	P<.001
2	Control	30	14.4	1.2	14.5	1.1	0.1	1.4	0.392	29	P>0.05

The table shows that the individual reminiscence therapy was considerably improved the self-esteem of the interventional group from  $11.1 \pm 1.3$  to  $18.2 \pm 3.0$ . The improved self-esteem among the interventional group was statistically highly significant. Whereas there was no significant improvement had been made among the control group. The self-esteem of control group was increased from  $14.4 \pm 1.1$  respectively.

**Table: 5 Association between demographic characteristics with pretest score of interventional subjects**

Sl No	Demographic variables	Association with pretest interventional group			Association with pretest control group		
		$\chi^2$	df	Significance	$\chi^2$	df	Significance
1	Age	4.6029	2	P>0.05	2.4	2	P>0.05
2	Sex	3.214	1	P>0.05	0.8322	1	P>0.05
3	Education	2.5713	1	P>0.05	2.4	1	P>0.05
4	Past Occupation	6.0363	4	P>0.05	3.7142	4	P>0.05
5	Marital status	0.00886	1	P>0.05	2.143	1	P>0.05
6	Number of Children	4.3644	6	P>0.05	3.367	6	P>0.05
7	Duration of stay	2.7271	2	P>0.05	1.1666	2	P>0.05
8	Source of income	1.2857	3	P>0.05	5.0906	3	P>0.05

The inferential statistics which are furnished in the table shows the association between the demographic characteristics of interventional and control group with their respective pretest self-esteem scores. All the

demographic variables of both groups were not statistically significantly associated with their pretest self-esteem score  $P > 0.05$

## DISCUSSION

Based on the objectives and hypothesis the collected data were analysed and interpreted by using both descriptive and inferential data.

First objective is to determine the level of self-esteem among institutionalized senior citizens before and after giving individual reminiscence therapy. Showed that pretest self-esteem of interventional group as  $11.1 \pm 1.3$  and control group as  $14.4 \pm 1.2$ . The above interventional group population mean would be in between 10.6 to 11.5 at 95% confidence interval. And in post test pretest self-esteem of interventional group as  $11.1 \pm 1.3$  and control group as  $14.4 \pm 1.2$ . The above interventional group population mean would be in between 10.6 to 11.5 at 95% confidence interval.

Second objective shows the level of self-esteem of the interventional group after intervention as  $18.2 \pm 3.0$  and the same of control group at the same time without intervention was  $14.5 \pm 1.1$  the estimated population means of the both group would be the range of 17.1 to 19.3 and 14.1 to 14.9 respectively.

## Conclusion

The Study findings revealed that the individual reminiscence therapy was effective in improving the self-esteem of senior citizens ( $t=16.039, df=29, P<0.001$ ). There is no significant association between level of self-esteem and demographic variables like age, sex, education, past occupation, marital status, number of children, duration of stay, source of income.

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