

# Impact of reminiscence therapy on quality of life among elderly in selected tertiary care hospital, Belagavi

Ms. Krutika Utkarsh Desai<sup>1</sup>, Dr. Manjunath Sogalad<sup>2</sup>

<sup>1</sup>Nursing Tutor, Sai Nursing Institute, Sankhali, Goa

<sup>2</sup>Associate Professor, Nursing, KLE Institute of Nursing Sciences, Belgavi

## Introduction:

Quality of life plays very important role among various scientific disciplines. Satisfying one's own need, valuing and prioritizing one's self are some factors which are directly influencing quality of life. In the period of whole life, elderly is the stage where the person can experience deteriorating in his quality of life. According to 2011 census 7.6% of total population are elderly and it is expected to raise up to 9.87% by 2021. Variety of therapies are used in improving quality of life on the individual. So, the investigator felt the need for assessing "Impact of reminiscence therapy on quality of life among elderly admitted in selected tertiary care hospital."

## Objectives of the study:

1. To assess the quality of life among elderly.
2. To determine the effectiveness of reminiscence therapy by comparing pre and posttest.
3. To find out the association between quality of life among elderly with selected demographic variables.

## Method:

General systems theory is used as conceptual framework which was created by Ludwig von Bertalanffy (1968). The pre and post-test research design with evaluative approach was used for the study. The study was conducted on 60 elderly samples using standardized tool for quality of life. The result of the study reveals according to comparison made from pre-test and post-test levels of quality of life of elderly admitted in selected tertiary care hospital. Among 60 samples of in the pre-test 9(15%) had poor QOL, 47(8.33%) had average QOL, 4(6.67%) had good QOL. The scores has been slowly increased in the post-test 0 had poor QOL, 8 (13%) had average QOL, 52 (86.67%) had good QOL. The level of significance P-value is 0.0001

## Conclusion:

The findings of the concluded that reminiscence therapy is helpful in improving quality of life among elderly. There was no association between quality of life among elderly and selected demographic variables.

**Keywords:** Quality of life, Reminiscence therapy, Elderly, BREF scale.