EFFECTIVENESS OF REMINISCENCE THERAPY AMONG OLD AGE PEOPLE
Mr. M. Dineshkumar
"Let's add live to their years."

INTRODUCTION

The complete life, the perfect pattern, include old age as well as youth and maturity. The beauty of the morning and the radiance of noon are good, but it would be a very silly person who drew the curtains and turned on the light in order to shut out the tranquillity of the evening. Old age has its pleasure, which though different, is not less than the pleasure of youth.

A man's age is something impressive, it sums up life: maturity reached slowly against many obstacles, illnesses cured, grief's and despairs overcome, and unconscious risks taken; maturity formed through so many desires, hopes, regrets, forgotten things, loves. A man's represents a fine cargo experiences and memories.

Old age is viewed as a stage, in the life span of an individual and also as a segment of a population in society. The public considers 50yrs and above as old age where as substantial proportion of persons who are in their 60's do not look upon themselves as old. Psychologists consider age 60 as the demarcating line between middle and old age, whereas socialists often set the boundary of old age at 50 years.

STATEMENT OF THE PROBLEM

"An Experimental study to evaluate the effectiveness of reminiscence therapy on depression among the old people in cluny hospice convent old age home at laporte street puducherry"

OBJECTIVE OF THE STUDY:

✓ To assess the level of depression among old age people in selected old age home
✓ To evaluate the effectiveness of reminiscence therapy on depression among old age people.
✓ To associate the level of depression with selected demographic variables.

OPERATIONAL DEFINITION:

1) **Effectiveness:** Determining the extent to which the guided Imagery has achieved the desired effect in reducing Depression.
2) **Depression:** It is a mental state characterized by excessive sadness, activity is also slow and retarded, and behaviour is pessimistic despairing beliefs, disturbed sleep and appetite
3) **Reminiscence:** It refers to the thinking about or relating of past experience, it is used as a nursing intervention to enhance life .In this study reflection on elderly issues related to the events in childhood, work, marriage, social accomplishment and most memorable 10moments were done. Each day one area was focused using the probe specified in the reminiscence therapy guide for elderly
4) **Reminiscence therapy:** Reminiscence therapy is defined as conditional processes in which the practitioner ask the subject to

*Lecturer, Indrani College of Nursing, SVMC, Pondicherry. sutharam@gmail.com

reconstruct their life story examine both positive and negative experience, by using music and photographs or images to elicit a positive response.

5) **Old age home:** An old age home refers to structured building where in persons aged 60 years and above stay on payment.

PROJECTED OUTCOMES:

* The reminiscence therapy technique can be benefited as a method in reducing the depressive symptoms and it helps to reduce the level of depression among old age people.

* The study will enable to develop optimism in depressive patients

* The findings of the study of effectiveness of reminiscence therapy will help to implement in the educational plan for mental health

* The findings the study will help the nurse to plan appropriate measure for reducing the depression.

* The study will help to reduce the use of psychopharmacological management

* The findings of the study will help the nurse to understand the importance of reminiscence therapy in reducing the depression among old age people.

HYPOTHESES:

H0: There is no significant difference between level of depression among old age people before and after reminiscence therapy.

HO2: There is no significant association between levels of depression with selected demographic variables.

DELIMITATION:-

The study was limited to.

➢ Old age people in the selected old age home only.

➢ Reminiscence related to activities like childhood days, work, marriage, social accomplishment, most memorable moment only.

➢ Samples selected random method.

RESEARCH METHODOLOGY:
Research approach:

The research design selected for the study was one group pretest posttest design (O_1 – X - O_2). In this design the investigator introduces base measures before and after treatment. This design is widely used in educational research.

In this present study the base measure was level of depression among old age people and the treatment was a reminiscence therapy to reduce the level of depression.

The design adopted for the present study can be represented as

O_1 = assessment of level of depression before reminiscence therapy.

X= administration of reminiscence therapy.

O_2 = assessment of level of depression after reminiscence therapy

Research design: Quasi experimental research design

Independent variables

In the present study the independent variable is reminiscence therapy used for to reduce the level of depression.

Dependent variables

Level of depression among old age people who are admitted in hospice convent old age home at Puducherry.

Sample size:

30 samples were taken who satisfied the inclusion criteria.

Sampling technique:

Simple random sampling technique (lottery method) was applied for this study

CRITERIA FOR SELECTION OF SAMPLING

Inclusion criteria:

➢ Old age people above 65 years of age.
➢ Includes both male and female old age people

Exclusion criteria:

➢ Those who are all having severe physical and co morbid mental illness

DATA COLLECTION INSTRUMENTS

It consists of section-A and Section-B

Section A

Deals with demographic variables which includes Sex, Age, Educational Qualification, religion, previous occupation, pension, marital status, areas of residence, Duration of stay in old age home

Section B

Deals with assessment the level of depression among old age people using Geriatric depression scale, The Geriatric

Depression scale, first developed by J.A Yesavage in 1982, the scale consist of 30 questions are answered "yes" or "no", this simplicity enables the scale to be used with ill or moderately cognitively impaired individuals. The scale is commonly used as a routine part of a comprehensive geriatric assessment. One point is assigned to each answer and the cumulative score is rated on a scoring grid. A diagnosis of clinical depression should not be based on Geriatric Depression Scale results alone. Although the test has well-established reliability and validity evaluated against other diagnostic criteria, responses should be considered along with results from a comprehensive diagnostic work-up.

SCORING TECHNIQUE:

Based on the score of Geriatric depression scale, the patients are categorized in to the following types the grid sets a range of 0-9 as "normal", 10-19 as "mildly depressed", and 20-30 as "severely depressed".

➢ 0-9 indicates normal
➢ 10-19 indicates mildly depressed
➢ 20-30 indicates severely depressed

Data collection process Reminiscence intervention

Reminiscence is an independent nursing therapy used by variety of health and social care professionals, involving re-collection of previous events and feelings which aim to facilitate pleasure, quality of life or adaptation of new circumstances through the process of reminiscence therapy. The reminiscence intervention consists of issues related to childhood days; work, marriage, social accomplishment, and most memorable

moments. Pre-test on level of depression is done by geriatric depression scale. The clients were encouraged to reminiscence on the specific areas listed in the reminiscence guides. Discussion on specific issues was with the people, five sessions on 5 issues will be conducted separately for each person as specified in the reminiscence guide. Each day one issue was reminisced by the old age people.

SESSIONS	SECTIONS
I	Childhood days
II	Work
III	Marriage
IV	Social accomplishment
V	Most memorable moment.

RESULTS

The present study indicated that the posttest mean value (9.66) of depression was

lower than the pretest mean value (19.06) of depression. The obtained 't' value was significant at (10.264). Hence the stated hypothesis H0:1 was rejected.

Since the reminiscence therapy is highly effective among the old age people I felt that

reminiscence therapy was essential for all the old age people,

The figure point out the effectiveness of reminiscence therapy in that pretest mean level of depression were 19.06 and the standard deviation were 3.947. Comparatively the posttest mean values were 9.06 and the standard deviations were 2.82, finally the mean differences were calculated the value was 2.867. from that mean difference the 't' value was obtained that was 10.267

REFERENCES:

Cary.s. Kart et.al, (1985), Aging and Health, Ohio, Addision Wesley publishing companyPp-1-330.

Dr. Mrs. K. Lalitha (2007), Mental Health and Psychiatric Nursing, V.M.G House publications.

Gail. W. stuart, Michile T. Lara, principles and practice of Psychiatric Nursing, 7th edition, Mosby publications. Pp-866.

AnupamHazara, (2009) Status of elderly, *journal of Social welfare*, Vol.56,No.7 Pp: 5-13.

Baines. S, Saxby (1987), *The British journal of Psychiatry*. vol. 151 Pp: 222-231.