

Effectiveness of Reminiscence Therapy on Stress among Elderly in Selected Old Age Home, Chennai

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I. Introduction

The early parts of life changes are evolutionary, in that, they lead to maturity of structure and functioning. In later part of life, by contrast, changes are mainly involutions, involving a regression to earlier stages. These changes are the natural accomplishment of what is commonly known as "aging". They affect physical as well as mental structures and functioning. Individual differences in the effect of aging have been recognized and it makes people difficult to get adapt to them.

The aging population has a looming public health challenges, as currently 355/380 million people, aged 60 years and older live in developing countries. In 2020, the number of old age people is projected to reach more than 1000 million, with 70% living in developing countries, especially in India, China, Brazil, Indonesia and Pakistan (**Who Report, 2009**).

Ageing is a universal process. In the word of Seneca "Old Age is an Incurable Disease". Ageing is a natural process that begins at birth, a process that progresses throughout one's life and ends at death (Prakash, 2004).

The majority of old people are self-sufficient human beings who can carry on normal lives. Old age consists of age nearing the average life span of human beings, and thus the end of the human life cycle.

Statement Of The Problem:

Effectiveness Of Reminiscence Therapy On Stress Among Elderly in Selected Old age Home, Chennai.

Objectives:

- To assess the level of stress and coping among elderly in experimental and control group.
- To administer reminiscence therapy among elderly in experimental group.
- To reassess the level of stress and coping among elderly in both the groups.
- To compare the effectiveness of reminiscence therapy among elderly in experimental and control group.

Operational Definitions

Stress: It refers to any change in an individual life that causes alteration in the physical, mental or emotional states which is assessed through the geriatric stress scale.

Elderly: Refers to elderly men and women with stress residing at old age home between 60-80 years of age and above.

Old Age Home : An institution providing professional care to the elderly like their residential setting.

Hypothesis:

There is a significant difference in the levels of stress among elderly in experimental group than the control group.

Limitations:

Elderly residing in the old age home.

- Elderly who are above 60 years.
- Elderly who are willing to participate in the study.

Research Approach

In the present study the researcher had adopted quantitative approach.

Research Design

Experimental design was adopted for this study. The researcher had two groups experimental group and control group

Setting Of The Study: The study was conducted at Sheela Senior Citizen Home, Chennai.

Independent Variable: Reminiscence therapy.

Dependent Variable: Stress.

Population : Total population of the study was 150 and Target population was 60.

Sampling Technique : Simple random sampling technique was adopted for the study

II. Data Collecton

Section – A: Demographic Profile It Comprises Of 13 Items For Obtaining Demographic Profile Of The Elderly.

Section - B: Modified Sheldon Cohen’s Perceived Stress Scale
It Comprises Of 10 Items For Obtaining Data Regarding The Stress Of The Elderly.

Pilot Study: The Researcher Conducted Pilot Study With 10 Samples In A Selected Old Age Home Chennai That Fulfilled The Inclusion Criteria. After The Pilot Study The Researcher Found There Was No Need For Any Modifications In The Study. Then The Researcher Proceeded For The Main Study And The Samples Of The Pilot Study Were Exempted During The Main Study

Data Analysis: Descriptive statistics were used to analyze the frequency, percentage, mean and standard deviation of the following.

- Demographic variables of elderly.
- Stress.

Inferential statistics was used to determine the relationship, association and comparison to identify the differences. Data collection was done within the given period of 4 weeks.. The researcher selected the experimental group and control group by lottery method. The demographic variables was collected using the data. The pretest scores for stress level was assessed for all the 40 samples which included 20 in experimental group and 20 in control group.5 reminiscence therapy sessions were conducted for 45minutes per session to the 20 samples in the experimental group. The post test scores were assessed for both the groups after a period of a week interval. Mean value of the score is considered to successful after the intervention. The results showed that the findings of the experimental group was much effective than that of the control group.

Data Analysis & Interpretation

The findings based on descriptive and inferential statistical analysis are tabulated under the following headings.

Table 1: Distribution of demographic variables among elderly in experimental and control group.

Table 2: Distribution of pre test stress among elderly in experimental group and control group.

Table 3: Distribution of post test stress among elderly in experimental group and control group.

Table 4: Comparisons of scores on pre test and post test stress among elderly in experimental group.

Distribution Of Pre Test Stress Score Among Elderly In Experimental Group And Control Group. n=40

S.No	Variables	Experimental Group		Control group	
		Pre test		Pre test	
		No	%	No	%
1.	STRESS No Stress (0-10)	-	-	-	-
	Mild (11-20)	-	-	5	25
	Moderate (21-30)	6	30	10	50
	Severe (31-40)	14	70	5	25

Distribution Of Post Test Stress Score Among Elderly In Experimental Group And Control Group. n=40

S.No	Variables	Experimental group		Control group	
		Post test		Post test	
		No	%	No	%
1.	STRESS No Stress (0-10)	1	5	-	-
	Mild (11-20)	19	95	7	35
	Moderate (21-30)	-	-	9	45
	Severe (31-40)	-	-	4	20

Comparisons Of Scores On Pre Test And Post Test Stress Among Elderly In Experimental Group. N=20

S.No	Score	Mean	S.D	Calculated Value of 't' at 5%	Tabulated Value of 't' at 5%
1.	Pre test	30.65	2.59	22.21	2.02

Comparisons Of Scores On Stress Among Elderly In Experimental And Control Group. n=40

S.No	Variables	Experimental group		Control group		Calculated value of 'Z' at 5%.	Tabulated value of 'Z' at 5%.
		Mean	S.D	Mean	S.D		
1.	STRESS	12.8	1.96	21.05	4.35	2.15	1.98

III. Results And Discussion

The results and discussion of the study are based on findings obtained from the statistical analysis of the collected data.

(1)To assess the level of stress among elderly in the experimental and control group.

Table (2) reveals the scores of pre test stress and coping among elderly in experimental group and control group. In the experimental group, pre test stress score, 6(30%) elderly had moderate stress 14(70%) elderly had severe stress. In the control group, 5(25%) elderly had mild stress, 10(50%) elderly had moderate stress and 5(25%) elderly had severe stress.

(2)To reassess the level of stress among elderly in both the groups.

Table (3) reveals the scores of post test stress among elderly in experimental group and control group. In the experimental group, post test stress score, 1(5%) elderly had mild stress 19(95%) elderly had moderate stress. In the control group, 7(35%) elderly had mild stress, 9(45%) elderly had moderate stress and 4(20%) elderly had severe stress.

To assess the stress among elderly in the experimental group.

Table (4) reveals the scores of stress among elderly in the experimental group. The calculated value of 't' is greater than the tabulated value of 't' at 5% level of significance. The results revealed that there is a significant difference between the scores on pre test and post test stress among elderly in the experimental group.

IV. Recommendations

The study recommends the following

- A similar study can be undertaken for large samples in different settings.
- A longitudinal study can be undertaken to see the long term effect of reminiscence therapy on stress.
- A comparative study can be conducted between adults and elderly.
- A comparative study can be conducted between individual reminiscence therapy and group reminiscence therapy.

- A comparative study can be conducted to assess the effectiveness of other complimentary therapies on the level of stress.
- A similar study can be conducted among employees within an organization.

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