

## Pengaruh terapi individu reminiscence terhadap depresi pada lansia di panti sosial = The effect of individual reminiscence therapy on depression among elderly living in social homes

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### Abstrak

[Penuaan merupakan proses alami pada usia lanjut. Tugas perkembangan psikososial lanjut usia yaitu pencapaian integritas diri. Terapi Reminiscence merupakan salah satu terapi untuk penanganan psikososial pada lansia dengan mengingat dan mengkaji kembali memori masa lalu. Tujuan penelitian ini mengetahui pengaruh terapi individu Reminiscence terhadap depresi pada lansia di panti sosial. Metode penelitian ini Quasi Eksperimental Pre-Post Test with Control Group. Sampel penelitian secara total sampling berjumlah 60 responden, terdiri dari 31 lansia kelompok intervensi dan 29 lansia kelompok kontrol yang mengalami depresi dengan harga diri rendah. Terapi individu Reminiscence diberikan dalam 5 sesi terapi. Analisis data dengan Mann-Whitney. Hasil penelitian menunjukkan terjadi penurunan yang bermakna kondisi depresi pada lansia setelah pemberian terapi individu Reminiscence ( $P < 0,05$ ). Terapi individu Reminiscence digunakan untuk mengatasi depresi pada lansia di panti sosial. Program pelayanan psikososial perlu dikembangkan untuk mengatasi depresi pada lansia baik di panti sosial maupun di masyarakat.;

Aging is a natural process in oldest old. The psychosocial development of the elderly to enhance self-integration. Reminiscence therapy is one of psychosocial treatment for elderly using memory recall of one's life event in the past. The purpose of this study was to determine the effect of individual reminiscence therapy on depression among elderly in the social homes. The study design was Quasi-Eksperimental Pre-Post Test with Control Group. A total of 60 elderly people were recruited in this study and assigned into two groups, 31 participants in the intervention group and 29 participants in the control group. Those participants in the intervention group received reminiscence therapy five sessions. Data analyze with Mann-Whitney. After providing individual reminiscence therapy in the intervention group, a significant decrease in depression as compared to those in the control group was found ( $P \text{ value} < 0,05$ ). The individual reminiscence therapy is useful to overcome depression among elderly in social homes, Aging is a natural process in oldest old. The psychosocial development of the elderly to enhance self-integration. Reminiscence therapy is one of psychosocial treatment for elderly using memory recall of one's life event in the past. The purpose of this study was to determine the effect of individual reminiscence therapy on depression among elderly in the social homes. The study design was Quasi-Eksperimental Pre-Post Test with Control Group. A total of 60 elderly people were recruited in this study and assigned into two groups, 31 participants in the intervention group and 29 participants in the control group. Those participants in the intervention group received reminiscence therapy five sessions. Data analyze with Mann-Whitney. After providing individual reminiscence therapy in the intervention group, a significant decrease in depression as compared to those in the control group was found ( $P \text{ value} < 0,05$ ). The individual reminiscence therapy is useful to overcome depression among elderly in social homes]