

ABSTRACT

THE EFFECT OF REMINISCENCE AFFIRMATIVE THERAPY FOR IMPROVING QUALITY OF LIFE IN ELDERLY

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Introduction: Aging process has made elderly people finding some difficulties in performing daily activities independently. Many elderly are difficult to adapt to the aging process, feeling alone, frustrated, depressed and loss of confidence that affects their quality of life. This study aimed to prove the effect of reminiscence affirmative therapy for improving quality of life in elderly.

Methods: This study used Quasy-experimental study in an institutionalized sample of elderly. The Population was 45 elderly. Sample size was 24 enrolled by means of simple random sampling technique. Independent variable was reminiscence affirmative while dependent variable was quality of life. The experimental group received six session of group reminiscence affirmative therapy, while the control group participated in standard activities in the nursing home. Data were analyzed by Paired t test, Wilcoxon Signed Rank Test and Mann-whitney test.

Result: Result showed that p value was 0.006 ($p < 0.05$) meaning that reminiscence affirmative therapy significantly improve the quality of life in elderly.

Discussion and Conclusion: Reminiscence Affirmative is an activity to remember or recall therapeutic memories of elderly and self-reinforcing of positive values that could improve self-esteem and life satisfaction in elderly people, so as to improve their quality of life.

Keywords: reminiscence, affirmative, elderly, quality of life