

THE EFFECT OF GROUP THERAPY ACTIVITY (TAK) – SENSORY STIMULATION TOWARD THE DEPRESSION LEVELS OF THE ELDERLY IN UPT PASURUAN ELDERLY SOCIAL SERVICES BABAT – LAMONGAN

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ABSTRACT

Introduction Depression is a nature disorder characterized by feeling of excessive sadness, depressed, dispirit, empty, worthless, hopeless, and failure till get the idea to do suiciding (Joseph,2007). The purpose of this study was to determine the effect of group therapy activity – sensory stimulation before and after given to the elderly. **Method** The design of this study used pre - experimental design with one group pre-test and post-test. The population was 55 elderly experiencing depression in UPT Pasuruan elderly Social services Babat – Lamongan. Sample used was 48 elderly taken by random sampling technique. The data was analysed using Wilcoxon Sign Rank Test and collected using guidance sheet of group therapy activity – sensory stimulation and questionnaire. **The results** of this study showed the Wilcoxon Sign Rank Test $\alpha=0,05$ and $p = 0,000$ in which $p \text{ sign} < 0,05$. It shows that H1 was accepted and means that there was an effect of group therapy activity – sensory stimulation toward the depression levels of the elderly in UPT Pasuruan elderly Social services Babat – Lamongan. **Discussion** The researcher realized the importance of group therapy activity – sensory stimulation toward the elderly experiencing depression that he conducted a study about it entitle the effect of group therapy activity – sensory stimulation toward the depression levels of the elderly in UPT Pasuruan elderly Social services Babat – Lamongan.

Keywords : *Group Therapy Activity – Sensory Stimulation, Depression levels, Elderly*

INTRODUCTION

Aging or growing old is a condition that happens in human life. The process of aging is a lifelong process, not only starting from a certain time, but starting from the beginning of life. Growing old is a natural process, which means that someone has gone through three stages of life, that are children, adults, and elderly. Coming up to the old age mean setbacks, such as physical deterioration characterized by sagging skin, greying hair, toothless, less hearing ability, worse eyesight, slow motion, and disproportionate body figure (Wahyudi, 2008).

Depression is a feeling of sadness, hopelessness, and pessimism associated with suffering. It can be shown by yourself or feeling of angry (Wahyudi, 2008). Depression is a nature disorder characterized by excessive feelings of sadness, depressed, dispirited empty, worthless, hopeless, and failure until get the idea to suicide (Joseph, 2007).

According to the World Health Organization (WHO), it estimates that the

prevalence of depression on the elderly in the world ranging from 8-15%. A meta-analysis of countries in the world gets the average prevalence of depression in the elderly is 13,5% with a ratio of women and men 14,1: 8,6. Besides, the prevalence of depression in the elderly undergoing treatment is about 30-40 %. Depression affects nearly 10 million Americans of all ages, socio-economic class, race, and culture. Among the elderly, depression continues to be a serious mental health problem even though the understanding of the causes and development of pharmacological and psychotherapeutic treatment is more advanced. Epidemiological studies on depression among elderly people in community report vary widely levels, from 2 to 44% depending on the criteria used to define depression (eg.DSM-IV criteria of strict versus despair and natural feelings of inferiority) and the methods used to evaluate it (eg. complaint to himself or short basic scale versus clinical psychiatric evaluation in depth). The most appropriate study states that the important symptoms of depression attacked

approximately 10 to 15% of all people aged over 65 years who are not institutionalized (Stanley, 2006).

Based on population census by the Central Statistics Agency (BPS), the percentage of the elderly population aged 60 years or over to the total population in Indonesia has increased from 1971 to 2010. Starting from 1971 the percentage of the elderly population aged 60 or over was 5,3 million (4.5%), in 1980 was 7,9 million (5,4%), in 1990 was 11,2 million (6.2%), in 2000 was 14,8 million (7.2%) and in 2010 was 18 million (7.6%). Meanwhile, based on the initial survey carried out by the researcher on 9 October 2015 in the UPT Pasuruan elderly Social services Babat mentioned that the population was 55 people consisting of 13 men and 42 women. On the data found that elderly people experiencing severe depression was 8 people, 7 people got moderate depression, 2 people experienced mild depression and 3 people were in normal condition. During this time, there was no action or never to overcome neurotic depression. From these results it can be concluded that there were many elderly still experiencing depression. Factors that affect depression include physical factors and psychological factors. Physical factors may include : 1) Genetic factors ; the genetic factors explained that someone that in his/her family there is one suffering from severe depression will have a higher risk to get depression because the genes passed down from parents to their children, 2) Chemical composition in the brain and body ; some chemicals in the brain and the body hold a big role in controlling our emotions. It was found that in one suffering depression found that there were changes to those chemicals, 3) Age ; younger age and adolescents may experience depression more, 4) Gender ; women experience more depression than men. It is because women get difficulties to communicate their problem to others, and 5) Lifestyle ; habit and unhealthy lifestyle can lead to a disease where the disease can trigger anxiety and even depression. Besides, the physiological factors that may affect them are: 1) Personality ; personality of someone who tends to have a negative mind, pessimistic and introverted will have more chance to get depression, 2) Mindset ; someone having negative mindset towards him/herself tends to get depression, 3) Self-esteem ; low self -esteem can trigger depression, 4) Stress ; losing one loved can turn

up into a very long stress causing depression, and 5) Family ; it includes family environment and family support. A difficult problem being not able to be solved will lead to stress and can turn into depression.

The therapeutic relationship in verbal and non-verbal or direct contact can improve the communication and trust to the elderly and individuals that suffering depression. Elderly people who are depressed usually feel alone and worthless (Wahyudi,2008). Intensive group therapy activity can provide psychological support. In addition to that, the group therapy activity also emphasized the feeling and relationship among members aimed to reduce social isolation (Mubarok, 2009). Group therapy activity can be administered to individuals with depressive disorders that include blank stare, lack or loss of sight, self-initiative decline, inability to concentrate, decreased activity, lack of appetite, complaining of not feeling well, sad, tired all the time, difficult to sleep at night, having faith of useless life and even committing suicide.

Realizing the important of group therapy activity – sensory stimulation toward the elderly, the researcher is interested in taking this as the research issue. The title of this study is "The Effect of Group Therapy Activity (TAK) – Sensory Stimulation toward the Depression levels of the elderly in UPT Pasuruan elderly Social services Babat – Lamongan".

METHODS

The design of this study used pre-experimental design with one group pre-test and post-test (Nursalam, 2008). The population was 55 elderly experiencing depression in UPT Pasuruan elderly Social services Babat – Lamongan during October to February 2015. Sample used was 48 elderly mostly experiencing depression taken by random sampling technique (Arikunto, 2006). The data was analysed using Wilcoxon Sign Rank Test and collected using guidance sheet of group therapy activity (TAK) – sensory stimulation and questionnaire (Keliat, 2005).

RESULTS OF THE STUDY

A. General Data

1) The Distribution of Respondents by Gender

No	Gender	Frequency	Percentage (%)
1.	Male	18	37,5
2.	Female	30	62,5
Total		48	100

The above data shows that 62,5 % or 32 respondents experiencing depression were female.

2) The Distribution of Respondents by Age

No	Age	Frequency	Percentage (%)
1.	60-69 yo	27	56,25
2.	70-79 yo	21	43,75
Total		48	100

The above data shows that 56,25% or 27 of the respondents experiencing depression were in the age of 60 to 69 years old.

3) The Distribution of the Respondents by Education Level

No	Educational	Frequen	Percentage
1.	Elementary School (SD)	30	62,5
2.	Junior High School (SMP)	12	25
3.	SMA	6	12,5
Total		48	100

The above data shows that 62.5% or 30 respondents experiencing depressions were respondents having Elementary School (SD) as their educational background.

4) The Distribution of the Respondents by Religion

No	Religion	Frequency	Percentage (%)
1.	Islam	48	100
Total		48	100

The data above shows that 100% or all the respondents experiencing depression were moslem.

5) The Distribution of the Respondents by Marital Status

No	Marital	Frequency	Percentage
1.	Married	48	100
Total		48	100

The data above shows that 100% or all the respondents experiencing depression have married.

B. Specific Data

1) The Distribution of Depression levels before Applying TAK

No	Depression	Frequenc	Percentage
1.	Mild	13	27,1
2.	Moderate	25	52,1
3.	Severe	10	20,8
Total		48	100

Table above shows that 25 respondents (52.1%) experience moderate depression and 10 respondents (10%) experience severe depression.

2) The Distribution of Depression levels after applying TAK

No	Depression Levels	Frequenc	Percentage (%)
1.	Mild	19	39,6
2.	Moderate	15	31,2
3.	Severe	2	4,2
Total		48	100

Table above shows that 19 respondents (39,6%) experience mild depression and 2 respondents (4,2%) experience severe depression.

3) The Distribution of Depression Levels before and after Applying TAK

No	Depression Levels	Mild	Moderate	Severe	Normal	Percentage (%)
1.	Before	13 27,1 %	25 52,1 %	10 20,8 %	0 0%	48 100%
2.	After	19 39,6 %	15 31,2 %	2 4,2 %	12 25%	48 100%
Z= -4.270 P= 0,000						

The data above shows that 25 respondents (52.2%) before being applied group therapy activity (TAK) – sensory stimulation experienced moderate depression, while 19 respondents (39.6%) after being applied group therapy activity (TAK) – sensory stimulation, they experienced mild depression.

DISCUSSION

1) The Depression levels of the elderly before giving Group Therapy Activity (TAK)

The data showed that all elderly in UPT Pasuruan elderly social services Babat – Lamongan before being given group therapy activity, there were still 13 respondents getting mild depression (27,1%), 25 respondents getting moderate depression (52,1%), and 10

respondents getting severe depression (20,8%). In fact, elderly experiencing depression can be caused of some factors, such as gender, educational level and physical illness.

Depression in the elderly is manifested by complaint of feeling worthless, excessive sad, depressed, demoralized, feeling empty and even committing suicide (Yosep, 2007). More than fifty percent of the elderly in UPT Pasuruan elderly social services Babat – Lamongan experiencing moderate depression. It is because old women has different pattern to communicate with men. They often think it loud and tend not to communicate it to others so their emotion becomes unstable that often lead to depression (Towensend, 2008). In the elderly phase, depression is associated to daily activities. Active elderly will be difficult to get depression than those who are passive. To prevent depression in the elderly, nurse can provide positive activities, for example group therapy activities, exercise, getting together so that there is good communication between nurses and the elderly.

According to Stuart & Laraia cited by Keliat, that group can be a therapeutic tool. Group is a unique social system which can be defined and studied. Definition group is gathering of individuals having relationship one with another, being interdependent and having the same norms.

The level of depression experienced by respondents which has no changed is because of not applying group therapy activity (TAK). Whereas, group therapy activity (TAK) can provide a stimulus for respondents who are depressed by having discussion together led or directed by a trained health worker.

Group activity therapy is one of modality treatment that is very important to be implemented because it will help the members to interact each other and can lose feeling of sadness, depressed, dispirited, worthless, hopeless even to the feeling of wanting to commit suicide since group therapy activity can stimulate them to communicate and discuss each other that they can show their hidden feeling during their depression time.

2) The level of the Elderly Depression After Cast Activity Group Therapy (TAK)

Group is gathering of individuals having relations one to another, being interdependent and having the same norms (Stuart & Laraia quoted Keliat 2001, 2005).

Group therapy is a psychological therapy that is performed in groups to provide stimulation for patients with impaired interpersonal (Joseph, 2008). TAK is composed of four types, those are: stimulation of cognitive/perceptual, sensory stimulation, reality orientation, socialization.

The data shows that 19 respondents (39,6%) before being applied group therapy activity (TAK) – sensory stimulation experienced moderate depression, 15 respondents (31,2%) experienced moderate depression, 2 respondents (4,2%) experienced severe depression, and 12 respondents (25 %) didn't experience any depression (normal).

This result is consistent with the general purpose and special purpose of group therapy activity that respondents may respond the sensory stimulation given, they are able to respond to the sounds heard, they are able to respond to the images seen, and they can express their feeling through pictures. According to Stuart & Laraia 2005, there were three sessions of TAK – Sensory Stimulation, those are 1) Listening to music, 2) Drawing; 3) Watching TV / Video. It is indicated by a decrease in the level of depression experienced by respondents after given TAK – Sensory Stimulation. From these results it can be concluded that by applying group therapy activity – sensory stimulation is very influential on the level of depression experienced by respondents. It showed that group therapy activity is very effective and very useful for respondents who experienced depressed.

3) The Effect of TAK – Sensory Stimulation to the Depression Levels Of the Elderly

The data of analysis by Wilcoxon Sign Rank Test, with $\alpha = 0.05$ $p = 0.000$ in which it means $p < 0.05$ that H1 is accepted. It can be said that that there is a significant effect of group therapy activity (TAK) – sensory stimulation toward the level of depression of elderly in UPT Pasuruan elderly social services Babat – Lamongan.

The result is consistent with the general purpose of TAK – sensory stimulation that the respondents may respond to the stimulus of senses given and it is also in accordance to the specific purpose of TAK – sensory stimulation that the respondents are able to respond to the sound heard, the respondents are able to respond to the images seen, and they are able to express feeling through pictures.

The result shows that group therapy activity (TAK) – sensory stimulation can stimulate respondents who are depressed positively. Respondents that could not do anything toward their problems before giving that treatment, now after getting the treatment they tend to solve it (Maryam, 2011). Besides, the respondents experiencing severe depression, after giving treatment of TAK – sensory stimulation, their depression tends to get lower.

CONCLUSION

Based on the results of the study conducted in UPT Pasuruan elderly social services Babat – Lamongan on February 2015, the conclusion can be stated the depression levels of the elderly before given the treatment of group therapy activity (TAK) – sensory stimulation was some of them experiencing moderate depression. The depression levels of the elderly after given the treatment of group therapy activity (TAK) – sensory stimulation were most of them experiencing mild depression. There is a significant effect of giving group therapy activity (TAK) – sensory stimulation to the depression levels of the elderly In UPT Pasuruan Elderly Social Services Babat – Lamongan. Based on the result stated, there are some suggestions from the researcher, as follows:

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