



Reminiscence techniques in reducing stress in the elderly: Literature review

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Abstract

Stress in the elderly can be interpreted as physiological and psychological responses that occur in elderly individuals as a result of situations or conditions that are perceived as threats, pressures, or excessive demands. Reminiscence therapy is an intervention that uses memory to maintain mental health, improve quality of life, and reduce stress. This study aims to determine the effect of reminiscence therapy on stress levels in the elderly. Literature This review was written with a narrative method using four database search engines namely pubmed, *google scholar*, *sciencedirect*, *neliti* and produced 5 journals to be followed up. Journals were analyzed using PRISMA diagrams in accordance with the inclusion criteria used, namely journals using English and Indonesian, using retrospective research designs, and published between January 2013 and December 2023 regarding reminiscence techniques in the elderly who experience stress. The reminiscence technique is proven to reduce stress in the elderly.

Keywords: Elderly; Influence; Memory; Stress; Technical reminiscence

1. Introduction

Elderly is the final process of growth, and everyone will experience it [1]. The process is a natural process that takes place continuously starting from birth until old age[1]. Aging is part of the life process, cannot be avoided, and happens to everyone [2]. Elderly is the final stage of human life, starting from the age of 60 years until death, and is reflected in the interaction of changes in psychological, social and physical conditions [3]. Elderly is a period when individuals have matured in size and function and show signs of decline over time [4]

According to World Health Organisation (WHO) in 2022 In 2030, it is estimated that at least 1 in 6 people in the world will be aged 60 years or older. Currently, the portion of the population aged 60 years and over will increase from 1 billion in 2020 to 1.4 billion. Based on statistical data on the elderly population in 2019, in Southeast Asia the elderly population is 8% or around 142 million people. Based on data from the Central Statistics Agency for 2022, over the last ten years, the percentage of the elderly population in Indonesia has increased from 7.57% in 2012 and to 20.48% in 2022, namely 29.66 million people.

As time goes by, the physical abilities of the elderly will decrease and cause decreased performance in carrying out activities, thereby increasing the dependence of the elderly which will have an impact on changes in humans, not only physical changes, but also cognitive, emotional, social and sexual [5]. Psychosocial problems in the elderly can include stress, anxiety and depression[6]. Symptoms seen in the elderly include emotional instability, irritability, disappointment, dissatisfaction, feelings of loss, and feelings of uselessness [7]. Although it is not stated in more detail regarding the incidence of each of these psychosocial problems, this explanation shows that the changes that occur in the elderly can develop into other problems and often cause changes in self-image [8]. How many elderly people feel lonely and useless, and quite a few also experience stress [5]

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Stress is a physiological and psychological response that occurs when a person feels an imbalance between the demands they face and their ability to cope with these demands [9]. It can be said that stress is one of the symptoms of current disease, closely related to rapid progress and change, as well as the need for human adaptation to be equally rapid to these changes [10]. Efforts, difficulties, obstacles and failures in following the pace of progress and change give rise to various complaints [10].

In general, long-term stress can cause anxiety, fear, depression, loss of sense of security, threat to self-esteem, restlessness, cold sweat, frequent heart palpitations, dizziness, and difficulty eating and sleeping [11]. Severe and prolonged anxiety can reduce a person's ability and efficiency in completing life tasks and ultimately lead to various types of disorders in the body [12]. The impact of stress in general, if it cannot be overcome by the elderly, can cause the elderly to experience physical decline [13]. Physical decline occurs because elderly people think and have bad perceptions of the changes that occur to themselves [14].

Stress management in the elderly can be done with pharmacological and non-pharmacological therapy. Pharmacological therapy includes the use of anti-depressants (anxiolytics) and anti-depressants. Non-pharmacological therapy can be done with cognitive therapy, music, spiritual therapy, deep breathing relaxation techniques, and reminiscence therapy [15]. Reminiscence came from reminiscence (Latin) which means "The act of remembering". Which can be interpreted as "memories of the past" [15]. The aim of reminiscence therapy (memory therapy) is to reduce stress and is a type of psychotherapy treatment which aims to improve the mental health of the elderly [16]. Therapy reminiscence It can be done in a structured group form, or individually you can use props, aromas, food, music, pictures, scrapbooks, magazines and old radio or you can also do this therapy by remembering someone's life, remembering past events and achievements and seeking personal validation [17]. Reminiscence therapy is an intervention that uses memory to maintain mental health, improve quality of life, and reduce stress [18]. This therapy is not only an activity of remembering past events but is also a systematically structured process and is useful for reflecting on one's life to re-evaluate, resolve conflicts from the past, find the meaning of life, and assess the adaptive coping that will be used [19].

2. Methods

This study uses a literature review design, which is to conduct a systematic review by selecting articles that are relevant and in accordance with the research objectives. The literature study selection process is adapted from Preferred Reporting items for Systematic Review (PRISMA-ScR) to find and determine selected articles in systematic review. The inclusion criteria of this study include the use of Indonesian and English, keywords include elderly, stress, therapy reminiscence.

The article search process, accompanied by a thorough explanation of the database used by 4 literature search databases carried out in searching the data base including Pubmed data (55 articles), google scholar (40 articles), sciencedirect (44 articles), neliti (62 articles) published in the last ten years between 2013 and 2023. The journal obtained is about reminiscence therapy in reducing stress in the elderly, how to find articles in each data base by writing keywords as follows: PubMed data base "(elderly) AND (stress) AND (therapy reminiscence)", google scholar "therapy reminiscence stress for elderly", sciencedirect "advanced search title "elderly, stress", Neliti keywords "elderly, stress". In total, 24 articles were duplicated, 88 articles were excluded, 84 full-text articles were excluded, with responses, ending 5 articles with relevant content and in accordance with the research topic were obtained for comprehensive examination.

2.1. HASIL

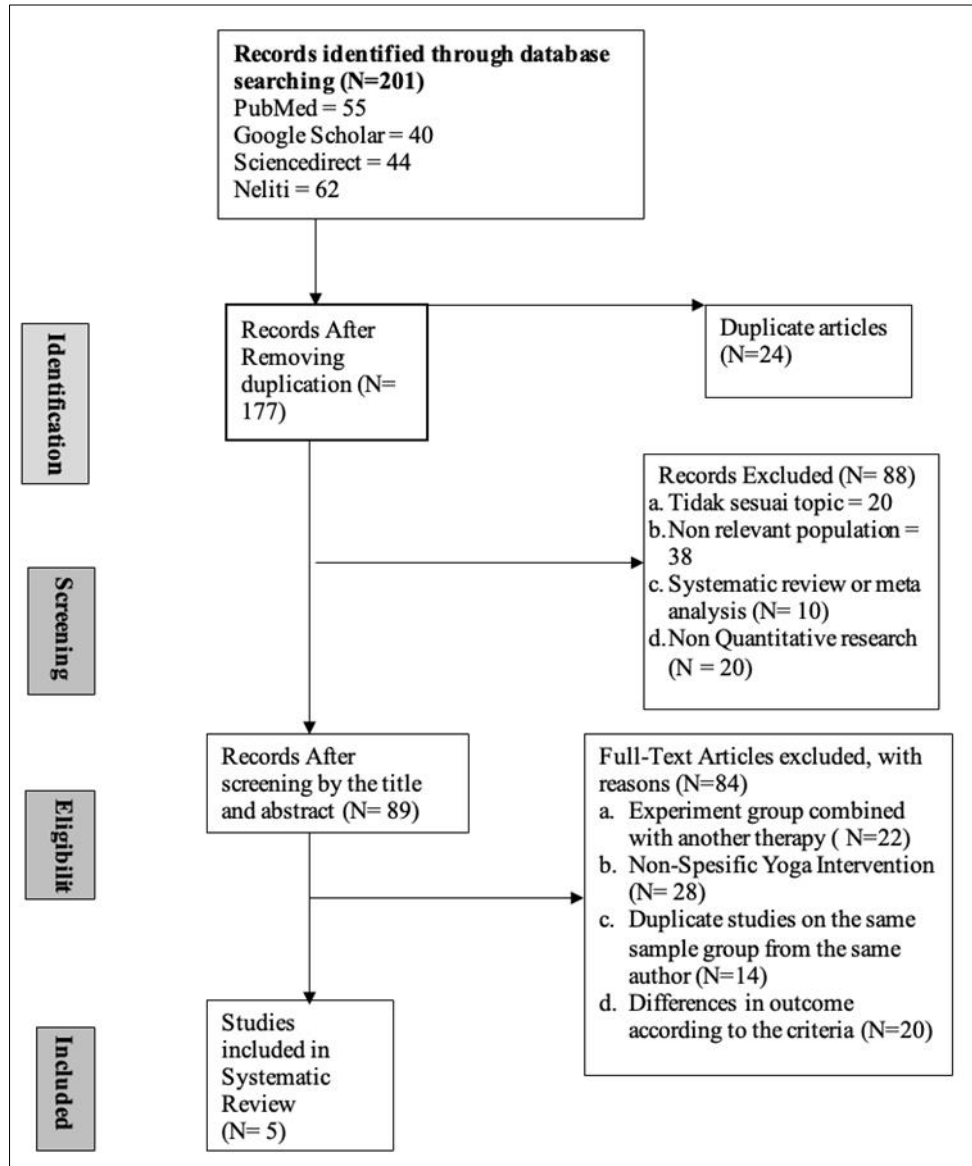
Based on a study of several research journals, it can be displayed in a summary table of research results as follows:

Table 1. Journal Analysis Results

Reference	Title and Purpose	Method	Results
Ikhsan, Septi Andrianti, Titin Aprilatutini, 2022	The effect of reminiscence therapy on stress levels in the elderly during the Covid-19 pandemic. This research aims to determine the effect of Reminiscence Therapy	This research method uses a quasi experiment and a non-equivalent pre-test and post-test approach with a control group. The instrument used was the DASS (depression anxiety stress scale) questionnaire and the data	The effect of reminiscence therapy in efforts to overcome stress in the elderly at the Tresna Nursing Home in Bengkulu City. Stress is experienced by the elderly with a standard average age of 65-89 years. The stress score before reminiscence therapy was 28.31 with a standard deviation of 4.44 and after

	on stress levels in the elderly during the Covid 19 pandemic at the Tresna Nursing Home in Bengkulu City in 2021	results were tested using the Paired Sample t Test.	remembrance therapy was 28.31 with a standard deviation of 4.44 and after carrying out reminiscence therapy for 8 weeks it decreased to 14.80 with a standard deviation of 5. 86.
Imelda Rahmayunia Kartika & Mardalinda, 2017	The effect of reminiscence therapy on reducing stress levels in the elderly. The aim of this research is to determine the effect of reminiscence therapy on stress in the elderly.	The research method used is a quasi-experimental design with a pre-post test design in one group (one-group pretest-posttest design). Researchers used purposive sampling technique. In the intervention group, the paired samples T-test was used using the Wilcoxon test with a confidence level of 95%.	The results of this research obtained the average stress level of respondents before the intervention was carried out Reminiscence Therapy in the elderly it was 22.25 points, while the average stress level of respondents after the intervention was carried out Reminiscence Therapy in the elderly it is 16.60 points. Furthermore, there were differences in respondents' stress levels between before and after the implementation of the intervention Reminiscence Therapy with an average difference in stress levels of 10.50 points and pvalue = 0,000.
Ni Putu Nariska Rahayuni, Putu Ayu Sani Utami. And Kadek Eka Swedarma, 2015	The effect of reminiscence therapy on stress in the elderly in Banjar Luwus Baturiti, Tabanan, Bali. The aim of this research is to determine the effect of reminiscence therapy on stress in the elderly.	This research is quasi-experimental, namely nonequivalent control group design. Data collection uses a stress assessment questionnaire (SAQ). The data analysis technique used was a statistical paired sample t-test to see the effect of reminiscence therapy on stress levels and an independent sample t-test to see differences in the stress levels of elderly people in the treatment and control groups.	Results of data analysis of Asymp values. Sig (2-tailed) is 0.000 which has a value smaller than 0.05 ($p < 0.05$), which means there is a difference in stress in the treatment and control groups after reminiscence therapy. The decrease in stress scores that occurred in the treatment group was the effect of reminiscence therapy.
Muammar, Hamdiana, and Maya Fidjrani, 2023	The effectiveness of reminiscence therapy on the stress level of the elderly, the aim is to determine the effectiveness of reminiscence therapy on the stress level of the elderly at the Al-Huda Syuhada Cot Plieng Nursing Home, North Aceh Regency.	This research used a quasi-experimental design, with a one group pre-test post-test design. The sampling technique used in this research is quota sampling. Data analysis was carried out univariate and bivariate.	Based on the results of the data obtained, the Pre-test stress level was a mean of 22.80 with an SD of 5.227, the Post-test stress level obtained a mean of 18.75 with an SD of 4.375. It can be seen that the mean value of the difference between the first and second measurements is 4.050 with an SD of 1.731. The statistical test results showed that the value was $p(0.000) < \alpha(0.05)$, H_0 was accepted and H_a was rejected, meaning there was a difference in stress levels in the elderly before and after being given reminiscence therapy at the Al-Huda Syuhada Cot Plieng Nursing Home, North Aceh Regency.
Rosmin Ilham, Sri A. Ibrahim, and Mitha Dewita	The effect of reminiscence therapy on stress levels in the elderly in the Tresna Werdha social	This research uses a pre-experimental design with a one group pretest and posttest design. Using the	Based on the data results, it was found that the effect of reminiscence therapy on stress levels in the elderly in the Tresna Werdha Ilomata social institution in Gorontalo City using the paired T test

Putri Igirisa, 2020	institution. Aims to determine the effect of reminiscence therapy on stress levels in the elderly.	DASS (Depression anxiety stress scale) questionnaire.	or paired sample t-test obtained a P value of 0.000 α (<0.05).
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‘Figure 1 Flowchart Proses Seleksi Artikel Berdasarkan PRISMA-ScR

3. Discussion

Reminiscence Therapy Is A Therapy Where People Are Encouraged (Motivated) To Discuss Past Events to identify skills for resolving the past that they have used in the past. Reminiscence therapy is carried out in groups, carrying out therapy in groups is more profitable than individually because when in a group setting, elderly people will more easily interact and share their experiences with fellow elderly people [15]. Research by Davodi (2023) with a total of 15 intervention respondents, and a control group of 15 people with the inclusion of participants being: elderly people living in the Tresna Werdha social institution in Bengkulu City, elderly people aged 60-90 years, with 27 men and 38 women, able to communicate verbally, cooperatively and communicatively. Stress conditions in the elderly with stress measurement values in this study before receiving reminiscence therapy decreased after 8 weeks of therapy with statistical test results [2]. The results of the research show that there is an influence of reminiscence of the rapy in efforts to overcome

stress in the elderly at the Tresna Nursing Home in Bengkulu City. This therapy is effective in reducing stress levels in the elderly. Reminiscence therapy focuses on pleasant events in the elderly, so that by telling and discussing these things the elderly become happy, proud and can increase their self-integrity and receive positive reinforcement so that they are able to eliminate unpleasant events. Reminiscence therapy is also useful for reducing stress for people with heart problems.

Research by Imelda Rahmayunia Kartika et al. 2017 the number of respondents was 20 people. Inclusion criteria: elderly who live in the work area of the Tresna Werdha social institution, the love of Mrs. Batusangkar, elderly aged 60-90 years. The results of the reminiscence therapy intervention have been able to increase personal integrity and receive positive reinforcement so as to be able to eliminate unpleasant events. The research results show that through this therapy, elderly people can find their own strengths, build their self-confidence and develop positive thinking in the elderly themselves. Reminiscence therapy is suitable for the elderly, because this therapy is an easy therapy to do. In their daily environment, elderly people can carry out reminiscing activities with other elderly friends [15].

Research by Ilham et al. 2021. The number of intervention respondents was 17 people and the control group was 17 people with inclusion criteria: aged 60-90 years, male and female, able to communicate verbally, cooperative and communicative verbally, cooperative and communicative, experiencing mild and moderate stress. And the exclusion criteria: have a history of mental disorders and/or serious physical illnesses such as stroke and heart disease, have serious physical disabilities such as weakness or paralysis due to stroke or have physical disabilities. The reduction in stress levels that occur in the elderly after reminiscence therapy can occur because reminiscence therapy improves negative emotions so that respondents appear to show more happy expressions and interact more with other people. Elderly people who are successful in adapting to the changes and setbacks they experience will develop positive feelings and attitudes towards themselves and their environment [18]. The elderly will avoid stress because they still feel useful, wise, happy, able to use their time effectively and efficiently, involve themselves in social activities, feel optimistic, develop hobbies, and become more religious. Through reminiscence therapy, elderly people can find their own strengths, build their self-confidence, and develop positive thinking in the elderly themselves. In their daily environment, elderly people can carry out reminiscence activities with other elderly friends or with their family, namely their children and grandchildren [14].

Hamdiana et al.'s research. In 2023 the number of respondents will be 20 people. Inclusion criteria: all elderly people living in the al-huda syuhada cot plieng nursing home, north aceh district, aged >60 years. The results of the intervention carried out were the provision of therapy by carrying out Reminiscence Therapy which was proven to be effective in reducing stress levels in the elderly thereby increasing the success and quality of therapy to reduce stress levels. If Reminiscence Therapy can improve cognitive values in the elderly, it will also influence reducing stress levels in the elderly so that the elderly can assess adaptive coping. Reminiscence therapy focuses on pleasant events in the elderly, so that by telling and discussing these events the elderly become happy, proud and can increase their self-integrity and receive positive reinforcement so that they are able to eliminate unpleasant events. The activity of telling stories and expressing feelings to family and friends so that the elderly are able to adapt to stress [19].

Research by Rosmin et al. 2018 the number of respondents was 15 people. Inclusion criteria: elderly people living in the Ilonata Social Care Institution (PSTW) in Gorontalo City, aged 60-90 years. The results of the intervention showed that after reminiscence therapy, respondents with severe levels of stress both changed to moderate stress. By looking at the condition of the respondents, reminiscence therapy did have an influence on stress levels in the elderly because after being given the therapy, most of the elderly expressed feelings of happiness and said that the symptoms they had previously experienced had reduced [18]. This proves that the elderly are able to adapt to stress [5]. This is because reminiscence therapy focuses on pleasant events, so by telling past memories it can help the elderly interact and express feelings to family and friends so that the elderly are able to adapt to stress. This is in line with the theory of Kartika and Mardalinda (2017) which explains that Reminiscence Therapy focuses on pleasant events in the elderly, so that by telling and discussing these things the elderly become happy, proud and can increase their self-integrity and receive positive reinforcement so that they are able to eliminate the incident. which is unpleasant [15].

4. Conclusion

Reminiscence therapy (memory therapy) is one of the therapies to reduce stress and one of the psychotherapy type treatments that aims to improve the mental health of the elderly. This therapy can be done in groups or individually. In undergoing reminiscence therapy, stress levels in the elderly can decrease.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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