

THE EFFECT OF REMINISCENCE THERAPY ON IMPROVING THE COGNITIVE VALUES OF THE ELDERLY AT RISK OF DEMENTIA

Kholifah Hasnah¹⁾, Rio Kristian Nugroho²⁾

¹Politeknik Insan Husada Surakarta

²Politeknik Insan Husada Surakarta

e-mail rasyidifah09@gmail.com

ABSTRAK

Lansia merupakan proses yang dilalui seseorang dimana terjadi kemunduran fisik dan psikologi secara bertahap salah satunya penurunan fungsi kognitif. Penurunan kognitif akan menimbulkan permasalahan dalam pemenuhan kebutuhan dasar pada lansia. Salah satu intervensi non farmakologi yang dapat diberikan pada lansia dengan penurunan nilai kognitif adalah terapi reminiscence. Tujuan dari penelitian ini adalah mengetahui peningkatan nilai kognitif lansia setelah diberikan terapi reminiscence. Metode yang digunakan pada penelitian ini adalah *quasy eksperimental* dengan *one group pretest and posttest design*. Jumlah subjek dalam penelitian ini adalah 25 lansia yang akan diberikan terapi reminiscence dan diukur nilai kognitif dengan kuisioner *Mini Mental State Examination* sebelum dan sesudah diberikan intervensi. Hasil analisa menunjukkan bahwa ada peningkatan nilai kognitif sebanyak 16 sampel (64%) dengan 0-17 (kategori gangguan kognitif berat) menjadi 18 – 23 (kategori gangguan kognitif ringan) dan 12 sampel (36%) dengan peningkatan jumlah nilai kognitif total rata – rata 2 (kategori tetap gangguan kognitif berat). Selisih nilai rata rata sebesar 2,9 pada nilai *pre test* dan *post test*. Kesimpulan terapi reminiscence dapat meningkatkan nilai kognitif pada lansia. Saran perlu adanya intervensi pembanding untuk menilai efektifitas terapi lansia demensia.

Kata kunci: Demensia;lansia; terapi reminiscence.

ABSTRACT

Elderly is a process that a person goes through in which gradual physical and psychological decline occurs, one of which is a decline in cognitive function. Cognitive decline will cause problems in fulfilling basic needs in the elderly. One non-pharmacological intervention that can be given to elderly people with cognitive impairment is reminiscence therapy. The aim of this research is to determine the increase in the cognitive value of the elderly after being given reminiscence therapy. The method used in this research was quasi-experimental with one group pretest and posttest design. The number of subjects in this study were 25 elderly people who would be given reminiscence therapy and their cognitive scores would be measured using the Mini Mental State Examination questionnaire before and after being given the intervention. The results of the analysis showed that there was an increase in the cognitive scores of 16 samples (64%) from 0-17 (severe cognitive impairment category) to 18 - 23 (mild cognitive impairment category) and 12 samples (36%) with an increase in the average total cognitive score - average 2 (still category of severe cognitive impairment). The difference in average score is 2.9 in the pre-test and post-test scores. Conclusion: Reminiscence therapy can improve cognitive values in the elderly. It is suggested that there is a need for comparative interventions to assess the effectiveness of therapy for elderly people with dementia.

Key words: Dementia;elderly;reminiscence therapy.

1. INTRODUCTION

Cognitive decline in elderly is often associated with impaired memory processes, impaired speech fluency, errors regarding place, time, people, and objects, difficulty in calculating, inability to organize activities, difficulty in decision making, and difficulty concentrating (Nurhidayati, 2020). This is a syndrome that triggers various dangerous diseases such as dementia and decreased ability to carry out daily activities in sufferers (Priastana & Nurmaliyah, 2020). Untreated cognitive decline will result in disruption in carrying out daily activities such as eating, drinking, and bathing, thus negatively impacting the productivity and independence of the elderly (Hasifah et.al., 2021).

Common problems that occur in the elderly due to cognitive decline are caused by reduced oxygen supply to the brain and degeneration. The nervous system will experience progressive atrophy in the nerve fibers of the elderly. This aging will cause decreased sensory perception and motor responses in the central nervous system, this occurs because changes in the central nervous system in the elderly experience changes that cause decreased cognitive function and dementia (Pragholapati et.al., 2021). Cognitive disorders in the elderly cannot be cured, but the symptoms that arise can be minimized, one of which is with treatment in the form of reminiscence therapy. This reminiscence therapy can trigger the emergence of pressure on memory, where memory is the process of storing important sensory impulses to be used in the future as a regulator of motor activity. Reminiscence therapy is a way to express emotions that will cause feelings of self-confidence and appreciation in the elderly, which leads to positive coping and influences the perception and emotions of the elderly when thinking about problems. This

therapy aims to improve cognitive abilities in the elderly (Safitriana & Al Jihad, 2023).

The results of a preliminary study conducted at the Solo elderly home found that there were approximately 40 elderly people who experienced decreased cognitive function.

Based on the description above, the author wants to know reminiscence therapy in increasing cognitive value in the elderly. The specific purpose of this study was to determine whether there was an increase in cognitive value in the elderly who were given reminiscence therapy.

2. RESEARCH METHOD

This type of research is quasi-experimental research. The quasi-experimental method is a research design used to determine the impact of something imposed on the subjects studied by looking for the effect of certain condition treatments by comparing pretest and posttest values (Sugiyono, 2018). The type of design used in this study is quasi-experimental with one group pretest and posttest design.

The subjects in this study were the elderly at Panti Wredha Widhi Asih. Sampling in this study used the purposive sampling technique, namely a sampling technique, which is adjusted to the predetermined criteria (Alfianika, 2018). The sample in this study was 25 elderly people and met the inclusion and exclusion criteria. The inclusion criteria in this study were (1) elderly with a severe cognitive value (0-17), (2) willing to be respondents, (3) willing to follow the course of the research. Exclusion criteria: (1) elderly people with cognitive scores in the category of no cognitive impairment, (2) unable to stand without aids, (3) unwilling to be respondents, (4) unwilling to take part in the research.

Teknik pengumpulan data yaitu dengan teknik wawancara.. Wawancara digunakan peneliti untuk menemukan dan menggali informasi tentang adanya gangguan kognitif berat. Wawancara ini dilakukan 2x yaitu sebelum dilakukan implementasi dan setelah diberikan implementasi terapi reminiscence yang diberikan sebanyak 10 kali selama 4 minggu. Setelah dilakukan intervensi, lansia/responden akan diukur dengan menggunakan kuesioner MMSE. Hal ini bertujuan untuk mengetahui nilai kognitif pada masing-masing responden lansia

3. RESEARCH INSTRUMENT

This research instrument uses the Mini Mental State Examination (MMSE) to determine the cognitive value of the elderly, checklists, for Javanese gamelan music therapy.

a. Mini Mental State Examination (MMSE) Questionnaire.

The instrument used is the Mini Mental State Examination (MMSE) which is a short 30-point questionnaire test used to determine the presence of cognitive impairment. Cognitive impairment here occurs in the elderly who are indicated to have dementia, it is explained that dementia is a syndrome of cognitive decline characterized by changes in behavior, decreased memory, orientation, difficulty in communicating and making decisions resulting in decreased ability to carry out daily activities in a person (Priastana & Nurmaliyah, 2020).

b. Reminiscence therapy

Reminiscence therapy helps the elderly to recall pleasant past times, thus presenting a meaningful feeling as an individual who is meaningful to others (Vitaliati, 2018). Reminiscence therapy is carried out for 10 times within 4 weeks. The steps of reminiscence

therapy are divided into 5 sessions, namely, session 1 sharing childhood experiences, session 2 sharing teenage experiences, session 3 sharing adult experiences, session 4 sharing family and home experiences, and the last session 5 evaluating self-integrity. In the 3rd week, therapy will be repeated with 5 steps with different story variations.

c. Data Analysis

The data analysis to be conducted is bivariate analysis, analysis to determine the interaction and variables, both in the form of comparative, associative and correlative (Saryono, 2013). Bivariate analysis in this study aims to analyze the effect of Javanese gamelan music in increasing cognitive values in the elderly. The normality test here uses the Shapiro Wilk test because the data sample is less than 50 (Sopiyudin, 2013).

4. RESULTS AND DISCUSSION

The results of the bivariate analysis in this study to analyze reminiscence therapy in increasing cognitive values in the elderly are as follows:

1. Cognitive values of the elderly before being given Javanese gamelan music.

Table 1 Distribution of interpretation of cognitive values of the elderly

Interpretation of values	Number (Elderly)	Presentase (%)
≤ 21 increased risk of dementia	0	0
No cognitive impairment.	0	0
Mild cognitive impairment (18-23).	0	0
Severe Cognitive Impairment (0-17)	25	100
Total	25	100

source : Data Primer, 2024

Based on the results of the study, table 1 shows that before being given treatment, all respondents, namely 25 elderly (100%) had severe cognitive impairment with a score of 0-17. The results of this study indicate that most of the elderly have experienced severe cognitive decline. These results are in accordance with previous studies which showed that cognitive values before being given non-pharmacological implementation were moderate dementia (60%) with indicators of severe cognitive impairment (Festi, 2010). Cognitive dysfunction is a disorder of brain function in the form of orientation, attention, concentration, memory and language as well as intellectual function which is indicated by disorders in arithmetic, language, semantic memory (words) and problem solving (Wreksoatmodjo, 2020).

1. Cognitive value of the elderly after being given Javanese gamelan music

Table 2 Distribution of interpretation of cognitive values of elderly women after reminiscence therapy

Level of Dementia	Number (Lansia)	Presentase (%)
≤ 21 increased risk of dementia.	0	0
No cognitive impairment (24-30).	0	0
Mild cognitive impairment	16	64
	9	36
Total	25	100

Source : Data Primer, 2024

Based on the results of the study, table 2 shows that the cognitive value of the

elderly after being given reminiscence therapy is in the category of severe cognitive impairment 9 elderly (36%) and mild cognitive impairment 16 elderly (64%). These results can be concluded that reminiscence therapy can improve cognitive values in the elderly. This study shows an increase in the cognitive value of the elderly with a category of severe to mild cognitive impairment and some elderly with an increase in the total number of cognitive values even though they remain in the category of severe cognitive impairment.

Reminiscence therapy is associated with improved well-being, mood, memory, social interaction, self-esteem and cognitive function (Kris et al, 2020). This method is related to memory to improve mental health and quality of life for the elderly (Lestari & Sumintardja, 2016). Reminiscence therapy helps the elderly to remember the pleasant past, thus presenting a meaningful feeling as an individual and having been a meaningful individual for others (Vitaliati, 2018).

Table 3. Differences in average interpretation of pre and post cognitive scores

	Number of interpretation	Mean	deviations
Pre test	378	15,2	2,9
Post test	451	18	

source : Data Primer, 2024

Based on the research results, table 3 shows that there is an increase in cognitive value in the elderly. The average difference before and after reminiscence therapy is 2.9 and it can be concluded that there is an influence on increasing cognitive value in the elderly.

Reminiscence therapy as a psychotherapy technique by restoring self-esteem and self-satisfaction so that patients remember pleasant past experiences (Latha, K.S, 2014).

According to the researcher's assumption, reminiscence therapy is effective in increasing cognitive value in the elderly at risk of dementia. The elderly with severe cognitive impairment will have a greater risk of dementia, this is because the ability to remember decreases if not given stimulation will continue to progress and reduce the ability of the elderly. The increase in cognitive value of the elderly who are given reminiscence therapy is not all able to change the category from severe to mild cognitive impairment but is able to increase the number of answering abilities, especially in memory and language on the test using MMSE.

5. CONCLUSION

Cognitive values in the elderly before being given Javanese gamelan music therapy have a category of severe cognitive disorders, namely 25 elderly (100%)

Cognitive values in the elderly after being given Javanese gamelan music therapy have a category of severe cognitive disorders, namely 16 elderly (64%) and mild cognitive disorders, namely 9 elderly (36%). The results of the analysis showed that there was an increase in the cognitive value of the elderly using the MMSE (Mini Mental State Examination) questionnaire, the average pre-test result was 15.2 and the post-test was 18 with a difference of 2.9

2. SUGGESTIONS

a. Respondents

Respondents who have severe cognitive values to be given reminiscence therapy

b. Researchers

More in-depth research related to severe cognitive values

c. Institutions

Institutions provide references that can be used as sources of information to increase insight into the development of science

REFERENSI

- Al-Finatunni'mah, A., & Nurhidayati, T. (2020). Pelaksanaan Senam Otak Untuk Peningkatan Fungsi Kognitif Pada Lansia Dengan Demensia. *Ners Muda*, 1(2), 139-145.
- Aminuddin. (2016). Buku Ajar Keperawatan Gerontik. Edisi 2. Jakarta: EGC.
- A.Muri Yusuf. (2019). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Jakarta: Cet. V.
- Anam dkk. (2016). *Konsep Dan Penerapan Metodologi Penelitian Ilmu Keperawatan*. Edisi 1. Jakarta.
- Collins, C. (2006). *Life Review And Reminiscence Group Therapy Among Senioradults*. Texas: Texas Tech University.
- Hasifah, Uchira, & A., A. (2021). Efektifitas Terapi Reminiscence Terhadap Kemampuan Daya Ingat Lansia Di Puskesmas Tamalanrea Kota Makassar. *Jurnal Ilmiah Kesehatan Diagnosis*, 16(2), 73–80.

- Hasnah, K. & Nuriyanti, A. (2024). Intervensi Musik Gamelan Jawa dalam meningkatkan nilai kognitif lansia. *Jurnal Kesehatan Kusuma Husada*, <https://jurnal.ukh.ac.id/index.php/JK/article/view/1277>, Vol 15, No 1
- Henkel, L.A., Kris, A., Birney, S., & Krauss, K. (2017). *The Functions And Value Of Reminiscence For Older Adults In Long-Term Residential Care Facilities. Memory*, 25, 425-435.
- Kaplan. (2017). *Mengenal Usia Lanjut Dan Mengenalnya*. Jakarta: Salemba Medika.
- Kemenkes RI. (2021). Lansia Bahagia Bersama Keluarga. *Kementerian Kesehatan RI*, 35, 1. <https://www.kemkes.go.id/article/view/21061700001/lansia-bahagia-bersama-keluarga.html%0Ahttps://www.kemkes.go.id/article/print/21061700001/lansia-bahagia-bersama-keluarga.html>. Diakses pada tanggal 19 Juli 2024.
- Kennard, C. (2017). *Reminiscence Therapy For Alzheimer's Disease. Journal of Neurology & Stroke*. <https://pdfs.semanticscholar.org/979d/68c69246773c9719057f2ad9720930bd8cf0.pdf>. Diakses pada tanggal 2 Agustus 2024.
- Latha, K.S., Bhandary, P.V., Tejaswini, S., Sahana, M. (2014). *Reminiscence Therapy: An Overview. Middle East Journal of Age and Ageing Volume 11 Issue*.
- Lestari, F. M., & Sumintardja, E. N. (2016). Kajian *Reminiscence Group Therapy* Pada Depresi Lansia Wanita Yang Tinggal Di Panti Werdha. *Jurnal Ilmiah Psikologi MANASA*, 5(1), 42-56.
- Maryam, (2008). Gambaran Tingkat Kecemasan. Hermawan Subiantoro. *Fakultas Ilmu Kesehatan. UMP*. 2017. 10-37.
- Notoatmodjo. (2018). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Nugroho, W. H. (2014). *Keperawatan Gerontik Dan Geriatrik*. Jakarta: EGC.
- Nugroho. (2018). *Keperawatan Lanjut Usia. Edisi 1*. Yogyakarta: Graha Ilmu.
- Organisation, W. H. (2022). *World health statistics 2022 (Monitoring health of the SDGs). Monitoring Health of the SDGs*. <http://apps.who.int/bookorders>. Diakses pada tanggal 5 Agustus 2024.
- Pragholapati, A., Ardiana, F., & Nurlianawati, L. (2021). Gambaran Fungsi Kognitif Pada Lanjut Usia (Lansia). *Jurnal Mutiara Ners*, 4(1), 14-23.
- Safitriana, I., & Al Jihad, M. N. (2023). Penerapan Terapi Reminiscence Untuk Meningkatkan Fungsi Kognitif Lanjut Usia. In *Prosiding Seminar Nasional Unimus* (Vol. 6).

- Setiawan. (2019). *riset Keperawatan Dan Teknik Penulisan Ilmiah* Edisi 1. Salemba Medika. Jakarta.
- Sjahrir. (2019). *Konsep Dan Praktek Penulisan Riset Keperawatan* Edisi 2. Yogyakarta: Graha Ilmu.
- Stanley. (2017). *Buku Ajar Keperawatan Gerontik* Edisi 2. Jakarta: EGC.
- Sugiyono. (2018). *Metode Penelitian Kuantitatif*. Bandung: Alfabeta.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, kualitatif dan R&D*. Bandung: Alfabeta.
- Syarniah. *Pengaruh Terapi Kelompok Reminiscence Terhadap Depresi Pada Lansia Di Panti Sosial Tresna Werda Budi Sejahtera Provinsi Kalimantan Selatan*. Jurnal. Program Pascasarjana. Jakarta: FIK UI, 2010.
- Untari, (2018). *Keperawatan Gerontik, Terapi Tertawa Dan Senam Cegah Pikun*. Jakarta : EGC.
- Vitaliati .T. (2018). *Pengaruh Penerapan Reminiscence Therapy Terhadap Tingkat Depresi Pada Lansia*. Jurnal Keperawatan BSI. 6(1).
- Watson, K. E. (2011). *Reminiscence Therapy Benefits Residents. American Health Care Association/National Center for Assisted Living*.
- Wreksoatmodjo. (2020). *Pemeriksaan Status Mental Mini pada Usia Lanjut di Jakarta*. Jurnal Medika. Vol.XXX, 563.
-