The Effect of Reminiscence on Self-Esteem, Depression, and Life Satisfaction Among Elderly People

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Abstract

As people enter old age, they begin to experience associated changes in their physical, mental and social health. Elderly individuals often develop feelings of loneliness, sullenness, depression and loss of self confidence. Reminiscence is a commonly-used clinical intervention to assist the elderly in adapting to the aging process. Therefore, this study was conducted to evaluate the effect of reminiscence on self-esteem, depression, and life satisfaction among elderly people. A pre-post quasi-experimental design was utilized in this study. A sample of convenience of 30 institutionalized older adults was recruited from Dar El-Hana Geriatric home. Socio-demographic/medical data sheet, Mini-Mental State Exam (MMSE) scale, Geriatric Depression Scale (GDS), Self-esteem Scale, University of California Los Anglos Loneliness Scale (UCLA), and Life Satisfaction Scale were used to achieve the purpose of this study. A reminiscence program session was held for 90 minutes for a total of 10 weeks (20 sessions), the program focus on particular stages of life using a semi-structured interview. Findings of this study indicated that, reminiscence intervention significantly raised self-esteem, lessened loneliness and improved life satisfaction among elderly individuals; the reduction in depression levels did not reach statistical significance. To conclude reminiscence intervention is an effective alternative intervention which can help living-alone elderly adapt to the aging process. Further studies about reminiscence on a larger number of elderly from different geographical areas are recommended.

Keywords: Reminiscence; Self-esteem; Depression; Life satisfaction; Elderly people