

## THE EFFECT OF LIFE REVIEW THERAPY ON THE LEVEL OF LONELINESS ELDERLY IN SOCIAL PROTECTION AND REHABILITATION INSTITUTIONS ELDERLY BUDI SEJAHTERA BANJARBARU

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### ABSTRACT

Loneliness is the most common thing experienced by the elderly in the world, which is a feeling It can be triggered by various factors, including the loss of a loved one, loss of a spouse, living apart from family, or helplessness of the elderly to live independently. The purpose of this study is to find out the existence of the effect of life review therapy on the level of loneliness of the elderly in Social Rehabilitation of the Elderly Budi Sejahtera Banjarbaru. This study uses a Pre-Experimental Design method with the type of One Group Pretest-Posttest Design. Population all elderly people at PPRSLU Budi Sejahtera as many as 115 people, and samples taken A total of 15 elderly people with loneliness used purposive sampling techniques. The instrument used in this study was the UCLA Loneliness questionnaire sheet Scale Version 3 and the study was conducted for 1 month. The results showed that the majority of the elderly at PPRSLU Budi Sejahtera Banjarbaru experience moderate loneliness before life review therapy (80%). After being given life review therapy, The majority of elderly people experience low loneliness (66.7%). It shows that There were differences in levels of loneliness before and after life review therapy for the elderly at PPRSLU Budi Sejahtera Banjarbaru with a p-value of  $0.003 < \alpha (0.05)$ . This research is expected to be applied as a nursing action Alternatives to overcome loneliness in the elderly.

**Keywords:** *Elderly, Life Review Therapy, Loneliness*

### INTRODUCTION

The elderly are someone who is over the age of 60 years. At this time there is usually a process of ageing that will trigger changes in physiological, social, economic and psychological aspects (Muhith, 2016). Changes from physiological aspects cause changes in physical and deterioration of body system function in an elderly person (Muhith, 2016). Diana (2022) reported the physic disorder that happens in the elderly was hypertension (42,8%). On aspect Socially, the elderly will face problems whose reactions are very diverse depending on the personality of each individual, as on which aspect of the economy, The elderly must adapt to their retirement, so it can be a factor in The elderly feel alienated because they are no longer in touch with society (Sunaryo et al, 2016). While on the psychological aspect, loneliness is a problem that most occurs

in the elderly (Nuraini, 2018). The elderly will experience changes including pessimistic feelings, insecurity, anxiety, chaos acute mentality, feeling threatened because of their illness in old age, or feeling abandoned which causes feelings of uselessness and lack of ability to be independent (Sunaryo et al, 2016).

Psychological aspects greatly affect the quality of life of the elderly, such as starting not to be able to remember clearly, feeling lonely, afraid to face death, afraid of the loss of loved ones and loved ones that causes the elderly to feel lonely or even depressed (Putri et al, 2014). Loneliness itself is a condition that often threatens the life of an elderly person. Triggers for feelings These include when an elderly person is separated from his family members, loses life partner, loss of a cherished friend, and his helplessness to independent living. An elderly person who experiences this loneliness will feel bored, unloved, unnoticed, even feeling worthless (Nuraini, 2018).

National Academies of Sciences, Engineering, and Medicine (NASEM) In 2021, explain more than one-third of the population aged 45 years and over feels lonely, and nearly a quarter of elderly over 65 experience social isolation. Nation Council on Aging and Older People reports that the prevalence of elderly Americans experiencing loneliness shows the number is quite high, which is as much as 62% (Rifiyanto, 2018). Based on research in Karang Banjarmasin, elderly who experience loneliness as many as 17 people (51.5%) of 33 elderly (Fitriana et al., 2021). Based on data from preliminary studies conducted with interviews with parlour officers at PPRSLU Budi Sejahtera on December 3, 2022, the number of elderly living in PPRSLU Budi Sejahtera Banjarbaru was 185 people, officers said there are some elderly who seem more happy to be alone than to join others.

The feeling of loneliness that is constantly felt by the elderly tends to have a negative impact on their condition (Cohen-Mansfield & Parpura-Gill, 2007). It can affect physical and emotional health as it relates to blood pressure height, sleep disturbances, pain, stress, depression, and anxiety (Zarei et al., 2016). Septina et al., 2017 stated that loneliness causes a decrease in health and well-being of the elderly. This then leads to quality of life which is bad in the elderly which makes it difficult for the elderly to feel happy. Elderly who experience loneliness often feel bored with their lives thus wanting death to pick up soon (Septiningsih & Na'imah, 2012). In addition, the elderly who live in elderly homesteads become more vulnerable to experience loneliness given the lack of time spent with family (Damayanti & Sukmono, 2015).

Given the number of elderly who experience loneliness, it is necessary to do Therapeutic modalities that are used to fill spare time Elderly. One type of therapeutic modality is life review therapy by inviting lonely elderly to tell about valuable experiences experienced by the elderly throughout their lives (Rahayuni, 2015). The goal of life review therapy is to prevent or reduce depression, increase satisfaction, improve self-care, increase self-esteem, Helping the elderly cope with crisis, loss and transition, improving quality Living and Overcoming Despair. This is in line with a study conducted by Maulina et al (2019) which was held at UPT Pesanggrahan PMKS Majapahit Mojokerto, the results were obtained that There was an effect of life review therapy on elderly depression rates ( $p = 0.000$ ). Then Mendrofa's research (2021) was conducted at the UPT Social Services for the Elderly Office. Sleep disorder overcome by te'undur technique (Diana, 2023)

Binjai Social of North Sumatra Province from March to April 2021 was also obtained The effect of life review therapy on elderly depression rates ( $p = 0.001$ ). Then further strengthened by the research of Wardhani et al (2020) carried out in nursing homes Rumah Bahagia Bintan Kepulauan Riau which has been carried out since March 2019 was obtained There is an effect of life review therapy on reducing the level of elderly depression ( $p = 0.000$ ). The purpose of this study is to find out the existence of the effect of life review therapy on the level of loneliness of the elderly in PPRSLU Budi Sejahtera Banjarbaru.

## **METHOD**

The research method used in this study is Pre-experimental Design with type One Group Pretest-Posttest Design. Data collection conducted during the period April 2023 to May 2023 at PPRSLU Budi Sejahtera Banjarbaru. The study population includes All the elderly, with a sample of 15 elderly who experienced loneliness and were taken using purposive sampling. The research instrument uses The UCLA Loneliness Scale Version 3 by Daniel W. Russell (1996) who has been modified by Agung Sanjaya (2012) to measure the level of loneliness of the elderly before and after life review therapy. The independent variables in this study were Life Review Therapy, while the dependent variable is the level of loneliness of the elderly. Data analysis was performed through the Wilcoxon test.

## RESULT AND DISCUSSION

### a. Result.

**Table 1.**

Characteristic of respondents

| Characteristic     | n         | %          |
|--------------------|-----------|------------|
| <b>Age</b>         |           |            |
| 60-74 years old    | 8         | 53.3       |
| 75-90 years old    | 7         | 46.7       |
| <b>Gender</b>      |           |            |
| Male               | 7         | 46.7       |
| Female             | 8         | 53.3       |
| <b>Education</b>   |           |            |
| Elementary school  | 7         | 46.7       |
| Junior high school | 1         | 6.7        |
| Senior high school | 3         | 20         |
| College            | 2         | 13.3       |
| No education       | 2         | 13.3       |
| <b>Work</b>        |           |            |
| No work            | 15        | 100        |
| <b>Status</b>      |           |            |
| Marrital           | 1         | 6.7        |
| Widow / widower    | 14        | 93.3       |
| <b>Total</b>       | <b>15</b> | <b>100</b> |

Source: results of questionnaire data processing, 2023

Based on table 1, it shows that most elderly respondents in PPRSLU Budi Sejahtera Banjarbaru in the period April 2023 to May 2023 has The following characteristics: 53.3% were under 60-74 years old, 53.3% female gender, respondent's last education was elementary school As many as 46.7% , 100% of the elderly are not working, and 93.3% of the elderly are widow/widower.

**Table 2.**

Comparison of Elderly Loneliness Levels Before and After Given Life Review Therapy

|                | Pre-test | Post-test |
|----------------|----------|-----------|
| Mean           | 1.9333   | 1.3333    |
| Median         | 2.0000   | 1.0000    |
| Mode           | 2.00     | 1.00      |
| Minimum range  | 1.00     | 1.00      |
| Maksimum range | 3.00     | 2.00      |
| Std. deviation | 0.45774  | 0.48795   |

Based on table 2, it shows that There is a decrease in the mean from 1.9333 when pre-test becomes 1.3333 when post-test.

**Table 3.**

The Effect of Life Review Therapy on the Level of Loneliness of the Elderly in PPRSLU Budi Sejahtera Banjarbaru

|           | Degree of Linoliness | n                                   | %    | mean   |
|-----------|----------------------|-------------------------------------|------|--------|
| Pre test  | Low                  | 2                                   | 13.3 | 1.9333 |
|           | Currently            | 12                                  | 80   |        |
|           | Heavy                | 1                                   | 6.7  |        |
| Post test | Low                  | 10                                  | 66.7 | 1.3333 |
|           | Currenty             | 5                                   | 33.3 |        |
| Wilcoxon  |                      | Z: -3.000 <sup>a</sup><br>P: 0.0003 |      |        |

Source: Questionnaire results, 2023

Based on table 3, it shows that From the level of loneliness 15 respondents elderly Before given life review therapy, the majority of the elderly experienced moderate loneliness (80%). While the level of loneliness of the elderly after given life review therapy, the majority The elderly experience low loneliness (66.7%).

Wilcoxon test results between pre-test and post-test on elderly loneliness levels show a p-value of 0.003 where  $\alpha = 5\%$  (0.05) and a Z value of -3.000. Result It shows that the p-value (0.003) is smaller than  $\alpha$  (0.05) and the z score is negative (-3,000) outside the critical range of the 5% significance value (-1.96 and +1.96) so that H0 is rejected which means that there is an influence of life review therapy on the level of loneliness of the elderly in PPRSLU Budi Sejahtera Banjarbaru Elderly before and After life review therapy.

The influence of life review therapy on the level of loneliness of the PPRSLU Budi Sejahtera Banjarbaru is proven with a decrease in the average pretest and post-test scores by 0.6, from 1.9333 to 1.3333.

## b. Discussion

### *Elderly Loneliness in Life's Intervention Group Review Therapy*

Results of research at PRSLU Budi Sejahtera Banjarbaru shows that most of the elderly experience loneliness Meanwhile, there are 12 elderly people (80%). These results are in accordance with the results of research in Tresna Werdha Kasongan Bantul Social Service Center

Yogyakarta which shows The picture of the level of loneliness in the elderly is mostly moderate category, which is as many as 13 elderly people (36.1%) (Rifiyanto, 2018).

Moderate category loneliness means that the loneliness felt by the study subjects is not high and neither low. Loneliness is a subjective and dependent experience on an individual's interpretation of an event. Then the subject is categorised with A moderate level of loneliness means that the individual does not always feel lonely. The loneliness experienced can appear depending on the individual's interpretation of an event that indicates the state of loneliness itself (Marini, 2012).

In this study, loneliness in the elderly was caused by their condition being separated from the closest person or partner, evidenced by the results of research on Marital status of the elderly, most of whom are widows/widowers (93.3%). This is in line with Suardiman's theory (2016) which states that loneliness is a feeling of alienation, Excluded, isolated from others that will appear when one feels distant from The closest person, not noticed by the people around, and there is no one A place to share taste and practice. Research results of Ayu, Hamid, and Lita (2021) states that the majority of elderly with loneliness are experienced by elderly status widow/widower due to the abandonment of a spouse.

Loneliness that occurs in the elderly is also influenced by demographic factors, such as employment status. All respondents in this study are no longer working (100%), which means they tend to have more free time because they are already Not working which then triggers a sense of boredom in the elderly, and the elderly feel not have close friends or feel alienated. Research Nuraini, Kusuma, & Rahayu (2018) also states that the elderly who are no longer working will cause a lack of activity, so that free time increases and will cause a sense of loneliness.

Meanwhile, after life review therapy was carried out on the elderly in PPRSLU Budi Sejahtera Banjarbaru, research results showed that most elderly people experience low loneliness which is as much as 10 elderly people (66.7%). These results are in accordance with the results of research at the Social Service House Wening Wardoyo Elderly Semarang Regency after being given reminiscence therapy who experienced low category loneliness as many as 10 elderly people (66.7%). Suardiman (2016) mentioned that there are things that can overcome Loneliness is by forming groups of elderly to bring together fellow seniors to have the opportunity to exchange information, learn from each other, and joke or have social contact with others (Yoepiana, 2020).

Decrease in loneliness levels from this moderate category to this low category shows that the elderly show change and desire to relate to the social environment. This is evidenced by a decrease in value. The average in pre-post and post-test was 0.6, from 1.9333 to 1.3333. In this study, respondents have been brave in conveying their feelings by conveying ideas or opinions or recount past experiences from childhood, adulthood, and old age to researchers.

### ***Analysis of the Effect of Life Review Therapy on the Level of Loneliness of the Elderly***

The results showed the influence of life review therapy on the level of loneliness of the elderly in the PPRSLU Budi Sejahtera Banjarbaru with a p-value of  $0.003 < \alpha (0.05)$ . At the moment before it is carried out Life Review Therapy, there is still 1 elderly who experiences severe loneliness (6.7%), Meanwhile, after being given the intervention of Life Review Therapy, no elderly were found who experiencing severe loneliness. This is in line with research at Weaning Elderly Social Services Home Wardoyo Semarang Regency which states that there are different levels of Significant loneliness in the elderly before and after reminiscence therapy with a p-value of  $0.004 < \alpha (0.05)$ .

In general, the implementation of life review therapy interventions can be said to be effective to reduce loneliness in the elderly. Life review therapy can be an interesting psychological treatment for elderly because it makes them have a good past bond that is common as well as special ones. This therapy can help the elderly to reduce psychological problems such as loneliness, depression, decline in cognitive function, and hopelessness. It is in line with Emilyani's research (2019) which states that life review therapy Can improve the cognitive (intellectual) ability of the elderly with a p-value of  $0.005 < \alpha (0.05)$ . Research by Wardhani, Muharni, and Izzati (2020) shows that the elderly Decreased levels of depression after being given Life Review Therapy (100%) due to Such interventions can change mood and reduce depression by: There is acceptance, restoration of self, and recovery self of grief (resolution of grief). Diana (2023) reports that elderly who implement gymnastics also can improve their health.

### **CONCLUSION**

The level of loneliness of the elderly before being given a partial life review therapy intervention Large experienced a moderate loneliness category which was as many as 12 people (80%), while After being given life review therapy, most elderly people experience loneliness The low category is 10 people (66.7%). Decrease in elderly loneliness rates evidenced by a decrease in

the average value of 0.6 (From 1.9333 to 1.3333). There was an effect on the level of loneliness before and after the life review intervention therapy on 15 elderly with a p-value of  $0.003 < \alpha$  (0.05).

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