



THE INFLUENCE OF DEVELOPING MODULE “LIFE REVIEW THERAPY TO THE LOW SELF-ESTEEM OF ELDERLY PEOPLE” AT KURAO PAGANG IN 2019

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ABSTRACT

Low self-esteem is a feature of several mental health disorders that has been directly treated with Cognitive-Behavioral Therapy. Indonesia is one of the top five countries with the largest number of elderly people in the world, reaching 18.1 million people in the year 2010 or 9.6% of the total population. This elderly population is projected to be 28.8 million (11.34%) of the total population of Indonesia in the year 2020. Many factors cause low self-esteem in the elderly people. The aim of this study was to determine the development of the life review therapy BAIK (Be healthy, management of eating and sports, Sincere to live the life and control the stress) module. The current study was a Quasi Experimental study Pre-Post Test with life review therapy interventions that involved 40 elderly in KuraoPagang,NanggaloDisrtrict. Purposive sampling was used to select the data. The results of this study there was an effectiveness of the module in exploring the elderly's within the scope of BAIK (Be healthy, management of eating and sport, sincerely living the life and controlling stress) with $p = 0, 00$. The Life review Therapy provides an opportunity for the elderly to reflect the life and solve it, rearrange and reintegrate all problems or areas that have disturbed them. The Research on patients with low self-esteem by designing a Life Therapy module entitled BAIK which usefullfor helps them to resolve their past conflicts, reconstruct their life stories, and accept their present conditionsand for increasing the quality of life of the elderly.

Keyword :Elderly, Self-Esteem, life review therapy and BAIK Module

INTRODUCTION

Mental health is an individual's ability to fulfil a number of key functions and activities, including: the ability to learn, the ability to feel, express and manage a range of positive and negative emotions(Prabowo, 2014),as clinically significant conditions characterized by alterations in thinking, mood (emotions) or behaviour associated with personal distress and/or impaired functioning (Katona, cooper, & Robertson, 2012). Aging is an expected physiological process in which the

physical and mental strength of a person decreases suddenly and without rebound. During this aging process, there are some physical, mental and social changes that affect the quality of life of the elderly (Senol et al., 2014) considering about that families and care givers need to be holistically involved in the care of the elderly, with increased sensitivity to their mental health.

Low self-esteem is when someone lacks confidence, feel incompetent, unloved, or inadequateand unworthy feeling resulting from a negative evaluation of oneself(Sutejo, 2017). The trait of a person who suffers from low self-esteem is guilt,



self-punishment, a sense of failure, thinks of them self as more important than others, criticizes himself and others, and suffers from interpersonal relationships (Kusumawati& Hartono, 2012). When low self-esteem problems cannot be overcome, the client will not even be able to interact with others and may result in social isolation: pulling away (Purwaningty &Karlina, 2010). Furthermore, people who experience low self-esteem can also experience humanism, violent behavior, waham, and even suicidal risks. Low self-esteem ranks among the strongest predictors of emotional and behavioral problems (O'Brien et al., 2006; Zeigler-Hill, 2011).

According to World Health Organization (WHO), about 10% of adults suffer from mental disorders and 25% of the population will live with disorders at any given age. Disorders reach 13% of total illnesses and will likely develop to 25% in 2030 (Widianti & Wardhani, 2017). According to WHO (2016), there are some 21 million schizophrenic people, 35 million depressed, 47.5 million mended, and 60 million bipolar.

The 2013 data Riskesdas show the prevalence of mental disorder indicated with symptoms of depression and anxiety for age 15 and up to 14 million or 6% of Indonesia's population. While the prevalence of severe disorders, such as schizophrenia, accounts for about 400,000 people or up to 1.7 per 1,000 inhabitants (The Ministry of Health Ministry Indonesia, 2013).

In West Sumatra a family member who suffers from schizophrenia/psychosis 1.9 per miles (Riskesdas, 2013). With a high level of visitation in Padang of 50,577, followed by Bukittinggi of 20.317, Tanah Datar of 4,304, and Padang Pariaman of 4.981 (Division of Health Padang, 2017).

One of the psychiatric nursing interventions that can help the elderly solve the low self-esteem problem with life review therapy. Stuart (2014) says that life review gives older people the opportunity to reflect on life and resolve it, to reorganize and reintegrate any of the problems or areas that have once been disturbing. Hence, life review therapy is appropriate therapy for applying low self-esteem in the elderly. This is enhanced by research on Chiang, et. al (2008) in Chippendale (2011), which suggests that the elderly who participate in the life review of self-esteem therapy increases significantly.

The role of nursing mental health care here is crucial to increasing self-esteem in the elderly. The nurse doing life review therapy can help the elderly see the meaning of past experiences, resolve conflicts and threatening feelings and thus help the elderly attain the integrity and discretion identified as the ultimate goal of the stage of life. Cangelosi (2007) and Reichstadt et al (2010) in Stuart, (2014), say that helping the elderly maximize their worth is a challenge and experience for a nurse.

Based on the above phenomenon, researchers are interested in conducting research on low self-esteem patients with a life review therapy module design called BAIK (Be healthy, management of eating and sports, sincere to live the life and control the stress) module that will be a guide to digging up past experiences, resolving conflicts and feelings that threaten respondents so as to help them achieve the self - integrity and wisdom identified as the ultimate goal of their stages of life as those of the 4 stages of children, youth, adults, and the elderly. The aim of this study was to determine the development of the life review therapy BAIK (Be healthy, management of eating and sports, Sincere to live the life and



control the stress) module of elderly people”

RESEARCH METHOD

The present study was a Quasi Experimental with a pre-posttest design that involved 40 elderly in KuraoPagang, Nanggalo District. Purposive sampling was used to select the data. The analysis process will be based on samples that will represent the study population, which also prioritized

at KuraoPagang in 2019.

data objectivity in studying a phenomenon that occurred. The instrument developed to collect data for this study was organized in two distinct sections: Individual Characteristics and work-related questions and BAIK Module. The type of data will use primary data. The hypotheses will then test according to their statistical properties. Descriptive statistics and paired T-test, was calculated to determine the hypotheses of the study.

RESULT

Distribution of using BAIK (Be healthy, management of eating and sports, sincere to live the life and control the stress) module in in elderly age group (Pre and Post test).

Variabel		Mean	SD	SE	P Value	N
Be healthy	Pre	1,5	1,1	0,246	0,00	20
	Post	3,5	1,09	0,245		
Management of eating and sports	Pre	2,7	0,80	0,17	0,00	20
	Post	4,15	0,87	0,19		
Sciencere to live the life	Pre	1,75	0,44	0,09	0,00	20
	Post	3,45	0,99	0,22		
Control the stress	Pre	2,3	0,92	0,206	0,00	20
	Pos	4,2	0,89	0,200		

Based on the table above, statistical test results show a very significant difference in the four variables with $P > 0.05$.

Distributin of self esteem for control group(Pre and Post test) in elderly age group.

Variabel	Mean	SD	SE	P value	N
Self Esteem	Pre	13,70	0,47	0,00	20
	Post	15,65	0,74		

The table shows that the average variance in mean pre and post on the self-esteem variables in treatment groups is 1.95. A

statistical test revealed that there is a significant difference, since value of $p = 0,000$.



Distributin of Self Esteem for Intervention Group (Pre and Post Test) in Elderly Age Group

Variabel		Mean	SD	SE	P value	N
Self Esteem	Pre	13,65	0,49	0,109	0,000	20
	Post	20,30	1,72	0,385		

The table shows that the average variance in mean pre and post on the self-esteem variables in treatment groups is 6.65. A

statistical test revealed that there is a significant difference, since value of $p=0,000$.

Distribution of Self Esteem for Both of Group (Pre-Test) in Elderly Age Group

Variabel	group	Mean	SD	SE	P value	N
Self esteem	Control	13,70	0,47	0,105	0,744	20
	Intervention	13,65	0,48	0,109		

The chart above shows an average amount of self-respect in the pre test for the 13.70 for the control group with SD 0.47 and SE 0.105. Similar with intervention group with amount of average is 13.65, SD 0.48 and as

much as SE 0.109. Statistical test results showed a p value 0.774, which makes it appear that there is no significant difference between pre-test control and treatment groups.

Distribution of Self Esteem for Both of Group (Post-Test) in Elderly Age Group

Variabel	Group	Mean	SD	SE	P value	N
Self Estemm	Control	15,65	0,74	0,16	0,00	20
	Intervention	20,30	1,72	0,38		

The chart above shows an average amount of self-esteem in the post- test for the 15.65 for the control group with SD 0.74 and SE 0.16. Similar with intervention group with amount of average is 20.30 SD 1.72 and as

much as SE 0.38. Statistical test results showed a p value 0.00, which makes it appear that there is significant difference between pre-test control and treatment groups

DISCUSSION

The aim of the present study wasto determine the development of the life review therapy BAIK (Be healthy, management of eating and sports, Sincere to live the life and control the stress) module. The results of this study showed that there was an effectiveness of the module in exploring the elderly's within the scope of BAIK (Be

healthy, management of eating and sport, sincerely living the life and controlling stress) with $p = 0, 00$. The development of the BAIK module was used in the study through life review therapy in the elderly with the self-esteem, thus acknowledging the module's effect on changing self-esteem in the field of the center of labor. The BAIK module is designed by developing question-shaped intrument in the BAIK (Be healthy,



management of eating and sport, sincerely living the life and controlling stress). The literature review shows that the results of the present study are in similar with the findings of other studies that have investigated the effectiveness of life review therapy (Ando et al., 2008). The life review therapy is more efficient than conventional clinical therapies. They are well acquainted with the content of their own lives and do not need to be taught any new skills (Watt, et al., 2000).

In the previous study, the researcher explained that self-esteem instability is defined as the degree to which people experience short-term fluctuations in self-esteem in daily life (i.e., intraindividual variability), and self-esteem contingency, a related but distinct concept, could be defined as the degree to which a person's self-esteem depends on external feedback (Meier, Orth, Denissen, & Ku'hnel, 2011).

Similarly, according to Rosenberg (1987)in Abdel-Khalek (2016) explained that self-esteem refers to an individual overall positive evaluation to the self; high self-esteem consists of an individual respecting himself or herself and considering himself or herself worthy. In addition, self-esteem is defined a personal phenomenon that directly affects the regulation of human behavior and activities. It is an autonomous personality trait, his or her core trait, which is formed with the active participation of a personality and reflects the originality of his or her inner world. Personality's self-esteem is an element of self-consciousness, and is associated with the positive ornegative personality's feelings toward himself or herself (Abdel-Khalek, 2016).

Furthermore, cognitive and emotional components also important parts of self-esteem and include person's knowledge about himself or herself and his or her attitude to himself or herself (Zaharova, 1989). Self-esteem can be actual and potential, general (global) and concrete

(specific), high and low, adequate and inadequate. It can vary in degree of stability, independence, and criticality (Kon, 1984).

Trzesniewski and colleagues concluded that Persons with low self-esteem have worse physical and mental health, are prone to aggressive and anti-social behavior. Inadequate self-esteem makes life difficult not only for those who have it but also for those who are around such persons. Low self-esteem destroys a person's hope for a good attitude toward him or her. (Trzesniewski et al, 2006).

Many scientists have found that self-esteem tends to decline in old age. But this decline is compensated, in particular, by meaningful activity. Otherwise, disadaptation and deterioration of one's physical and mental condition may occur. In addition There is also a big change in self-esteem in parents. This is the beginning of old age when a person's social, professional, personal life changes. Some people leave work, others continue to work. Children become more independent and leave the families of their older parents. Aging couples get more time together. Such changes depend on the state of human health, level of activity and participation in public life, socioeconomic situation, extent and quality of relationships, future orientation, hobbies and others. All this determines the dynamics of self-esteem in parents (Kovalenko, 2015).

As with many other studies that prove the effectiveness of life review, the present study shows that life review using BAIK (Be healthy, management of eating and sport, sincerely living the life and controlling stress) module can positively affect the low self-esteem elderly people. The role of nursing mental health care here is crucial to increasing self-esteem in the elderly. One of the psychiatric nursing interventions that can help the elderly solve the low self-esteem problem with life review therapy. Stuart (2014) says that life review gives older people the opportunity to reflect on life and resolve it, to reorganize and reintegrate any of the problems or areas that



have once been disturbing. Hence, life review therapy is appropriate therapy for applying low self-esteem in the elderly. This is enhanced by research on Chiang, et. al (2008) in Chippendale (2011), which suggests that the elderly who participate in the life review of self-esteem therapy increases significantly. Life review therapy, used as part of a comprehensive therapy plan for increasing the quality of life of the elderly, helps them to resolve their past conflicts, reconstruct their life stories, and accept their present conditions (Sharif et al., 2018)

CONCLUSION

There was an effectiveness of the module in exploring the elderly's within the scope of BAIK (Be healthy, management of eating and sport, sincerely living the life and controlling stress) with $p = 0,00$. It is expected for the success of the module test needs with a family approach, the adding of the pictures related with self esteem information appeals to the elderly and module entitled BAIK which will be used as a guide in exploring the past experiences, resolving the conflicts and feelings that threaten respondents so that they can help respondents achieve self-integrity and increasing the quality of life of the elderly.

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