



Research Article

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The Effects of the Group Reminiscence on the self esteem and life satisfaction Elders daily centers in Yazd

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ABSTRACT

The purpose of this study was to examine the effects of Group Reminiscence on the self-esteem and life satisfaction in the elderly. So, during a quasi-experimental study with pretest-posttest, and control group design, 40 elders in daily center who were selected purposive sampling and were assigned to control (n = 20) and experimental (n = 20) groups. The instrument used in this study are: Rosenberg self-esteem (1965) and life satisfaction (1969) Questionnaires and Reminiscence group therapy sessions. experimental group received Reminiscence group therapy for 8 sessions (90 minutes each), while control group didn't receive any intervention, during the research. After the Reminiscence group therapy sessions, the level of self-esteem and life satisfaction in members of both groups were measured. The results of analysis of covariance showed that Reminiscence group therapy significantly ($P < 0/01$) increase self-esteem and life satisfaction in elders. The findings reflect the fact that through the Reminiscence group therapy sessions can be increase self-esteem and life satisfaction in elders. Implementing of reminiscence group therapy had positive influence on self-esteem and life satisfaction of the elderly. so this intervention as an expensive, easy and independent measure in all nursing homes and homes is recommended

.Keywords: Group Reminiscence. Self-esteem. Life satisfaction

INTRODUCTION

With developing hygiene and providing precautionary cares and controlling epidemic diseases, increased longevity and aging count have increased especially in developing countries (Davatgaran 2008). With regard to world health organization statement, today, in global arena

revolution is occurring in demographics level, because there are about 600/000/000 aging individual 60 years and higher in world level that this number will increased in 2025 twofold and till 2050, 2/000/000/000 people and Iran country not exempt from this law (Banakar and Majidi, Nikooyi, 2007). It is relieved that with increasing number of aging also will increased their support, social, rehabilitation and sanitary-remedial problems and difficulties. what today knowledge pay attention to it, not only not prolong ate life cycles, But might look after that additional human age years are passed in calm perfection and material and psychological health. Improving satisfaction is one of important therapeutic aspects and effort to improve life satisfaction, life quality and creating useful environment for aging' activities are changed to global common concernment.

life Satisfaction is defined as typical marker from successful individual consistency with changing in various life positions. Unlike, usual expectation, life satisfaction not dropped associated with increasing age and generally, it abide throughout life circle (Dyner et al, 1999). Concept of life satisfaction means intellectual conception

from human satisfaction that individual having such vision can have successful consistency with various life positions. Also, having mental imagine following subjective survival that corresponded with high welfare feelings (Hyberont 2007).

One of variables related to life satisfaction and related problems with spirit health in aging is self-esteem. Self-esteem form one of important features and personality basis each person and certainly it affect on other personal aspects and its lack will nonage other personality aspects and their inharmonic and even it is possible to become founder of physiological diseases such as depression, timidity, guilt, aggression, fear, shame and ... (quoted from Farajian, 2012). Self-esteem include growth of self-value feelings by qualification and attractiveness (Oureson and jost, 2007) and include two self-efficacy and self-worth felling parts. Self-efficacy include adequacy feeling and being efficient individual in facing physical and social environment and self-worth means sensation and appraisal that individual have from own (Kernis , 2006). Self-worth component is limited to time and place, meaning that self-worth feeling resulting from experiences and positions types(Kernis, 2006). This feeling are obtained differently in different ages.(Ourerson&Jost , 2007). Prompting self-esteem level and aging life satisfaction followed by their spirit health level is important in order to reduce aging era complication by different psychotherapy techniques that pay to it . one of these simple , cheap psychotherapy technique is reminiscence.

Aim of psychotherapy in elderly is provide more to support, reducing anxiety, Increasing socialization (Woods, 2005 , quoted from Khodabande, 2012). In group psychotherapy, individual seeing with own attitude with society that this affair increase their insight and knowledge and whilst they learn new experiences to establish relation with others, also are accustomed with new individual and are increased their self- confidence , group reminiscence is somehow group psychotherapy that self-esteem and society intimacy are preferment through renewing past experiences in this method. reminiscence mainly provide opportunity for elderly to repeat aspects with their life meanings for others. This work help them to realize own personal identity feeling again, they form linkages between past and now and have been more actual measurement from conditions(Thomas , 2000, quoted from Dehkordi, 2007). Also, reminiscence have helpful role in supporting from spirit health and improving elderly steps and long-term effects in improving elderly life quality (Hanaoka & Okamura,2004). reminiscence is a psychological therapy , in fact, somehow is past calling and can being attractive for elderly and this... can be 3 reasons (Ernest BahlMiger , 2007). 1- it is as part of daily activity that participants not have to learning new words and is primary form of human experiences that is created meaningfully. 2- some elderly individuals return to past through remembering process. Remembering these memories help individuals to have more balance in their lifes. 3- they are interlocutor experiences and feeling and memories in smaller groups with others due to challenges that they are faced in social relationship (Ernest Bohlmeijer, 2007).

Review over search literature (Soltiz, Rida&Leston , 2002 & Mack Kee and others, 2002) shown that reminiscence was effectiveness on elevating elderly life quality. Also, studies indicating reminiscence effect on depression signs (Sou, Woo, and Leen, 2012) isolation feel (Woo, Choave 2012). Sivayz (2005) shown in a study that reminiscence is affecting on improving satisfaction from elderly life. Kepliz et al (2008) examine reminiscence performance on elderly emotional regulation and they concluded narrative reminiscence is related to revealing positive emotions in elderly . in research conducted by Chyang et al (2010) results shown that reminiscence affect participant health and welfare and reduce depression and their loneliness felling . Foujivara and others (2012) shown that Reminiscence affect participant health and welfare and reduce depression and loneliness feeling. Moural et al (2012) in study especially examining effect of reminiscence therapy on hospitalization centers elderly shown that reminiscence is effective on improving psychological welfare dimension . Soung et al (2014) results of research shown that reminiscence therapy affect elderly depression and also improve self-confidence and life satisfaction in the elderly. Molendez et al (2015) shown in study that Reminiscence increased resiliency and improving adaption skills in elderly. The study results provided by NematiDehkordi et al (2007) shown that reminiscence was effective on improving elderly life quality. The results of Mohammadzade (2010) study shown that reminiscence therapy have meaningful effectiveness solidarity on reducing elderly depression signs. Hojjati et al (2011) is examined effect of reminiscence on loneliness feeling and need to elderly dependency. Hojjati et al (2011) in a research are examined effect of group reminiscence on self-esteem rate and life satisfaction over sample comprised 32 Sari city elderly that results of this study shown that reminiscence is effective on self-

esteem promotion and elderly life satisfaction. Khadabande search result showing group reminiscence effectiveness on reducing loneliness feeling and enhancing elderly social support in Mazandaran province. Hemati, Mousavi, Sheyki (2013) examined reminiscence effect on self-esteem of habitant elderly in Uremia sanitarium that results shown that mean self-esteem scores in intervention group have increased after reminiscence than pre-intervention. Also, Jenabi research results shown that group reminiscence affect positively life satisfaction and spirit health and its all dimension in elderly.

With regard to mentioned subjects and Acknowledging that reminiscence therapy is targeted that it originate from other Cognitive-behavioral therapies and solving problems and from these therapy techniques are used in order to solving problems and these treatment has entertainment and recreational side and due to own sessions' variety induce more elderly in order to better life and presence in sessions. Also, this treatment are performed easily in different places especially in rest homes because elderly are collected in same location (Mohammadi, 2002). Also, enhancing Iran elderly population and significant requirement to efficient Psychological interventions (such as reminiscence) is important on elderly domain, therefore, performing research in field of reminiscence and studding its effect on elderly population psychological factors have necessity and importance but exiting study aim to study reminiscence effectiveness on self-esteem and life satisfaction in the elderly.

Method:

This study is as quasi-experimental that is used from pre-test –post test design with control group. The present research Statistical society include all elderly up to 60 year in Yazd daily department - rehabilitation centers in 2016 including 11 rehabilitation – training centers with 525 elderly population. This study sample include 40 present elderly in one of Yazd daily rehabilitation –training centers that are selected as cluster sampling method., firstly, e from all Yazd centers are selected Ashkezar daily centers and from among its town centers are selected Zahra Hazratrehabilitationunvirsal center as slightly center and 40 woman elderly are selected from study eligible from this center considering entrance standards to study (such as 60 years and higher, not been mental disease history with effective physical disease on creating thyroid disease and... presence in center at least 6 month, not had mourning during past 6 month, tendency to participate in study, being benefactor to time and place and present unblindness and un defaming) as targeted and are devidedrandomnly to 2 test and evidence group (each 20persons) and are answered to studied tools as pre-test. therapeutic sessions are performed one week in time of each 90minutes and totally, 8 sessions for test group. Control group is received also training. Two week after ending training sessions are answered aging 2 groups to research tools as post- test. Data are analyzed through SPSS-16 version statistical software. In order to observe ethical considerations, participants ensure to remain confidential information completely(keeping private frontage and confidentiality) and researchers and individuals engaged in research process is respected morally and avoid from discrimination and finally, it can put off in each study stage.

Research tools:

Rosenberg' self-esteem questionnaire :

It include 10 statement that measure individual vision than own using a Liker scale (highly agree, agree, disagree or highly disagree) against each statement and scores' frequency vary from 10 to 40. This is a stable questionnaire. Shabbazzadegan et al (2001) are reported 85 % stability this questionnaire in habitant elderly population in sanatarium. Hojjati et al (2011) are reported 0/78 cronbach, salpa for this questionnaire.

Life Satisfaction questionnair in the elderly :

Questionnaireis designed by Wood, Vayli & Shafoor in 1969. This is designed for measuring satisfaction from life and not defined micro-scale for it and its main version is English language. In this research is used 13-question version. These questions include subjects such as individual view about his status compared to adult period, his status compared with other individual, past works and programming for future and access to wishes. From total questions. 5 question have negative load (question 3, 6, 11, 10, 13) and remaining have positive load (questions 1, 2, 4, 5, 7, 8, 9, 12). each questions is responded in options not know, agree and disagree and in order to score

response each question is used 0, for not know, in positive question 2, for agree option and 1 for opposite option, and in negative questions for opposite option 2 and for agree option 1. Totally, satisfaction of life score is determined in 0 to 26 scale. It is evident that higher score presenting higher level of satisfaction from life. In study conducted in 2010 about Z form psychology this questionnaire, the result is follow as:

Life Satisfaction score examined units in scale 0 to 26 was 13/68+- 5/47. Stable correlation is computing To α -cronbakh method and dividing Spearman-Brown coefficient formula 0/79 and Gutman 0/78. Total interdependency score method and 13 question questionnaire re-test also recognized stable. LS-Z score had meaningful statistical difference between 5 considered group. Therefore, 13-question questionnaire Persian version is stable tools in order to measure life satisfaction in Iranian elderly. (tagharrobi et al, 2010)

group reminiscence sessions' contents:

First session: acquaintance with work procedure and group opinions and acquaintance elderly with together.

Second session: exploring childhood memories by elderly

Third session: talk about youth and education period memories

Fourth session: providing memories about marriage and children birth.

Fifth session: exploring memories and job experiences and its era successes.

Sixth session: celebration memories and travels in previous life periods.

Seventh session: providing memories related to special and important life events.

Eighth session: summation and ending sessions.

findings:

In table 1 are shown self-esteem and life satisfaction from test group scores' descriptive indexes and evidence in pre-test and post-test.

Table 1. self-esteem and life satisfaction from test group scores' descriptive indexes and evidence

variable	Statistical indexes	Test group		Evidence group	
		Pre-test	Post-test	Pre-test	Post-test
Self-esteem	Average	22/20	26/90	28/05	27/85
	Standard deviation	2/726	2/511	3/677	3/617
	least	17	23	19	19
	utmost	27	31	32	32
	Average	11/05	26/90	14/50	14/45
Life Satisfaction	Standard deviation	3/426	2/511	4/123	3/762
	least	5	11	6	6
	utmost	17	24	20	20

As observed in table 1, average self-esteem score in test group on pre-test equal to 22/20 and in post-test is 26/90. Average self-esteem score in control group in pre-test equal to 28/05 and in post-test equal to 27/85 and average life satisfaction score in test group in pre-test equal to 11/05 and in post-test equal to 26/90. In control group, average life satisfaction score in pre-test equal to 14/50 and in post-test equal to 14/45.

In table 2 are provided Kolmogorov-Smirnov test results about normality self-esteem variable and life satisfaction.

Table 2: Kolmogorov- Smirnov test results about normality self- esteem variable and life satisfaction.

	Variable name	Z amount	Meaningful level
Pre-test	Self-esteem	0/907	0/383
	life Satisfaction	0/845	0/473
Post- test	Self-steem	0/961	0/314
	life Satisfaction	1/259	0/084

Table results shown that Kolmogorov- Smirnov statistical test are confirmed normality self-esteem variable and life satisfaction.

before analyzing results are ensured from covariance analyze pre-hypothesis. Covariance analyzing include this hypothesis that variance in each data table is same. unequalquarterage size not create serious problems, but, not might amount of each quarter age be fourfold smaller quarter age. If this occur (due to dropping troubles and each other cause) quarter age variance should investigate to ensure any quarter age have not variance great than 10 times smallest variance sizes. If such occur, logarithms must change to logarithmic or standard scores (Z). in this research is used from Leven test before analyzing data for studying variable variance equality (Torchim, 2001).

Table 3 shown Leven variance equality test related to research variable (self-esteem and life satisfaction).

Table 3: Leven test results for studying variance equality

Variabl	Freedom degree 1	Freedom degree 2	F	Meaningful level
Self-esteem	1	38	3/09	0/097
life Satisfaction	1	38	0/01	1

results intercalary in table3 shown that Levin test is not meaningful in self-esteem variable ($P= 0/097$ & $F=3/0/90$) and life satisfaction ($P= 0/934$ & $F= 0/007$). Therefore, both test and evidence group variance not different meaningfully and are confirmed variance homogeneous hypothesis.

The most fundamental hypothesis for analyzing covariance is linearity relation between examined relative variable and complementary variable (covariate). In other words, relationship between this two can determine through regression line (Haji Yakhchali, 2010). Through computing guava table for each pair of variables can examine linearity and un-linearity. in this research, self-esteem and life satisfaction pre-test is considered as covariate and their post-tests as relative variable.

Table 4 are shown summary of linearity analyzing results of relationship between pre-test and post-test variables.

Table 4: results resulting from linearity study variable pre-test and post-test relation

variable	Freedom degree	F	Meaningful level	R
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	linearity	Deviation from linearity	Deviation from linearity	linearity	Deviation from linearity	linearity	
Self- esteem	1	13	0/665	42/130	0/776	0/001	0/746
Life Satisfaction	1	13	0/401	41/875	0/956	0/001	0/762

As shown in table 4, all study variables had linear relation with related covariate . consequently, hypothesis of liberality is realized relations between relative complementary variable (covariate).

table 5 shown regression gradient homogeneous results between complementary variable (pre-test) and relative (post-test) in factor level (test and evidence group).

Table 5 :regression gradient homogeneous results between complementary variable (pre-test) and relative (post-test) in factor level (test and evidence group).

Meaning full level	F	Average square	Freedom degree	Total squares	Post-test	Pre-test interaction in factor level
0/271	1/87	10/318	1	10/318	Self-esteem	
0/131	0/994	6/423	1	6/423	Life Satisfaction	

As observed in table 5 , complementary variable interaction (pre-tests) and relative (post-test) not meaningful in factor levels (test and evidence group). Therefore, regression homogenous hypothesis not considered.

Table 6 shown covariance analyzing results over post-test scores with controlling pre-test.

Table 6.covariance analyzing results over post-test scores of test and evidence group

Meaningful level	Effect size	Statistical exponent	F	Average squares	df	sum total squares	Variable name
P<0/001	0/467	1	31/585	67/525	1	67/525	Self- esteem
P<0/001	0/731	1	97/940	84/608	1	84/608	Life Satisfaction

results written in table 6 are shown that covariance analyze is meaningful in self- respect ($P < 0/001$ & $F=31/585$) variable and satisfaction of life ($P < 0/001$ & $F= 31/585$) variables. Therefore, research hypothesis based on group reminiscence effectiveness on self-esteem and elderly life satisfaction are confirmed. Furthermore, effect size coefficient shown that 46% both group difference in self-esteem and 73% in life satisfaction variable is related to experimental interference. Statistical exponent equal to 1, that is, the possibility of second – type error is zero and research precision in discovering meaningful differences is 100percent

discussion and conclusion:

The present research aimed to examine group reminiscence effect on self-esteem rate and elderly life satisfaction in Yazd daily centers that obtained findings shown that group reminiscence have increased self-esteem and elderly life satisfaction in sample group that results of this research corresponded to most former

studies' findings such as Chanoo (2006), Wang (2004), Halrand&Blasteter (2000)T Switlitz , Reeda&Letson (2002), Mack kee& others (2002), Marsh (2004), Siwayz(2005), Song et al (2014), Chiyang& others (2010), Fujivara& others (2012), Su, Woo &Leen (2012), Moural et al (2013), Malndez et al (2015), Moradinejad et al (2010) Sheibani&Pakdaman (2010), Hojjati et al (2011), Khodabande (2012), Hematti , Mousavi, Sheykhi (2013), Jenabi (2014).

Research results by Moradinejad et al (2010) shown that telling- memory is effective on improving elderly mental health. Hemmati et al (2013) examined the effect of reminiscence on self-esteem of habitant elderly in Euromiye sanatorium that results shown that mean self-esteem scores in intervention group is increased post-reminiscence than pre-intervention. Jenabi (2014) showed in research that group reminiscence have positive effect on satisfaction from life and mental health and all its dimension on elderly. Hojjati et al (2011) shown in research that reminiscence affect reducing loneliness feeling and increasing elderly fixation . Khodabande (2012) showed in study that reminiscence decrease loneliness feeling on elderly and increase social support in them. Moural et al (2013) shown telling- memory is effective on improving psychological welfare dimensions and reminiscence make elderly can select opinions for own that their growth is increasing during final life stage. therefore, this intervention is proposed as cheap, independent and easy intervention in all elderly care centers and even in home.

In exploring findings this research, it said that as we know increasing hope to life and elderly phenomenon with all psychological, social and cultural, economical and confidential dimensions is from serious problems in each society. Increasing age and beginning elderly, individual loss some own physical and psychological and social performances and exclusion from life lead to mental injuries and reducing self-esteem and totally, reducing life satisfaction and life quality in this individual that need to each serious society actions in this field. One of most effective psychotherapy and almost without unfavorable effect is Reminiscence therapy that is a simple, cheap technique and are used in all age groups especially in elderly group in order to upgrade up mental health level . in fact, reminiscence is overall look to spent life days and make better internal feeling in elderly. In this method , presence of elderly in group and participation in proposed activities lead to creating positive emotions and soothing atmosphere and enhance individual happiness and lead to increasing social intimacy and collaboration in elderly. In fact, group Reminiscence due to its nature that is own a social group improve elderly social behavior and group individual encourage to establish active relationship with another and accordingly , reduce isolation feeling that same work is effective in increasing self-esteem and life satisfaction . In other hand, elderly achieve to solidarity with putting own living re-component together that reduce despair and vacuity feeling in elderly and feel self-worth. When elderly are described memories and past actions in each periods of life in order to face to life problem and feedbacks that are received in group from other members lead to creating valuable feeling and finally increasing self-esteem and life satisfaction and make this group from elderly act in daily works with more energy and can select objectives for themselves that increase their growths during final life aspect. Generally, study results shown that elderly that are benefited from group Reminiscence have witnessed increasing self-esteem and life satisfaction than group.

Present study such as most researches are conducted in behavioral sciences is associated with limitations. Performing oral assignment instead written assignment based on instruction due to Illiteracy and low literacy can consider as present research limitations . collecting information are performed based on self-report scales that these reports are distorted due to unconscious defenses , bias in responding and susceptible personal procedures. Also, with regard to present research sample group are composed of women elderly one of Ashkezar daily centers, however, in generalization of results be cautious to other groups. Despite mentioned limitations regarding research results are proposed in the event of elderly individual mental health , this intervention therapy is training to psychologists of elderly centers as effective and easy treatment. Also, it is suggested that this research are performed over other subjects in elderly dormitory centers to have more generalization capabilities and investigate effectiveness this therapeutic method on another age groups such as elderly.

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