

Psychodrama Model Activities Therapy and its Impact on Level of Depression in Elderly in the Taman Sari Village, Tanjung Karang Community Health Center Working Area, Mataram City, Indonesia

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ABSTRACT

Group Activity Therapy based on Psychodrama Model (PGA) is relevant for patients with depression especially for the elderly. Aims of study was to investigate determine the impact of PGA in elderly suffering from depression in the Taman Sari Environment, Tanjung Karang Community Health Center Working Area, Mataram City, Indonesia . This study employs quasi experiment with pre and post-test and a control group. Using the purposive sampling technique, 32 respondents are taken as samples and are divided into the two groups of 16 each. Data is collected using questionnaire obtained after the PGA sessions. Data analysis is conducted using *kolmogorov smirnov* and *wilcoxon* at 5% significance level. There are significant changes observed at the experimental group after the completion of PGA. PGA has succeeded in suppressing the occurrence of depression in the elderly. This can be explained at several points on the psychodrama therapy used. The success of this PGA has a positive impact in overcoming the incidence of depression among the elderly. PGA could be potentially used as an activity for elderly people. It does not only encourage them to socialise but it also has a positive impact on their depression. All nurses must be trained to conduct PGA.

Keywords: Disturb sleep, Depression, Elderly, Psychodrama.

INTRODUCTION

Aging is defined as inability of tissues to replace or change and control musculoskeletal functions, so they cannot refrain from germs and reconstruct the organs they experience (Nugroho, 2000). Elderly is representative in the process of growth and development. Elderly based in most developed countries are defined as those at the age of 65 years old and older. However, the United Nation (UN) agreed that the age of 60 is considered the beginning of old age or when a person receives the pension benefit (World Health Organization, 2017). Similarly, in the case of Indonesia, elderly refers to those of age 60 years and above (Azizah, 2011). Boyacioglu and Kutlu, (2016) suggested that the old age is a period when an individual suffers or loses their physical appearance, strength, role and status, and become dependent with an increase in disability and physical illnesses. Additionally, it was also argued that elderly is also prone to mental disorder, for example, depression.

World Health Organization (2020) highlighted that depression is a common mental disorder affecting more than 264 million people worldwide. Parekh (2017) argued that depression is characterized by persistent sadness and a lack of interest or pleasure. It can also disturb sleep and appetite; where tiredness and poor concentration are common. Thus, it can dramatically affect a person's ability to function and live a rewarding life.

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Depression is also argued as the leading cause of disability around the world and contributes greatly to the global burden of disease (World Health Organization, 2020). According to Alexopoulos (2005), In elderly people, depression mainly affects those with chronic medical illnesses and cognitive impairment. In turn this may cause suffering, family disruption, and disability, worsen the outcomes of many medical illnesses, and increase mortality.

It was also argued that heredity, ageing-related and disease-related processes could also increase elderly vulnerability to depression (Alexopoulos, 2005). Furthermore, according to Pracheth et al (2013) psychosocial and economic factors such as economic impoverishment, disability, isolation and bereavement could impact them physiologically. Hence, this increases susceptibility to depression and can trigger depression in already vulnerable elderly individuals. Depression being difficult to diagnose, will lead to an increase in morbidity, mortality and health care costs along with a reduction in quality of life (Sherina et al, 2005). This may lead to a silent epidemic and could become the second-leading cause of disease burden after ischemic heart disease in the year 2020 (Barua & Kar, 2010).

Elderly patients with depression are more prone to cardiovascular, lung diseases and are less likely to adhere to their diet, exercise and medications compared to elderly patients without depression (Romanelli, 2000). Therefore, early diagnosis and treatment remains the mainstay to reduce the burden of this disease.

Statistical data put forward by Basic Health Research (2007) states that the elderly population in the world is as many as 564 million people or 8% of the 7 billion people in the world, with the number of sufferers suffering from depression as many as 350 million people. In Indonesia, it was estimated that around 11.6% out of its total population of 24 million suffer from depression (Republic of Indonesia National Family Planning Coordinating Board, 2011 & Basic Health Research, 2007). In the Taman Sari Village in the city of Mataram (West Indonesia) which consists of six neighbourhoods namely Taman Kapitan, Gajah Mada Park, Gatep Indah neighbourhood, Gatep Permai, Irrigation environment and Taman Seruni environment, 284 of its total population (6,035) are elderly and out of this figure, 32 are reported to be suffering from depression.

This paper examines the use of psychodrama model activities therapy in reducing the level of depression in elderly in the Seruni environment of Taman Sari Village Working area of Tanjung Karang community health centre in Mataram City, Indonesia.

Psychodrama and its use in Mental Health Setting

Blatner (2000) states that psychodrama is a therapeutic method that helps participants to reanimate their psychological and social problems, rather than just talk about them. It was first developed by psychiatrist Dr. J.L. Moreno and it was the first

recognized method of group psychotherapy and is practiced in more than 100 countries. Psychodrama is fully accredited as a psychotherapy by the United Kingdom Council for Psychotherapy (UKCP).

According to Baim et al. (2007), psychodrama is a holistic, strength-based method of psychotherapy in which people are helped to enact and explore situations based on their own life. The method is usually used in group settings, with group members taking on various roles in the drama as needed. Blatner (2000) argues that witnessing and participating in each other's personal stories can generate feelings of deep understanding and trust amongst group members.

As psychodrama places equal emphasis on thoughts, emotion, body and action, it can be useful in helping people with difficulties in relationships, self-management and social and emotional functioning (Casson, 2004) Psychodrama is also particularly useful for helping people experiencing unresolved loss, trauma or mood disorders such as anxiety or depression (Baim et al. 2007). With regards to depression, its use was very early reported in postpartum depression in 1962 (Ackerman & Ackerman, 1962). More recent studies examined its applicability in the management of patients with major depression (Drakulic 2011, Destoop et. al., 2012 & Celano et. al., 2017).

Studies of psychodrama show that it improves self-expression skills (Milosević, 2000), help people to better understand themselves and their history, resolve loss and trauma, overcome fears, improve their intimate and social relationships, express and integrate blocked thoughts and emotions, practise new skills and prepare for the future (Chimera & Baim, 2010). Our study aims to investigate the impact of group therapy using psychodrama approach in elderly suffering from depression in Seruni Park Taman Sari Village, Tanjung Karang City Public Health Centre Working Area. Psychodrama therapy explores the thoughts, feelings and emotions experienced by the elderly (Kaplan and Shaddock, 1997).

This study is important because to the best of our knowledge it is the first study to examine the effect of psychodrama activity therapy on depressed elderly in Indonesia, particularly in the city of Mataram. The hypothesis of our study is that group therapy using psychodrama approach has an impact in decreasing depression level among the elderly.

METHODS

Ethical approval was requested from the West Nusa Tenggara Provincial Environment and Research Agency. After getting approval, we then started our recruitment process at the place research. Study population and sample -

The research subjects were all the elderly who lived in the Seruni Park Sari Village (N=55). Out of a total of 55 elderly, only 32 of them met the inclusion criteria. In this study we used purposive sampling technique in recruiting our participants. Characteristics of respondents are Ages 60 years old above,

Clinically diagnosed with mild or moderate depression, respondents have no history of schizophrenia, respondent can read, write and hear, respondent able to cooperate and the live in Seruni Park Taman Sari Village, Tanjung Karang City Public Health Centre Working Area. Participants who did not meet the above inclusion were excluded from this study.

Taman Sari village consists of 6 neighbourhoods, namely Taman Kapitan, Gajah Mada Park, Gatep Indah neighbourhood, Gatep Permai, Irrigation environment and Taman Seruni environment. Out of these six neighbourhoods, Taman Seruni environment has the highest number of elderly i.e. 55 out of 1,446 people of its total population (Taman Sari Village Community Data, 2012). Hence, this was used as our study setting.

We used quasi-experiment in this study with the use of control group. Using *purposive sampling*, out of the 32 elderly, we allocated 16 elderly to be in the experiment group and the remaining in the control group. As for the experiment group, they were involved in a psychodrama group activity (PGA). This activity was conducted in 2 sessions, twice a week for a month. First session lasts for 30 minutes and the second lasts for 40 minutes. After each session, respondents' evaluation will be performed and collected. No interventions were done for the control group. Kolmogorov Smirnov and Wilcoxon test were conducted to determine influence and impact of Psychodrama Group Therapy (PGA) in reducing depression amongst the elderly.

ANALYSIS AND DISCUSSION

This study used the Kolmogorov Smirnov test and Wilcoxon test, where the confidence level used in this study was 5%. Ha is accepted when $p < 0.05$. The research instrument used was the PGA, while the instrument for the dependent variable was Beck's Depression Inventory (BDI). In this study, researchers used BDI to explore and analyse the level of depression in the elderly. This is so that the instrument can answer the problems experienced by the elderly who are depressed, and this also facilitates researchers to measure the level of depression. The study was conducted by the principle investigator, AM, a Masters student, assisted by a few research assistants.

Depende on result of distribution of depression levels in the elderly both prior to and after the PGA, we can see that the highest number of respondents were those with a decreased level of depression. In the experimental group, 15 respondents (93.75%) had mild depression and 1 respondent (6.25%) had moderate depression. We observed that pre-PGA, respondents with depression looked tense and were unable to focus on the directions given by the activity facilitator. Furthermore, we can also see that post PGA, respondents in the experimental group who did not experience depression were as many as 8 respondents (50%) and those with mild depression as many as 8 respondents (50%). Meanwhile groups experiencing mild depression have as many as 13 respondents (81.25%) and 3 respondents (18.75%) were experiencing moderate depression.

We conducted analysis of PGA Against Decreased Depression Rate in the elderly to determine whether or not there is a significant effect on the combination given between the pre-test and post-test. We performed Kolmogorov Smirnov test and Wilcoxon test. Based on the results of statistical tests using Wilcoxon test, we obtained a value of significance $p = 0.003$ ($p < 0.05$), thus it can be concluded "There is a significant difference in the level of depression between before and after the PGA in the Seruni Environment". A further test was conducted with Wilcoxon test in the control and experimental groups. The results of calculations using the Wilcoxon test according to table 1.4 show that the control group obtained no significant difference at the beginning and end of the intervention ($p = 0.157$, $p > 0.05$). In the experimental group, the results showed a significant difference between pre and post intervention ($p = 0.003$, $p < 0.05$). It shows that after being given the PGA, there is a significant difference $p = 0.003$ ($p < 0.05$). In summary, there are differences overall ($p = 0,003$, $p < 0,05$)

Based on the statistical test with the Kolmogorov Smirnov test, the level of error of the respondents before PGA showed no significant results ($p = 1,000$, $p > 0.05$) in the control and experimental groups. PGA intervention in the elderly showed results where there were differences in the control group and the intervention group ($p = 0.037$, $p < 0.05$). To see which groups gave the right results, the Wilcoxon test was carried out in the control and experimental groups. The calculation results using the Wilcoxon test showed that in the control group there were no differences at the beginning and end of the treatment ($p = 0.157$, $p > 0.05$), whereas in the experimental group there were differences between pre and post ($p = 0.003$, $p < 0.05$).

Oguzhanoglu & Osman (2005) showed that psychodrama group activity can be used with the elderly and it may be helpful for improving psychological and behavioural areas, as well as for discovering the meaning of life. Psychodrama therapy is very appropriate to be applied to elderly people who are depressed. This has been proven by many studies. Research conducted by Alexopoulos (2005), proved that psychodrama therapy research can actually be applied to the elderly who are depressed. The same thing is also supported by a research conducted by Barua A, & Kar N. (2010), whereby the implementation of psychodrama therapy reduced the number of elderly having depression. In line with these studies, research conducted by Baim et. al. (2007) states that the implementation of psychodrama therapy can reduce the rate of depression in the elderly, adolescents and adults. The goal of psychodrama therapy is for the elderly because they are expected to be able to re-explore their knowledge and memories of past events, so as to be able to explore their feelings through psychodrama therapy. There is no limit to the use of this approach for the elderly. The goal of psychodrama therapy is to prioritize older people due to multiplying their emotional feelings (Darmojo and Martono, 2004).

Our study also supports this whereby we saw differences between the experimental and control groups ($p = 0.037$, $p < 0.05$).

Based on observations made by researchers on respondents who experienced moderate and mild depression after being given psychodrama model therapy, respondents who previously looked nervous, could not focus on the activities being carried out, and were not easily invited to communicate or withdraw became more relaxed, a little open, felt calm, could communicate smoothly and was able to respond in the provision of therapy. Psychodrama model therapy is a specific dramatic method with the aim of exploring the emotional problems experienced by someone (Kaplan and Sadock, 1997). Thus, the attitude or behaviour of a previously maladaptive depression becomes adaptive by opening up in the sense of being able to interact socially and cooperatively.

Psychodrama model uses specific dramatic methods with the aim of exploring the emotional problems experienced by someone (Kaplan and Sadock, 1997). Through repetition the client is expected to be able to share experiences, both positive and negative. This is appropriate for elderly clients with a state of depression and withdrawal, so that the goal of the elderly to live well in their old age can be achieved. This activity gives the client the opportunity to be aware of his feelings, thoughts, and behavior that affect others.

LIMITATION OF THE STUDY

This study only focuses on the effect of PGA on decreasing levels of depression in the elderly in Taman Seruni, Taman Sari, Puskesmas Tanjung Karang, Mataram Indonesia and is only based on a small number of population. Hence, limiting its generalisation of the findings.

CONCLUSION

There is a significant influence of the group therapy using the psychodrama model approach amongst elderly in the Seruni Park Taman Sari Village in the Tanjung Karang City Public Health Centre in Mataram ($p = 0.003$, $p < 0.05$; Wilcoxon test in the experimental group). Thus, it is hoped that this approach can be extended to other areas in Indonesia.

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