



**THE EFFECT OF CINEMATHERAPY-BASED GROUP REMINISCENCE
 ON OLDER ADULTS' SELF ESTEEM**

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ABSTRACT

Self-esteem tends to be stable throughout the lifespan. Yet, changes in the aging process cause multiple factors to affect problematic self-esteem, which later cause older adults to endure loss. Cinematherapy-based reminiscence group therapy is a strategic intervention in increasing self-esteem. The purpose of this research was to identify the effects of cinematherapy-based reminiscence group therapy for self-esteem in older adults. The design of this research was quasi-experimental design including pre-posttest with the control group. Samples were selected with a total sampling technique that met the inclusion criteria. Subjects were 70 respondents consisting of 35 each group, obtained by a simple random sampling technique. The nursing intervention was provided to the control group, while cinematherapy-based reminiscence group therapy was provided to the treatment group. This research used reminiscence therapy workbook. The measurement of self-esteem in older adults was done by using Rosenberg's Self-Esteem. A paired t-test and independent t-test performed the analysis. The result of the research showed that self-esteem levels increased significantly in both control and treatment groups. In contrast, the treatment group's increase in self-esteem indicated a higher number than the control group. A combined cinematherapy-based reminiscence group therapy helps use a movie to bring positive feelings and reminisce memorable past stories. In addition, as a group program, cinematherapy-based reminiscence group therapy improves communications and builds a sense of belonging to the community. Cinematherapy-based reminiscence group therapy is recommended to increase self-esteem in older adults at nursing home.

Keywords: cinematherapy-based reminiscence group therapy; nursing home; older adults; self-esteem

First Received 18 August 2020	Revised 28 August 2020	Accepted 28 September 2020
Final Proof Received 08 November 2020	Published 19 November 2020	

How to cite (in APA style)

Batubara, I., Sari, N., & Eagle, M. (2020). The Effect of Cinematherapy-Based Group Reminiscence on Older Adults' Self Esteem. *Indonesian Journal of Global Health Research*, 2(4), 335-342. <https://doi.org/10.37287/ijghr.v2i4.238>

INTRODUCTION

Self-esteem tends to be stable throughout the lifespan (Eliopoulos, 2018). Self-esteem is also known as one component of self-concept, in which the individual assesses themselves, analyzes how much conformity with one's ideal behavior (Stuart, 2009). The developmental progression of self-esteem on older adults undergoes changes according to Ericson's personality development theory (Townsend and Morgan, 2018). Older adults start experiencing positive self-esteem from personal and professional achievement and meaningful contribution. On the other hand, they also can experience the inability to fulfil earlier development task which results in lack of self-worth. This happens at the end of stage of generativity and stagnation.

In later stage, older adults who experience positive self-esteem will experience self-worth and self-acceptance as one reviews life goal, accepting that some were achieved, and some were not (ego integrity stage). On the other hand, older adults who previously experienced stagnation, will poses a sense of self-contempt and disgust with how life has progressed. They feel worthless and helpless and would like to have a second chance at life (despair stage). This happens as earlier developmental tasks of self-confidence, self-identity, and concern for others remain unfulfilled. Negative self-esteem prevails.

The reason of why older adults pursue self-esteem is because they search for high levels of self-worth to manage their fears and anxieties (Crocker and Park, 2004). As anxiety and fear lead to many losses, older adults perceive self-esteem as problematic (Hayslip, 1995). Losses are multifaceted factors that feature older adults to experience the loss of youth and beauty, the loss of physical agility, the loss of close friends and relatives, and the loss of a partner or spouse (Hayslip, 1995). At the age of 70, self-esteem declines sharply and contributes to health deteriorating, cognitive functioning, lack of social support, bereavement, and decline of socioeconomic status (Robbins, Tresniewski, Tracy, Gosling, and Potter, 2002). That is why older adults' acceptance and ability to cope with losses and energy (Hayslip, 1995) are essential factors for assessing and viewing themselves in self-esteem (Richmond and Guindon, 2010).

The mechanism to modify self-esteem relates to increased self-esteem and psychosocial outcomes improvement (Trzesniewski, Donnellan, and Robins, 2013). Some research projects in increasing self-esteem significantly used reminiscence group therapy (Moral, Terrero, Galan, and Rodriguez, 2015). A significant level of improvement in elderly nursing home residents' self-esteem showed that reminiscence therapy stimulated the respondents to recall life events and interact with others (Chao et al., 2006). They shared life philosophy; and historical and personal memories that have shaped their lives. Reminiscence group therapy promotes identity sense, next-generation positive contribution, and meaningful life reaffirmation.

On the other hand, a combined self-esteem intervention with further various intervention helps yield a positive result (O'Mara, Marsh, Craven, and Debus, 2006). Clinicians have found group cinematherapy proven to enhance adolescent self-esteem as they have fewer positive experiences and present with a lower level of perceived self-worth (Barlow and Durand, 2005). A combined cinematherapy-based reminiscence group therapy effectively improves ego integrity and decreases older adults' depression in nursing homes (Kim, 2014). The purpose of this research was to identify the effect of cinematherapy-based reminiscence group therapy for self-esteem in older adults at the nursing home.

METHOD

This research applied a quasi-experimental design: pre-posttest with a control group. The subjects were 70 respondents (60 years old and above) in a nursing home who were willing to participate and never received psychotherapy in prior. Respondents were not experiencing any decreased consciousness and able to communicate, read, and write. For respondents who were unable to read and write, the researcher assisted them in reading and writing. There were no dropouts. The nursing intervention was applied to

control group, while cinematherapy-based reminiscence group therapy was applied on the treatment group. The measurement of self-esteem in older adults was by using Rosenberg's Self-Esteem (1965).

Nursing intervention techniques trained to respondents were to identify their positive abilities and positive aspects (Keliat et al., 2019). They assessed and chose their positive abilities, then trained what positive ability that has been selected. In comparison, the psychiatric nurse practitioner conducted cinematherapy-based reminiscence group therapy in 10 sessions in three meetings. In this research, the movie featured the Indonesian old movie "Nagabonar" (1987) as an epic war comedy about a family, human relationships and depicts positive things that can be learned.

Cinematherapy-based reminiscence group therapy was administered for six days, in which the nurse previously has delivered nursing intervention for the self-esteem in both groups. The nurse then continued administered cinematherapy-based reminiscence group therapy in the treatment group, with each session lasts for 30–45 min. A week after a complete cinematherapy-based reminiscence group therapy session, the nurse conducted reassessment. The analysis used univariate and bivariate analysis with a statistic test of a paired t-test and independent t-test. This research has passed the ethical test by the Committee of Ethics, Center for Research and Community Service (LPPM) Universitas Kusuma Husada Surakarta with ID number 001/UKH.L.02/EC/X/2020.

RESULTS

The result found that the average of older adults in the treatment group was 71 years old (71.23), the youngest was 60 years, and the oldest was 79 years. Meanwhile, in the control group the average was 73 years old (73.23), the youngest was 60 years old, and the oldest was 88 years old. Most respondents were men (54%). The proportion of laborers or farm workers was equal with 22 people (62.9%) in both treatment and control groups. Most respondents did not finish school (68.6%), with the occupational background as laborer or farm workers are on the top rank consisting of 22 (62.9%). The majority of respondents were widower (51.4%). Moreover, 100% of respondents claimed to be government-funded (see Table 1).

The average value of older adults in the control group suffering from low self-esteem increased from 13.06 to 15.7 after being treated by nursing intervention for three days. The value shown here (p -value < 0.001), means that older adults increased their self-esteem from low to normal. After cinematherapy-based reminiscence group therapy was carried out, the number increased until 16.14 as the value shown here (p -value < 0.001), meaning that the older adults' self-esteem increased become normal in the treatment group. While older adults in the treatment group had a slightly greater increase in their self-esteem score (see Table 2), the difference between groups was not statistically significant (see Table 3).

Table 1.
Characteristics of Older Adults in Nursing Home (n=70)

Variable		Treatment group (n=35)		Control group 2 (n=35)	
		f	%	f	%
Age	Mean	71.23		73.23	
	Min-max	60-79		60-88	
Gender	Men	24	68.6	14	40.0
	Women	11	31.4	21	60.0
Education	Unfinished school	22	62.9	26	74.3
	Primary school	13	37.1	9	25.7
	Middle school	0	0	0	0
	High school	0	0	0	0
	University	0	0	0	0
	Unemployed	9	25.7	11	31.4
Occupation	Laborer/farm workers	22	62.9	22	62.9
	Salesperson	2	5.7	2	5.7
	Civil servant	0	0	0	0
	Private sector	0	0	0	0
	Others	2	5.7	0	0
	Single	1	2.9		
Marital status	Widow	6	17.1	19	54.3
	Widower	21	60.0	15	42.9
	Married	7	20.0	1	2.9
Amount of stay in years	Mean	4.54		5.51	
	Min-Max	0-13		0-22	
Funding	Self-fund	0	0	0	0
	Government-fund	35	100	35	100

Table 2.
Self Esteem in Older Adults after Nursing Intervention with Cinematherapy-based Reminiscence Group Therapy in Treatment Group and after Nursing Intervention in Control Group in Nursing Home (n = 70)

Variable	Group	N	Mean Pre-test	Mean Post-test	Mean Diff.	SD	P value
Self Esteem	Treatment group	35	12.71	16.14	3.43	2.408-1.648	0.000
	Control group	35	13.06	15.77	2.71	1.392-1.592	0.000

Table 3.
The differences of Self Esteem in Older Adults between Treatment and Control Group (n=70)

Variable	Group	n	Mean	SD	Median	Mean diff**	95% CI	P value
Self-Esteem	Treatment group	35	16.14	1.648	16.00	3.07	2.65-3.07	0.652
	Control group	35	15.77	1.592	15.00			

DISCUSSION

A decrease in self-esteem in the past sixties may contribute from several changes. These include loss of a spouse, decreased social support, physical health decrease, cognitive impairments, and socioeconomic status downward shift (Trzesniewski, Donnellan, & Robins, 2013). These unpleasant aspects of aging account for low self-esteem and impact individuals vary at different times. In terms of biological factors, genetic factors relevantly affect the development of self-esteem. The oxytocin receptor gene is linked to how individuals deal with stress and their social skills (Saphire-Bernstein, Way, Kim, Sherman, and Taylor, 2011). Thus, accounting for the observed decrease in self-esteem consistency at the end of the life span.

Older adults with low self-esteem sense of self-contempt and disgust with how life has progressed (Townsend and Morgan, 2018). They feel worthless and helpless and would like to have a second chance at life (despair stage). This happens as earlier developmental tasks of self-confidence, self-identity, and concern for others remain unfulfilled. Negative self-esteem prevails. In this study, older adults expressed low self-esteem due to several changes. They described it as decreased bodily function, especially those with physical disabilities. When they were at a gathering, they compared their appearance one to another. They also expressed loneliness because they did not have a partner.

In this study, older adults in treatment and control group were given nursing intervention. The study result showed that older adults' self-esteem had a significant increase in both treatment (12.71-16.14) and control group (13.06 - 15.77), respectively (see Table 2). Nursing interventions are conducted by helping respondents to identify their positive abilities and positive aspects, assess and choose their positive abilities, and train what positive ability has been selected (Keliat et al., 2019). Starting from building a therapeutic nurse-patient relationship, older adults identified the causes of low self-esteem and their positive aspects and capabilities. They chose the positive ability to be performed in the nursing home and did two positive abilities at the next meeting; they expressed that they finally found the benefits of achieving one's abilities done. These interventions can help respondents increase their positive abilities, resulting in a decrease of low self-esteem signs and symptoms (Florensa, 2013).

The treatment group is a combined cinematherapy-based reminiscence group. The objective of reminiscence therapy is to improve older adults' self-esteem. Older adults can share their life philosophy; and historical and personal memories that have shaped their lives. They can promote their identity sense, next-generation positive contribution, and meaningful life reaffirmation (Chao et al., 2006). The reminiscence therapy is carried out in groups, where each group consists of 8-12 clients, and each session is held for 45-60 minutes. The meaning of group therapy builds a sense of belonging to the community. Being comfortable with environmental changes, such as participating in group discussions, is important to maintain a positive self-image and return to optimal health (Peplau, 1997). That is why the researchers conducted this combined therapy to improve the client's ability to communicate in groups who experienced low self-esteem.

It should be noted that the cinematherapy-based reminiscence group therapy conducted in this research was applied to the people with the range of age between 60 to 79 years

old in a nursing home. It is essential that those suffering from low self-esteem be intervened with a combined group therapy as soon as possible. The cinematherapy used a movie called "Nagabonar". The movie played was an epic war comedy about a family, human relationships and depicts positive things that can be learned. A movie is more effective in the emotional level than it is on an intellectual level (Schulenberg, 2003). It is also effective for helping older adults with verbal limitation expressing feelings and solving conflicts and problems (Kim, 2014). The research results show that older adults treated by nursing intervention and cinematherapy-based reminiscence group therapy leads to a significant change. Older adults said that they enjoyed watching the movie because the movie was funny and entertaining. The events pictured in the movie reminded their parents' stories. They felt happy. This means that the movie was helpful in bringing positive feelings. This finding matched that movie is helpful in reducing suppression and others defense (Powell, Newgent, and Lee, 2006).

When people reminisce about life and share negative emotions such as anger, helplessness, and grief, a support group can influence older adults to express self-acceptance and openness (Kim, 2014), contributing to an increase of self-esteem. Baltes and Meyer (2001) also stated that a combined-music reminiscence program increases interpersonal relationships and self-esteem and decrease depression in older adults' inpatients. Another study showed that a cinematherapy-based reminiscence group therapy effectively increased ego integrity and reduced older adults' depression in nursing homes (Kim, 2014).

The difference between the treatment and control groups showed no significant difference with $p\text{-value} > 0.05$ (see Table 3). This finding concludes that both nursing intervention and combined cinematherapy-based reminiscence groups can improve low self-esteem. As the number of self-esteem scores increased more in the treatment group, the treatment group who participated in the cinematherapy-based reminiscence group therapy had a higher self-esteem score than the control group who only participated in the nursing intervention. The result suggested that cinematherapy-based reminiscence groups were more useful to increase self-esteem. This finding is in line with the research on the effectiveness of combined group therapy, which can reduce low self-esteem or help recovery (O'Mara, Marsh, Craven, and Debus, 2006; Barlow and Durand, 2005).

This program is effective because older adults comprehend movie characters and talk about their past stories without feeling threatened (Kim, 2014). They find positive life advantages and internal strengths. They also have an increased opportunity to experience positive feelings through group support. These combined therapies used attributional feedback, goal feedback, and contingent praise. This condition means that treating a client with this combined therapy can increase older adults' self-esteem (O'Mara, Marsh, Craven, and Debus, 2006). In particular, the combined cinematherapy-based reminiscence group was more helpful than individual reminiscence (Kim, 2014). A more significant increase in self-esteem was reported in group reminiscence as opposed to individual reminiscence.

CONCLUSION

This research has identified that nursing intervention can improve older adults' self-esteem. The level of self-esteem increases significantly from low to normal. Intervention by nursing is followed by cinematherapy-based reminiscence group therapy thus leads to a slightly greater increase in their self-esteem score than through the nursing intervention only.

ACKNOWLEDGEMENTS

The researcher is grateful to all the participants in this study specifically to the Center for Research and Community Service (LPPM) of Universitas Kusuma Husada Surakarta which has supported this study financially and the publication cost of this article, and also to all the subjects that have participated in this study.

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