

The Effect of Humor Therapy on Increasing Elderly Self Esteem at UPT Tresna Wreda Social Services Jombang

Muhamad Adjie Pramono Nugroho*, Athi' Linda Yani, Indah Mukarromah

Undergraduate Nursing Study Program, Faculty of Health Sciences, Universitas Pesantren Tinggi Darul Ulum, Komplek Ponpes Darul Ulum, Wonokerto Selatan, Rejoso, Peterongan, Jombang, East Java 61481, Indonesia

*muhamadajiepramono@gmail.com

ABSTRACT

In the elderly, it can cause various general and specific problems; several causes cause multiple issues in the elderly, such as biological, psychological, social, and spiritual conditions. The purpose of this study was to determine the effect of humor therapy on the level of self-esteem of the elderly. Pre-Experimental Research Design One Group Pre-Post Test Design approach, using Nonprobability sampling technique with the purposive sampling method. The number of participants in this study was 30 who had lived in the orphanage for less than six months, had experienced HDR, and were not deaf or blind. Humor therapy is given for one time in 30 minutes. The therapy instrument used the SOP and RSES questionnaire. The test analysis used was a Paired T-test (α 0.05). The results showed the level of self-esteem of the elderly before humor therapy. After humor therapy, there was an increase in self-esteem from a median of 13 to 16. There is a significant effect after being given humor therapy with a P value $(0.00) < \alpha$. Humor therapy interventions can significantly be used as an alternative to increasing the self-esteem of the elderly. Humor film shows stimulate respondents to relax and improve mood, and can reduce depression.

Keywords: elderly; humor therapy; self-esteem improvement

INTRODUCTION

The aging process is throughout life, starting from a specific time and starting from the beginning of life. In the elderly, various problems will arise, both general and specific; the causes of problems in the elderly include biological (such as changes in organs and organ cells, wrinkled skin, lack of vision, hunched over), psychological (including senile dementia, decreased memory and thinking and decreased intelligence), social (including changes in the role of being a grandfather and grandmother), spiritual (including changes in the spirit of life due to degenerative diseases and decreased meaning of life towards death). Older adults who experience these changes feel useless, feel limited in their physical abilities, and are hampered in actualizing their potential to achieve their desires, so appropriate treatment is needed to increase the self-esteem of the elderly. An influence on all aspects of the elderly's life includes self-concept, such as body image, self-ideal, self-identity, role, and self-esteem (Umi & Dyion, 2017; Susanti & Aprida, 2018). Humor therapy can be an alternative therapy to help improve self-esteem. Humor therapy is known in nursing as helping clients accept, appreciate, and express something funny that can be laughed at or ridiculous to foster relationships to relieve tension, release anger, or overcome feelings that are not good.

Preliminary studies that were conducted on March 04, 2022, on the elderly in the Technical Implementation Unit (UPT) social services trecena worda jombang as many as 70 older adults (24 men and 46 women) and who experience low self-esteem as many as 30 people (15 men, 15 women) percentage of the condition of the elderly in the nursing home jombang 60% of the elderly are left by their families, 20% of the elderly in the nursing home experience a process of decreasing physical and psychosocial conditions 20% are often alone. From the information obtained from the duty officer, it is said that some older adults are not accepted by their peers, life expectancy decreases, physical conditions have decreased, weakness,

unhealthy conditions, and require complete care (total care). Elderly self-esteem problems, if they occur continuously, will harm individuals and others. Therefore, a method is needed that can be used to solve this problem. An example is humor therapy, which includes humor film therapy (luduruk, Percil CS, gareng). This is in line with previous research entitled The Effect of Laughter Therapy on depression in the elderly. The research subjects were 32 respondents, including 15 people in the treatment group and 17 people in the control group; the results of the study found that there was a significant effect of laughing therapy on elderly depression; it is hoped that in the laughing intervention itself, the elderly can relax all the muscles of the body, foster a sense of comfort. From the description above, the researcher tries to modify humor therapy using humor shows (lurk, pencil cs, gardening) because many respondents are Javanese; researchers use Javanese humor shows to be better understood and understood. Based on the background of the problem, researchers are interested in researching "The Effect of Humor Therapy on Increasing Elderly Self Esteem at UPT Tresna Wreda Social Services Jombang."

METHOD

Pre-Experimental Research Design with One Group Pre-Post Test Design approach, using Nonprobability sampling technique with the purposive sampling method. The total population is 70 respondents. The sample in this study was 30 respondents who lived in the orphanage for less than six months. Humor therapy is given for 30 minutes. The respondent's self-esteem level was measured using the RSES questionnaire. The test analysis used is a Paired T-test.

RESULTS

Table 1.
Demographic Data of Respondents (n=30)

Variable	f	%
Gender		
Male	15	50%
Female	15	50%
Age		
45-59 years old	3	10%
60-70 years old	15	50%
75-90 years old	9	30%
>90 years old	3	10%
Educate		
Elementary school	15	50%
Junior high school	9	30%
Senior high school	6	20%
Bachelor of degree	0	0%
Profession		
Self employed	6	20%
Other	24	80%
Living conditions in the orphanage		
Abandoned by children or husband/wife	9	30%
Often ridiculed by friends	7	23.3%
Shunned by friends in the shelter	1	3.3%
Having many friends	10	33.3%
Happy or comfortable in the shelter	3	10%
Things to do when problems come		
Praying	12	40%
Read Alquran	4	13.3%
Sleep	11	36.7%
Looking for entertainment	3	10%

Variable	f	%
Resposns during interview		
Hostile	2	6.7%
Uncooperative	2	6.7%
Easily Offended	5	16.7%
Poor Eye Contact	8	26.7%
Suspicious	3	10%
Other, Cooperative	10	33.3%

Table 1 shows the characteristics of respondents in this study.

Table 2.
Self-esteem Level Before and After Humor Therapy (n=30)

Self esteem	Pre Test		Post Test		Average	P value
	f	%	f	%		
Low	28	93.3%	8	26.7%	11,80±1,448	0.00
Normal	2	6.7%	22	73.3%	15,93±1,893	

Table 2 shows the level of self-esteem of respondents before and after being given humor therapy.

DISCUSSION

The results before the introduction of humor film therapy revealed that many of the respondents with low self-esteem were often left by their children or spouses, leading them to live in orphanages. The factors influencing self-esteem, such as self-acceptance, leadership, family dynamics, and anxiety, were significant. It's important to note that family and social relationships play a crucial role in the elderly's self-esteem, as feeling valued and accepted in these contexts greatly influences their sense of self-worth (Putri, 2017).

The results showed that self-esteem before humor therapy was still quite a lot. Respondents in this study were older adults who lived in UPT Panti Woreda Jombang for less than six months. Developmental tasks in old adulthood include acceptance of a decrease in physical strength and health, acceptance of retirement and a decrease in income, an acceptance response to the death of a partner or people who matter to him, maintaining relationships with a group of the same age, adoption, and adaptation to social roles flexibly and maintaining a satisfying life (Rosita, 2016).

In this study, using humor films. It has several benefits and advantages, one of which is that the endorphin hormone can cause stretching, which dilates blood vessels so that blood pressure can decrease, with a relaxed condition making the heart rate normal. Humor therapy is a method of using humor to reduce physical or emotional pain and stress. The goal is to reduce stress to improve individuals' quality of life. There are many benefits of humor therapy, one of which is increasing the body's immunity to a disease, reducing tension, the body's circulatory system becomes normal, life expectancy increases, encouraging stretching of blood vessels to reduce high blood pressure, reduce levels of depression and increase individual pleasure (Sara, 2021). After the provision of humor therapy to the elderly respondents, the analysis of the feedback revealed a significant increase in their self-esteem. This was evident in their heightened excitement while watching the home movie. The majority of the respondents shifted to the normal self-esteem category, instilling a sense of hope and optimism in the potential of humor therapy.

The results showed that respondents' self-esteem level when before and after humor therapy was almost entirely low self-esteem (93.3%), averaging 1.07, and some normal self-esteem (6.7%), averaging 1.73. After the intervention, it showed an increase in self-esteem in 73.3% of the average self-esteem respondents; some were still in the low self-esteem category at

26.7%. Humor film therapy (ludruk) was shown for 30 minutes. After the intervention in the form of humor therapy, there is an effect of humor therapy on the level of self-esteem P value = 0.00 where ($P < \alpha$) which means that there is an effect, it can be concluded that H_1 is accepted, meaning that there is an effect of humor therapy on the level of self-esteem of the elderly.

CONCLUSION

The level of self-esteem of the elderly at UPT Tresna Wreda Social Services Jombang before being given humor therapy was the most experienced increase in average self-esteem. This is evidenced by the P value = 0.00, where $P < 0.05$, it can be concluded that humor therapy has an effect on the self-esteem of the elderly.

REFERENCES

- Sara, D. . (2021) 'Terapi Bermain dan Terapi Humor Dalam Konseling'.
- Putri, A. S. (2017) 'Dukungan Terhadap Anggota Keluarga Lansia dalam Melayani', 1(2), pp. 73–90.
- Rosita (2016) 'Hubungan Dukungan Keluarga Dengan Tingkat Harga Tingkat Depresi Lansia di Kelurahan Maricaya Makasar', pp. 6–10.
- Alvionita, I. (2014) 'Pengaruh Terapi Tertawa Terhadap Depresi Pada Lansia Di Dusun Jomegatan Ngestiharjo Kasihan Bantul', pp. 1–11.
- Nevi Puspitasari, E. . (2016) 'efektifitas Terapi Humor Terhadap Penurunan Tingkat Depresi Pada Lanjut Usia di Panti Werdha Pucang Gading Semarang.