

## Life Review Therapy (*Melidupa*) Effective to Increase the Sexual Quality of Life of Elderly Women in Banjar Gelumpang, Sukawati Village

IGA Ratih Agustini<sup>1\*</sup>, IGAA Sherlyna Prihandhani<sup>2</sup>, Ni Kadek Emmawati<sup>3</sup>, DP Muliani Purnama Dewi<sup>4</sup>

<sup>1,2,3,4</sup>Nursing Department, Health Institution of Bina Usada Bali, Indonesia; [ratihbinus@yahoo.co.id](mailto:ratihbinus@yahoo.co.id) (Corresponding Author)

### Article Info:

Submitted:

24-05-2022

Revised:

26-06-2022

Accepted:

28-06-2022

DOI:

<https://doi.org/10.53713/nhs.v2i4.140>



This work is licensed under CC BY-SA License.

### ABSTRACT

The elderly is often faced with a problem, one of which is decreasing sexual function to 86%, this can lead to a decrease in sexual quality of life elderly. The low quality of sexual life can affect their health thereby increasing the burden of family dependency. One of the treatments to improve the sexual quality of life is by giving life review therapy which is a therapy for telling stories of past experiences. This study aims to determine the effect of life review therapy on the sexual quality of life in elderly women. This study uses Quasi-Experimental, one-group pretest-posttest design for the elderly which are aged 60-74 years. Collecting data using the SQOL-F questionnaire. The results of the pretest showed that the majority of the elderly's sexual quality of life was low at 14 (66.7%). The majority of post-test results have a good sexual quality of life 16 (76.2%). There is a difference in the sexual quality of life between the pretest and posttest p-value = 0.001 ( $\alpha < 0.05$ ). It can be concluded that there is an effect of life review therapy on the sexual quality of life in elderly women in Banjar Gelumpang, Sukawati Village.

Keywords: elderly; life review therapy; sexual quality of life

## INTRODUCTION

The Elderly as a population group whose age is more than 60 years and above have a high risk of health due to the aging process. The aging process causes the elderly to experience a process of change both physically, psychologically, socio-culturally, and economically. This causes the elderly to have to adapt to various changes in function and environmental stress due to a decrease in the body's ability (Listyarini & Alvita, 2018).

Problems that are often faced by the elderly due to the aging process are a decrease in visual function by 72%, a decrease in body flexibility by 64%, a decrease in memory by 61%, a decrease in hearing function by 67%, a decrease in sexual function by 86%, and a decrease in muscle strength in the elderly by 88% (Aspiani, 2014). A decrease in sexual function by 86% of the elderly can cause sexual health problems, change in response to sexual stimulation, and change in interest and participation in sexual activity so that it will have an impact on the quality of sexual life of the elderly (Ropei, 2013).

The quality of life of the elderly is an individual's perception of sexual life including physical sexual activity and emotional sexuality with a partner (Kalra et al., 2011). Fulfillment of sexual life is essential for well-being. However, when they enter old age, many people become reluctant to continue with their sexual life.

The quality of sexual life in the elderly needs to be improved, the management can be done by giving non-pharmacological therapy, namely, life review therapy (*melidupa*). Life review therapy is defined as a therapy that uses a person's life history (written, oral, or both) to improve psychological well-being, feeling of peace in her current life and giving positive motivation or advice at the current phase of an elderly life. Elderly with a good quality of life will have a positive impact on every activity that takes place, high motivation to live, and not easily discouraged when accepting their current situation, thus achieving old age success (Aini, 2017).

The results of a preliminary study conducted on Friday, July 02, 2021, regarding the number of elderly people between the two health centers in Sukawati District, found that the most elderly people were in UPT Kesmas Sukawati 1. A total of seven villages under the supervision, Sukawati Village is the village that has the highest number of elderly people. Sukawati village has 13 *banjar*, from the 13 *banjar* it was found that the data on the largest number of elderly people was in Banjar Gelumpang as many as 284 people, consisting of 125 elderly women and 159 elderly men. The results of interviews with 15 elderly people who still have partners in Banjar Gelumpang, Sukawati obtained data that as many as 10 elderly people stated that they had never had sexual activity for several years such as having sex, kissing,

hugging, or holding hands due to worry about pain during sexual intercourse and shame because of old age. Then four of them still have sexual activity but rarely, and one elderly person stated that they are still actively engaged in sexual activities with their partners such as having sex, and hugging. Based on the description above, the researcher is interested in conducting research on the effect of life review therapy (*melidupa*) in Banjar Gelumpang, Sukawati Village, Gianyar Regency.

**METHOD**

This research is a type of quantitative research using the Quasi-Experimental Design method. This study uses a one-group pretest post-test design, where this design does not have a comparison (control) group, but measurements are made before and after treatment (Hastjarjo, 2019). This research was conducted in Banjar Gelumpang, Sukawati Village. This research was conducted for one month with a total of eight meetings with a frequency of twice a week from December 25th, 2021, until January 16th, 2022.

The target population used in this study was elderly women aged 60-74 years in Banjar Gelumpang, Sukawati, 125 people, while the reachable population was elderly women who still had a partner, 83 people. To adjust the characteristics of the population used in the study, the researcher used a non-probability sampling technique with purposive sampling. Purposive sampling is a sampling technique that prioritizes certain criteria and goals.

The inclusion criteria of this study were: elderly women aged 60-74 years who were in Banjar Gelumpang, Sukawati, elderly women who were willing to be respondents, and elderly women who wanted to intervene regularly. The exclusion criteria of this study were: Elderly women who experience physical disabilities such as deaf and speech impairment, elderly women who suffer from mental disorders, and elderly women who suffer from chronic diseases who experience bed rest.

It was found that from 83 elderly people there were 21 people met the inclusion and exclusion criteria. Before and after giving a therapeutic intervention, life review therapy (*melidupa*) the respondent will be given a sexual quality of life questionnaire, Sexual Quality of Life-Female (SQOL-F) to assess the quality of sexual life. Data collection was carried out by researchers directly. The statistical test used to test the data that has been obtained uses the Wilcoxon Sign Rank Test statistical test.

**RESULT**

**Characteristics of Respondents Based on Age**

Table 1. Characteristics of Respondents by Age in Elderly Women in Banjar Gelumpang, Sukawati Village

Variable	N	Maximum	Minimum	Mean±SD
Age	21	74	60	65.67±4.211

Table 1. shows the characteristics of the respondents by age, the average age of the respondents was 65.67 years with a standard deviation of 4.211 with the highest age being 74 years and the lowest age being 60 years.

**Frequency Analysis of Sexual Quality of Life in Elderly Women Prior to Life Review Therapy (*Melidupa*)**

Table 2. Frequency of Sexual Quality of Life in Elderly Women Prior to Life Review Therapy (*Melidupa*)

Sexual quality of life in the elderly	Frequency (f)	Percentage (%)
Poor Quality of Sexual Life	14	66.7
Moderate Quality of Sexual Life	6	28.6
Good Quality of Sexual Life	1	4.8
Total	21	100.0

Table 2. above shows that most of the pretest results for elderly women in Banjar Gelumpang, Sukawati Village have a low level of sexual quality of life with a frequency of 14 respondents (66.7%).

**Frequency Analysis of Sexual Quality of Life in Elderly Women After Performing Life Review Therapy (*Melidupa*)**

Table 3. Frequency of Sexual Quality of Life in Elderly Women After Doing Life Review Therapy (*Melidupa*)

Sexual quality of life in the elderly	Frequency (f)	Percentage (%)
Poor Quality of Sexual Life	0	0
Moderate Quality of Sexual Life	5	23.8
Good Quality of Sexual Life	16	76.2
Total	21	100

Table 3. above shows that most of the post-test results for elderly women in Banjar Gelumpang, Sukawati Village have a good level of sexual quality of life with a frequency of 16 respondents (76.2%).

**Wilcoxon Analysis Effect of Life Review Therapy (*Melidupa*) on Sexual Quality of Life in Elderly Women**

Table 4. The Effect of Giving Life Review Therapy (*Melidupa*) on the Sexual Quality of Life in Elderly Women

Variable	N	Z	p value
Pre-test (quality of sexual life before being given <i>melidupa</i> therapy)	21	-4.015 <sup>b</sup>	0.001
Post-test (quality of sexual life before being given <i>melidupa</i> therapy)	21		

Table 4. above shows the results of the Wilcoxon Signed Ranks statistical test in the elderly who were given life review therapy (*melidupa*). This shows that after the intervention, 21 respondents experienced an increase in the quality of their sexual life. Statistical results obtained that the calculated Z value is 4.015 > from the z table value of 1.960 which shows the alternative hypothesis (Ha) is accepted, with a p-value of 0.001 < 0.05, it can be concluded that Ha is accepted or there is a therapeutic effect of life review therapy (*melidupa*) on the quality of sexual life in elderly women in Banjar Gelumpang, Sukawati Village.

**DISCUSSION**

The results of research that has been conducted on the characteristics of respondents based on age characteristics show that the average age of the respondents was 65.67 years with a standard deviation of 4.211. The highest age of the respondent was 74 years. The lowest age of the respondent was 60 years old. Research by Martini et al (2021) explains that along with increasing age, the elderly will often be faced with various problems due to the aging process, one of which is changes in the reproductive system related to the quality of sexual life of the elderly. Research by Purnamasari et al (2014) stated that increasing age causes decreased sex drive due to decreased function of the reproductive organs.

The results of the analysis of the level of quality of sexual life in elderly women before taking life review therapy (*melidupa*) conducted by researchers based on table 5.2 shows that the level of sexual quality of life of pretest respondents was 14 people or 66.7% experienced the less sexual quality of life, and six people or 28.6% experienced a moderate level of sexual quality of life, and as many as one people or 4.8% experienced a good level of sexual quality of life. Based on the results of this study, it can be concluded that a number of 14 out of 21 elderly people experience a poor quality of sexual life.

The low quality of sexual life in elderly women occurs because of a decrease in sexual activity and function due to physiological changes due to the aging process. Adrenal androgens lose the ability to produce estrogen, so they lose their sexuality in older women. The low quality of sexual life in elderly women also occurs because elderly women have partners who have physical problems, their partners are no longer interested, feel ashamed of their children or grandchildren and because of the perception that they are old, it is no longer appropriate to think about or engage in sexual activity (Hastuti et al., 2018).

The results of the analysis of the level of sexual quality of life in elderly women after undergoing life review therapy (*melidupa*) showed that the level of sexual quality of life of post-test respondents was five people or 23.8% experienced moderate sexual quality of life. There were 16 people or 76.2% experienced good sexual life quality. Based on the results of this study, it can be concluded that there is a change in the value of the level of sexual quality of life in the elderly.

This study is in accordance with research conducted by Aini (2017), which explains that the elderly who were given life review therapy for four weeks experienced a significant change in the average value of their quality of life compared to the elderly who did not receive treatment, this happened because of the life review. therapy is not triggered by a person's pathological tendencies in an attempt to avoid the rationale of life but rather focuses on the normal processes that arise from the individual's desire to enjoy, grow, overcome, and change their life in a positive direction. The life experience that is told or expressed by an individual will have a major impact on the mental health of the individual, because by telling the story of their life, a feeling of relief, peace, and intimacy will emerge.

The results of the Wilcoxon Signed Ranks Test statistical test on elderly women who were given therapeutic intervention life review therapy (*melidupa*) showed an increase in the quality of sexual life in the elderly which showed the alternative hypothesis ( $H_a$ ) was accepted, with a p-value of  $0.001 < 0.05$ , so it can be concluded that  $H_a$  is accepted or there is an effect of giving life review therapy (*melidupa*) on the quality of sexual life in the elderly in Banjar Gelumpang, Sukawati Village.

Similar research was revealed by Karmiyati et al (2020) who state that one therapy that can be done to improve the quality of life and welfare of the elderly is life review therapy. Life review therapy can reduce depression, reduce loneliness, increase self-confidence, and increase an individual's ability to carry out daily activities. This therapy also aims to increase their passion for life and self-esteem by recounting their life experiences. For example, telling stories about their youth with research results stating that there is a strong influence of life review therapy on changes in the level of quality of life and well-being in the elderly.

The results of the study are in line with research conducted by Maercker & Bachem (2013), which in their research also revealed that life review therapy has a very positive impact on the quality of life of the elderly. This life review therapy will also improve the welfare of the elderly and increase feelings of relief and peace in the elderly if carried out with an optimal frequency of 2 times a week for 4 weeks.

## CONCLUSION

Based on the results of research on the effect of life review therapy (*melidupa*) on the quality of sexual life in elderly women in Banjar Gelumpang, Sukawati Village, the results of the Wilcoxon Signed Ranks Test statistic obtained a p-value of  $0.001 < 0.05$ , so it can be concluded that there is an effect of giving life review therapy (*melidupa*) on the quality of sexual life in the elderly in Banjar Gelumpang, Sukawati Village.

## ACKNOWLEDGEMENT

The author would like to thank the Nursing Department of STIKES Bina Usaha Bali, The Leader of Sukawati Village, The Leader of Banjar Gelumpang, and respondents and all parties who have supported this research

## REFERENCES

- Aini. (2017). Pengaruh Life Review Therapy Terhadap Kualitas Hidup Lansia Di Dinas Unit Pelaksana Teknis Pelayanan Sosial Lanjut Usia Kabupaten Bondowoso. *E-Jurnal Keperawatan*, 12, 1.
- Aspiani. (2014). *Buku Ajar Asuhan Keperawatan Gerontik*. Trans Info Media.
- Hastjarjo, T. D. (2019). Rancangan Eksperimen-Kuasi. *Buletin Psikologi*, 27(2), 187. <https://doi.org/10.22146/buletinpsikologi.38619>
- Hastuti, L., Hakimi, M., & Dasuki, D. (2018). Hubungan Antara Kecemasan dengan Aktivitas dan Fungsi Seksual pada Wanita Usia Lanjut. *Jurnal Berita Kedokteran Masyarakat*, Vol. 24(4), 176–190. <https://journal.ugm.ac.id/bkm/article/view/3580/3069>
- Kalra, G., Subramanyam, A., & Pinto, C. (2011). Sexuality: Desire, activity and intimacy in the elderly. *Indian Journal of Psychiatry*, 53(4), 300–306. <https://doi.org/10.4103/0019-5545.91902>
- Karmiyati, D., Rahmadiani, N. D., & Hasanati, N. (2020). Life review therapy for improving the psychological wellbeing of elderly retired women in Indonesia. *Journal of Social Studies Education Research*, 11(4), 257–274.
- Listyarini, A. D., & Alvita, G. W. (2018). Pengaruh Balance Exercise Terhadap Keseimbangan Tubuh Lansia di Desa Singocandi Kabupaten Kudus. *Jurnal Ilmiah Keperawatan Orthopedi*, 2(2), 31–38.
- Maercker, A., & Bachem, R. (2013). *Life-review interventions as psychotherapeutic techniques in psychotraumatology*. 1, 1–9.
- Martini, N. M. D. A., Gandari, N. K. M., & Dewi, I. G. A. A. S. (2021). Kecemasan Menurunkan Aktivitas Seksual Wanita Lanjut Usia Di Blahbatuh Gianyar. *Jurnal Medika Udayana*, 10(9).
- Purnamasari, D., Purnamasari, D., Setiyawati, N., Kebidanan, J., & Kemenkes, P. (2014). *PENDAHULUAN Pada tahun 2010, Usia Harapan Hidup (UHH) di Indonesia adalah 69, 43 tahun (persentase populasi lansia 7, 56 %) dan pada karta merupakan propinsi yang mempunyai penduduk lansia dengan proporsi tertinggi yaitu 14, 02 %, . Perkembangan pen. II*, 78–89.

Ropei, O. (2013). Pengalaman Respon Lanjut Usia Terhadap Perubahan Seksualitas Di Kota Cimahi: Studi Fenomenologi. *Jurnal Keperawatan Soedirman (The Soedirman Journal of Nursing)*, 8(1), 38–48