

Logotherapy to Reduce Stress Level for Pre Elderly

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Abstract: This study aims to determine the effectiveness of logotherapy to reduce stress levels in pre elderly. The study subjects are 7 participants with criteria for elderly women and had moderate stress levels obtained from screening using the PSS-10 (Perceived Stress Scale) which had a validity of 0.84. The results of this study indicate that there are significant differences ($Z = -2,214$, $P = 0.027$) in the stress score before therapy ($M = 21.14$, $SD = 3,579$) and after therapy ($M = 16.00$, $SD = 4.123$). Based on these statistical data, it can be concluded that logotherapy can reduce stress levels in the elderly.

Keyword: Logotherapy, stress, pre elderly

Introduction

Pre elderly and elderly are the final stages of human development. At this stage of development, the elderly and elderly have experienced setbacks in terms of physical, and psychological. Changes in physical appearance in the elderly and elderly are normal and normal, such as changes in visual acuity, decreased endurance and others, while changes that affect psychologically are roles in different social environments, separation from loved ones and etc. the conditions experienced can be stressors. Increasingly complex experiences affect pre-elderly and elderly emotions so that psychological problems, such as stress, can occur. The problem can also be exacerbated by the conditions of living demands in the community.

The rapid development of the times and the high demands of life allow people to experience stress. Stress is a very common problem experienced by the community. Stress can be experienced if there is a gap between self capacity and environmental demands. Sarafino (1994) said, stress is a condition that is caused by the interaction between the individual and the environment that causes the distance between demands that originate from the system, biological, psychological and social situation. Stress experienced by society in general has an impact on physical and psychological conditions^[7]. Based on the results of interviews with several elderly people, it can be concluded that the elderly have stressors related to their daily lives. The stressors cause reactions to physical and psychological conditions, the stressors experienced also cause stress which results in obstacles in their daily functioning, besides that some participants also experience existential vacuum. So based on this statement, this study aims to reduce the level of stress felt by the elderly with a psychological intervention^[7].

In dealing with stressors, individuals experience feelings of dysfunction because the emotion generated tends to be negative, wrong thoughts that affect coping or individual behavior. Group therapy effectively aims to anticipate and overcome problems caused by physical, psychological disorders by developing the potential of group participants (Keliat, 2005)^[3]. As research conducted by Lamboan, Bidjuni and Karundeng in 2015 explained that stress levels in the elderly decreased using logotherapy^[4]. According to Frankl (Bastman, 2007), logotherapy comes from the word "logos" and means meaning and also spiritually means spiritual while the word therapy means healing^[1]. In general, logotherapy can be explained as a psychological or psychiatric feature that recognizes the spiritual dimension of humans in addition to the physical and psychological dimensions, and assumes that the meaning of life and the desire for meaningful life are the main motivations for humans to achieve the meaningful life. Individuals tend to interpret an event tends to be negative so that it affects their feelings, thoughts and behavior. Because of this, the therapist uses logotherapy to help participants find meaning in each problem so as to reduce stress levels. As the study of Ukus, Bidjuni and Karundeng (2015) explained that the influence of logotherapy on the meaningfulness of life of the elderly before and after being given therapy^[8].

Logotherapy aims to help patients find meaning in their lives. Logotherapy believes that the struggle to find meaning in one's life is the main motivator of the individual. According to Frankl (Bastman, 2007), the main cause of mental disorders suffered by a person is the failure of modern humans to get the meaning of life [1]. In this logotherapy, Frankl also recognizes the role of religion, although in his opinion, the relationship between religion and mental health is not a direct causal relationship. The purpose of psychotherapy in general is to develop a healthy mental life while the ultimate goal of religion is to develop faith^[2].

In an existential humanistic approach, individuals who experience emptiness are quite effective if given logotherapy with the reflection method. According to Bastaman (2007), reflection is a method with self transcendence ability where individuals have the ability to be responsible in realizing various potential meanings of life that must be found. According to Bastaman, this method invites adult individuals not to pay attention to conditions that cause uncomfortable feelings^[1]. Based on the statement above, the method is quite effective if it is applied to participants who are experiencing stress due to failure to interpret life positively, resulting in an existential vacuum. The participants were invited to recognize their potential so that the activity could influence their emotions and behavior more positively.

Participants and Methods

This study uses an experimental method with one group design. Participants who participated consisted of 7 subjects who are pre-elderly women and have stress levels that tend to be high.

Stress measurement using PSS-10 (Perceived Stress Scale) ($\alpha = 0.96$) as a pretest. The core problems of the participants were obtained through individual interviews and focused group discussion (FGD) forums. Logotherapy is conducted four meetings which each session consist of 2 hours. The method used in this therapy are discussion and lecture. In intervention, we provide psychoeducation, discusse to looking for a meaning of a situation and dereflection technique. After going through the group intervention stage, participants' stress levels will be measured again by conducting a post-test to compare scores and see the success of therapy. So, the data obtained is quantitative which the results of the measurement pretest and posttest, and qualitative data that is the assignment of task during therapy.

Results

The group succeeded in creating a harmonious, open, sympathetic and caring atmosphere by giving strength, support and advice to other participants even though the participants initially tended to be passive, but it thawed when conducting some light talk while waiting for the other participants to attend and given ice breaking. Openness in receiving stories, active listening, responding positively, creates feelings of safety and comfort for the participants. In the process of therapy all participants are open minded to the experiences of other participants. The activeness and openness of the participants made the participants able to understand the material presented and determine alternative solutions to the problem.

Participants are able to know the dynamics of stress including sources of stress, the reaction of stress and are able to identify feelings when experiencing stress so that they can jointly propose appropriate coping to manage it. Coping and the solution is quite efficient in reducing stress though not too significant. After the therapy process was completed, several participants found insight and expressed their gratitude for following this therapy process, such as:

- a. Grateful because there is wisdom behind the problem, the wisdom gained is positive.
- b. b. Grateful because not everyone can be like me

In addition, the success of therapy can also be seen from changes in scores that indicate a decrease in stress experienced by the participants. The change in score was obtained from the PSS-10 scale score used as a pre test and post test. The change in score is inseparable from the ability of the participants to find the right solution in managing stress. These solutions are flexible so they can be applied to various problems. The success of the intervention appears from the expressions of some participants who said "so know how to solve this problem." and "it feels even better after doing it all".

From the results of the interventions carried out, there were three participants who experienced changes until the categories also changed, namely members of M, N and W. Other participants also showed changes with a fairly high score but still with the same category. Seen there are some participants who experienced slight changes, even there was one participant who did not experience changes like participant L. Changes in scores that occur in participants are influenced by several factors. The success of therapy using logotherapy in reducing stress levels in the elderly is also evidenced from the results of SPSS analysis using Wilcoxon with $Z = - 2.214$, $P = 0.027$.

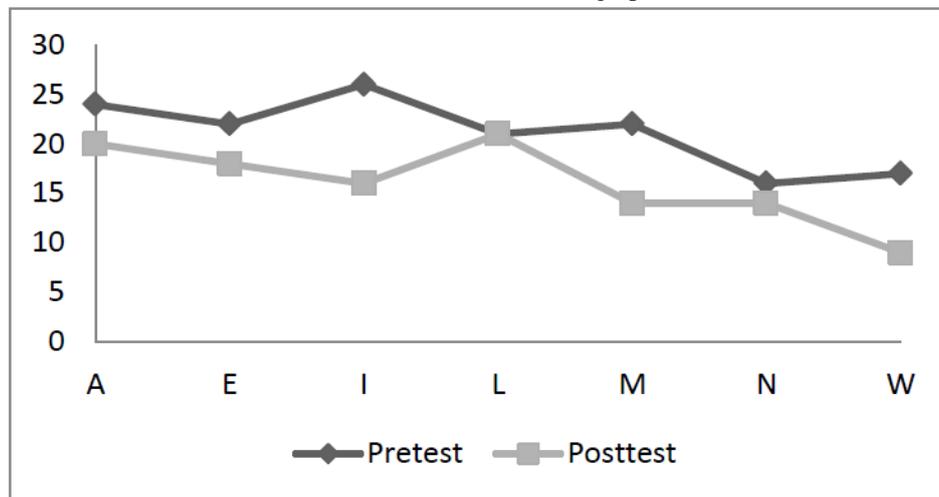
Table 1. Wilcoxon Analysis

| Before | After |
|------------|------------|
| M = 21.14 | M = 16.00 |
| SD = 3.579 | SD = 4.123 |

Discuss

Based on the results of the intervention, it appears that changes in stress scores for each participant differ. In the case of participant L, it did not show a change in stress score, it was because participant L tended to be passive and rarely gave opinions in the group, while the other participants showed differences in scores despite varying. That is because other participants are able to be active and fully open.

Table 2. Pretest and Posttest graphic



Significant changes in scores explain that commitment, motivation can help participants in receiving material and therapy so that the expected goals can be achieved. This is as expressed by Willis (in Lubis, 2011), that in a therapeutic relationship a working relationship must be formed which is a functioning, useful and meaningful relationship. If the relationships in the group are good, the participants will be committed seriously^[5]. In addition to internal factors, external factors also affect the participants who are able to provide support can increase the confidence of other participants. This has been proven in Wicaksono's research in 2016 with the title " Hubungan antara Dukungan Sosial dengan Kecemasan dalam Menghadapi Dunia Kerja pada Siswa SMK " which says that the higher the social support, the anxiety facing the world of work is lower, conversely the lower the social support the anxiety facing the world of work increasingly high^[9]. this explains that internal factors and external factors together contribute to and influence the success of therapy.

Sloane, et al (Gunarsa, 2007) explain that the success of the goals of psychotherapy is influenced by the personality of the therapist with his appearance and attitude^[2]. The role of personality is essentially not independent but the personality of the therapist who interacts with the therapist's abilities and skills in using appropriate procedures and techniques. Similar to Mudjijanti's research (2012) entitled "The Effect of Counseling Motivation and Counseling Empathy Attitudes on the Success of the Counseling Process" that counselee's motivation and empathy counselor's attitude significantly influence the success of the counseling process^[6]. Based on the above explanation, it can be concluded that participants are not the only factors that play a role in the success of the therapy process but counselors can also contribute.

Group therapy has strengthness and limitations. Strengthness of research is participants able to support each others, , able to take wisdom and gratitude, but the limitations of this research is a factor that is not clearly controlled like any factors that are able to influence the success of therapy, such as education level, level of religiusity, and others. In addition, the participants involved are less varied such as male participants so that the data obtained is limited. The study cannot describe whether there is a difference in the decline in stress levels between preelderly men and women

Conclusion

So there is a significant difference ($Z = -2,214, P = 0.027$) on the stress score before therapy ($M = 21.14, SD = 3,579$) with after therapy ($M = 16.00, SD = 4.123$). Based on the statistic data, it can be concluded that logotherapy is able to lower the stress level in pre elderly.

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