The Effect of Reminiscence Group Play Therapy for Older Adults in Taiwan

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Abstract
The aim of this study was to explore the effect of reminiscence group play therapy for older adults who lived in a rehabilitation center located in central Taiwan through a structured play therapeutic group program. The program was used Taiwanese traditional culture as the main concept based on the topic of reminiscence. By a play therapist as a group leader, led 10 elderly participated in this group treatment. The research method was based on qualitative research orientation, and used the in-depth interview as the data collection. Analyzed qualitative context by content analysis to understand the emotional state and interactive behavior of older adults in this group. The finding was that group effects consist of four aspects, including the emotion of happiness, interest and relief, the behavior of willing to interact with people and appreciating the leaders, the cognition of value and the ability to memorize, and the physiological reaction of feeling energetic. The conclusions of the study were provided for future study and practitioners.

Key Words: Group Play Therapy, Older adults, Reminiscence

JEL Classification:
1. Introduction

The related studies have indicated that play therapy is helpful for the mental health of elderly people, and many studies have confirmed that reminiscence therapy is good to improve physical and mental adaptation for the elderly. Based on this point of view, the play therapy group was formed in the reminiscence operation mode. The group conducted a reminiscence play therapy for the elderly in a group therapy mode to explore the effect of the elderly who were treated with the reminiscence play therapy. The group was designed based on the reminiscence game, including the reminiscence of the ageing effect of the elderly and Taiwanese traditional culture. The game categories can be divided into: "social", "cultural", "reminiscence", "folkgame". "Intelligence", etc.. Being easy to be operated, they can lead to the elderly share their memories. During the activities, they would improve their emotional states and interpersonal interaction behaviors, and a counselor who majored in play therapy as a group leader led 10 older adults participated in this group treatment.

2. Literature Review

Reminiscence therapy often treats the elderly in groups and achieves good results (Bohlmeijer, Roemer, Cuijpers, & Smit, 2007). The play therapy can also effectively improve the emotional state of the elderly (Bruner, 2000). With the combination of the two operational methods, formed a reminiscence play therapy group to predict positive contributions to the elderly.

3. Methodology

3.1 Participants

The participants of the study were 10 older adults consisting of 7 males and 3 females who lived in a rehabilitation center located in central Taiwan. The participants’ average age was 72.5 years old.

3.2 Data Analysis

The research method was based on qualitative research orientation, and used the in-depth interview as the data collection. It analyzed qualitative context by content analysis to understand the emotional state and interactive behavior of older adults in this group.

4. Results and Discussion

The group effects consist of four aspects, including the emotion of happiness, interest and relief, the behavior of willing to interact with people and appreciating the leaders, the cognition of value and the ability to memorize, and the physiological reaction of feeling energetic.

5. Conclusions and Recommendations

The reminiscence which consists of play elements (or concepts) of the program has the positive help for the physical and mental health of the elderly. The related suggestions including
the form of the group content are that it should be simple and fun. Further, it could be operated and reacted easily, and lead to the elderly share their memories. The suggestions and implications of the study were provided for practitioners and future study.

References


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