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**AS LIFE REVIEW THERAPY METHOD EFFORT TO LOW
DEAL SELF-ESTEEM LEVEL ON EDERLY THROUGH
THE MEDIA BOOKLET**

ABSTRAK

Background: Aging is a lifelong process, entering old age means experiencing physical decline. Physical decline that is often experienced by the elderly is low self-esteem by being very negative towards themselves, dislike of themselves and pessimistic about future life. Low self-esteem is all the ideas, thoughts, beliefs and convictions that influence the individual in dealing with others. One of the non-pharmacological treatments to increase low self-esteem in the elderly is life review therapy. Life review therapy can be done to reduce depression, increase self-confidence and increase life satisfaction. One of the media that can be used to increase low self-esteem in the elderly is booklet media. A booklet is a medium in the form of a small book containing writing with pictures to convey health messages so that it is easily understood by readers. **Aim :** Increase knowledge and be able to reapply the daily life of the elderly with life review therapy as an effort to deal with low self-esteem. **Conclusion :** The booklet life review therapy as an effort to deal with low self-esteem in the elderly is useful to increase knowledge as a non-pharmacological therapy for increasing low self-esteem in the elderly which can be done independently. This booklet can be used by the elderly, health workers and the general public.

Keywords : Elderly, Self-esteem, Live review therapy, Booklet.