

REMINISCENCE THERAPY TO REDUCE STRESS ON LANSIA

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SUMMARY

Background: *The elderly are an age group that has changes in the body's functional system caused by the aging process. With age, the elderly will experience physiological changes (decreased muscle strength, balance, and ability to walk) and psychological changes (stress, depression, and dementia). Stress is a form of mental illness in the natural world, which is characterized by feelings of hopelessness, feeling useless, helpless, anxious, frustrated, lack of confidence, and lonely. Therapy that can be given to reduce stress in the elderly is Reminiscence Therapy, where reminiscence therapy aims to improve memory, storytelling, and communication skills, these activities can reduce negative emotions, create a harmonious atmosphere and a relaxing effect.*

Objective: *to know the making of Communication, Information, Education (KIE) media regarding Reminiscence Therapy as a promotional medium for physiotherapy in dealing with stress in the elderly.*

Methods: *the method used is using IEC media, namely booklets which are produced as an implementation of health promotion that can be used as a reference by physiotherapists and physiotherapy students.*

Result: *the printed IEC media in the form of booklets were distributed directly to the elderly and elderly posyandu cadres and social organizations.*

Conclusion: *As a media for promotion, information, education for the community, especially for the elderly, regarding reminiscence therapy in dealing with stress in the elderly.*

Key Word: *Reminiscence Therapy, Stress, Elderly*