



The Effect of Clay Therapy: Increase Self Esteem Among Elderly

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ABSTRACT

The Elderly who experiences adaptation of psychosocial changes can respond to maladaptive and have the potential to decrease self-esteem in the elderly. However, self-esteem in the elderly not been properly resolved. Low self-esteem might be psychologically reduced by clay therapy. There only have been very few studies conducted to examine clay therapy methods in elderly with low self-esteem in nursing homes. This study aims to determine the effect of clay therapy on self-esteem among the elderly. This study employed Quasi-Experimental Pre-Post Test With Control Group, Consecutive sampling technique was used to obtain 40 subjects, through clay therapy program during 8 weeks of 16 sessions and analyzed using t-paired and independent-sample t-test. The results of the study reported that participants in both groups were elderly (60-> 80 years), the control group was dominated by men, while women dominated the intervention group, and there were differences in the mean of significant differences between interventions. and the control group ($p = 0.007$) after clay therapy. There is a positive effect of clay therapy on reducing self-esteem in the elderly. The elderly can be given an example in the form of a picture to imitate the clay model that will be made, the role of therapy in facilitating and stimulating the elderly during the process is very important.

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Pengaruh Clay Terapi: Meningkatkan Harga Diri Lansia

ABSTRAK

Lansia mengalami adaptasi perubahan psikososial sehingga berpotensi dalam respon maladaptif dan menurunkan harga diri pada lansia. Namun meskipun banyak studi yang telah dilakukan, harga diri pada lansia belum teratasi dengan baik. Harga diri yang rendah dapat dikurangi dengan bermain terapi tanah liat. Hanya ada sedikit penelitian yang dilakukan untuk meneliti metode terapi tanah liat pada lansia di panti jompo. Tujuan penelitian mengidentifikasi pengaruh terapi tanah liat terhadap harga diri lansia. Design studi menggunakan Quasi-Experimental Pre-Post Test With Control Group, teknik consecutive sampling digunakan untuk mendapatkan 40 subjek, melalui program clay therapy selama 8 minggu sebanyak 16 sesi dan dianalisis menggunakan t-paired dan independent-sample t-test. Studi ini melaporkan partisipan pada kedua kelompok adalah lansia (60-> 80 tahun), kelompok kontrol didominasi oleh laki-laki, sedangkan kelompok intervensi didominasi perempuan, dan terdapat perbedaan rerata perbedaan bermakna antar intervensi. dan kelompok kontrol ($p = 0,007$) setelah terapi tanah liat. Ada efek positif terapi tanah liat terhadap penurunan harga diri pada lansia. Lansia dapat diberikan contoh berupa gambar untuk mencontoh model clay yang akan dibuat, peran terapi dalam memfasilitasi dan menstimulasi lansia selama proses sangat penting.

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INTRODUCTION

WHO (2017) On a global scale, around 15% of people aged 60 years and over suffer from mental disorders. Meanwhile, the Ministry of Health said that in three decades (1970-2017) there was a change in the pattern of mental illness in Indonesia, depression was in the first rank. Riskesdas (2018) show that the prevalence of mental health increases with the increasing age of 55 years to 75 years and over by 6% -8%, including West Kalimantan province.

The mental health condition of the elderly is one of the predictors in measuring wellbeing in the elderly. Mental health in the elderly, either recently impaired or pre-existing, can worsen and further impair cognitive and emotional function (Mucktar, 2020). This condition occurs as a natural process and leads to physiological, mental, psychosocial changes and can occur in certain groups, and everyone will experience it gradually (Franak et al., 2015).

Several descriptions of mental health disorders in the elderly, Crestani et al. (2019) reported a strong desire to commit suicide among older men due to chronic illness, while mental conditions are a significant risk factor for women with the majority suffering from depression. Parkar (2015) that nearly half of elderly patients report substantial symptoms of depression and anxiety and depression is the most common psychiatric disorder in the elderly. One of the diagnostic criteria for depression is low self-esteem (Mu et al., 2019).

Self-esteem in the elderly can change where often there will be feelings of uselessness and worthlessness. Low self-esteem is found in the elderly, on the elderly in Brazil, as many as 7.5% experienced low self-esteem (Meira et al., 2017). Low self-esteem experienced by the elderly causes a low quality of life (Mara et al., 2016). According to Mexico, another study showed that 18.2% of the elderly experienced low self-esteem (Escobedo et al, 2014). Meanwhile, low self-esteem in the elderly also correlates with anxiety of death and depression (Ali et al., 2016; Zhang et al., 2019).

Based on this, appropriate action is needed to prevent the possible consequences for the elderly who experience low self-esteem, affecting their welfare. The effectiveness of the pharmacological treatment of depression cannot see the age, in optimizing drug interactions it is very important to look at comorbid factors such as mental disorders (Frank, 2014) while non-pharmacological approach, like music therapy, art therapy, music therapy, modality therapy, reminiscence review, cognitive behavior therapy, reminiscence therapy, cognitive therapy (Stuart, 2013) can relieve symptoms of depression and low self-esteem in the elderly.

Eberl et al (2018) in his study, found that CBT therapy can be combined with other therapies to be more effective. Meanwhile, (Karmiyati et al., 2020) concludes that life review therapy can improve elderly retired women's psychological well-being in Indonesia. Reminiscence therapy has been shown to reduce depressive symptoms and increase self-esteem, significant psychological well-being, self-integrity, and life satisfaction (Meléndez Moral et al., 2015). Life story work was also found to positively impact elderly self-esteem (Lai et al., 2018). However, self-esteem in the elderly not been properly resolved. Low self-esteem might be psychologically reduced by clay therapy.

On the other hand, intervention on clay therapy is reported to give good results with self-esteem problems. Nan & Ho (2017) study showed that this technique increased self-esteem in adult outpatients. Their study also revealed that it had no potential effect of clay in reducing physical symptoms and improving social functioning. It takes a long

time to identify the benefits of clay. So it takes a longer time for researchers to complete therapy. Therefore, it is crucial to investigate how clay therapy can improve self-esteem in the elderly and improve social functioning while in nursing homes. This study aims to determine the effect of clay therapy for self-esteem in the elderly

METHOD

Participant characteristics and research design

This study was Quasi-Experimental Pre-Post Test with Control Group was conducted from April 2019 to August 2019 with a total sample of 40 participants, assigned to two groups, i.e., the intervention and the control group. In recruiting subjects who met the inclusion and exclusion criteria, this study used a consecutive sampling technique. The study was conducted in the Tresna Werdha Social Home in West Kalimantan Province (PSTW) Mulia Dharma and PSTW Graha Kasih Bapa. The participants were selected using a convenience sampling method, and those patients who had the inclusion criteria were entered aged more than 60 years; low self-esteem ≥ 15 ; never received art therapy; clay, does not experience decreased awareness; no cognitive impairment which is measured using the Mini-Mental State Examination (MMSE); and can communicate well and cooperatively. The intervention group consisted of 20 participants receiving clay therapy intervention, whereas the control group consisted of 20 participants not receiving clay therapy intervention. This study was presented in Figure 1. Flowchart' participants

Sampling procedures

For the selected participants, a pre-test was conducted to determine the participants' characteristics, low self-esteem with a self-esteem measurement scale developed by Rosenberg (1965), namely the Rosenberg Self Esteem Scale (RSES). The reliability test yielded a Cronbach's alpha coefficient of 0.78. The pre-test was carried out individually on each elderly participant. After the pre-test was carried out, the researcher entered into a contract meeting with the client. In the intervention group, the researcher made a contract for the implementation of art therapy: clay. The giving of art therapy intervention: clay was carried out by the researcher herself with participants in the art therapy group therapy: clay consisted of 20 people divided into 5 people, and the participants sat in the space provided, forming a circle in a small group.

Sample size, power, and precision

Clay therapy is carried out 16 times divided into 2 times a week, 80 minutes per session at 09.00-10.20 WIB, in each session, the elderly develop clay manipulation according to the themes raised at that time as many as 16 themes. The themes are arranged each day as follows: week 1 (Theme 1: make a lush tree; Theme 2: favorite fruit), week 2 (Theme 3: cute animals; Theme 4: cooking steamed cakes), week 3 (Theme 5: building towers; Theme 6: I love flowers), week 4 (Theme 7: Leaves; Theme 8: a bowl of fortune), week 5 (Theme 9: self-expression; Theme 10: making a bracelet for my feet), week 6 (Theme 11: favorite food; Theme 12: someone I want to meet), week 7 (Theme 13: Mandala; 14: chain of love), week 8 (Theme 15: hometown theme; Theme

16: exhibition and story-sharing) week 6 (session 11, favorite food; session 12, someone I meet), week 7 (Theme 13, Mandala wishes session 14, love chains), week 8 (session 15, hometown theme; session 16, exhibitions and stories - share). Post-test was performed 8 weeks after performing art therapy: clay in the intervention and control groups. The

final test was carried out with the help of each elderly research assistant using clay therapy. The variable measured was to measure the self-esteem of the elderly using the same instrument in the pre-test. After the posttest the control group will provide health education about the development of the elderly

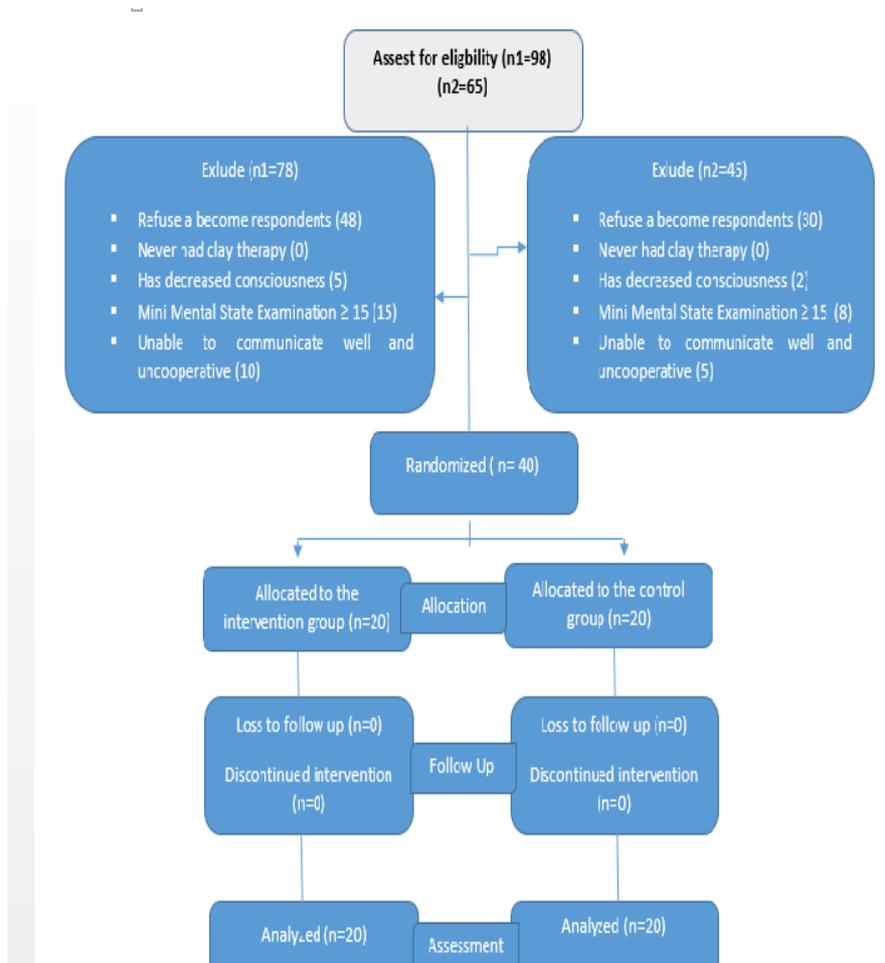


Figure 1. Participant's Flowchart

Data Analysis

Participant characteristics such as age, gender, education level, marital status, employment history, reasons for entering nursing home, and length of stay in nursing homes were analyzed using descriptive statistics. Chi-square test was used to see homogeneity in both groups. Meanwhile, Shapiro Wilk was also used to test the normality of data on clay therapy and the results showed that the data were normally distributed. Then this study used a paired t-test in

analyzing the difference in mean self-esteem scores before and after the intervention, to compare the average self-esteem scores between the intervention group and the control group using an independent t-test. Ethical permission was obtained from the Health Research Ethics Committee of the Faculty Tanjungpura University Medicine. Prior to data collection. Researchers have asked for consent, and they are well informed about the study before agreeing to their participation.

RESULTS AND DISCUSSION

Of the 40 elderly in the intervention and control groups were homogenous. Table 1, most participants in both groups were elderly (60->80 years old), the control group was dominated by men, while the intervention group was dominated by women, both of groups was dominated widow/widowers. Table 2, after the clay therapy, the mean score of self-esteem in the intervention group reduced from 17,75±2.074 to 17,00±2.492, while in the control group, the

mean increased from 17.55±2.259 to 17.70±1.861. self-esteem score in the intervention group ($p=0.002$) decreased significantly compared to the control group ($p=0.090$). Table 3, there was a significant difference in the mean differences between the intervention and control group ($p=0.007$) after clay therapy. It can be summarized that there is a positive effect of clay therapy on self-esteem in the elderly.

This study investigated the effect of clay therapy on the self-esteem elderly. The results showed a positive effect of clay therapy on reducing self-esteem in the elderly. This

finding is similar to a previous study that Bae & Kim (2018) which stated that clay art therapy is significant in two groups, the intervention and the control group, where the intervention group has an influence on hand agility, self-expression, depression and quality of life in patients with Parkinson's in Korea. The significance of clay therapy in psychiatric clients in a day at the hospital shows that clay therapy can help clients be calmer, have hope, happiness, and provide positive energy, better relationships in

interactions, and relieve symptoms of the disease. It can also increase positive thoughts, improve communication, increase their freedom, self-esteem among all participants who take therapy, arouse internal feelings that patients are because they are unable to handle the problems they face (de Morais et al., 2014). Another study states, self-esteem can be increased by doing regular physical activity so that it can reduce the risk of elderly dependence on other people (Moral-García et al., 2018)

Table 1
 Demographic characteristics of the subjects (n=40)

Variabels		Groups		P
		Intervention Group N=20	Control Group N=20	
Age	60-70 Years	3 (15)	12 (60)	1,843*
	71-80 Years	16 (80)	7 (15)	
	>80 Years	1 (05)	1 (5)	
Gender	Male	7 (35)	11 (55)	0,782*
	Female	13 (65)	9 (4)	
Education	No School	7 (35)	13 (65)	0,532*
	Low	13 (65)	7 (35)	
Marital Status	Unmarried	3 (15)	3 (15)	0.226*
	Widows/Widowers	13 (65)	12 (60)	
	Married	4 (20)	5 (25)	
Employment History	Not Working	11 (55)	10 (50)	0,740*
	Working	9 (45)	10 (50)	
Reason for Entering the Institution	On Your Own Will	13 (65)	12 (60)	0,421*
	Will of others	7 (35)	8 (40)	
Length of stay at nursing home	<5 Years	3 (15)	11 (55)	1,997*
	5-10 Years	9 (45)	6 (30)	
	>10 Years	8 (40)	3 (15)	

This study showed the intervention group showed a significant improvement in their self-esteem compared to the control group, which reflects the effectiveness of the designed intervention program on clay therapy. Almost all art therapy that is carried out has a therapeutic effect. The use of clay is also useful for improving mood in psychiatric

patients, improving the progress of schizophrenic patients, developing self-expression with older adults, and recovery from trauma (Lesley & Hansen, 2018). The results of other studies show the effectiveness of paint therapy and clay therapy in reducing anxiety disorders (Zaynaliyan et al., 2014).

Table 2
 Differences in self-esteem pre and post-intervention

Group	PreTest M±SD	Postest M±SD	Mean Difference	T	p
Intervention	17,75±2.074	17,00±2.492	0,75	2,073	0.002*
Control	17.55±2.259	17.70±1.861	-0,15	11,051	0,090*

*chi-square

Meanwhile, clay therapy can minimize negative factors of affective and emotional traits that naturally arise with disturbances, such as: mental suffering, fear, aggression, withdrawal from social life. Clay therapy successes as a healing method the way of working in therapy has a strong impact, by reducing pain, anger, frustration, sorrow, and fear,

the interpretation of both the process and the results can move the client towards mental growth and healing (Shereen et al., 2020). A psychotherapy process that is useful in reducing emotions, and can control oneself in feeling joy, sadness during the therapy process, and have control of feelings through hands with clay manipulation.

Table 3
 Difference in the mean differences between the intervention and control group

*t-paired

Mean Diffrences	Intervention Group		Control Group		T	p
	M	±SD	M	±SD		
Self-Esteem	0,75	2,665	-0,15	1,618	9,01	0,007

*t-independent

We assumption that clay therapy is a simple method by using media to express feelings of the elderly that cannot be expressed or cannot be seen, even the inability of the elderly

themselves to interpret their feelings, then respond to the meaning of the work with positive thoughts to increase self-esteem in the elderly. This is in line with those who argued

that clay therapy has a potential contribution to its users, such as sensitivity to feelings, expressions of the unspoken, intangible, knowledge of the unknown, invisible visibility, apprehensibility of the incomprehensible. The findings in this study, in the therapy process at week 4 at the 8 sessions, the elderly had a number of good abilities in playing clay. In the 6 week of the 12 session, some elderly people expressed positive things about themselves, were not ashamed to interact with friends, had many things to be proud of, meanwhile at the end of the session in week 8, the elderly were really ready to show their work and felt that he is able to produce something and deserves to be calculated, feels useful by producing a number of clay that is displayed for the show. Another finding in this study is that the elderly not only talk through their work but also have better relationships between friends, who previously did not know each other, through this therapy, the elderly groups talk to each other and share their feelings, they even laugh and joke in between the therapy process. We got a report from the caretaker of the nursing home, the elderly group was very excited and happier than the previous day.

The difference in low self-esteem in the intervention group shows that the findings in the study of elderly people experience low self-esteem because they are too long in the home compared to this is due to the length of time in the home without visiting family, feelings are increasingly useless and no longer needed to be feelings which was difficult for the elderly to express during therapy. Meanwhile, on the other hand, the reasons for the elderly to enter the nursing home are due to a lack of support in the form of emotional, psychological, and even physical support, along with the lack of family ties, even financial problems such as not being able to buy medicines, are the reasons for the elderly to remain at the orphanage (Cassum et al., 2020; Ncube, 2017)

LIMITATION OF THE STUDY

This study has limitations. First, confounding factors cannot be controlled. However, a homogeneity test was carried out to minimize bias. Another limitation obtained during the administration of clay therapy is the use of language which may still be difficult to understand between researchers and the elderly.

CONCLUSIONS AND SUGGESTIONS

In this study, clay therapy has a significant effect on increasing self-esteem in the elderly. clay helps the elderly engage body expression, enabling integrating emotions, memories, and fantasies from different levels of consciousness.

This study also sees the need for mental health nurses' role, which is very important to increase self-esteem in the elderly, helping the elderly maximize their abilities is a challenge and valuable experience for nurses. The elderly can express themselves through non-verbal access to self-representations and relationships between themselves and others during the therapy process. So that through clay therapy the elderly can analyze and rebuild their life stories to be more positive so that they can change their feelings to be more positive as well. Health promotion is needed so that the elderly can recognize the signs and symptoms that can cause depression

Conflict Of Interest Statement

The authors declared no conflict of interest.

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