

The Influence of Logo Therapy on the Meaning life of Elderly with Stroke in Padalarang District in 2017

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Abstract

Elderly stroke experienced symptoms of nerve function deficit such as paralysis which resulted in limited ability of a person to perform daily activities (Muttaqin, 2008). Someone who is paralyzed and suffering will appear psychosocial problems for an example the decline in the meaning of life (Maryam, 2008). Elderly who have psychosocial problems, requires a nursing action which is logo therapy. The study aims to determine whether there is influence of logo therapy on meaningful life of elderly stroke in Padalarang District in 2017. The research used Quasi Experimental Design with the Nonequivalent Control Group Design. The population is 46 elderly stroke in Padalarang district. The average research result before and after given logotherapy is 7.20 and 13.90 respectively. The result of statistical tests concluded that there is influence of Logo Therapy on meaningfulness of Life in elderly stroke in Padalarang District with P value $0,0001 < \alpha (0,05)$. It is recommended for District Health Office of West Bandung requires effort in improving health status of elderly by increasing meaningfulness of life. It can be done by holding a routine posbindu, giving health education about logo therapy to the elderly.

Key words: Logo therapy, meaningfulness of life, elderly, stroke,

Introduction

The elderly is a closing period in the life span of a person, there will be a natural aging processes and changes in various aspects including biological, psychological, social and cognitive aspects (Ebersole & Hess, 2010). These changes of the elderly tend to be more susceptible to cardiovascular diseases such as heart failure, coronary heart disease, and stroke (Setiawan, et al, 2013). West Java is the one of the top 10 provinces with the highest percentage of stroke. Data of Ministry of Health RI (2015) mentions that the prevalence of Stroke in West Java is 7.4% and made Stroke prevalence based on age group in West Java including aged group 15-24 years (2,6%), age group 25-34 year (3.9%), age group 35-44 years (6.4%), age group 45-54 years (16.6%), age group 55-64 years (33%), age group 65-74 year (46.1%), and age group > 75 years (67.8%) (Ministry of Health, 2014).

Stroke patients have physical limitations of lack of self-acceptance which leads to feeling of alienation. If self-acceptance is lacking in the elderly, the retrospective glances will reveal a picture of the life that has been passed. As the result, the elderly usually regrets what was happened and assuming helpless, useless and meaningless of life. According to Havirghust (1982), one of the development task of elderly is to find the meaning of life (Suardiman, 2010). The meaning of life is a concept with full of subjectivity, therefore every human being must try to get the meaning of his life. Without any attempt to find meaning in every episode of life, humans will lose their best potential (Asmadina, 2007).

A person who has discovered the meaning of life will be responsible for directing his life, having an optimistic attitude, still existing, and being able to recognize the potentials and shortcomings (Lu et al, 2010). Likewise, an elderly person who has meaningfulness of life will be able to solve his life problems by remaining existent and optimistic as well as the opportunity to realize the desire through activities that provide life satisfaction and freedom to create creativity according to interests and abilities (Ebersole & Hess, 2010).

Elderly, who have psychosocial problems in society, require nursing action to overcome elderly problem. This is in line with the policy on Community Based Geriatric Health including health counseling, self-reliance and community empowerment, family and community roles, partnerships with NGOs and the private sector (Ministry of Health, 2011).

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Therapy that nurses can do to resolve the problem of negative perceptions about the effects of disease and treatment is to do logo therapy on individuals. Logo therapy is an existential psychotherapy that focuses on awareness of the meaning of life as a way to achieve mental health (Simpson & Weiner, 1989). The purpose of this study is to see the existence of the influence of Logo therapy on meaningfulness of elderly life with Stroke in Padalarang District in 2017.

Method

The method used in this research is Quasi Experimental design which is Nonequivalent Control Group Design. The purposive sampling is chosen in this research using 20 people with the distribution of 10 people control group and 10 people intervention group. Meaning in Life Questioners (MLQ) is used as Data collection techniques in this study. Univariate analysis is used to obtain a description of each variable and dependent t test.

Results

Table 1 The influence of logo therapy on meaningfulness of elderly life with stroke in Padalarang district in 2017.

Variabel	N	Mean	SD	SE	P Value	
Meaning of Life	<i>Pretest</i>	10	7,20	1,135	0,359	0,0001
	<i>Posttest</i>	10	13,90	2,132	0,674	

Data source: Primary data in 2016

The result of analysis in table obtained the significance of elderly life before intervention is 7.20 with standard deviation 1,135, while after intervention is 10.70 with standard deviation 2,214. As the result, it is concluded that there is influence of Logo Therapy on the meaning of life in elderly with stroke in Padalarang District with the result of dependent T-test with p value 0.0001; P value <α (0,05) which means Ha failed and to be rejected.

Discussion

There are some negative emotional reactions experienced by patients with paralysis pasca stroke, such as sadness and prolonged depressed that can cause meaningless of life appreciation which lead to depression. Patients suffered stroke can experience of living meaningless life. Most stroke sufferers experience a meaningless of life before being given therapy, this can be due to individual elderly factors which do not understand or do not want to find out what really happened to them, and what they can do.

Meaningless life of people with stroke can be caused by the family that does not want to understand and feel disturbed by chronic illness disease. Families often show an attitude of not accepting patient's condition. Furthermore, the family often gives a verdict that people with stroke will die, therefore, they have no spirit to take care and solve the problems (Tugasworo, 2007). If the elderly cannot find the meaning of life because of a suffering, they are no longer passion to live and achieve life satisfaction in the remaining life time.

The average meaningfulness of elderly life with stroke increases after being given intervention Logo Therapy because its can bring up high motivation. As the result, elderly can train and improve ability in activities. The meaning of life and meaningful life can be attained through the work of benevolence and virtue for others, believing in, and living the beauty, wisdom and love, and taking the right attitude to the inevitable suffering (Bastaman, 2007). Physical and psychological interventions are required to be given to elderly stroke in order to develop their ability and believe meaningful of life by using this Logo Therapy.

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There are influence of Logo Therapy on meaningfulness of life elderly stroke because the therapy can be used as the stage of search and the realization of the meaning of life for the elderly. Logo Therapy is a directed activity that will change to attitudes and interests of the elderly due to stroke. Also, family is involved in the implementation, therefore, the elderly can feel the existence of social support from the environment, especially the family. According to Bastaman (2007), there are several components that can determine the success of the meaning of life, such as directed activities with efforts made consciously and deliberately including personal potential development, talents, abilities, positive skills and the utilization of interpersonal relationships to support meaning and purpose of life.

Bastaman (2007) argues that tasks and daily work are a source of satisfaction and pleasure for each individual; therefore, they do with eager and responsible. As a consequently, they will be able to adapt and aware of environmental restrictions, but within this limitation, they can still determine what they do best and realize the meaning of life which can be found in life itself.

Conclusion

1. The average value of meaningfulness of life before the intervention is 7.20 which implies the meaningless life of the elderly
2. There is an increase of meaningful life of elderly post stroke after being given 4 times the Logo Therapy intervention. This is based on the increase in the mean value (13.90) of meaningfulness life after the intervention that means the sufficient meaningfulness of elderly life.
3. The influence of Logo Therapy on the meaning of life for elderly with stroke in Padalarang District with 0.0001 of P value $< \alpha$ (0,05) which means H_0 failed and to be rejected.

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