

The Effectiveness of Laughter Therapy on Reducing Depression Levels in the Elderly: Literature Review

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Abstract:

Depression is a natural feeling disorder caused by cognitive dysfunction characterized by decreased mood and sadness. Laughter therapy is a way to help someone deal with problems such as stress, anger, and boredom. This study aimed to determine the summary of laughter therapy in the elderly. The method used is a literature review in the form of a literature review obtained from the PubMed, Google Scholar, and Garuda Ristekbrin databases. After going through the selection stage using the Joanna Briggs Institute (JBI) critical appraisal, 10 journals were obtained, 9 of which used quasi-experimental studies, and 1 of them used systematic reviews. , stress hormones will decrease and increase feelings of happiness Based on statistical tests showing that the results of all tests were positive, it can be concluded that there is an effect of giving laughter therapy on reducing the level of depression in the elderly after several interventions.

Article info:

Submitted:
17-10-2023
Revised:
27-11-2023
Accepted:
28-11-2023

Keywords:

laughter therapy; depression; elderly

DOI: <https://doi.org/10.53713/htechj.v1i6.124>

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INTRODUCTION

Elderly (elderly) which is part of the process of growth and development that does not suddenly grow old, but develops from infants, children, adults and eventually becomes old, which is accompanied by a decline in physical, intellectual, cognitive, emotional functions and socially (Nurwela, Mahajudin and Adiningsih, 2017). Health problems that are often experienced by the elderly who experience depression are mental and emotional problems as well as physical problems that can change the behavior of the elderly. One of the mental problems that is often found in the elderly is depression (Pae, 2017). Depression is a serious medical problem involving symptoms related to mood, cognitive and physical symptoms (Pae, 2017). Depression in the elderly arises as a result of loneliness due to living alone, not having children, low health conditions, and low self-esteem (Herawati and Deharnita, 2019)

Depression is a natural feeling disorder caused by cognitive dysfunction characterized by decreased mood, sadness, pessimism about the future, retardation and agitation, difficulty concentrating, self-blame, slowness in thinking and a series of vegetative signs such as disturbances in appetite and disturbances in sleep. Depression is a disruption of human function related to feelings of sadness, suffering, and prolonged feelings of grief (Pradnyadiansari, 2017).

In the medical world, complementary therapies are also effectively used to treat depression in the elderly, such as herbal therapy, nutritional therapy, progressive relaxation, meditation, acupuncture, acupressure, aromatherapy, bach flower remedy therapy, reflexology and laughter therapy. Meanwhile, non-pharmacologically, namely laughter therapy can produce positive energy,

make us more optimistic and healthy. This therapy can be given to people with depression including breathing exercises, massage, guided imagination progressive relaxation, biofeedback, touch therapy, murratal therapy, music therapy, humor therapy, meditation and one of them is laughter therapy, laughter therapy is to build relationships, relieve tension and anxiety, releasing anger, and overcoming painful feelings (Putu et al., 2018). Laughter therapy is laughter that starts with the stages. So that the effect that is felt for those who laugh is really useful.

METHOD

The method used is a literature review in the form of a literature review obtained from the Pubmed, Google Scholar, and Garuda Ristekbrin databases. After going through the selection phase using the Joanna Briggs Institute (JBI) critical appraisal, 10 journals were obtained, 9 of which used quasy experimental studies and 1 of them used systematic reviews.

Meanwhile, the instrument used to measure the degree of depression is the Geriatric Depression Scale (GDS). Geriatric Depression Scale Assessment Score 0-9 = Normal, Score 10-19 moderate depression, Score 20-30 severe depression, BDI-II is a measuring tool which is very popular to describe someone's depression. The results of the BDI scale test are graded from lowest to highest. Each symptom is ranked on a 4-point intensity scale and the scores are added up to give a total score from 0-63, higher scores representing more severe depression., DASS (Depression Anxiety Stress) Scale) is a set of subjective scales formed to measure the negative emotional status of depression, anxiety and stress. The total score of the item statement has a meaning of 0-29 (normal), 30-59 (mild), 60-89 (moderate), 90 -119 (severe), >120 (very severe).

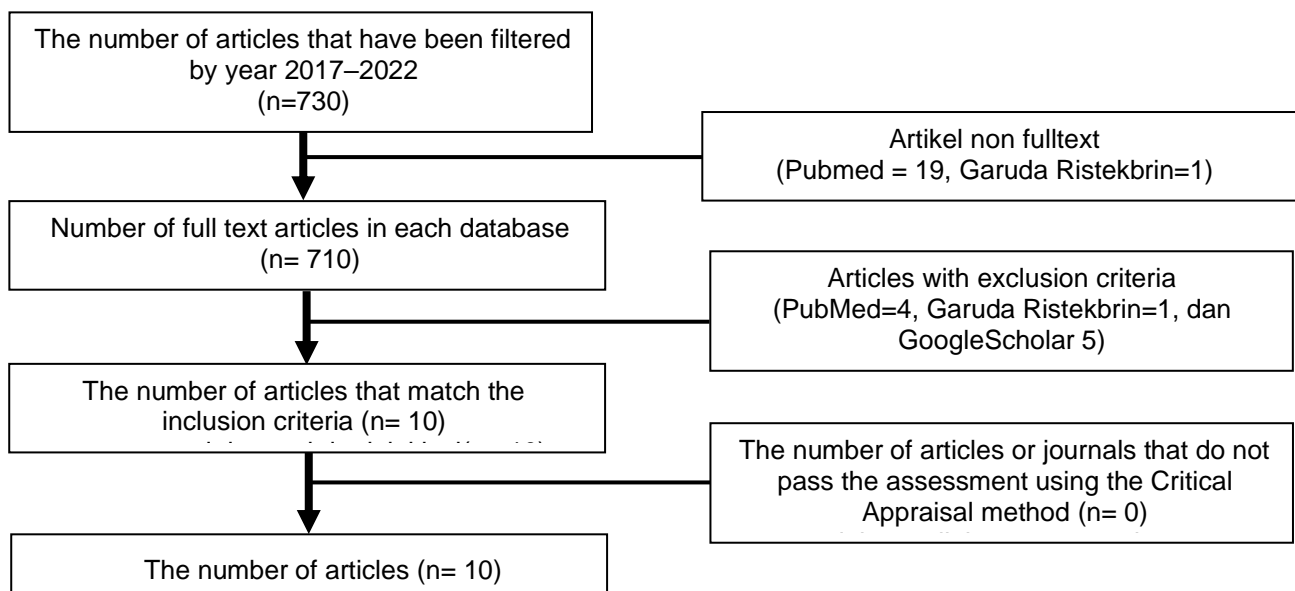


Table 1. PRISMA Flow

RESULT

The result of the statistical test is positive where the $p\text{-value} < 0.005$. This shows that there is an influence on giving laughter therapy to reducing depression levels. When you laugh, your body releases endorphins which make your body feel comfortable (as a natural tranquilizer), stress hormones will decrease and increase feelings of happiness.

Based on statistical tests which showed that the results of all tests were positive, it could be concluded that there was an effect of giving laughter therapy on reducing the level of depression in the elderly after several interventions.

Table 1. Results of the Selected Literature

No.	Author, Year, Title	Population / Sample	Objective	Method	Results	
					Which is measured	Findings
1	The Influence Of Laughter Therapy On The Level Of Depression In The Elderly Pt In The Organization, North Sumatra, Indonesia	Participants were selected by purposive sampling at the Binjai Senior Integrated Social Service Unit, North Sumatra. The sample inclusion criteria are 1) elderly with depression, aged between 60 to 79 years, able read and speak Indonesian, and willing to participate in this study.	This study aims to determine the effect of laughter therapy on the level of depression in elderly at the Binjai Elderly Integrated Social Service Unit Orphanage, North Sumatra, Indonesia.	This type of research is quasi-experimental with pretest posttest with design. The purpose of this research is to find out effect of laughter therapy on depression in the elderly.	Depression Levels in the Elderly before and after	The findings show that the rate of depression in the elderly decreases significantly at experimental group ($p < .05$), but there was no significant change in the control group ($p = 0.648$). Between the two groups, there is a significant difference in the level of depression in the elderly ($p < 0.05$).
2	The Effect of Laughter Therapy on Reducing Depression Scores in the Elderly at UPTD Rumoh Seujahtera Geunaseh Sayang Ulee Kareng Banda Aceh City in 2019	The sample in this study were 15 elderly who experienced depression.	The aim of the study was to determine the effect of laughter therapy on reducing depression scores in the elderly at UPTD Rumoh Seujahtera Geunaseh Sayang, Banda Aceh City.	The research design used a quasi-experimental (quasi-experimental) with a pretest-posttest control group design. This study looked at a decrease in depression scores in the elderly at UPTD Rumoh Seujahtera Geunaseh Sayang Ulee Kareng Banda Aceh City in 2019.	Depression Levels in the Elderly	The results of the statistical test showed a P value of 0.001, which meant that there was a difference in depression before and after being given laugh therapy at UPTD Rumoh Seujahtera Geunaseh Sayang Ulee Kareng, Banda Aceh City in 2019.
3	Laughter Therapy Reduces Elderly Depression	The population is the elderly at the Bhakti Luhur Nursing Home with a simple random sampling	The purpose of this study was to analyze the effect of	one-group-pre-post test design pre-experimental research design.	Measurements were made on the elderly who experienced depression	the Wilcoxon test with a significant level of $\alpha = 0.05$ and a price of $p = 0.000$, the value of $p < \alpha$ means that there is an

		technique and a total sample of 40 respondents who meet the inclusion criteria are willing to be respondents, do not use antidepressants, do not have hearing loss, have no history of tuberculosis, hernias, hemorrhoids, shortness of breath	laughter therapy on the level of depression in the elderly at the Nursing Home Bhakti Luhur Sidoarjo.			effect of laughter therapy on the level of depression in the elderly.
4	The Effect Of Laughter Therapy On The Rate Of Depression In The Elderly At The Uptd Griya Wreda Panti, Surabaya	the population of all elderly people aged 60-69 years is 30 people, a sample of some elderly people is 28 years old taken by simple random sampling method .	The purpose of this study was to determine the effect of laughter therapy on the level of depression in the elderly at UPTD Griya Wreda Surabaya.	The research design used was pre-experimental , namely one-group pre-post test design by means of a group	Decreasing depression in the elderly at UPTD Griya Wreda Surabaya.	Wilcoxon test on laughter therapy obtained a value of $p = 0.000$ and a value of $\alpha = 0.05$ meaning $p < \alpha$ then H_0 was rejected, meaning that there was an effect of laughter therapy on the level of depression in the elderly at UPTD Panti Griya Wreda Surabaya
5	Effects of Laughter Therapy Against Depression and Quality of Life in the Elderly Nursing home	The population of this study were the elderly living in the 24-hour Abadeh nursing home.	The purpose of this research is to determine the effect of LT on depression and QOL in elderly living in a sanitarium.	research is a semi-experimental research with a pre-test, post-test design. Ninety eligible elderly people living in the Abadeh nursing home and from July to september 2017,	Reduction in depression rates in nursing homes	independent t-test results showed statistically significant differences before and after the intervention between the two groups ($P < 0.001$). The mean score of the QOL dimension after LT is more higher than before the intervention and there was a statistically significant difference across all dimensions by test paired t ($P < 0.001$).
6	Laughter Therapy Reduces Depression in Elderly Living in Aged Asian Homes	By using systematic randomization method, selected from 30 subjects setting and 30 subjects from control setting.	The purpose of this study was to compare mean depression scores senior citizen pre-test between experimental and control groups.	The study was conducted in two nursing homes and placed in experimental and control settings by randomized method simple (lottery).	Decreasing Depression In Elderly In Asian Homes	Cortes t test results obtained a value of 2.95 which is greater than the cort value of 2.66 at a P value of less than 0.01, refuses null hypothesis, so that there is a significant decrease in the correlation post-test . depression test of the experimental group.
7	The Effect of Laughter Therapy on Depression in Elderly Residents of Di	Sampling is done with non-probability purposive sampling	This research is done to assess the effect of	This research is quasi-experimental quantitative	The Effect of Laughter Therapy on Decreasing	t test shows that significant at a significance level of 0.05, then the null hypothesis

	Selected Old Houses From Maharashtra	technique where are the elderly residents of nursing homes selected are invited to attend the session therapy . Based on inclusion criteria 60 samples were selected, 30 in the group experiment and 30 in the control group.	laughter therapy on depression in elderly residents of selected nursing homes from Maharashtra.	research design .	Levels of Depression in the Elderly	is rejected.
8	The Effect of Laughter Therapy on Depression Levels in Elderly at Nursing Homes in North Sumatra, Indonesia	Using a purposive sample from the Binjai Senior Integrated Social Seance Unit, Nonh Sumatra. The sample inclusion criteria were 1.1 elderly with depression, aged between 60 to 19 years, able to read and speak Indonesian.	This study aims to determine the effect of laughter therapy on the level of depression in the elderly at the Integrated Social Binjai Orphanage See ice ice Elderly Unit in North Sumatra, Indonesia.	This is a feasible quasi-experimental pretest posttest with the conool group design. For -Evo the sample was selected using purposive sanp1ing, with uveuty-one	The effect of laughter therapy on the level of depression in the elderly at the Binjai Orphanage	Independent and dependent t tests were used for data analysis. Results: The findings showed that let e1 depression in the elderly decreased significantly in the experunental group ($p<.05$), but there was no significant change in the conool group.
9	The Effect of Laughter Therapy on Depression Levels Geriatric Patients at Pangesti Lawang Nursing home	The population in this study is all the elderly in the PangestiLawang Nursing Home. The sample is 32 people, divided into groups experimental (n=16) and control group (n=16).	This study aims to determine effect of Laughter Therapy on Level increase the L PangestiLawang Nursing Home	The research design is research quasi-experimental pre-test, post-test with nonequivalent control group	Affects the Reduction of Depression Levels in the Elderly	statistical test results using Paired t-test on a given respondent laughter therapy therapy, p-value = 0.000 (<0.05) shows that statistically there is significant difference in GDS scores before and after being given laughter therapy.
10	Laughter therapy reduces depression in treatment Elderly: literature review	the elderly population aged 60 years and over will increase from 12% to 22% in the world.	The main focus of this literature review is the therapy of laughter in elderly depression in the elderly.	This research is a quasi-experimental study with a pretest posttest design with a control group	Laughter therapy to reduce depression levels in the elderly	the research results obtained revealed that the level of depression in the elderly decreased significantly in the experimental group ($p<05$), and there was no change in the control group ($p>648$)

DISCUSSION

Laughter therapy is a way to help someone deal with problems, such as stress, anger, and boredom. Laughter certainly makes anyone who does it feel relieved, spacious, and happy. Laughter is also a form of positive emotion that is easily transmitted (Satish, 2012). This activity generates energy and laughing for 20-30 minutes provides benefits throughout the day until bedtime because laughing will raise endorphins which have a comfortable effect (Amin, 2019).

The benefits of laughter therapy are to build relationships, relieve tension and anxiety, release anger, and overcome painful feelings (Pradnyadiansari, 2017). Laughter therapy has many benefits including stimulating mood, improving brain function, protecting the heart, strengthening relationships with other people, relieving feelings, laughing seems to reduce certain stress levels and grow hormones (Pradnyadiansari, 2017). Providing laughter therapy by stretching muscles/relaxing the muscles so that older people's sleep quality improves can also release endorphins, thereby reducing depression. Both, namely reducing insomnia due to improving sleep quality and reducing depression, can improve the quality of life of the elderly. Older people will show positive emotions and feel prosperous and satisfied for the rest of their lives (Rohma, Sari, & Andayani, 2023)

Research by Heidari et al. (2020) shows the effect of laughter therapy on quality of life. Quality of life is an individual's well-being and comes from satisfaction or dissatisfaction with various aspects of life that are important to the individual. This concept covers individuals' physical, psychological, social, and spiritual functioning and depends on their political, cultural, economic, and spiritual beliefs. Laughter is a universal phenomenon that positively impacts an individual's physiological and social functioning.

CONCLUSION

Laughter therapy alone or combined with other treatments can help improve depression in older people. Nurses can provide laughter therapy as therapeutic care for older adults with depression problems.

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