

Effectiveness of Psychodrama Model Group Activity Therapy On Anxiety Levels in The Elderly

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ARTICLE INFO

Keywords:

Anxiety,
Psychodrama,
Elderly.

ABSTRACT

Background: Psychodrama Model Group Activity Therapy is a therapeutic approach that involves the use of dramatic roles in a group so that individuals can feel some relief. Elderly people often feel anxious because they experience changes due to the aging process. This research was conducted to determine the effectiveness of psychodrama model group activity therapy on anxiety levels in the elderly at UPT PSTW Tulungagung.

Methods: This research uses a pre-experimental design with one group pretest-posttest type. With purposive sampling technique, a sample of 30 respondents was obtained. Using the Geriatric Anxiety Scale questionnaire instrument. Data analysis used the Wilcoxon statistical test.

Results: The results of the research from 30 respondents after carrying out psychodrama model activity therapy showed that there were 2 (6.7%) respondents with severe anxiety, 16 (53.3%) respondents with moderate anxiety, 10 (33.3%) respondents with mild anxiety, and the elderly who did not experience anxiety were 2 (6.7%) respondents. Analysis of the Wilcoxon statistical test showed that the "output" test statistics" results were known to be asymp. sig (2-talled) or the p value was 0.000. Because the value of 0.000 is smaller than <0.05, it can be concluded that the "hypothesis is accepted" which means the provision of therapy Psychodrama model group activities have an influence in reducing anxiety levels in the elderly.

Conclusion: Anxiety can not only be treated with pharmacological therapy but can also be treated using non-pharmacological therapy. One effective intervention in alleviating anxiety is psychodrama model group activity therapy.

I. Introduction

Elderly is an abbreviation of "elderly" and refers to the stage of a person's life after reaching old age, usually over 60 years old(Akbar et al., 2021). The term "elderly" is generally used to describe people who experience physical, cognitive, and social changes due to the aging process. Elderly people often face new challenges in their lives, including changes in health, memory decline, decreased physical abilities, and adjustment to changing social roles. Some common health problems in seniors include heart disease, diabetes, cognitive disorders such as dementia, and mental health disorders such as depression and anxiety(Kusumawardani & Andanawarih, 2018).

Elderly people may also experience changes in their social lives, such as the loss of a spouse or close friend, changes in family roles, and adjustment to changes in the environment around them. Apart from that, there are several problems that elderly people often face according to(Gudiño León. et al., 2021)including: decreased physical health, decreased mental health, social changes, limited mobility, life stress and fear of death and the future.

The elderly population is also increasing in number in Indonesia. The prevalence of elderly people in Indonesia in 2018 was 9.27%, while in 2019 it reached 9.60%, it is even predicted that in 2030 the number of elderly people will increase to 59% (Royani, et al., 2020). According to data from the Central Statistics Agency (BPS), in 2020, the number of people aged 60 years and over in Indonesia will reach around 30 million people or around 11% of the total population.

The increasing number of elderly people in Indonesia will give rise to quite complex problems, both physical and psychosocial. The psychosocial problems that most often occur in the elderly include loneliness, feelings of sadness, depression and anxiety. Anxiety is one of the most frequently occurring mental health problems. The prevalence of anxiety in developing countries in adults and the elderly is 50%. The incidence of anxiety disorders in Indonesia is around 39 million people out of a population of 238 million according to (Heningsih, 2014) in (Maria Dimova & Stirk, 2019).

The anxiety experienced by the elderly in Indonesia is very high. The prevalence of anxiety at ages 55-65 years is 6.9%, while at ages 65-75 it reaches 9.7% and ages 75 years and over has a figure of 13.4% (Indonesian Ministry of Health, 2018). Apart from that, the results of studies conducted by Prof. Dr. Dr. Nizam Baharom, Sp.KJ (2020), as Chair of the Association of Indonesian Psychiatric Medicine Specialists (PDSKJI) shows that almost 20-25% of elderly people in Indonesia experience anxiety disorders. Meanwhile in research (RATNAWATI, 2014) The percentage of anxiety levels in UPT PSLU Tulungagung was 56%. Things that can cause anxiety usually originate from threats to biological integrity including disturbances in the basic needs of eating, drinking, warmth, sex, and threats to personal safety such as not finding self-integrity, not finding prestige status, not getting recognition from others and a mismatch in self-view. with a real environment (Suliswati, 2005).

According to Hawari (2008) in (Maria Dimova & Stirk, 2019) Anxiety management at the prevention and therapy stages requires a holistic approach method, which includes physical (somatic), psychological or psychiatric, psychosocial and psychoreligious. In full, as in the following description, namely, efforts to increase immunity against stress, psychopharmaceutical therapy, somatic therapy, psychotherapy and psychoreligious therapy. Efforts to increase immunity against stress by eating a nutritious and balanced diet, getting enough sleep, getting enough exercise, not smoking and not drinking alcohol. Psychopharmacological therapy is a treatment for anxiety using drugs that are effective in restoring the function of transmitters (nerve-conducting signals) in the brain's central nervous system (limbic system). Somatic therapy, physical (somatic) symptoms or complaints are often found as accompanying symptoms or as a result of anxiety, to eliminate somatic (physical) complaints, drugs can be given that are aimed at the body organs concerned. Psychotherapy is given depending on individual needs, including supportive psychotherapy, re-educational psychotherapy, reconstructive psychotherapy, psycho-dynamic psychotherapy and family psychotherapy. Psychoreligious therapy to increase a person's faith which is closely related to immunity and endurance in facing various life problems which are psychosocial stressors.

Group activity therapy is a psychotherapy carried out by a group of patients together by discussing with each other led or directed by a therapist or trained mental health worker (Yosep, 2014). Group activity therapy has general therapeutic benefits, namely increasing the ability to test reality (reality testing) through communication and feedback with or from other people, carrying out socialization and generating socialization for the advancement of cognitive and affective functions. Then the specific therapeutic benefits are increasing self-identity, channeling emotions constructively and improving interpersonal or social relationship skills (Purwaningsih, 2010).

According to (Mahapsari, 2019) The theoretical framework of group activity therapy is divided into 4, namely, the focal conflict model, the communication model, the interpersonal model and the psychodrama model. Psychodrama is an active form of group psychotherapy in which individual life situations are presented on stage with support from group members. According to Stuart & Sundeen in Maranata (2018) through psychodrama where personality structure, interpersonal relationships, conflicts and emotional problems are explored using specific dramatic methods. This specific drama is Life Review Therapy on the thought process. With Life Review Therapy, clients will be reminded of their past experiences by stimulating their learning process through reciprocal learning in the form of drama. Through repetition, it is hoped that clients will be able to share experiences, both positive and negative. This will increase self-esteem (Self Esteem) which has an impact on the coping mechanisms used by individuals.

In research conducted by Mahapsari (2019) There is a significant influence of psychodrama model Group Activity Therapy on changes in the anxiety level of the elderly in PSTW Ilomata, Gorontalo City

with a p value of 0.005 α (<0.05). Based on suggestions from this research, it is recommended to carry out a psychodrama model Group Activity Therapy intervention as knowledge material to improve the quality of elderly services and new programs to overcome elderly anxiety. Psychodrama group activity therapy is a form of group therapy that combines elements of psychodrama with group activities. Psychodrama is a form of therapy that involves action and dramatization to explore a person's feelings, conflicts and emotional problems. In the elderly, this therapy can have the potential to help reduce anxiety levels by means of emotional expression, socialization and group support, increasing self-confidence, processing experiences, problem solving.

Psychodrama group activity therapy interventions have several differences compared to other therapies, especially in terms of approach, technique, and focus. Some of the differences include dramatic and role approaches, action and physical exploration, groups and socialization, holistic approaches and experience in real contexts.

Starting from the problem of anxiety in the elderly, the researchers used psychodrama model group activity therapy treatment to determine the effectiveness in changing the anxiety level of the elderly at Upt PSTW Tulungagung.

II. METHODS

In this research, the researcher used a quantitative design, with a Pre-experimental design research method with a One group pre-test – post test design research study, meaning that before being treated the variables were observed/measured first (pre-test) after which the treatment was carried out and After treatment, measurements/observations (post-test) are carried out (Hidayat, 2010). This type of research is used to reveal cause and effect relationships by involving a group of subjects. The subject is a client at UPT PSTW Tulungagung. The sampling technique for this research uses the Purposive Sampling Technique. Purposive sampling is a technique that is based on certain considerations made by the researcher himself by collecting data using a questionnaire. The sample was 30 respondents. Data analysis used the Wilcoxon statistical test.

III. RESULTS

A. Variable Characteristics

The independent variable in the research entitled "Effectiveness of Psychodrama Model Group Activity Therapy on Anxiety Levels in the Elderly at UPT PSTW Tulungagung" is Psychodrama Model Group Activity Therapy. The number of samples used was 30 respondents.

1. Respondents' anxiety level at UPT PSTW Tulungagung before administering Psychodrama Model Group Activity Therapy

Table 1 Level of anxiety in the elderly before providing psychodrama model group activity therapy at UPT PSTW Tulungagung 1 December 2023 - 31 January 2024

Grouping	Psychodrama Model Group Activity Therapy	
	Pre	Percentage (%)
No Anxiety	0	0
Mild Anxiety	2	6.7%
Moderate Anxiety	10	33.3%
Severe Anxiety	18	60.0%
Total	30	100%

Based on the table above, it can be seen that before receiving psychodrama model group activity therapy, 18 (60%) elderly respondents experienced severe anxiety.

2. The level of anxiety of respondents at UPT PSTW Tulungagung after providing Psychodrama Model Group Activity Therapy

Table 2 Level of anxiety in the elderly after providing psychodrama model group activity therapy at UPT PSTW Tulungagung 1 December 2023 - 31 January 2024

Grouping	Psychodrama Model Group Activity Therapy	
	Post	Percentage (%)
No Anxiety	2	6.7%
Mild Anxiety	10	33.3%
Moderate Anxiety	16	53.3%
Severe Anxiety	2	6.7%
Total	30	100%

Based on the table above, it can be seen that after receiving psychodrama model group activity therapy, 16 (53.3%) elderly respondents experienced moderate anxiety.

B. Statistical Test Results

Table 3 Statistical test using the Wilcoxon test of the effectiveness of psychodrama model group activity therapy on anxiety levels in the elderly at UPT PSTW Tulungagung on 1 December 2023 - 31 January 2024

Statistic test	p value
Wilcoxon	0,000

based on the Wilcoxon test, the output results of "test statistics" are known to be asymp.sig (2-talled) or the p value is 0.000. Because the value of 0.000 is smaller than <0.05 , it can be concluded that the "hypothesis is accepted" which means that providing psychodrama model group activity therapy has had an influence in reducing anxiety levels in the elderly at UPT PSTW Tulungagung.

IV. DISCUSSION

Anxiety in the elderly at UPT PSTW Tulungagung before being given psychodrama model group activity therapy

Anxiety in the elderly appears to vary from mild anxiety to showing signs such as tending to be more alert, increasing attention and still being able to solve problems. moderate anxiety with conditions such as decreased attention or difficulty concentrating, difficulty solving problems, irritability and impatience, and increased vital signs. Up to severe anxiety with signs such as elderly people looking scared and confused, withdrawing from social environments, difficulty concentrating, anxiety, trembling, pacing and difficulty making eye contact with other people.

Based on the research above, it shows that as many as 18 respondents (60%) before administering psychodrama model group activity therapy to the elderly at UPT PSTW Tulungagung experienced severe anxiety with signs such as the elderly looking afraid and confused, withdrawn from social environments, difficulty concentrating, anxious, , shaking, pacing and difficulty making eye contact with others. KAnxiety conditions in elderly people in social institutions often occur, this is based on the understanding that elderly people living in social institutions often face a number of challenges and stressors that can contribute to anxiety. This is in line with the results of previous research which stated that before being given psychodrama model group activity therapy, the elderly involved an in-depth understanding of the factors that cause anxiety in this age group. Anxiety arising from feelings of uncertainty about the future, loss of a friend or life partner, or significant changes in the living environment. This contributes significantly to high levels of anxiety (Mahapsari, 2019).

On research (Yulandasari, 2019) Elderly people who experience anxiety experience improvement after being given psychodrama model group activities. The choice of appropriate therapeutic approach can have a significant impact on the effectiveness of interventions, especially when treating anxiety in older adults. Anxiety can impact quality of life, mental health, and social relationships, all of which require attention in managing their well-being.

The anxiety experienced by the elderly has several reasons, including: anxiety about the decline in physical health and decline in mental health, anxiety about social change, anxiety about limited mobility, anxiety about life and fear of death and the future. Sometimes anxiety can be seen in other forms, such as restlessness, fear that if you get sick no one will take care of it and end up bothering other

people, sometimes crying alone remembering the past, sometimes feeling your heart pounding, having trouble sleeping, locking yourself in your room and having no appetite when eating.(Gudiño León. et al., 2021).

This research shows that more than 30 respondents were female. There were 18 respondents (60.0%) women, while 12 respondents (40.0%) were men. According to Nailil, 2013 in(Sisi & Ismahmudi, 2020). Gender differences in the development of emotional disorders are strongly influenced by perceptions of an inability to control. The source of these differences is cultural because of the different types of roles for men and women in our society. Men are strongly encouraged to be independent, masterful and assertive. Meanwhile, women, on the other hand, are expected to be more passive, sensitive to others and perhaps more dependent on others than men. According to several study experts, elderly women do have a higher risk of anxiety compared to elderly men with a ratio between women and men of 2:1 (Haralombous et al, 2009) in(Sisi & Ismahmudi, 2020). Women tend to have higher levels of anxiety compared to men in old age. This can be caused by a number of factors, including hormonal changes, differences in social support, and different life experiences(Nuri, 2019).

In the research entitled "The Relationship between Age and Gender and the Level of Anxiety in the Elderly at the Posyandu for the Elderly in the Working Area of the Wonorejo Samarinda Health Center" explained that the group of people aged 60-70 years (72.1%) and 17 people aged >70 years (27, 9%). The largest group is aged 60-70 years(Sisi & Ismahmudi, 2020). Based on this theory, researchers assume that those aged 60 - 70 years (72.1%) are more susceptible to experiencing anxiety due to the aging process that occurs. This is also in line with research conducted by Liviana et al (2018) Based on the age of the elderly respondents, the largest age group was in the 60 - 70 year age range, with 98 people. Based on research results and several literature, researchers can conclude that elderly people aged 60-70 years are vulnerable to experiencing anxiety due to the aging process.

In research entitled "The Relationship between Characteristics (Age, Education, and Length of Stay in the Home) with the Anxiety Level of the Elderly in the Charitas Cimahi Nursing Home" explains that the length of time the elderly have lived in the home can influence the level of anxiety in the elderly because the longer the elderly stay in the orphanage, the older the accustomed to the orphanage environment and able to adapt well(Ngadiran, 2020). Based on this theory, researchers assume that elderly people who live in institutions for > 6 years are more difficult to experience anxiety due to the adaptation process to the surrounding environment.

In this study, it was found that the majority or 18 respondents (60.0%) had levels of anxiety before administering psychodrama model group activity therapy experienced severe anxiety, as many as 10 respondents (33.3%) experienced moderate anxiety and 2 respondents (6.7%) experienced light.

Based on the results of the research and description above, the results showed that the factors that influence the anxiety characteristics of respondents are gender, age and the length of time the elderly have lived in the orphanage. Characteristics of respondents who are female are more susceptible to experiencing anxiety due to hormonal changes and differences in responding to stress. In the characteristics of respondents who are older, they tend to be more susceptible to experiencing anxiety due to the aging process that occurs.

So that before being given psychodrama model group activity therapy, most of the respondents had severe anxiety, indicated by the respondents looking afraid and confused, withdrawing from social environments, having difficulty concentrating, being anxious, shaking, pacing and having difficulty making eye contact with other people.

Anxiety in the elderly at UPT PSTW Tulungagung after being given psychodrama model group activity therapy

Based on the results of the research above, it shows that before being given psychodrama model group activity therapy, 18 respondents (60%) initially experienced severe anxiety, but 17 (56.6%) of them experienced moderate anxiety after being given psychodrama model group activity therapy, namely with conditions such as decreased attention or difficulty concentrating, difficulty solving problems, irritability and impatience, and increased vital signs. Based on this research, psychodrama model group activity therapy has the power to explore a person's feelings, conflicts and emotional problems. This therapy can also have the potential to help older adults reduce anxiety levels by means of expression, socialization and group support, and increased self-confidence.

It can be seen that the elderly when carrying out psychodrama model group activity therapy look very expressive and deepen their roles. Then, after the psychodrama model group activity therapy was carried

out, the elderly tended to show happy and happy faces. Apart from that, you also look comfortable, make frequent eye contact, are calmer than before, can socialize well with the social environment, are better able to focus and concentrate.

According to (Muyasaroh et al. 2020), anxiety in the elderly often arises due to threats or dangers that are not real and occur at any time to the individual, feelings of uncertainty about the future, loss of a friend or life partner, or significant changes in the living environment. Each individual will experience different levels of anxiety towards the same stimulus. The level of anxiety depends on the type of treatment received and the ability to deal with oneself. There are several ways that can be done to reduce anxiety in the elderly, one of which is freedom of self-expression. The aim of using psychodrama model group activity therapy in nursing interventions is to free the elderly to express themselves and divert or direct the elderly's attention to something that is being faced. Meanwhile, the benefit of this psychodrama model group activity therapy is that elderly people who receive this technique feel more comfortable, relaxed, and feel like they are in a pleasant position (Widyastuti & W, 2019)

According to (Mahapsari, 2019) Psychodrama style group activity therapy can also function to make older people more adaptable and adaptable to the environment, more likely to socialize, support each other in groups, and increase self-confidence. So the application of psychodrama model group activity therapy can influence the anxiety that occurs in individuals, because each individual needs help in adapting to the environment and expressing oneself appropriately. (Sisi & Ismahmudi, 2020).

In this study, it was found that 2 respondents (6.7%) had a level of anxiety after administering psychodrama model group activity therapy, namely no anxiety, 9 respondents (30.0%) had mild anxiety, showing signs such as tending to be more alert, increased attention, and still able to solve problems. Around 17 respondents (56.6%) experienced moderate anxiety by showing signs such as decreased attention or finding it difficult to concentrate, difficulty solving problems, irritability and impatience, and increased vital signs. From the results of the research before the psychodrama model of group activity therapy was carried out, there were 18 respondents who experienced severe anxiety with signs such as elderly people who looked afraid and confused, withdrawn from social environments, difficulty concentrating, anxious, trembling, pacing and difficulty making eye contact with other people, but after being given psychodrama model group activity therapy decreased to 2 respondents (6.7%) who did not experience anxiety. This can be seen from the tension and paleness of the respondent's face and even the appearance of anxiety before being given psychodrama model group activity therapy. It was also found that several respondents experienced persistent anxiety after being given psychodrama model group therapy activities. In the scoring results, the results showed a decrease in the number of anxiety levels, which means there was a decrease in the level of anxiety, even though the meaning or limits of the numbers in the scoring showed the same anxiety, this was because the respondents did not understand it enough. role in carrying out psychodrama model group activity therapy. So the anxiety felt is still the same as before therapy was given. Because when carrying out psychodrama model group activity therapy, it must be carried out optimally in order to get good results. It is at this time that nurses' implementation of psychodrama model group activity therapy is very necessary to minimize respondents' anxiety.

Based on the results of this research, the intervention provided by the researcher was the provision of psychodrama model group activity therapy, which was carried out using pre test-post test techniques to reduce respondents' anxiety. In completing the questionnaire, the researcher was assisted by a research assistant who had previously been provided with training by the researcher. So the researchers are of the opinion that after receiving psychodrama model group activity therapy, the initial severe anxiety can be reduced with indicators that respondents begin to feel calm, not feeling restless, and do not experience sleep disorders.

Analysis of anxiety before and after being given psychodrama model group activity therapy

During the stages and processes of the research journey, the researcher looked for respondents who met the inclusion criteria. Next, the researcher explained the aims and methods of psychodrama model group activity therapy for the elderly and asked for consent to become a respondent. Then, respondents were measured in the Pre-Test using the GAS questionnaire, then respondents were trained for psychodrama. The next day the respondents were gathered in the living room and then explained again and then the elderly performed a psychodrama. After the respondent carried out psychodrama group activity therapy, the respondent was measured again (post-test).

Based on the results of the research above, it can be seen that as many as 18 (60.0%) respondents experienced severe levels of anxiety before carrying out psychodrama model group activity therapy with signs such as elderly people who looked afraid and confused, withdrawn from social environments, difficulty concentrating, anxious, trembling, pacing and difficulty making eye contact with other people, whereas after being given psychodrama model group activity therapy therapy, the level of mild anxiety of respondents increased to 9 respondents (30.0%) with the condition of respondents who no longer felt afraid and confused, had feeling comfortable and able to socialize with the social environment, being able to focus and concentrate better, feeling comfortable and calmer than before, and being able to solve problems.

Besides that, Pre-test which is carried out on the first day, then treatment is given with a time lag the next day, or 1 day after the pre-test.

There are several reasons underlying the distance between the pre-test and treatment. According to Vaus (2005) in Saloso (2011), the distance between the pre-test and treatment should be as short as possible to minimize external exposures before the intervention is carried out. However, the weakness is if the intervention is carried out shortly after the pre-test and the intervention causes the sample to become more sensitive to the existing issues. Apart from that, a distance that is too short between the pre-test and treatment will also cause the sample to remember the pre-test questions and their memory will influence the response to the intervention and post-test held after the treatment is given.

The provision of time interval between pre-test, intervention and post test is based on Vaus (2005) in Saloso (2011) who states that the time interval between intervention and post test is very dependent on theory and previous research, and also depends on the memory that is remembered (short term memory or long term memory).

After conducting research, the Wilcoxon test results obtained asymp.sig (2-talled) with a value of 0.000. Because the value of 0.000 is smaller than <0.05 , which means that providing psychodrama model group activity therapy has an influence on the level of anxiety in the elderly at UPT PSTW Tulungagung.

Efforts made to deal with anxiety include pharmacological management and non-pharmacological management. Pharmacological treatment can be in the form of anti-anxiety drugs, while non-pharmacological treatment can be in the form of relaxation techniques, focusing the mind on activities, humor, spiritual therapy and psychodrama therapy (Mander, 2013) and (Maria Dimova & Stirk, 2019).

Psychodrama model group activity therapy is one of the factors that can influence anxiety levels. Based on research conducted by (Maria Dimova & Stirk, 2019). Proving that psychodrama model group activities have an influence in reducing anxiety levels in the elderly at the Tresna Werdha Ilomata Social Home, Gorontalo City. Besides that, (Firdausi, 2018) also revealed that by providing psychodrama therapy, it can also reduce the level of anxiety in adolescent victims of bullying. Meanwhile, according to (Yulandasari, 2019), effective psychodrama model therapy can change the level of depression in the elderly at the Tresna Werdha Mataram Social Home.

People who carry out psychodrama model group activity therapy will be able to channel their emotions constructively and improve interpersonal or social relationship skills. This can improve the ability to test reality (reality testing) through communication and feedback with or from other people, conducting socialization and generating socialization for the advancement of cognitive and affective functions (Purwaningsih, 2010) in (Yulandasari, 2019). From here, a coping system will emerge, namely cognitive efforts and changes in attitude to overcome and control conditions that are experienced as stressors (atmospheres that cause stress, both within ourselves and from the environment outside ourselves).

In this research, the sample size was 30 elderly people at UPT PSTW Tulungagung. It was also found that most of the respondents' anxiety levels after providing psychodrama model group activity therapy decreased. Before giving psychodrama model group activity therapy, there were 18 respondents who experienced severe anxiety, but after being given psychodrama model group activity therapy severe anxiety decreased to 2 respondents.

During the research, researchers also received positive responses from the elderly. The positive response that emerged from providing group activity therapy was seen when acting out the drama, the elderly looked happy, enthusiastic and were able to joke around with other friends. This indicates that the respondent is in a comfortable condition and the level of anxiety has decreased.

So psychodrama model group activity therapy is effective in reducing anxiety levels in the elderly. This is because psychodrama model group activity therapy has the potential to help reduce anxiety levels by means of emotional expression, socialization and group support, increasing self-confidence, processing experiences, problem solving. (Mahapsari, 2019).

V. CONCLUSION

The research results showed that 18 (60%) respondents experienced severe levels of anxiety before being given psychodrama model group activity therapy.

The results showed that there were 9 (30.0%) respondents who experienced mild levels of anxiety after being given psychodrama model group activity therapy.

Providing psychodrama model group activity therapy has proven effective in reducing anxiety levels in elderly patients at UPT PSTW Tulungagung.

VI. ACKNOWLEDGMENTS

The researcher would like to thank the various parties who contributed to this research, especially the elderly at the Tresna Werda Tulungagung Social Services UPT who were willing to be respondents, as well as the health workers who work at the agency. The researcher expresses love and thanks to his family and colleagues for their understanding and support during this research. Without their support, this research could not have been completed.

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