



Research Paper

Life Review as determinant of Memory Performance Among older adults.

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ABSTRACT

Life review is a technique that can be helpful to older persons in clarifying their roles as family members. While older people are usually thought of as fully socialized, research on aging and the family life cycle clearly indicates that as people mature they must continually learn to play new roles. Reminiscing is an active process of recalling past events. In general people in their old age feel happy to memorize their past through reviewing rather than their apprehensive future. Researches indicate that people who use life review for self-understanding show the greatest ego integrity and positive mental health. The sample of the present investigation were 400 community living elderly men and women, were random sampling technique was used to draw the subjects from rural and urban areas of Rayalaseema region of Andhra Pradesh. Life Review questionnaire used to assess life review and Memory performance assessed by Everyday memory Questionnaire. Results were discussed in the light of Psychological interventions. Some reminisce for self-understanding, which will help to resolve the past problem and find meaning in life. Very few people reminisce to solve present problems and cope with losses. Life review process helps account for the increased reminiscence in the aged that it contributes to the good memory performance.

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I. INTRODUCTION:

Old age is a period in which unique developmental work can be accomplished. Many people in their late years of life make their remaining time more purposeful through a life review, a process of reminiscence. Reminiscing is an active process of recalling past events. It enables a person to see the significance of his or her life as death draws nearer. In general people in their old age feel happy to memorize their past through reviewing rather than their apprehensive future. Otherwise called as Autobiographical memory i.e., person tries to memorize his own personal life. Researches indicate that people who use life review for self-understanding show the greatest ego integrity and positive mental health. Each person contains a library of experiences over a period of time. Critical life reviews enable to view their lives with satisfaction and contentment. Having had satisfying relationships and a productive life promotes feelings of well-being. Integrity also implies a sense of purposiveness. In general, people reminisce for pleasure (which is most predominant and frequent) in order to enhance their mood and self-image. Some reminisce for self-understanding, which will help to resolve the past problem and find meaning in life. Very few people reminisce to solve present problems and cope with losses. According to Erikson (1959; 1982), life review, which commonly occurs in old age, can foster ego integrity. By going over their lives, people may see their experiences and actions in a new light. It is obvious to state that not all memories are equally conducive to life review. The concept of Life review was postulated by Butler, (1963a) and he emphasized it as naturally occurring, universal mental process. Psychologists agreed that it is a normal developmental task of old age, experienced by older adults consciously and unconsciously. There is a distinct difference between the intrinsic features of aging and the reactions of the elderly to their lives. Butler, (1963b) postulates life review as the universal occurrence in older people of an inner experience or mental process of reviewing one's life. It helps account for the increased reminiscence in the aged, that it contributes to the occurrence of certain late-life disorders, particularly depression, and that it participates in the evolution of such characteristics as candour, serenity, and wisdom among certain of the aged. Life review therapy and lifecycle

group therapy are effective aids in this direction. The negative view of old age with its outworn stereotypes (particularly "senility") must be changed if the elderly are to have more opportunities for successful aging. It is time for a more balanced attitude (Butler, 1963 a, 1974).

Studies carried out by Lieberman and Falk, (1971) and Revere and Tobin, (1980) found that older subjects engaged in a significantly larger amount of reminiscence than middle aged. It was also found that older people to reminisce about their past in a greater degree than middle adulthood (Boylin et al., 1976; Havighurst & Glasser, 1972; McMahon & Rhudick, 1964). McMahon and Rhudick, (1967) study found that non-depressed subjects reminisced with greater frequency than depressed subjects. Bust Costa and Kastenbaum, (1967) examined 276 centenarians and studied items related to Earliest Memory, most exciting event, most salient historical event and future ambitions. Results showed that the subjects were more interested in remote as opposed to recent memories and concluded that remembering the past serves as a means for creating the future.

Larson, (1978) found the relationship between life review and subjective well being in old age, which was mostly influenced by environment as opposed to personality influences i.e., socioeconomic status and physical health. Kaminsky, (1978) proposed that the subjects those who are experience intellectual decline may reminisce upon times of intellectual integrity, which reinforces the subject's sense of intellectual integrity. Fallot, (1980) study demonstrated the subjects developed positive mood after reminiscence session.

The unique set of problems and concerns of late-life activates the process which involves the assessment of both positive and negative event, and generally produces some adjustment-relevant insight in one's life or self. As a group, the empirical research has lagged behind the theory and is in its earliest stage; procedural differences and methodological flaws render the findings unclear. However, it was tentatively concluded that reminiscence is a complex phenomenon varying along many dimensions-content, frequency, form. Function, affect the outcome and eliciting stimuli. Suggestions for future investigations call for focus. Rigorous examination of the dimensions of reminiscence, careful definition and measurement of key constructs and the examination of specific theoretical hypotheses. Also recommended for the study was the relationship of critical life events to reminiscence and adaptation, and the likelihood of reminiscence being a lifelong activity (Romaniuk, 1981).

Hughstom and Merriam, (1982) investigated the effect of a structured reminiscence intervention program upon cognitive functioning of the elderly. The sample consisted of 105 volunteers residing in a public housing complex in central Pennsylvania. Using an experimental design, the volunteers were randomly assigned to one of three treatment groups. One group was given learning tasks to be performed using material from their past personal lives. A second group was asked to perform operations on new material and a control group was pre and post-tested but given no treatment. It was found that females in the reminiscence group significantly improved scores of cognitive functioning as measured by the Raven Standard Progressive Matrices. Secondly, compared with the control group, both the reminiscence and new material groups improved performance as a result of the planned learning activities.

Life review can create a therapeutic milieu for resolving some of the conflicts that accompany these role changes in adulthood. By interpreting appropriate reminiscence, the practitioner can help the older client gain an understanding of his /her family dynamics as they have evolved over time. The client then has the opportunity to relate these insights to present functioning within a family context. Life review as a technique that can be helpful to older persons in clarifying their roles as family members. While older people are usually thought of as fully socialized, research on aging and the family life cycle clearly indicates that as people mature they must continually learn to play new roles. Some of the major adjustments that are required of individuals as they mature through the middle and later years include changes in the occupational role and/or adjustment to leisure-in-retirement shifts in parental responsibility (Greene, 1983).

Miller and Maloney, (1984) gave training on Life Review Workshops (LRW) for Sixty-three seniors participated in the treatment or no treatment conditions and were administered four attitude measures pre- and post-treatment. Results showed that the treatment group significantly decreased in denial of death ($t = 2.66$) while the control group did not. Most elderly in their 80's stated that life review is the main source of getting pleasure i.e., recapitulating the past to forget the anxieties and apprehension towards their future. It is one of the ways of integrating oneself (ego integration). This sort of reminiscence in the present study among the present longevous groups is in the expected directions of earlier studies (Poon et al., 1992; Birren, 1996). Haight, (1992) examined the long-term effects of a structured life review process in a group of 52 homebound elderly clients. Subjects in three groups were tested three times on four dependent variables. There was, however, an upward trend in the experimental group on the outcome measure of life satisfaction and a downward trend in all groups on measures of activities of daily living and depression.

In the late 1970's Butler first proposed the life review, the notion that older persons review their lives in the face of approaching death has become firmly entrenched in both the literature and practice of gerontology. This article examines the commonly-held assumptions underlying the life review and reviews what previous studies have found in testing these assumptions. Findings from a recent study of centenarians are also presented that further call into question some aspects of the life review Merriam, (1993).

Jeanette Pickrel, (1989) stated that life review is well known as a counseling tool for the aged, life review in its many forms may well be used by the caregiver of the terminally ill of any age and their families. According to Matt et al., (1992) emphasized that when a person is in a negative mood more stressful episodes should be activated by autobiographical memory but in case of positive mood more constructive memories activated.

According to Conway and Pleydell-Pearce, (2000) emphasized that the study of lifelong development of autobiographical memory demonstrated that there is a "reminiscence bump" with a surplus of memories between the age of 15 to 25 and with memory specificity. Cognitive development and functioning are influenced by distal events, which are early life experiences include physical, cultural and social conditions (Fillit et al., 2002). Cappeliez (2002) defined life-review therapy as a type of reminiscence that consists of a structured evaluation of one's past with the aim to accept negative events, to resolve past conflicts, to identify continuity between past and present and to find meaning in life. Like memory interventions, social gerontologists attempted to develop Life review interventions to work with Alzheimer's disease and depressive patients with cognitive decline (Haight & Haight, 2007).

Reminiscing is a valuable activity that people of all ages spontaneously and informally partake in as part of their everyday lives (Peesapati et al., 2010). A study was carried out by Pot et al., (2010) which evaluated a life review course called "looking for meaning" which covered different topics related to life in 12 sessions which helped to link the past to present. The experimental group reported less depressive symptoms and a higher level of control over one's life than the control group. Lin et al., (2011) examined the impact of an adaptive life review program (LRP) on perceived QOL in elders with mild to moderate dementia at a day care center and assess the effect, if any, of different cognitive impairment levels on intervention outcome by using Tabourne's (1991) LRP. Results related to subjects reported higher mean scores of perceived QOL and improving physical and mental health after the intervention. Preschl et al., (2012) used life review module of the Butler system as a supplement to traditional face to face LRI therapy in a population of over 65 years found wellbeing increased and obsessive reminiscence decreased, and also found that intrusive memory processes constitute an effective treatment goal. Maercker and Bachem, (2013) meta-analysis study showed that LRI has a positive effect on various aspects of human experience, particularly on depressive subjects. It was also linked with wellbeing and ego integrity and there is need to study the long term effects of LR Intervention.

Latorre, et al., (2015) evaluated the effectiveness of life review (LR) based on specific positive events in non-depressed older adults taking part in an active aging program and practice in AM for specific events is an effective component of LR that could be a useful tool in enhancing emotional well-being in active aging programs, thus reducing depressive symptoms. Xiuyan Lan, et al., (2017) meta-analysis showed that life review significantly reduced depression and hopelessness there was a significant improvement in well-being and specific memory. However, other study findings did not support its effect in life satisfaction, self-esteem, the quality of life, extended memory, categorical memory and no recall. Conclusions of the study Life review is a worthwhile intervention for reducing depression and hopelessness, and improving quality of life, well-being and specific memory in older adults. More well-designed trials with a large sample and long-term follow up are necessary to confirm the effects of life review on other psychosocial outcomes.

People with memory problems may have difficulty mentally manipulating a number of pieces of information at the same time. Since LRT involves recollection of past experiences (events, emotions and relationships) which need to be processed and integrated with the person's current understanding, individuals with memory problems may find this process difficult, though not impossible. LRT was beneficial for the and found less distress in the subject. There are dearth of studies in this area. **Keeping this in view, the study has been taken up with the following objectives:**

- To assess the Life review status across age, gender, family and location status groups of older persons.
- To assess the Everyday memory status across age, gender, family and location status groups of older persons.
- To find out the association between Life review, Everyday memory and socio demographic variables.

II. SAMPLE OF THE STUDY:

Table – I: Socio-Demographic details of the sample.

Sl. No.	Sub-Group	N	%
1.	Age		
	60-65	135	33.7
	66-70	118	29.5
	71-75	147	36.7
2.	Gender		
	Male	216	54.0

	Female	184	46.0
3.	Family		
	Nuclear	221	55.2
	Joint	179	44.7
4.	Location		
	Rural	247	61.7
	Urban	153	38.2

The sample was drawn from different sub groups of age, gender, family and location groups (with formal and without formal education-but those who can read and write). Only subjects who were cognitively intact, healthy, community dwelling and those without any marked disabilities were included in the main sample. The socio-demographic details of the sample indicate that age groups of the sample shows that 33.7 percent of the sample was 60-65 age group, 29.5 percent of the sample was 66-70 age group, 36.7 percent of the sample was 70-75 age group. Gender wise the sample shows that 54.0 percent male, 46.0 percent female. The family status shows that 55.2 percent belongs to nuclear family and 44.7 percent are living in the joint families. The location wise the sample shows that 61.7 percent rural areas, 38.2 percent urban areas.

III. TOOLS USED IN THE STUDY

The standardized tools were used to collect the data on the following variables:

Everyday memory questionnaire was developed by John Harris and Alan Sunderland (Sunderland, Harris & Baddeley, 1983) to test lapses in everyday memory (Lalitha, 2015). Life Review questionnaire developed by (Jamuna & Ramamurti, 2000).

IV. METHOD OF TESTING:

All the older subjects were personally contacted and explained the importance of the study. If they were willing to cooperate the data was taken in the first instance itself, otherwise based on the convenient timing of the subject the data was drawn. Care was taken to include disability free and cognitively intact persons as sample of the study.

V. RESULTS AND DISCUSSION:

Table. II: Means, S.D's and 't' values related to Life review in Different Subjects

Sl. No	Sub-Group	N	M(-)	't'
1.	AGE			
	60-65	135	51.40(8.52)	2.07(a-b)*
	66-70	118	49.00(9.84)	1.57(b-c)@
	71-75	147	50.72(7.90)	
2.	Gender			
	Male	216	50.92(8.92)	1.17@
	Female	184	49.89(8.53)	
3.	Family			
	Nuclear	221	50.83(6.77)	0.97@
	Joint	179	49.97(10.70)	
4.	Location			
	Rural	247	51.39(8.27)	2.77**
	Urban	153	48.92(9.29)	
* Significant at 0.05 level; ** Significant at 0.01 level, @ not significant				

The obtained data was analyzed to meet the objectives of the study the results related Life review shows that the mean in different sub-groups are as follows: the age group wise the means are as follows: 60-65 (M= 51.40); 66-70(49.00); 71-75(50.72) and the t-values a-b (2.07), b-c (1.57). The sub- group differences 60-66yrs and 66-70 yrs are statistically significant (t= 2.07).The mean of 60-65 yrs., age group is high mean (M=51.40) compared to other age groups (66-70yrs -M=49.00; 71-75yrs- M =50.72) and the mean of 71-75 yrs., age group is high mean (M=50.72) compared to other age group (66-70yrs -M=49.00). The gender wise data shows that the mean for the male subjects is high life review (M=50.92) compared to the female subjects (M=49.89) and the t-value (1.17) which is statistically not significant. The data related to the family shows that those who are living in nuclear (M=50.83) reported high life review compared to those in Joint (49.97)

families and the t-value is (0.97) which is statistically not significant. The Locality-wise data shows that the subjects from rural (M=51.39) areas reported to high life review compared to those who are from urban (M=48.92) and the obtained t-value (t=2.77) is statistically significant.

Table. III: Means, S.D's and 't' values related to Everyday memory in Different Subjects.

Sl. No	Sub-Group	N	M(-)	't'
1.	AGE			
	60-65	135	114.57(35.44)	0.65(a-b)@
	66-70	118	111.56(36.97)	3.34(b-c)**
	71-75	147	125.40(30.42)	
2.	Gender			
	Male	216	117.19(36.75)	0.29@
	Female	184	118.22(31.99)	
3.	Family			
	Nuclear	221	119.62(34.97)	1.25@
	Joint	179	115.25(34.10)	
4.	Location			
	Rural	247	120.19(35.37)	1.86*
	Urban	153	113.58(33.03)	
* Significant at 0.05 level; ** Significant at 0.01 level, @ not significant				

The results related to everyday memory in different sub-groups were analyzed (vide Table III). The data shows that with regard to the age group, the obtained means in different age groups are as follows: - 60-65 yrs (M=114.57), 66-70 yrs (M=111.56) and 71-75 yrs (M=125.40), which clearly show that as the age increases the score related to everyday memory increases indicate the presence of problems related to everyday memory performance. And the mean of 71-75 yrs., age group is high (M=125.40) compared to other age groups (60-65yrs -M=114.57; 66-70yrs- M =111.56) indicates the impact of age on everyday memory performance. The sub- group differences 66-70yrs and 71-75 yrs are statistically significant (t= 3.34). The obtained data related Gender (Male, M=117.19; Female, M=118.22) shows no significant difference between the male and the female subjects and the mean difference is also statistically not significant (t=0.29). The data related to the family shows that those who are living in Nuclear families (M=119.62); Joint families (M=115.25) and the 't' value is 1.25 which indicates that the subgroup difference is statistically not significant. The Locality-wise data shows that the subjects from rural (M=120.19) areas reported to high memory performance compared to those who are from urban areas (M=113.58) and the obtained t-value (t=1.86) is statistically significant.

Table. IV: Correlation matrix related to Life review and Everyday Memory with Socio demographic Variables.

Sl. No.	Variables	Life review	Everyday memory
1.	Age	0.030	0.134**
2.	Gender	0.059	0.015
3.	Family	0.049	0.063
4.	Location	0.138**	0.093
* Significant at 0.05 level; ** Significant at 0.01 level;@ Not significant			

The relationship between Life review and Everyday memory performance with socio- demographic variables was analyzed presented in Table-IV. The data with regard to Life review shows that the subject the location of the subjects (r= 0.138) were significantly associated compare to other variables like age (r=0.030) gender (r=0.059), and family (r =0.048). The data with regard to everyday memory shows that the subject age (r=0.134), were significantly associated with everyday memory performance. The other variables like gender (r=0.029), family (r =0.048), and location (r=0.093), were not significantly related to everyday memory performance.

Table. V: Correlation matrix related to Life review and Everyday Memory.

To elucidate the role of life review related to everyday memory performance, the subjects (n=183) with good

Variable	Good Everyday memory(N=183)	Poor everyday memory(N=217)
Life Review	0.110	0.148*

everyday memory performance and the subjects with poor everyday memory performance were selected and correlation analysis was carried out. Table V clearly shows there is significant association between life review

and those with poor everyday memory ($r=0.148$) where as those with good everyday memory is not significantly with life review.

Findings of study:

- The sub-group differences in Everyday memory show that age and locality were significant compared to other sub groups namely gender, family status.
- The sub-group differences in Life review show that age and locality were significant compared to other sub groups namely gender, family status.
- The association between everyday memory and socio demographic variables shows that age of the subjects were significantly associated with everyday memory performance. The other variables like gender, , family, location, were not significantly related to everyday memory performance.
- The association between Life review and socio demographic variables shows that location of the subjects were significantly associated with everyday memory performance. The other variables like age, gender, , family, were not significantly related to everyday memory performance

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