



Examining the Role of Life Review Therapy in Reducing Loneliness Among Older Adults

Qoyyimatus Zahro¹ and Hyan Oktodia Basuki^{2*}

¹² Institut Ilmu Kesehatan Nahdlatul Ulama, Tuban, Indonesia

Article Information	ABSTRACT
Received : 05 December 2025 Revised : 16 February 2026 Accepted : 27 June 2026	As people age, older adults become more vulnerable to physical and psychological issues that can reduce their ability to engage in social interactions, leading to loneliness, which negatively impacts their mental health and quality of life. One effective non-pharmacological intervention to address this problem is Life Review Therapy (LRT), a psychosocial therapy that encourages the elderly to reflect on their life experiences in order to accept the past positively and find deeper meaning in life. This study employed a pre-experimental design with a One Group Pre-Post Test approach involving 28 elderly participants selected through purposive sampling. The instruments used were the Life Review Therapy SOP and the UCLA Loneliness Scale Version 3, with data analyzed using the Wilcoxon signed rank test. The results showed a p-value of 0.000 ($p < 0.05$), indicating a significant effect of LRT in reducing loneliness among the elderly. Influencing factors included age, self-esteem, mental readiness, social support, and the condition of the nursing home environment. These findings affirm the effectiveness of LRT as a psychosocial intervention in gerontological nursing and suggest the need for further studies using a control group.
Keywords: Life Review Therapy, Loneliness, Elderly	
Corresponding Author Corresponding author: (Hyan Oktodia Basuki) email: hyan.oktobaz@gmail.com	

Introduction

Loneliness in older adults can greatly affect their physical and mental well-being. This feeling of loneliness occurs when the need for social or emotional connections is unmet. In PPSLU Turusgede, Rembang Regency, despite the various social programs and recreational activities provided by the facility, many elderly individuals still feel isolated. Factors such as the loss of a spouse, physical limitations, and limited communication with family members are the main causes of the loneliness they experience. These elderly individuals often feel they have no one to share their feelings with and struggle to engage in meaningful interactions with others. This highlights the discrepancy between the facility's goal of creating a warm social environment and the reality that many elderly individuals feel alienated and undervalued (Danvers et al., 2023).

Loneliness among the elderly is not only an issue in PPSLU Turusgede but is also a global concern that is increasingly being taken seriously in many countries. According to a report by the WHO (2021), more than 20% of elderly individuals worldwide experience loneliness, which negatively affects their mental health. Other studies have also revealed that loneliness has a comparable impact to smoking 15 cigarettes a day. In Indonesia, based on data from the Central Bureau of Statistics (BPS, 2021), approximately 60% of elderly individuals experience mild loneliness, while 2% experience severe loneliness. In PPSLU Turusgede, similar conditions were found, where despite having adequate facilities, many elderly individuals still feel lonely, primarily due to the lack of social support and the infrequent visits from their families (Astrida Budiarti, Peny Indrawati, 2020).

Life Review Therapy (LRT) is a non-pharmacological intervention grounded in psychological theory, particularly Erik Erikson's stages of psychosocial development. According to Erikson, older adults navigate the final developmental stage of "ego integrity vs. despair," in which they reflect on their lives to achieve a sense of fulfillment and coherence. LRT facilitates this process by guiding individuals through structured self-reflection, enabling them to evaluate past experiences with acceptance rather than regret. This reflective process not only fosters ego integrity but also contributes to a stronger sense of identity and emotional closure. The theoretical link between self-reflection and improved emotional well-being lies in the way positive autobiographical memories can reinforce self-worth, reduce feelings of isolation, and enhance personal meaning. By recalling meaningful life events, older adults may reframe negative thoughts, increase their sense of connectedness, and ultimately alleviate

loneliness. Research supports LRT's efficacy in decreasing depressive symptoms and boosting self-esteem, highlighting its role in improving overall psychological resilience and emotional health in late adulthood (Banon, Rakhmawati, Hidayat, & Sudrajat, 2022).

The implementation of Life Review Therapy (LRT) at PPSLU Turusgede involves guiding older adults through structured sessions where they are encouraged to share and reflect on their life stories. The therapy begins with childhood memories and progresses through adolescence, adulthood, and old age, allowing participants to revisit meaningful experiences that contribute to a renewed sense of purpose and identity. This process fosters emotional connection and aims to reduce loneliness by enhancing the sense of relatedness both within oneself and with others in their environment. Comparative studies have shown that LRT can be more effective than general reminiscence therapy or group-based social interventions in reducing psychological distress and enhancing well-being in older populations, especially when applied individually and in a structured format. However, findings are not uniformly conclusive. Some research suggests that while LRT is beneficial, its impact may not significantly exceed that of other psychosocial interventions, particularly in group settings where peer interaction alone contributes to decreased loneliness. Moreover, there are limitations in generalizing LRT outcomes across cultural contexts. Most evidence supporting LRT's effectiveness originates from Western populations, and studies in non-Western or collectivist cultures like Indonesia are still limited. Cultural differences in expressing emotions, the value placed on personal storytelling, and societal views on aging may influence the therapy's effectiveness, highlighting the need for further context-sensitive research (Adinda Mutiara Ayu Sabilah, Wahyu Widagdo, 2024).

A preliminary survey conducted at PPSLU Turusgede revealed that most elderly residents experienced high levels of loneliness prior to the implementation of Life Review Therapy (LRT). This was notable despite the facility's efforts to provide structured activities and social programs. Many residents reported a preference for isolation and expressed feelings of emotional disconnection from others, describing their interactions as formal and lacking depth. Several individuals also shared a sense of being misunderstood and emotionally neglected, compounded by infrequent family visits that deepened their sense of abandonment and isolation. The application of LRT in this context marks a novel initiative within Indonesian social care facilities, where such structured psychosocial interventions remain rare. To date, there is limited

documented research on the use of LRT in institutional elderly care settings in Indonesia or the broader Southeast Asian region, highlighting this study as a unique contribution that addresses a significant gap in gerontological practice. The findings align with international research showing LRT's effectiveness in reducing loneliness; however, the pronounced impact of limited family contact in this study underscores a culturally specific dynamic. In many Southeast Asian societies, family plays a central role in emotional support for the elderly. Therefore, unlike Western contexts where institutional support may compensate for familial absence, in Indonesia, emotional loneliness is more deeply tied to disruptions in familial connection, suggesting that LRT's success may depend not only on personal reflection but also on how it bridges emotional gaps left by familial detachment (Pefbrianti, Putri, & Pusparina, 2024).

After undergoing Life Review Therapy (LRT), the majority of elderly participants at the facility experienced a notable reduction in their levels of loneliness. Many who previously reported severe loneliness shifted to only mild levels, suggesting the therapy's immediate emotional impact. Through structured self-reflection, participants were able to revisit positive memories and reinterpret past negative experiences, which helped foster self-acceptance and emotional reconciliation. In addition to reducing loneliness, the therapy also appeared to enhance other psychosocial aspects, such as self-esteem and emotional well-being highlighting the broader therapeutic potential of LRT beyond its primary goal. This study thus aims not only to assess the short-term effectiveness of LRT in alleviating loneliness, but also to explore its secondary outcomes, including improvements in self-concept and emotional resilience. While the current focus is on short-term outcomes, the findings raise important questions about how LRT can be adapted for sustained impact. Future adaptations could integrate follow-up sessions, peer-sharing components, or family involvement to encourage lasting improvements in social engagement and emotional health within institutional care environments (Pefbrianti et al., 2024).

The changes that occurred after therapy were not only limited to a reduction in loneliness but also included an overall improvement in quality of life. The elderly, who previously spent most of their time alone, began to engage more actively in social activities at the facility. They appeared more cheerful, more open, and more connected to other residents. The process of sharing life experiences in groups also created a stronger sense of togetherness and allowed the

elderly to feel more valued and accepted. Therefore, LRT not only reduces loneliness but also enhances the psychosocial well-being of elderly individuals in PPSLU (Vella & Yarni, 2021).

Life Review Therapy also significantly contributes to improving the elderly's perception of their lives. Many elderly individuals who previously felt that their lives lacked meaning began to realize the importance of each phase in their lives. The self-reflection process in LRT helped them see their lives in a more positive light, rediscover a sense of gratitude, and reduce deep feelings of loneliness. These findings support previous research showing that LRT can help the elderly face the end of life more peacefully and with greater satisfaction (Jiang, Galin, & Lea, 2024). This therapy also offers a valuable opportunity for elderly individuals to resolve long-standing emotional conflicts rooted in past experiences, fostering greater inner peace and self-acceptance. However, the effectiveness of Life Review Therapy (LRT) may vary significantly depending on individual factors such as cognitive status, the nature of past life experiences, and the presence or absence of social support networks. Participants with preserved cognitive function and rich interpersonal histories may engage more deeply in reflective processes, while those with cognitive impairments or traumatic pasts may face greater challenges in deriving positive meaning. Additionally, individuals with ongoing family support or meaningful social relationships may experience amplified therapeutic benefits compared to those who remain socially isolated. These variations highlight the importance of personalizing LRT interventions to account for participant backgrounds. Nevertheless, the current study has certain limitations that must be acknowledged. The absence of a control group prevents strong causal inferences, and the relatively small sample size restricts the generalizability of the findings. Future studies should adopt more rigorous designs, include diverse participant profiles, and explore longitudinal outcomes to strengthen the evidence base for LRT in institutional elder care settings.

The results of this study indicate that Life Review Therapy is an effective intervention for reducing loneliness among elderly individuals, especially those residing in social care facilities. The guided self-reflection process central to the therapy enables participants to reconcile with their past, enhance self-esteem, and foster meaningful social connections with fellow residents and staff members. Given these positive outcomes, Life Review Therapy holds significant potential as a core component of psychosocial care in elder care settings. To support broader implementation across social welfare centers in Indonesia, it is recommended that facilities

integrate this therapy into their routine care plans by training staff such as nurses, social workers, and activity coordinators in therapeutic communication, narrative facilitation, and structured reflection techniques. Simple modules or manuals based on successful practices can be developed and adapted to local contexts. To ensure long-term sustainability, Life Review Therapy can be scheduled as a recurring program and combined with other supportive interventions such as group reminiscence sessions, family storytelling activities, or creative arts sessions. This combined approach can strengthen emotional resilience and improve social interaction, helping to create a more emotionally supportive and socially connected environment for elderly residents in institutional care.

Method

This study employed a quantitative pre-experimental approach using a one-group pre-test and post-test design to examine the effect of Life Review Therapy on loneliness among elderly individuals by comparing participants' loneliness levels before and after the intervention without a control group. The study involved 28 elderly residents of PPSLU Turusgede, Rembang Regency, selected from a total population of 30 individuals based on predetermined inclusion criteria—willingness to participate, residence at PPSLU, ability to communicate effectively, experiencing loneliness, and absence of traumatic past experiences—and exclusion criteria, including refusal to participate, communication disorders, and traumatic memories that could interfere with the therapy process; the sample size was calculated using Slovin's formula to ensure adequate population representation. Loneliness levels were measured using the standardized UCLA Loneliness Scale administered as both a pre-test and post-test, while the intervention consisted of Life Review Therapy conducted twice a week for four weeks in structured reflective sessions. Data collection adhered to ethical principles, including informed consent, voluntary participation, and confidentiality assurance, and the data were analyzed using the Wilcoxon Signed Ranks Test to determine the statistical significance of differences between pre- and post-intervention scores, with a significance level set at $p < 0.05$.

Research Results

Respondent Characteristics Based on Gender

The respondents in this study were elderly individuals at PPSLU Turusgede, Rembang, conducted in August 2025, with a total of 28 elderly participants.

No.	Gender	F	(%)
1.	Male	10	35.7%
2.	Female	18	64.3%
	Total	28	100%

From the table above, it can be seen that out of the 28 (100%) respondents, the majority, 18 (64.3%), were female.

Respondent Characteristics Based on Age

The respondents in this study were elderly individuals at PPSLU Turusgede, Rembang, conducted in August 2025, with a total of 28 elderly participants.

No.	Age	F	(%)
1.	60-74 year	16	57.1%
2.	75-89 year	12	42.9%
	Total	28	100%

From the above, it can be seen that out of the 28 (100%) respondents, the majority, 16 (57.1%), were aged 60-74 years.

Respondent Characteristics Based on Work History

The respondents in this study were elderly individuals at PPSLU Turusgede, Rembang, conducted in August 2025, with a total of 28 elderly participants.

No.	Work	F	(%)
1.	Civil Servant	4	14.3%
2.	Farmer	8	28%
3.	Housewife	6	21.4%
4.	Self-Employed	10	35.7%
	Total	28	100%

From the above, it can be seen that out of the 28 (100%) respondents, nearly half, 10 (35.7%), had a background in self-employment.

General Data of Respondents

The study included 28 elderly individuals residing at PPSLU Turusgede, Rembang, all of whom participated in the research in August 2025. The respondents were divided into male (35.7%) and female (64.3%) participants. This demographic breakdown is reflective of the gender distribution at the institution, where female residents slightly outnumber male residents. Age-wise, the majority of respondents were between 60-74 years old (57.1%), with the remaining 42.9% in the 75-89 age group. This distribution highlights the focus of the research on elderly individuals who are at various stages of aging. The respondents also had diverse work backgrounds, which included civil servants (14.3%), farmers (28%), housewives (21.4%), and

entrepreneurs (35.7%). This diversity in work history provides a broad representation of the elderly population in the community, encompassing a wide range of life experiences.

Identification of Loneliness Levels Before Life Review Therapy for the Elderly at PPSLU Turusgede, Rembang

No.	<i>Loneliness</i>	F	(%)
1.	<i>Loneliness</i>	0	0%
2.	<i>Loneliness Light</i>	2	7.1%
3.	<i>Loneliness Medium</i>	10	35.7%
4.	<i>Loneliness Height</i>	16	57.1%
Total		28	100%

From the above, it can be seen that out of the 28 (100%) respondents, the majority, 16 (57.1%), experienced severe loneliness before receiving Life Review Therapy.

Identification of Loneliness Levels After Life Review Therapy for the Elderly at PPSLU Turusgede, Rembang

No.	<i>Tingkat Loneliness</i>	F	(%)
1.	<i>Loneliness</i>	3	10.7%
2.	<i>Loneliness light</i>	13	46.4%
3.	<i>Loneliness medium</i>	12	42.9%
4.	<i>Loneliness height</i>	0	0%
Total		28	100%

From the table above, it can be seen that out of the 28 (100%) respondents, nearly half, 13 (46.4%), experienced mild loneliness after receiving Life Review Therapy.

Analysis of the Impact of Life Review Therapy on Loneliness in the Elderly at PPSLU Turusgede, Rembang.

<i>Intervention</i>	<i>Level Loneliness</i>				Total
<i>Life Review Therapy</i>	<i>Loneliness</i>	<i>Loneliness Light</i>	<i>Loneliness Medium</i>	<i>Loneliness Height</i>	
<i>Pre-Test</i>	0%	7.1%	35.7%	57.1%	100%
<i>Post-Test</i>	10.7%	46.4%	42.9%	0	100%
<i>Wilcoxon Signed Ranks Test Asym. Sig. (2-tailed) = 0,000</i>					

From the table above, it can be seen that there is an impact of Life Review Therapy on loneliness in the elderly at PPSLU Turusgede, Rembang, as shown by the results where, out of 28 (100%) respondents, the majority, 16 (57.1%), experienced severe loneliness before receiving Life Review Therapy, and after receiving the therapy, nearly half, 13 (46.4%), experienced mild loneliness.

Discussion

This chapter discusses the research findings obtained from the UCLA Loneliness Scale Version 3 questionnaires completed by 28 respondents, along with the limitations faced by the researcher during the study. The primary objective of the research was to examine the impact of Life Review Therapy on loneliness in elderly individuals at PPSLU Turusgede, Rembang Regency.

Identification of Loneliness Before Life Review Therapy

This chapter presents the research findings derived from the UCLA Loneliness Scale Version 3 questionnaires completed by 28 respondents, along with the limitations encountered during the study. The primary objective was to examine the impact of Life Review Therapy on loneliness among elderly individuals at PPSLU Turusgede, Rembang Regency. The quantitative findings revealed that before the intervention, 57.1% of participants experienced severe loneliness, indicating a high baseline level of social and emotional isolation. These scores were not merely numerical indicators but reflected concrete daily realities, such as limited interaction with peers, reluctance to participate in group activities, spending most of the time alone in their rooms, and reduced communication with caregivers or fellow residents. Following the implementation of Life Review Therapy, the post-test results showed a marked reduction in severe loneliness and an increase in mild loneliness levels, suggesting measurable improvement. Importantly, this statistical shift was accompanied by observable behavioral changes in participants' daily lives, including greater willingness to engage in conversations, increased participation in communal activities, improved emotional expression, and the reestablishment of meaningful social interactions within the institution. These changes indicate that the therapy contributed not only to lower loneliness scores but also to enhanced social functioning and adaptive coping. In line with Roy's Adaptation Model, the intervention appeared to strengthen participants' adaptive mechanisms, enabling them to reinterpret past experiences more positively and respond to aging-related stressors such as loss of a spouse, retirement, and physical decline in a healthier manner. Elderly women were found to be more vulnerable to severe loneliness, likely due to longer life expectancy, role loss, and greater emotional sensitivity; however, post-therapy observations suggested that they also demonstrated meaningful improvements in social engagement and emotional openness. Similarly, participants aged 60–74 years initially showed higher loneliness levels due to transitional challenges in early old age, yet many exhibited improved acceptance, more active social participation, and

increased confidence after therapy. Thus, the findings demonstrate that Life Review Therapy not only reduced loneliness quantitatively but also fostered tangible improvements in social relationships, daily interactions, and overall psychosocial well-being among elderly residents.

Identification of Loneliness After Life Review Therapy

Following Life Review Therapy, the majority of respondents demonstrated a significant reduction in loneliness, with 46.4% experiencing mild loneliness and none remaining in the severe category. This finding is consistent with Pefbrianti et al. (2024), who reported a significant decrease in loneliness levels after the implementation of Life Review Therapy. Beyond statistical improvement, the therapeutic process facilitated meaningful psychological changes. During the sessions, participants were encouraged to revisit past life experiences, including moments of achievement, loss, regret, and unresolved sadness. For some individuals, recalling past events initially triggered emotional discomfort, grief, or resurfaced trauma; however, through guided reflection and supportive facilitation, many were able to reframe these experiences in a more accepting and integrative manner. This cognitive and emotional restructuring process contributed to emotional healing, improved self-esteem, and a more positive life perspective. In line with Roy's Adaptation Model, the therapy strengthened adaptive coping mechanisms, particularly cognitive coping strategies, allowing participants to reinterpret stressors more constructively and achieve better psychosocial balance.

Nevertheless, the therapeutic response was not uniform across all participants, indicating the influence of individual differences. Variations in personality traits, past life experiences, educational background, resilience levels, and prior coping styles appeared to shape how participants processed life reflection. Some elderly individuals with more open and expressive personalities adapted more quickly and engaged actively in storytelling, while others who were more introverted or who had unresolved trauma required more time to achieve emotional comfort. Additionally, although loneliness scores improved overall, certain external and individual factors may have limited the extent of change in some respondents. Factors such as limited family visitation, minimal social support outside therapy sessions, chronic physical illness, and unmeasured psychological conditions (e.g., depressive symptoms or anxiety levels) may have influenced therapy outcomes. These variables were not specifically measured in this study but could play a significant role in moderating the effectiveness of the intervention. Therefore, while Life Review Therapy proved effective in reducing loneliness and improving

emotional well-being, future research should incorporate broader psychosocial variables and explore individual psychological processes more deeply to provide a more comprehensive understanding of the mechanisms underlying therapeutic change.

Analysis of the Impact of Life Review Therapy on Loneliness

The statistical analysis using the Wilcoxon Signed Ranks Test with a significance level of $p < 0.05$ demonstrated a significant reduction in loneliness following Life Review Therapy, with a p-value of 0.000 indicating that the observed changes were statistically significant and not due to chance. These findings confirm that Life Review Therapy effectively reduced loneliness among the elderly at PPSLU Turusgede, Rembang, and are consistent with previous research by Siti Nurul Hikmah (2019), which also reported a significant decrease in loneliness after the intervention. More recent literature further supports these results, showing that Life Review Therapy has been effectively implemented in various settings, including nursing homes, community elderly centers, and hospital-based geriatric units, where it contributed to reductions in loneliness, depressive symptoms, and psychological distress while enhancing life satisfaction and meaning in life. Contemporary studies highlight that structured reminiscence and life review interventions promote cognitive restructuring, emotional integration, and narrative identity development, enabling older adults to reinterpret unresolved conflicts and strengthen their sense of coherence. The theoretical foundation of this therapy is grounded in reflective and developmental frameworks, including Roy's Adaptation Model, which posits that individuals respond to environmental stimuli through adaptive processes; Life Review Therapy functions as a positive adaptive stimulus that enhances coping mechanisms across physiological, self-concept, role function, and interdependence modes.

Beyond statistical improvement, the therapy stimulated psychological, social, and spiritual dimensions of participants' lives. Prior to the intervention, many respondents exhibited passive behavior, social withdrawal, and limited emotional expression; however, after completing the therapy sessions, observable changes emerged in the form of increased social interaction, greater openness in sharing personal stories, improved emotional regulation, and more active participation in communal activities. These behavioral transformations align with findings from recent gerontological research indicating that life review interventions in institutional care settings can strengthen peer bonding, foster gratitude and forgiveness, and promote spiritual reflection, particularly among elderly individuals facing role loss and existential concerns.

Nevertheless, while the results demonstrate substantial effectiveness, integrating broader and more recent empirical evidence reinforces the theoretical and practical justification for using Life Review Therapy as a non-pharmacological intervention. Collectively, the statistical findings, theoretical alignment, and supporting literature confirm that Life Review Therapy not only alleviates loneliness but also facilitates holistic growth cognitive, emotional, social, and spiritual thereby enhancing the overall well-being of elderly individuals in diverse care environments.

Conclusion

Based on the findings of this study entitled “The Effect of Life Review Therapy on Loneliness in the Elderly at PPSLU Turusgede, Rembang Regency,” it can be concluded that Life Review Therapy has a significant effect in reducing loneliness among elderly residents at the institution. Prior to the intervention, the majority of participants experienced severe loneliness, indicating a high level of emotional and social isolation among the elderly population. After undergoing Life Review Therapy, a substantial improvement was observed, with many participants shifting to mild levels of loneliness and no respondents remaining in the severe category. The statistical analysis using the Wilcoxon Signed Ranks Test confirmed that the reduction in loneliness was significant, demonstrating that the changes were not incidental but attributable to the intervention. These findings indicate that Life Review Therapy is an effective non-pharmacological approach to alleviating loneliness and enhancing the emotional and social well-being of elderly individuals living in institutional care settings.

Acknowledgments

First and foremost, I would like to express my deepest gratitude to Allah SWT for His endless guidance and blessings that have enabled me to complete this thesis. My sincere thanks go to my advisor, Hyan Oktodia Basuki, S.Kep., Ns., M.Kep., for his invaluable guidance, patience, and constant support throughout this research. His insightful feedback and suggestions have greatly enriched my understanding of the topic and have been pivotal in shaping this work. I would also like to thank all the lecturers of the Nursing Program at the Institut Ilmu Kesehatan Nahdlatul Ulama Tuban, whose knowledge and teachings have been a constant source of inspiration. I am also profoundly grateful to the staff of the PPSLU Turusgede, Rembang, for their cooperation and support during the research process. Special thanks go to the elderly residents of PPSLU Turusgede, whose participation in this study made this research possible.

To my family, especially my parents, thank you for your unwavering love, encouragement, and sacrifices. To my dear friends and classmates, your moral support and companionship have been indispensable during this academic journey. Lastly, I would like to express my gratitude to all those who, in one way or another, contributed to the completion of this thesis. Your help has been deeply appreciated.

Reference

- Adinda Mutiara Ayu Sabilah, Wahyu Widagdo, Heni Nurhaeni. (2024). The Effect Of Socialization Group Activity Therapy Through Storytelling Cards On Improving Social Interaction Of. *Jurnal Kesehatan Manarang*, 10(December), 316–327. <https://doi.org/https://doi.org/10.33490/jkm.v10i3.1412>.
- Astrida Budiarti, Peny Indrawati, Wasisto Sabarhun. (2020). The Relationship Between Social Interaction And The Level Of Loneliness And Quality Of Life In The Elderly. 13, 124–133.
- Banon, Endang, Rakhmawati, Indriana, Hidayat, Eyet, & Sudrajat, Ace. (2022). Life Review Group Therapy is Effective in Increasing Elderly Self-Esteem. *JKEP (Journal of Nursing)*, 7(2), 224–233. <https://doi.org/10.32668/jkep.v7i2.1013>.
- Bessaha, M. L., Sabbath, E. L., Morris, Z., Malik, S., Scheinfeld, L., & Saragossi, J. (2020). A systematic review of loneliness interventions among non-elderly adults. *Clinical Social Work Journal*, 48(1), 110-125. <https://doi.org/10.1007/s10615-019-00724-0>
- Chua, C. M. S., Chua, J. Y. X., & Shorey, S. (2024). Effectiveness of home-based interventions in improving loneliness and social connectedness among older adults: a systematic review and meta-analysis. *Aging & Mental Health*, 28(1), 1-10. <https://doi.org/10.1080/13607863.2023.2237919>
- Danvers, Alexander F., Efinger, Liliane D., Mehl, Matthias R., Helm, Peter J., Raison, Charles L., Polsinelli, Angelina J., Moseley, Suzanne A., & Sbarra, David A. (2023). Loneliness and time alone in everyday life: A descriptive-exploratory study of subjective and objective social isolation. *Journal of Research in Personality*, 107(March), 104426. <https://doi.org/10.1016/j.jrp.2023.104426>.
- Elias, S. M. S., Neville, C., & Scott, T. (2015). The effectiveness of group reminiscence therapy for loneliness, anxiety and depression in older adults in long-term care: A systematic review. *Geriatric nursing*, 36(5), 372-380. <https://doi.org/10.1016/j.gerinurse.2015.05.004>
- Fu, Z., Yan, M., & Meng, C. (2022). The effectiveness of remote delivered intervention for loneliness reduction in older adults: A systematic review and meta-analysis. *Frontiers in psychology*, 13, 935544. <https://doi.org/10.3389/fpsyg.2022.935544>

- Gould, C. E., Carlson, C., Alfaro, A. J., Chick, C. F., Bruce, M. L., & Forman-Hoffman, V. L. (2021). Changes in quality of life and loneliness among middle-aged and older adults participating in therapist-guided digital mental health intervention. *Frontiers in public health*, 9, 746904. <https://doi.org/10.3389/fpubh.2021.746904>
- Hoang, P., King, J. A., Moore, S., Moore, K., Reich, K., Sidhu, H., ... & McMillan, J. (2022). Interventions associated with reduced loneliness and social isolation in older adults: a systematic review and meta-analysis. *JAMA network open*, 5(10), e2236676. <https://doi.org/10.1001/jamanetworkopen.2022.36676>
- Jiang, V., Galin, A., & Lea, X. (2024). Life review for older adults: an integrative review. *Psychogeriatrics*, 24(6), 1402-1417. <https://doi.org/10.1111/psyg.13194>
- Jiang, Vincent, Galin, Alexandra, & Lea, Xanthe. (2024). Life review for older adults: an integrative review. *Psychogeriatrics*, 24(6), 1402–1417. <https://doi.org/10.1111/psyg.13194>
- Jin, W., Liu, Y., Yuan, S., Bai, R., Li, X., & Bai, Z. (2021). The effectiveness of technology-based interventions for reducing loneliness in older adults: A systematic review and meta-analysis of randomized controlled trials. *Frontiers in Psychology*, 12, 711030. <https://doi.org/10.3389/fpsyg.2021.711030>
- Korte, J., Bohlmeijer, E. T., Cappeliez, P., Smit, F., & Westerhof, G. J. (2012). Life review therapy for older adults with moderate depressive symptomatology: A pragmatic randomized controlled trial. *Psychological medicine*, 42(6), 1163-1173. <https://doi.org/10.1017/S0033291711002042>
- Luan, T., Wang, Y., Li, B., Qin, R., Li, Z., Lei, X., & Guo, H. (2025). The effectiveness of cognitive behavioral therapy on loneliness among older adults: A systematic review and meta-analysis. *Archives of Gerontology and Geriatrics*, 106053. <https://doi.org/10.1016/j.archger.2025.106053>
- Mokhamad Nurhadi, Tiara Putri Ryandini, Dyah Pitaloka. (2025). The Role of Nursing Management in the Application of Mindfulness Relaxation Therapy to Reduce Loneliness of the Elderly in Posyandu Seniors. *Journal of Nursing Care Management*, 9(2), 99–108. <https://doi.org/10.33655/mak.v9i2.223>.
- Munir, Miftahul, PS, Dwi Kurnia, Suhartono, Suhartono, Safaah, Nurus, & Utami, Aris Puji. (2022). *Health Research Methods*.
- Nursalam. (2020). *Research Methodology for Practical Education Nursing (Edition 5)*. Jakarta: Salemba Medika.
- Patil, U., & Braun, K. L. (2024). Interventions for loneliness in older adults: a systematic review of reviews. *Frontiers in Public Health*, 12, 1427605. <https://doi.org/10.3389/fpubh.2024.1427605>
- Pefbrianti, Diana, Putri, Yudith Aninda, & Pusparina, Iis. (2024). The Effect Of Life Review

Therapy On The Level Of Loneliness Elderly In Social Protection And Rehabilitation Institutions Elderly Budi. *Proceedings of International Joint Seminar UPSI – LSM SHARING*, 1(1), 170–178.

- Quan, N. G., Lohman, M. C., Resciniti, N. V., & Friedman, D. B. (2020). A systematic review of interventions for loneliness among older adults living in long-term care facilities. *Aging & mental health*, 24(12), 1945-1955. <https://doi.org/10.1080/13607863.2019.1673311>
- Romera-Gasparico, P., Carcelén-Fraile, M. D. C., Cano-Sánchez, J., Sánchez-Alcalá, M., Muñoz-Perete, J. M., Aibar-Almazán, A., ... & Castellote-Caballero, Y. (2026). The role of psychological interventions in the mental health and quality of life of older adults: a systematic review with meta-analysis of mindfulness, cognitive behavioral therapy, and reminiscence-based approaches. *European Journal of Investigation in Health, Psychology and Education*, 16(3), 34. <https://doi.org/10.3390/ejihpe16030034>
- Shekelle, P. G., Miake-Lye, I. M., Begashaw, M. M., Booth, M. S., Myers, B., Lowery, N., & Shrank, W. H. (2024). Interventions to reduce loneliness in community-living older adults: a systematic review and meta-analysis. *Journal of General Internal Medicine*, 39(6), 1015. <https://doi.org/10.1007/s11606-023-08517-5>
- Siti Nurul Hikmah. (2019). The Effect Of Life Review Therapy On Reducing The Rate Of Loneliness In The Elderly At The Home Of The Independent Social Foundation Of Salip Putih Salatiga. University of Ngudi Waluyo, 1–9.
- Vella, Martha, and Yarni, Linda. (2021). Loneliness Problem in the Elderly in Maternal Services Nursing Home. *Journal of Multidisciplinary Research and Development*, 4(1), 81–96. Retrieved from <https://doi.org/10.31933/rj.v4i1.424>
- Westerhof, G. J., & Slatman, S. (2019). In search of the best evidence for life review therapy to reduce depressive symptoms in older adults: A meta-analysis of randomized controlled trials. *Clinical psychology: Science and practice*, 26(4), e12301. <https://doi.org/10.1111/cpsp.12304>
- Yang, H., Zhong, Q., Han, B., Pu, Y., He, R., Huang, K., ... & Chen, L. (2025). Effects of reminiscence therapy for loneliness in older adults: a systematic review and meta-analysis. *Age and Ageing*, 54(5), afaf136. <https://doi.org/10.1093/ageing/afaf136>
- Zhong, Q., Chen, C., & Chen, S. (2023). Effectiveness on quality of life and life satisfaction for older adults: a systematic review and meta-analysis of life review and reminiscence therapy across settings. *Behavioral Sciences*, 13(10), 830. <https://doi.org/10.3390/bs13100830>