

Effect of Combined Spiritual Tapping and Music Therapy (Spirtus) on Depressive Symptoms among Elderlies at Banteran Village

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ABSTRACT

Background : Elderly is someone who has reached the age of 60 years and over and is an age group that is vulnerable to experiencing health problems such as depression. One non-pharmacological treatment that can be used to treat this problem is a combination of spiritual tapping therapy and music therapy. This study aimed to determine the effect of a combination of spiritual tapping therapy and music therapy (SPIRTUS) on symptoms of depression in the elderly in Banteran Village. Objective: Knowing the effect of the combination of Spiritual Tapping therapy and Music therapy (SPIRTUS) on symptoms of depression in the elderly in Banteran Village.

Method : This research was a case study with a quantitative approach, pretest-posttest without a control group. Respondents were 3 elderly people with severe depression in Banteran Village. The intervention was given for a duration of ± 30 minutes per day for 7 days. Data analysis used the Wilcoxon test.

Results : In this study, giving SPIRTUS therapy was proven to be able to reduce the GDS score in the elderly from severe depression (score 9-11) to moderate depression (score 5-8). The results of the analysis using the Wilcoxon test showed a sig. (2-tailed) value of 0.109 ($p > 0.05$), which means there was no significant difference between the pre and post results of administering SPIRTUS therapy to elderly people who experienced depression.

Conclusion : The combination of Spiritual Tapping and Music Therapy (SPIRTUS) can be applied to elderly clients and proven to be able to reduce symptoms of depression in the elderly by paying attention to the 5 keys to therapeutic success.

KEYWORDS

Depression, elderly, music therapy, spiritual tapping therapy

INTRODUCTION

Elderly is someone who has reached the age of 60 years and over. The elderly experience an aging process that results in gradual cumulative changes such as physical, mental, and social deterioration that reduce the ability of the elderly to perform daily tasks (Kholifah 2016). Physically, the elderly experience wrinkled skin, greying hair, reduced hearing, deteriorating vision, and tooth loss. Psychologically, the elderly are vulnerable to depression due to the loss of a spouse, moving residence, or social isolation (Qasim 2021).

The number of elderly people in Indonesia has increased in recent years. Based on data from the Central Bureau of Statistics in 2022, the percentage of the elderly population in Indonesia over the past ten years has increased from 7.5% in 2012 to 10.48% in

2022. The figure is expected to increase to 19.9% by 2045. Based on data from Puskesmas 1 Sumbang, the number of elderly people in 2023 in Banteran Village is 1,152. The increase in the number of elderly people can have positive and negative impacts. Positive impacts can be felt if the elderly are healthy, active and productive. Elderly people who experience a decrease in health problems can actually have a negative impact such as an increase in health service costs, an increase in disability, and the absence of social support and an environment that is not friendly to the elderly. One of the health problems that often occurs in the elderly is depression.

Depression is defined as a mental disorder characterized by feelings of continuous sadness, loss of pleasure and interest, feelings of guilt and low self-esteem. Depression can also disrupt sleep patterns

and appetite, cause fatigue, and decreased concentration (Nareswari 2021). The results of a study conducted by Madyaningrum et al. (2019), that 24.9% of elderly people in Indonesia experience depression. The study found that low socioeconomic status, home location, lack of sleep were associated with depression in the elderly.

Treatment of depression can be done pharmacologically and non-pharmacologically. Pharmacologically, depression is treated with 1) psychopharmacological therapy using antidepressants; 2) electroconvulsive therapy (ECT) given to patients who cannot tolerate the effects of antidepressants. Non-pharmacological treatment of depression can be done with psychosocial therapy and psychotherapy such as reminiscence therapy, problem-solving therapy, cognitive bibliotherapy, behavioral therapy, and cognitive behavioral therapy (Nareswari 2021). In addition, spiritual tapping and music therapy can also be used as non-pharmacological therapies for handling depression (Pambudi et al. 2020, Setianingsih et al. 2020).

Spiritual tapping is an adaptation of SEFT therapy by combining the energy system with spirituality (prayer, sincerity, surrender) so that it can improve mental conditions, emotions and behavior. The way spiritual tapping works is almost the same as acupuncture and acupressure, but spiritual tapping uses spiritual elements so that it is safer and simpler (Nurjanah et al. 2021). Based on research conducted by Setianingsih et al. (2020), SEFT was shown to reduce the level of depression in patients with kidney failure undergoing hemodialysis. The implementation of spiritual tapping can be combined with music therapy to provide comfort and calmness to clients.

Music therapy can be used as a non-pharmacological technique that can be applied to elderly people experiencing depression. Several studies have shown that music therapy can help increase energy, reduce psychological and physiological problems, and accelerate the healing process. One type of music that can be used to reduce symptoms of depression is nature sounds music. Nature sounds music can provide a feeling of comfort and calm the soul as to bring up a sense of enthusiasm and positive thoughts. Nature Sounds emit natural sounds such as the sound of waves, birdsong, rain that are easily recognized by the elderly so that it is easier and more efficient to apply (Wahyuningsih et al. 2020). Based on the results of research conducted Pambudi et al. (2020) that running water sound music therapy can reduce depression levels in the elderly at the Wening Wardoyo Ungaran Social Service house.

The results of a randomized assessment of 5 elderly people in 2 RW of Banteran Village, 3 of whom experienced symptoms of depression. Two elderly people experienced symptoms of depression such as loss of interest, crying often at night, lack of sleep, and decreased appetite. The other elderly felt helpless, guilty, disturbed sleep, and often cried. Depression in the three elderly people occurred due to limb disabilities and loneliness due to the loss of family members who became a support system for the elderly. Therefore, interventions are needed to reduce symptoms of depression in the elderly that can be done independently in everyday life. One therapy that can be used is the combination of Spiritual Tapping and Music Therapy (SPIRTUS).

METHODS

1. Population and Samples

This research uses a case study method, namely the application of evidence-based practice (EBP) in nursing care for gerontic clients in Banteran Village, Sumbang District, Banyumas Regency. The EBP used in this paper is spiritual tapping combined with nature music therapy (SPIRTUS) to reduce symptoms of depression in the elderly. The number of samples was 3 elderly people with inclusion criteria 1) can read, 2) hearing is still good (max. mild hearing loss), 3) good cognitive function, 4) identified as depressed 5) willing to be a respondent.

2. Instrument

The instrument used in this study is the GDS (Geriatric Depression Scale) questionnaire which has a sensitivity of 80.5% and a specificity of 75% with a Cronbach alpha of 0.94% so that it is reliable to use. This questionnaire consists of 15 questions that measure aspects of life satisfaction, hopelessness, fear, boredom, enthusiasm, and social isolation. The higher the score obtained, the higher the level of depression experienced and vice versa. Scores of 0-4 are normal, 5-8 are mild depression, 9-11 are moderate depression, and 12-15 are severe depression (Hariman et al. 2022).

3. Data Analysis

The data in this study were analyzed using quantitative methods with the Wilcoxon test which aims to measure the comparison of pretest and posttest results of SPIRTUS therapy for the three elderly.

RESULT AND DISCUSSION

Research Result

1. Overview of Elderly Depression Levels

The results of changes in GDS scores before and after the implementation of a combination of spiritual tapping therapy and natural sound music therapy (SPIRTUS) for 7 days of intervention are as follows:

Table 1. GDS score before and after SPIRTUS therapy

Name	GDS Score		Decrease
	Pre	Post	
Mrs. Ta	11	7	4
Mrs. Ti	9	7	2
Mts. Wa	9	8	1
Average reduction in GDS score			2.3

Table 1. shows changes in GDS scores before and after SPIRTUS therapy for the three clients. The GDS scores of Mrs. Ta., Mrs. Ti., and Mrs. Wa. before therapy were 11, 9, 9. The score decreased after SPIRTUS therapy with the results of 7, 7, 8. In this study, the provision of SPIRTUS therapy was shown to be able to reduce GDS scores in the elderly from moderate depression (scores 9-11) to mild depression (scores 5-8).

2. The Effect of SPIRTUS on Elderly Depression Levels

Analysis of the effect of SPIRTUS therapy on depression levels in the elderly is as follows. Table 2 shows the results of the analysis using the Wilcoxon Test obtained sig. (2-tailed) worth 0.109 ($p > 0.05$) which means that there is no significant difference between the pre and post results of SPIRTUS therapy for the elderly who experience depression.

Table 2. Effect of SPIRTUS Therapy Combination on Depression Levels in the Elderly

Variable	Median	N	Z	Sig (2-tailed)
Pre test	9 (9-11)	3	-1.604	0.109
Post test	7 (7-8)	3		

Discussion

1. Overview of Elderly Depression Levels

One of the problems encountered in the elderly is depression. The level of depression in the elderly in Central Java Province is high with the prevalence of depression in the 55-64 age group at 14.2%, 65-74 years of age at 28%, and ≥ 75 years of age at 28.7% (Hariman et al. 2022). Based on the results of an assessment conducted in Banteran Village, Sumbang District on October 30 - November 4, 2023, it was found that 3 out of 5 elderly people in Banteran Village showed symptoms of depression characterized by a GDS score ≥ 5 .

Based on the results of the assessment, the three elderly people said they were dissatisfied with their lives. Mrs. Ta. said that previously she lived comfortably with her husband and child, but now she has to live alone in an inadequate house and not do many activities like before. Mrs. Ta. seemed to often daydream on the terrace and often cried when she was alone at home. Mrs. Ta. said she often remembers her husband at night, which disturbs her sleep. Mrs. Ta.'s GDS score before therapy was 11 (moderate depression). This condition shows that loneliness / loss of family members can be one of the factors causing depression in the elderly. This is in line with research conducted by Aran et al. (2019) that loneliness in the elderly can occur due to the death of a partner so that the elderly feel no emotional support.

The results of the assessment on Mrs. Ti. showed moderate depression with a GDS value of 9. Mrs. Ti. said she felt helpless with her condition that could not mobilize independently and even bothered her child. Mrs. Ti. said she often cried and wished she could walk normally like before. Mrs. Ti. said she was

afraid that she would not recover because she did not go to the hospital. Mrs. Ti. only asked for water that had been given a prayer by a "smart person" one bottle/week. Ibu Ti. really wanted to go to the hospital, but none of her family members could take her to the hospital because of their busy schedules. Mrs. Ti. often cries when she is alone and has difficulty sleeping at night. Based on research conducted by Frans et al. (2023) that emotional support from family can make the elderly feel comfortable and can withstand stressors that cause anxiety and depression. Poor family support can affect the coping process in the elderly to be maladaptive, thus affecting the physical and mental health of the elderly.

The results of the GDS measurement on Mrs. Wa. showed moderate depression with a score of 9. Mrs. Wa. said she had a conflict with her youngest child which caused her to build her own house next to her old house. Mrs. Wa.'s old house is now inhabited by her youngest child and 3 grandchildren. Mrs. Wa. said she felt that she was not recognized as a mother by her son. Mrs. Wa. said she had sold the land to pay for electricity for the house and daily meals. Mrs. Wa. appeared to cry during the assessment, had poor eye contact, and exhibited agitated behavior. Mrs. Wa. said she rarely communicates with her youngest child and does not expect peace like before.

Depression in the elderly that is not treated further can have a negative impact on the elderly. Elderly people can experience major episodes of depression, namely a picture of melancholy, feeling inferior, feeling helpless, and even suicide Frans et al. (2023). One of the efforts made by the author to overcome this problem is to apply a combination of Spiritual Tapping and Music Therapy (SPIRTUS)

therapy with the aim of reducing symptoms of depression in the elderly.

The implementation of SPIRTUS therapy was carried out for 7 days with a duration of 30 minutes per day starting from November 6-13, 2023. After implementing SPIRTUS therapy with a duration of 30 minutes / day for 7 days, clients said they were more relaxed and more accepting of the conditions being experienced and there was a decrease in the level of depression in the three clients.

2. The Effect of SPIRTUS on Elderly Depression Levels

Spiritual tapping therapy and music therapy (SPIRTUS) are part of mind-body therapy in complementary therapy (Nurjanah et al. 2021, Wahyuningsih et al. 2020). Based on the results of the Wilcoxon test, the sig. (2- tailed) value is 0.109 ($p>0.05$), which means that there is no significant difference between the pre and post results of the combination of spiritual tapping therapy and music therapy (SPIRTUS) in the elderly who are depressed. These results are not in line with research conducted by Nurbani & Yuniar (2020) that there is a significant difference between the pre and post results of SEFT administration in depressed patients with diabetes mellitus. The therapy was carried out for 7 days, some respondents with moderate depression experienced a decrease in depression levels to mild depression, namely as many as 20 respondents (80%) experienced mild depression and only 5 respondents (20%) experienced moderate depression.

According to the researcher, one of the factors that can reduce the effect of SPIRTUS therapy is the feeling of not accepting unpleasant events that have been experienced. Based on research conducted by

Nurbani & Yuniar (2020), one of the factors determining the success of SEFT is the duration and intensity of doing therapy. In addition, light tapping is done 3 times on 18 body points accompanied by prayer and feelings of surrender and sincerity for the events experienced to reduce depression.

In this study, the respondent Mrs. W. experienced a decrease of 1 GDS score from 9 to 8 after SPIRTUS. This is because Mrs. W. still has not accepted the treatment of her son, even in swimming 7 days of therapy, Mrs. Wa. experienced conflict with her son. Mrs. W. said she felt she was not considered a mother by her son. During SPIRTUS therapy, at the set-up and tune-in stages, Mrs. Wa. seemed to cry, but still tried to be strong and smile. Mrs. W. said she could not accept her son's treatment and said she would not forgive her son if he did not apologize first.

Mrs. W. said that she was old, stupid, always wrong in the eyes of her child. The family conflict experienced by Mrs. W. can lead to feelings of helplessness and alienation from the family, thus reducing the effectiveness of SPIRTUS therapy. The family as the closest person has an important function and role to provide assistance and attention. Conflicts that occur in the family contribute to increasing depression in the elderly (Utari et al. 2023).

Respondent Mrs. Ti. experienced a decrease of 2 GDS scores from a score of 9 to 7 after SPIRTUS therapy. Mrs. Ti. said that after doing SPIRTUS therapy she felt hope for recovery and slowly accepted the disaster that happened to her, but Mrs. Ti. said the pain in her leg made her feel helpless to help take care of household chores. The provision of SPIRTUS therapy to Mrs. Ti. did not have a significant impact because at the time of therapy, the environmental conditions

around Mrs. Ti. were not conducive. Mrs. Ti. has a grandson who is very emotionally close to her and at the time of therapy Mrs. Ti.'s grandson played gadgets at a fairly loud volume. Sometimes Mrs. Ti.'s grandson also invited his friends to play together at Mrs. Ti.'s house during therapy. This reduced Mrs. Ti.'s focus on the therapy provided and even focused more on her grandchildren. This is in line with research conducted by Nurbani & Yuniar (2020), that the respondent's focus can affect the success of SEFT therapy. According to Zainuddin (2020), the five keys to the success of SEFT therapy are believing that everything is God's power, saying prayers with *khushyu'* which means spoken from the heart and focus, trying to sincerely accept all trials of physical and mental pain by not complaining about the circumstances experienced. Then surrender by leaving everything to Him accompanied by a feeling of gratitude for God's blessings that He is still giving until now.

Respondent Mrs. Ta. experienced a decrease of 4 GDS scores from 11 to 7 after SPIRTUS therapy. Mrs. Ta. said she felt more comfortable after the therapy and was more sincere with her current condition. Mrs. Ta. said she was more enthusiastic and began to be interested in doing daily activities with neighbors in front of her house. Mrs. Ta. was even very eager to teach this SPIRTUS therapy to the neighbors in front of her house. Mrs. Ta.'s conducive environmental conditions also influenced the success of the therapy. This is in line with research conducted by Nurbani & Yuniar (2020) that tapping can have an impact on neutralizing emotional disturbances because the body's energy runs normally again.

The mechanism of spiritual tapping therapy in reducing depression levels is not much different from

music therapy. Spiritual tapping combined with music therapy can increase the secretion of neurotransmitters such as β -endorphins, norepinephrine and enkephalin, 5-HT (serotonin) by the hypothalamus thereby reducing levels of anxiety, tension, pain, and symptoms of depression (Ningsih et al. 2015, Lismidiati et al. 2017). Dhikr performed during the tapping process can function as a beta blocker in sympathetic nerve work (Utami 2017). In addition, the brain is in alpha waves so that it increases the secretion of endorphins so that the mood or feelings become relaxed, safe, and pleasant (Fadli et al. 2019).

RESEARCH LIMITATIONS

The following are the research limitations experienced by the authors in this study:

There are things that cannot be controlled by the researcher during the intervention such as family conflicts and an unfavorable environment. These things ultimately have an impact on the lack of effectiveness of SPIRTUS therapy on clients.

Two of the three elderly cannot operate a cellphone and the three elderly do not have a personal cellphone so that clients cannot apply the combination of spiritual tapping therapy and music therapy independently because there is no media to play nature sound music after the intervention period is complete.

CONCLUSIONS

Based on the results of the study, it can be concluded that several factors can affect depression in the elderly, namely loneliness, chronic illness, and family conflict. The combination of Spiritual Tapping and Music Therapy (SPIRTUS) therapy can be applied

to reduce symptoms of depression in the elderly with details:

1. The three were able to follow the therapy for 7 days and were able to practice it independently without the author's direction
2. Average decrease in client's GDS score by 2.3
3. The results of the analysis using the Wilcoxon test showed Sig. (2-tailed) >0.05 which indicates that there is no significant difference in the level of depression of the elderly before and after being given SPIRTUS therapy.
4. The insignificant decrease in depression levels in clients after SPIRTUS therapy is due to family conflict factors and an unfavorable environment that reduces the effectiveness of therapy.

RECOMMENDATION

1. Educational institutions are expected to utilize the results of the study as teaching material for complementary nursing courses, and can socialize therapy in the form of a combination of spiritual tapping therapy and music therapy (SPIRTUS) to reduce symptoms of depression, especially in elderly clients.
2. For clients, it is hoped that they can independently practice the combination of spiritual tapping therapy and music therapy (SPIRTUS) in their daily lives as an effort to reduce symptoms of depression because this therapy is easy to do anywhere and anytime.
3. For families of clients with depression, especially elderly patients, it is hoped that they can provide family support in the implementation of therapy in the form of providing motivation, helping guide therapy, and

providing the necessary infrastructure such as cellphones or other media to play music therapy.

4. For nurses, it is hoped that they can utilize SPIRTUS therapy as an intervention in dealing with depression health problems in clients and can educate clients so that they can carry it out independently for a long period of time.
5. For further research, it is hoped that it can determine more specific inclusion criteria and pay attention to the 5 keys to the success of therapy so as to minimize research bias and maximize the effectiveness of therapy.

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