

THE EFFECTS OF AESTHETICS NOSTALGIA ACTIVITIES PROGRAM ON SUCCESSFUL AGEING AMONG OLDER ADULTS LIVING IN CARE INSTITUTIONS

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ABSTRACT

The main purpose of this study was to explore the effects of aesthetics nostalgia activities program on successful ageing among older adults living in care institutions. Nonequivalent pretest-posttest control group design was used in this study, and we recruited a convenience sample including 30 elders to carry out experiment. During experiment period, 15 elders participated in nostalgia activities program, another 15 elders participated in a control group. These participants completed measures of successful ageing. The obtained data were analyzed by MANCOVA to examine effects. Results showed effects of nostalgia activities program on elders' successful ageing was significant. Based on these results, the recommendations for the promotion of successful ageing among older adults living in care institutions were submitted.

Keywords: Nostalgia activities program, successful ageing, older adults, living, care institutions.

INTRODUCTION

With advance of medical technology and social environment, population of the elders more than 65 years occupies the total population has raised increasingly year by year in Taiwan. Up to 2015, there are 2,938,579 elders more than 65 years old in Taiwan, occupying 12.51% of the total population. This silver tsunami is overwhelming; and, under such trend, in addition to help the elders live long, how to make them live well and live with dignity for moving towards successful aging has become an impending and evitable issue as well as the most important policy subject currently (Liang & Luo, 2012; Romo, Wallhagen, Yourman, Yeung, Eng, Micco, & Smith, 2013; Rozanova, 2010).

While the population of a country gradually ages, it has become an important lesson in preventive and positive social work for us to discuss successful aging in order to help the elders get adapted positively, develop positively, and further have a good living quality in late years (Rowe & Kahn, 2015).

In social work field, from the angle of preliminary prevention, certain social welfare institutions have allowed the elders to recall the past years and the glories in their lives through nostalgia activities in order to achieve successful aging. As for those who live in the care institutions, due to lack of privacy and autonomy in the group life in the institution, the elders tend to feel isolated, anxious, depressed, lack of a sense of trust, low dignity, and interpersonally alienated, severely demanding nostalgia activities to generate psychological benefit to eliminate the negative emotional experiences (Melrose, 2013). Nostalgia activities are rich with the concept of life integration for the elders that take part find and ascertain their

meaning of life (Vess, Arndt, Routledge, Sedikides, & Wildschut, 2012). However, on inspecting those nostalgia activity programs' design as well as implementation, it is found that they are often short of theoretical foundation and evidence-based practice, merely relying on the program designer's common sense and self-imagination of such nostalgia activities.

In fact, nostalgia refers to generation of positive experiences involving self-relevant emotions through things, objects, and situations related to the past (Wildschut, Sedikides, Routledge, Arndt, & Cordaro, 2010). As Wildschut, Sedikides, Arndt, & Routledge (2006), Sedikides, Wildschut, Arndt, & Routledge (2008), Vess et al (2012), Zhou, Wildschut, Sedikides, Shi, & Feng (2012) showed in their studies, nostalgia activities triggered by positive stimulators can bring positive-emotion experiences to the individual frequently, and nostalgia has a positive effect on raising people's mental and physical health. Also, according to Fredrickson's (2013) broadening-and-building theory, positive emotions can construct cognitive, physical, social, and psychological resources that help the individual throughout his/her life. Among such resources, cognitive resource is capable of absorbing information, solving the problems, and proceeding complicated cognitive activities, while physical resource is the individual's physiological resource that coordinates human body to make it strong, and further leads to sound cardiovascular activities in order to contribute to the longevity of the individual. Moreover, social resource is an interpersonal resource that maintains connection of the individual and the society, and establishes social supporting network. Last of all, psychological resource develops a satisfactory life, Ego-resilience, along with positive psychological status like optimism to make the psychological functions operate normally (Cohn & Fredrickson, 2009; Fredrickson, 2009, 2013; Vacharkulksemsuk & Fredrickson, 2013). All these four individual resources are the personal psychological assets for people to pursue happiness throughout their life as well as the cornerstone in helping the elders' successful aging.

Today, as aging population keeps on climbing, given that the social workers can apply to such intervention programs with theoretical and empirical evidence-based foundation, the elders' disabilities both mentally and physiologically can be put off, further fostering mental health for the elders in the care institutions, raising the likelihood of successful aging, and further achieve the core aim that prevention is better than cure.

To sum up, the purpose of this research is to explore the influence of nostalgia activity programs on successful aging of the elders in care institutions.

LITERATURE REVIEW

Nostalgia Activities

Nostalgia is a form of positive thinking and a kind of complex positive emotions with source of the things, people, or experiences in the past (Wildschut et al., 2010; Zhou et al, 2012). Nowadays, most researchers regard nostalgia as a phenomena that can bring experiences of positive emotions (Lee, Wu, & Chou, 2016; Zhou et al, 2012). Actually, nostalgia is a natural human thinking activity, and it is also an important mental activity that awakens the individual's positive experiences in the past (Zhou, Sedikides, Wildschut, & Gao, 2008; Zhou et al, 2012). To make a long story short, nostalgia can be defined as a positive emotional experience with desire for the past, missing one's past, as well as fondness of the activities.

Although nostalgia generates omnipresently, positive nostalgia needs to be triggered by nostalgia activities. That is, nostalgia activities are those with positive psychological reaction

to people, things, and objects in the past awakened by the stimulators (things, objects, situations, experiences, and ideas) in order to obtain the psychological benefit (Lee, Wu et al., 2016; Wildschut et al., 2010; Wildschut et al., 2012; Vess et al., 2012). Based on the source of the stimulators, nostalgia activities can be classified into three types-- real nostalgia, stimulated nostalgia, and collective nostalgia (Baker & Kennedy, 1994; Lee, Wu et al., 2016). Real nostalgia signifies that, through representation of the real or important things, one's emotionally desire and yearning for past time he or she has experienced is awakened. Secondly, stimulated nostalgia implies that, through the local legends, historic stories, idols, famous people, and even virtual figures, one recalls what he or she does not experience personally. Lastly, collective nostalgia resembles the concept of collective memory that allows people with common growing experiences to enjoy missing the wonderful moments in the past.

Successful Aging

The concept of successful aging presents a new paradigm of research on aging, which emphasizes positive observation of aging, and allows us to gain truer and wider viewing angle to explicit breaking-through innovation in research on the traditional elders (Fernández-Ballesteros, Zamarrón, Díez-Nicolás, López, Molina, & Schettini, 2011). However, the definitions of successful aging vary, and among them, Rowe and Kahn's (1997) recounting is what is discussed the most frequently.

Rowe and Kahn (1997) proposed that the individual can make a change in living pattern positively to achieve the three key indicators in successful aging, including avoiding disease, engagement with life, and maintaining high cognitive and physical function. Rowe and Kahn's definition of successful aging can be traced back to the empirical research evidences that stand for a kind of objective and measurable aging state, which is extensively quoted in Taiwan. Nevertheless, to define successful aging by Rowe and Kahn's three critical indicators must achieve the standard in regard of physiology, mind, and society simultaneously, yet the measured results show that rare elders can meet the standard of successful aging (Cho, Martin, & Poon, 2012; Martin, Kelly, Kahana, Kahana, Willcox, Willcox, & Poon, 2015).

In addition, this definition has resulted in the content of successful aging lack of the elders' subjective viewpoints. Meanwhile, it overlooks what Gergen and Gergen (2005) has proposed from the angle of constructionism that aging is a kind of constructive fact that must be interpreted by the elders' subjective perception. Lee, Chou and Wu (2016), Romo et. Al (2013), Strawbridge, Wallhagen and Cohen (2002) also pointed out that such success should not be defined by the scholars; rather, it should be subjectively interpreted by the seniors.

Furthermore, Crowther, Parker, Achenbaum, Larimore and Koenig (2002) has also indicated that positive spirituality is the fourth element of successful aging, that the measuring facets of successful aging should completely present well-being in physiology, psychology, society, and spirituality in order to propose the overall concept of successful aging that integrates physiology, psychology, society, and spirituality.

In physical operation, measurement of successful aging has toned as measuring physiology, psychology, society, and spirituality (Gwee, Nyunt, Kua, Jeste, Kumar, & Ng, 2014). Therefore, successful aging can be defined as the good subjective perception of the well-being in physiology, psychology, society, and spirituality.

Nostalgia Activities' Influence on Successful Aging

Nostalgia is a kind of happy psychological state, and such happy experiences will generate a kind of happy and excited feelings. According to Atchley's (1996) continuity theory, along with Routledge, Arndt, Sedikides and Wildschut's (2008) terror management hypothesis, in order to maintain the feeling that life keeps on going or to keep the sense of life's meaning, life story's positive writing must be proceeded through nostalgia activities involving recalling one's past or reviewing one's life. Such self-endowing of life meaning can bring us positive emotions (Folkman, 2008; Tugade, 2011).

The empirical research results of Wildschut et al (2010), and Zhou et. Al (2012) exemplify that association exists between the things and emotions in the past, which are often treasured by people intentionally. Wildschut et al (2006) also definitely clarified that nostalgia is the storage room for positive emotions, for there are plentiful of positive elements in nostalgia stories. Proven by Sultan, Muehling, and Sprott's (2010) studies, by arousing the individual's nostalgia, the positive emotions for the good time in the past can enhance the individual's positive attitudes. In general, carrying out nostalgia activities can lead to people's positive emotions.

According to the building hypothesis in broadening-and-building theory, positive emotions can construct the individual's cognitive, physical, social, and psychological resources (Fredrickson, 2013; Vacharkulksemsuk & Fredrickson, 2013). Regarding cognitive resources, Baumann and Kuhl's (2005) research found that once positive emotion starts, the individual can quickly react to the local messages. Also, Compton, Wirtz, Pajoumand, Claus and Heller's (2004) studies found that those with highly positive emotions can transfer their attention to the new cognitive task more quickly than those with low positive emotions. In respect to physical resources, Cohn and Fredrickson (2009) discovered that positive emotions can foster physical health, and eliminate the negative physical influence caused by negative emotions. Moreover, in the physiological experiments conducted by Kok and Fredrickson (2010), it is verified that positive emotions are closely correlated to physiological resources. As Mroczek and Spiro (2005) exclaimed, people with positive emotions have better health condition. As far as social resources are concerned, it is found in Kashdan and Roberts's (2004) research that those with positive emotions intend to take part in social interaction, while in Mauss, Shallcross, Troy, John, Ferrer, Wilhelm and Gross's (2011) studies present that positive emotions can elevate positive social connection. Finally, in regard of psychological resources, we have found in Cohn and Fredrickson's (2009), along with Cohn, Fredrickson, Brown, Mikels and Conway's (2009) paper that positive emotions can develop toughness, raise life satisfaction, and enhance sense of happiness. As pointed out by Diener and Seligman (2002), happy people have less symptoms of unhealthy psychology. Similarly, Li Hsin-ming (2013), Cohn and Fredrickson (2009), Salovey, Rothman, Detweiler and Steward (2000) asserted that positive emotions contribute to all the four personal resources.

Personal cognitive, physical, social, and psychological resources are closely associated with successful aging. After all, positive aging refers to the elders have abundant personal resources in the process of aging, and can get adapted to the elder life positively with healthy physical, psychological, and cognitive functions.

METHODOLOGY**Experimental Subject**

This research adopted Pingtung Veteran's Home as the main research field, and recruited 30 volunteers who were more than 65 years old to take part in the experiment. The voluntary participants were assigned to the Experimental Group and Control Group by drawing lots (each 15 people) with different background variables. The average age of those in the Experimental Group is 72.14 (6.19), while that in the Control Group is 71.58 (6.19). As for education background, 9 graduated from elementary school, 4 from junior high school, and 2 from senior high school.

Experimental Design

This research adopted nonequivalent pretest-posttest control group design to clarify the implementation effect of the nostalgia activities. The experimental design model is shown in Table 1, and the relative variables are further described below:

Table 1 Experimental design

Group	Pretest	Experimental Treatment	Posttest	Delayed posttest
Experimental Group	O ₁	X	O ₃	O ₅
Control Group	O ₂		O ₄	O ₆

Independent and dependent variables

The nostalgia activity program lasted four weeks, including group intervention every Tuesday and Thursday afternoon. Each group intervention had a different theme and activities, and the form is as Table 2 shows. The activity lasted 60 minutes each time, and the Control Group did not proceed any intervention. The dependent variable in this research is successful aging.

Table 2 Nostalgia activity program's summary

Nostalgia Theme	Learning tasks in nostalgia activities
1. Meet for the first time	<ol style="list-style-type: none"> 1. The group leader introduces himself to explain the theme and purpose of the nostalgia program. 2. Everyone introduces himself by turn, including his own growing background and personal characteristics. 3. Everyone accept others praise his personal characteristics. 4. Based on others' praise or impressive characteristics, Everyone pick up a name and write it down on the name card.
2. famous people in the hometown	<ol style="list-style-type: none"> 1. Everyone tells a story about famous people in the hometown, who appeared before he was born. 2. Describe how people adored this person (like carving a sculpture and worshiping as god). 3. Everyone discusses and misses this figure that brings nostalgia's positive emotions. 4. Everyone shares the good mood after discussing and recalling the past.
3. The	<ol style="list-style-type: none"> 1. Provide food materials for all to make his favorite food in youth (like

taste of recalling	dumpling and green onion pancake) 2. Taste food prepared by others 3. All discuss those reminiscent food together, and share the inner happiness it brings to all. 4. Everyone shares his good mood after discussing and recalling in the group.
4. God's grace	1. Everyone says the important person he met in youth and how the person helped you. 2. Share your gratitude. 3. All imagine together how to return to that important person in life. 4. Everyone shares his good mood after discussing and recalling in the group.
5. Happiness for recalling	1. Everyone recalls the happiest things in his youthful days. 2. Tell others why those things make you feel happy. 3. Everyone shares the happy things in his youthful days. 4. Everyone shares his good mood after discussing and recalling in the group.
6. Soldiers' glory	1. Appreciate a short film that describes Guan Yu overcame the 5 passes and killed 6 generals. 2. Imagine where the soldiers glory laid in the wartime. 3. Everyone shares what he imagines. 4. Praise what other people share
7. Glorious years	1. Everyone recalls the proudest things in his youthful days. 2. Tell others why those things make you feel proud. 3. Everyone shares the glorious years in his youthful days. 4. Everyone shares his good mood after discussing and recalling in the group.
8. Life tells a story	1. The leader reminds the members this is the last class to encourage them to recall the process of this program, including the activities all took part. How the members felt and obtained from the activities? Which is their favorite activity, and which impressed them most deeply? 2. Everyone shares his good mood after discussing and recalling in the group. 3. Have the members say blissful words to others. 4. Awards and completion gifts

Research Tools

The research tool is the Successful Aging Scale prepared by Lee and Chou et. Al (2016), which includes four dimensions—physiological, psychological, social, and spiritual well-being, and each dimension has 5 items. Principal factor analysis using Promax rotation was conducted on the exploratory sample ($N=220$). After analysis, loadings $>.70$ and items with the largest value were selected in each construct. Those methods suggested a four-factor solution explaining 78.67% of the total variance as the best empirically and theoretically supportive solution. And the total Alpha is .93.

Implementation Procedures and Data Process

The elders recruited to participate in the Experimental Group and Control Group in the experiment voluntarily received the pretest in the Successful Aging Scale before the experiment, the posttest in the Successful Aging Scale after the experiment, and one Delayed posttest at the 8th week. All the tests were conducted on the individual base, and all empirical data was analyzed and tested through covariance analysis.

RESULTS AND DISCUSSION**Immediate Effect**

To analyze the nostalgia activity program's immediate effect on physiological, psychological, social, and spiritual well-being with multiple variables' covariance analysis, we gained $\Lambda = .301$, $p = .000$, reaching the significant difference. That is to say, after eliminating the influence of covariance, and when the Experimental Group received the nostalgia activity intervention program, it performed better than the Control Group in the four dimensions of successful aging, showing that the nostalgia activity intervention has immediate effect. The average of pretest and posttest, the standard deviation, and the adjust mean of the four dimensions in successful aging are shown in Table 4:

Table 4 The average of pretest and posttest, the standard deviation, and the adjust mean of the four dimensions in successful aging

Variable		Experimental Group			Control Group		
		Mean	Standard deviation	Adjust mean	Mean	Standard deviation	Adjust mean
Physiological well-being	pretest	14.42	2.23		14.80	2.62	
	posttest	16.53	1.81	16.73	14.87	2.64	14.66
Psychological well-being	pretest	13.87	3.78		14.53	2.98	
	posttest	18.67	1.87	18.82	14.66	2.61	14.51
Social well-being	pretest	14.33	2.94		14.67	2.87	
	posttest	16.55	3.06	16.74	14.80	3.25	14.60
Spiritual well-being	pretest	14.27	2.98		14.53	2.69	
	posttest	16.58	2.21	16.20	14.40	2.95	14.22

To further understand which dimensions the experiments have effect on, we compared the adjust mean difference for each group, as shown in Table 5. The results show that the t value in the four dimensions in successful aging all achieve significant difference, and the confidence interval does not consist of 0, proving that after the program of the Experimental Group intervened, it performed better than the Control Group in Physiological well-being, Psychological well-being, Social well-being, and Spiritual well-being. In addition, the statistical power is higher than 0.8, and η^2 are all more than 0.14, reaching the high effect size. In short, intervention of nostalgia activities has immediate effect on Physiological well-being, Psychological well-being, Social well-being, and Spiritual well-being, while the effect that it raises is the high effect size.

Table 5 The pretest and posttest mean difference of the four dimensions in both groups' successful aging

Variable	Adjust mean difference	<i>t</i>	<i>p</i>	95% Confidence interval		η^2	1- β
				Lower limit	Upper limit		
Physiological well-being	2.23	4.72	.000	1.25	3.20	.48	.99
Psychological well-being	4.36	5.14	.000	2.60	6.10	.55	.98
Social well-being	2.31	5.17	.000	1.38	3.22	.52	.97
Spiritual well-being	2.59	5.01	.000	1.52	3.66	.50	1.00

The Effect of Delay

To analyze the nostalgia activity program's delay effect on the four dimensions in successful aging with multiple variables' covariance analysis, we gained $\Lambda = .26$, $p = .000$, reaching the significant difference. That is to say, after eliminating the influence of covariance, and when the Experimental Group received the nostalgia activity intervention program, it performed better than the Control Group in the four dimensions of successful aging, showing that the nostalgia activity intervention has delay effect. In addition, the mean of pretest and delayed posttest, the standard deviation, and the adjust mean of the four dimensions in successful aging are shown in Table 6:

Table 6 The mean of pretest and delayed posttest, the standard deviation, and the adjust mean of the four dimensions in successful aging in both groups

Variable		Experimental Group		Control Group		Adjust mean
		Mean	Standard deviation	Mean	Standard deviation	
Physiological well-being	pretest	14.42	2.23	14.80	2.62	
	Delayed posttest	16.40	1.92	16.65	14.93	2.49
Psychological well-being	pretest	13.87	3.78	14.53	2.98	
	Retentive tes	17.67	1.89	18.09	14.55	2.87
Social well-being	pretest	14.33	2.94	14.67	2.87	
	Retentive tes	17.00	3.06	17.33	14.93	3.25
Spiritual well-being	pretest	14.27	2.98	14.53	2.69	
	Retentive tes	17.07	2.21	17.14	14.47	2.95

To further understand which dimensions the experiments have effect on, we compared the adjust mean difference for each group, as shown in Table 7. The results show that the *t* value

in the four dimensions in successful aging all achieve significant difference, and the confidence interval does not consist of 0, proving that after the program of the Experimental Group intervened, it performed better than the Control Group in the delayed posttest in Physiological well-being, Psychological well-being, Social well-being, and Spiritual well-being. In addition, the statistical power is higher than 0.8, and η^2 are all more than 0.14, reaching the high effect size. In short, intervention of nostalgia activities has delayed effect on Physiological well-being, Psychological well-being, Social well-being, and Spiritual well-being, while the effect that it raises is the high delayed effect.

Table 7 The pretest and delayed posttest mean difference of the four dimensions in both groups' successful aging

Variable	Adjust mean difference	<i>t</i>	<i>p</i>	95% Confidence interval		η^2	1- β
				Lower limit	Upper limit		
Physiological well-being	1.96	4.60	.000	1.08	2.84	.46	.99
Psychological well-being	3.98	5.62	.000	2.29	5.66	.56	1.00
Social well-being	2.73	5.19	.000	2.25	4.22	.53	.99
Spiritual well-being	2.74	4.88	.000	1.73	3.75	.49	.99

DISCUSSION

The nostalgia activity program has both immediate effect and delayed effect on raising the four dimensions in successful aging-- Physiological well-being, Psychological well-being, Social well-being, and Spiritual well-being. Such finding corresponds to the building hypothesis in broadening-and-building theory, which demonstrates positive emotions can construct the personal cognitive, physical, social, and psychological resources, and can indeed raise the degree of successful aging of the elders in care institutions. Meanwhile, the research results also illustrate the justification of nostalgia activity program exerted in care institutions, and even provide an advantageous perspective in addition to the conventional pathological model and defective model. Therefore, through nostalgia activity program, we can dig the elders' happy memories, beautiful imagination, and the shared glorious years to kindle their positive emotions and foster successful aging. Although we cannot resist the physical and pathological aging, we can elevate the subjectively perceived physiological, psychological, social, and spiritual well-being. Actually, it is a school of wisdom to live long, but it requires even more wisdom to live long and well! For the elders in care institutions, what they need is not longevity; rather, they need the aesthetics of late years that develops positively for them to get adapted to living positively.

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