



The Effectiveness of Yoga on Mental Health in The Elderly: A Literature Review

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Abstract

Background: Mental disorders in the elderly are health problems that cause changes in older people's emotions, thoughts, and behaviors. This condition can cause the elderly difficulty functioning correctly in family, work, and social activities. To overcome the various problems that arise in the elderly, several modalities can be given, one of which is yoga. Objective: To find out the effect of yoga on mental health in the elderly by reviewing published research results. Research method: This research is a Literature review with the help of the PRISMA application in screening articles. In searching for articles using Publish or Perish, PubMed, and google scholar for the last seven years. Results: Yoga is an effective intervention given to the elderly, significantly reducing mental health disorders as support for the well-being of the elderly. Conclusion: Based on the results of the Literature Review study of 10 selected journals, it was found that the provision of yoga interventions effectively improved mental health in the elderly.

Keywords: Yoga, Elderly, Mental Health

INTRODUCTION

Mental Health is a condition in which an individual can develop physically, mentally, spiritually, and socially so that they realize their abilities, cope with pressure, work productively, and contribute to their community. (Law No. 18 of 2014). Some examples of mental disorders in the elderly include insomnia, dementia, and depression. Mental disorders in the elderly are health problems that cause changes in older people's emotions, thoughts, and behavior. This condition can make it difficult for the elderly to function correctly in family, work, and social activities (Susanti et al., 2022).

The elderly are one of the groups that must be prepared to deal with physical and mental health challenges. This mental health problem according to data from WHO, around 15 percent of the elderly experience mental disorders or mental health disorders. Mental health disorders are diseases that affect the sufferer's emotions, behavior, and mindset. Untreated mental health disorders can cause various psychological and physical problems for sufferers. According to the

Pan American Health Organization (PAHO), seniors aged 85 or older have the highest suicide rate of any age group (WHO, 2017).

According to calculations from the World Health Organization (WHO), from 2015 to 2050, the elderly population (60 years and over) is expected to almost double from 900 million to two billion people. According to data from the Indonesian Ministry of Health, in 2020, the number of older people is estimated at 80,000,000. In Indonesia, the young elderly (60-69 years) reached 64, 29%, the middle elderly (70-79 years) at 27, 23%, and the old elderly (80-90 years) as much as 8, 89% (Basrowi et al., 2021). The increase in population will undoubtedly lead to several degenerative problems and non-communicable diseases such as high blood pressure, diabetes, heart disease, and other mental health disorders (Barik & Arokiasamy, 2016). As age increases, so can the higher possibility of getting a disease. However, it cannot be denied that those who consistently maintain the body's physical and biological function still have a good body condition to realize a prosperous state in their old age (Hou et al., 2022).

Mental health disorders can haunt the elderly, such as depression and anxiety disorders. According to WHO, depression affects around 5-7 percent of the world's elderly population. Meanwhile, anxiety disorders affect around 3.8 percent of the elderly. Many risk factors can increase the risk of mental health problems at any point in life. Older adults, in particular, may experience life stressors common to all people but also those more common in later life. For example, significant loss of capacity and decline in functional ability. For example, older adults may experience decreased mobility, chronic pain, weakness, or other health problems. In addition, older adults are more likely to experience events such as bereavement or a decline in socioeconomic status due to retirement. These stressors lead to isolation, loneliness, or psychological distress in the elderly, which can require long-term care (WHO, 2017).

Mental health impacts physical health, and vice versa. For example, older people with specific diseases (such as heart disease) have higher rates of depression than healthy older people. According to WHO, the elderly are also vulnerable to elder abuse. Examples include physical, verbal, psychological, financial, and sexual abuse, abandonment, neglect, and loss of dignity and respect. Recent evidence shows that 1 in 6 older people experience elder abuse. Elder abuse causes

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physical problems and profound and sometimes long-lasting psychological consequences, including depression and anxiety (Paralikas et al., 2021).

Maintaining the health of the body is not only from a physical point of view but also needs to pay attention to one's mental health. People who maintain or have good mental health can live a more productive life (WHO, 2022). To overcome various problems that arise in the elderly, many modalities can be given, one of which is yoga exercise. As a support for the welfare of the elderly, it is recommended to carry out several physical activity activities to keep the elderly body in good condition, one of which is by doing yoga (Hishikawa et al., 2019). Yoga movements combine processing breathing techniques with concentrating the mind, which aims at relaxation. Yoga can provide a relaxing effect, suitable for health and well-being because it can reduce symptoms of mental health disorders and is suitable for maintaining a healthy body (Stephens, 2017). Yoga movements are also very safe when done by the elderly, who certainly experience a decrease in function both in terms of anatomical and physiological, and movements that can be given to the elderly are also effortless (Hariprasad et al., 2013).

RESEARCH METHODS

The type of research used in this study is a literature review using PRISMA. Article selection criteria are international and national articles matching the research title regarding mental health in the elderly. Articles in full text (can be accessed), research subjects in the elderly, and journals that use English and Indonesian. Researchers reviewed and evaluated the articles obtained by predetermined criteria with the Outcome of improving mental health in the elderly, and Data was searched with reading material search engines such as publish or perish PubMed and google scholar with keywords: yoga for the elderly, yoga and mental health, the effects of yoga for the elderly. In selecting articles, there are various inclusion criteria, namely scientific articles in full text and fully accessible, published at least in the last seven years, and research subjects in the elderly.

RESULTS AND DISCUSSION

The results obtained through this study aim to understand the influence of yoga on mental health in the elderly. The results obtained in this study used a Study Literature review to review and analyze and obtain results in the form of whether or not the influence of yoga exercises on mental health in the elderly. The specific objectives are to find out the effect of yoga on mental health in the elderly and to find out the effectiveness of the influence of yoga on mental health in the elderly. The article search flow can be seen in Figure 1.

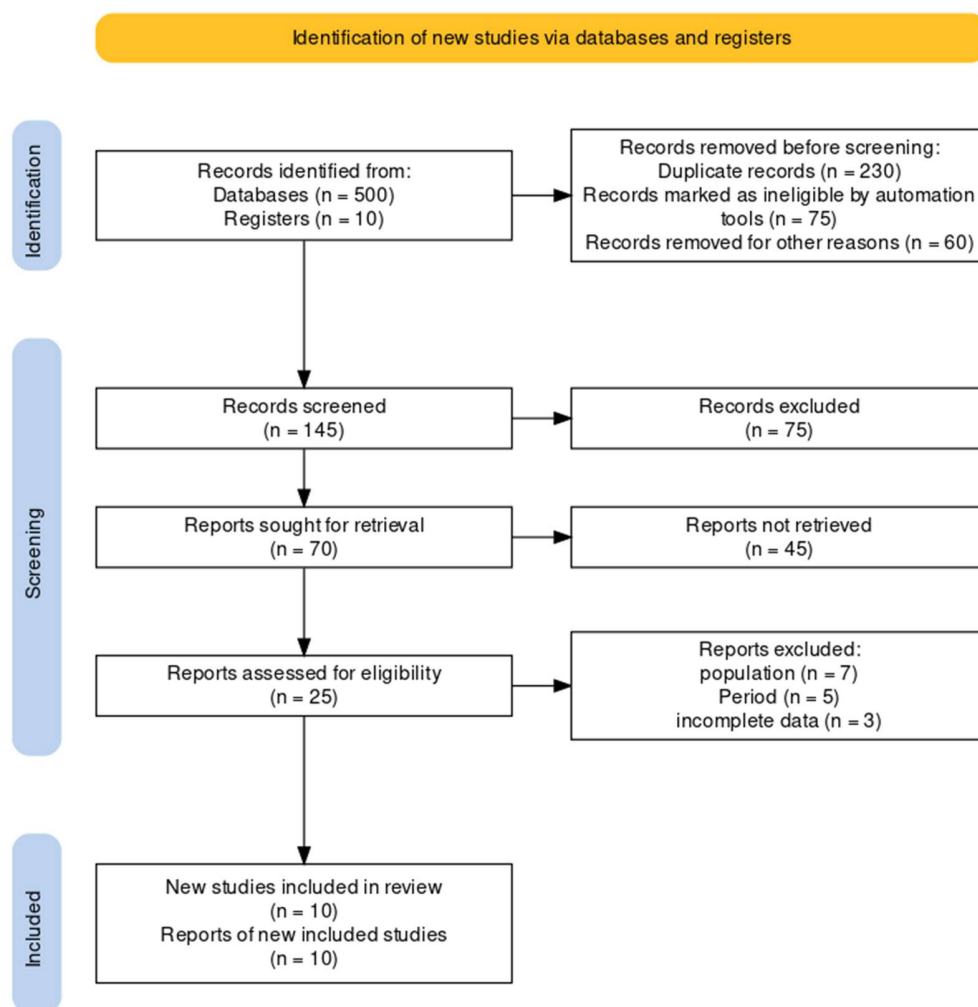


Figure 1. Article search flow using PRISMA

A literature review is a method in which there are steps in summarizing and reviewing a journal. The study used databases to search for a desired journal, such as Publish or Perish,

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PubMed, and google scholar. The keyword search resulted in 510 articles. The articles were screened based on the last ten years with full text, method, period, intervention, abstract, and population. The articles obtained were critically filtered against the standard inclusion and exclusion criteria, and ten articles were found. The articles that have been selected will be used as the basis of study in this literature review research. Table 1 below displays the results of the ten selected articles.

Table 1 Below Displays The Results Of The Ten Selected Articles.

Author	Title	Population	Method	Instrumen	Outcome
(Murtiyan et al., 2018)	Pengaruh Senam Yoga Terhadap Depresi Pada Lansia Di Upt Pelayanan Sosial Lanjut Usia	28 Respondent	Quasy-experimental with the research design is Pre-Post Test with Control Design	Geriatric Depretion Scale (GDS)	H1 Accepted and Ho is rejected, which means that there is an effect of yoga exercises on depression in the elderly.
(Suhartiningih & Yudhawati, 2021)	Efektifitas Senam Yoga Terhadap Perubahan Tingkat Depresi Dengan Lansia Penderita Hipertensi	16 Respondent	Quasy-eksperimen, one group pretest-posttest	Geriatric Depretion Scale (GDS)	H ₁ is accepted, which means that there is an effect of yoga exercises on the level of depression in the elderly with hypertension.
(de Manincor et al., 2016)	Individualized Yoga For Reducing Depression And Anxiety, And Improving Well-Being: A Randomized Controlled Trial	101 Respondent	Randomized controlled trial comparing	Depression Anxiety Stress Scale (DASS-21), Kessler Psychological Distress Scale (K10), Short-Form Health Survey (SF12), Scale of Positive and Negative Experience (SPANE), Flourishing	There is a statistically significant difference between the yoga group and the control group on the reduction of depression scores.

				Scale (FS), and Connor-Davidson Resilience Scale (CD-RISC2).	
(Ikai et al., 2017)	Effects of Chair Yoga Therapy on Physical Fitness In Patients With Psychiatric Disorders: A 12-Week Single-Blind Randomized Controlled Trial	56 Respondent	Single-blind randomized controlled trial	Anteflexion in sitting, degree of muscle strength, and Modified Falls Efficacy Scale (MFES) as well as QOL, psychopathology and functioning	The effects of 12 weeks of chair yoga were more significant in improving flexibility, degree of muscle strength, fear of falling, and QOL in patients with chronic psychiatric disorders.
(Shree Ganesh et al., 2021)	Role of Yoga Therapy In Improving Digestive Health And Quality Of Sleep In An Elderly Population: A Randomized Controlled Trial	96 Respondent	A Randomized Controlled Trial	Pittsburg Sleep Quality Index (PSQI) dan Patient Assessment of Constipation QoL (PAC-QOL)	Significant improvement in the yoga group on sleep-related quality of life and QOL
(Saputro, 2018)	Pengaruh senam yoga terhadap insomnia pada lansia	20 Respondent	Quasi-eksperimental one group pretest-postes	KSPBJ IRS	There is an effect before and after being given yoga exercise treatment on insomnia in the elderly
(Millenia & Basuki, 2022)	Pengaruh Senam Yin Yoga Terhadap Fungsi Kognitif Pada Lansia	28 Respondent	One Group Pra Post Test Design	Mini Mental State Examination (MMSE)	There is a decrease in cognitive function in the elderly after being given yin yoga exercises, and it can be concluded that yin yoga exercises are effectively used

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					for decreased cognitive function if done three times a week.
(Kusuma dewi et al., 2019)	The Effect Of Yoga Respiration (Pranayama) on Stress Reduction in The Elderly	30 Respondent	Quasi experimental design with one group pretestpost test study design.	DASS 42 questionnaire .	There is an effect of differences in stress scores and categories in the elderly with stress before and after being given yoga breathing treatment (pranayama).
(Wibowo , 2021)	Analisis Aktifitas Fisik Lansiat terhadap Kesehatan Mental Emosional lansia dipanti Werdha Stwrp Cibubur	32 Respondent	Quasi-Experiment and using a Non-randomized control Group Pretest -Posttest Design approach.	DASS (Depression Anxiety Stress Scale)	There is a significant effect on emotional and mental health before and after elderly gymnastics at the Sasana Tresna Werdha Ria Pembangunan nursing home.
(Siska, 2022)	Pengaruh Hatha Yoga Dalam Penurunan Stres pada Lansia Di Panti Sosial Lanjut Usia Harapan Kita Palembang	20 Respondent	Quasi Eksperiment one group pretest posttest design	DASS (Depression Anxiety Stress Scale)	The results of this study indicate that yoga exercises performed regularly, both in the long and short term, can improve and improve the quality of elderly sleep. Yoga exercises can also maintain the cognitive function of the elderly and prevent the elderly from dementia and Alzheimer's disease.

In an article written by de Manincor et al (2016) said that yoga given an average of 5 days per week and a duration of 20 to 30 minutes for each exercise performed for six weeks, proved effective in reducing mental health disorders with significant results. These findings demonstrate the effectiveness of the intervention as it aims to reduce rates of mental health disorders. The limitations of this study were that the age range of the respondent in this study was too far, the number of times and how long the participants did yoga needed to be explained, and the type of yoga practiced was also not recorded.

The research of Ikai et al (2017) explained that in this study, the subjects were divided into two groups, a yoga intervention group with a chair and a control group; this study was conducted for 12 weeks, with 20 minutes in each session. Participants in this study were over 55 years old. In the yoga intervention group using a chair as a tool, yoga movements were performed on a chair. In contrast, the control group was free to do activities for 20 minutes in each session, for example (walking, reading, or chatting). The effect of yoga with a chair for 12 weeks significantly improved flexibility, muscle strength, fear of falling, and QOL in patients with chronic psychiatric disorders. The limitations of this study are that it needs to be explained what techniques are performed in the yoga intervention group, and the type of exercise is also not recorded. It needs to be explained what the control group does as a comparison group.

In Murtiyani et al (2018) study with a quasi-experimental Pre-Post Test with Control Design, with a sample of 28 elderly divided into two groups, namely 14 elderly as the treatment group and 14 other elderly as the control group. The measuring tool used is the GDS questionnaire sheet. The data analysis used is the t-test of 2 paired samples. The results obtained are H1 Accepted and Ho rejected, which means yoga exercise affects depression in the elderly at the UPT Elderly Services. By doing yoga exercises for the elderly, it is hoped that there will be a decrease in depression. Because doing yoga regularly can provide peace of mind, can control emotions, and can maintain the psychological balance of the elderly themselves. Also, yoga has many more uses in health, especially in dealing with stress and depression.

In the research of Suhartiningsih & Yudhawati (2021) with 16 respondent with a quasi-experimental design Pre-Post one group pretest-posttest, it was found that yoga exercises had an effect on depression levels in the elderly with hypertension (Susanti & Mona, 2021). Research(Shree Ganesh et al (2021) also found a significant improvement in the yoga group on

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sleep-related quality of life, and QOL conducted on 96 respondent with a randomized controlled trial. Saputro (2018) states that there is an effect before and after being given yoga exercise treatment on insomnia in the elderly conducted on 20 elderly respondent.

By carrying out yoga regularly for the elderly, it has a significant impact on reducing cognitive function in the elderly (Millenia & Basuki, 2022), there is an effect of the difference in score in the stress category in the elderly with stress before and after being given yoga breathing treatment (Kusumadewi et al., 2019), there is a significant effect on emotional, mental health (Wibowo, 2021), can maintain the cognitive function of the elderly and prevent the elderly from dementia and Alzheimer's disease (Siska, 2022).

CONCLUSION

Based on the results of a literature review of ten selected articles, it was found that yoga interventions had an effect on mental health in the elderly. The study's results revealed that yoga interventions can have a significant effect, especially in improving the mental health welfare of the elderly. Future studies are expected further to develop this research with a more profound study. The number of subjects and exercises in the research sample influences this. In this case, the next researcher is expected to be able to evaluate the process of providing interventions and accompanying the process when patients do therapy so that the results are more optimal.

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