



The Importance of Logotherapy for Depression Among the Elderly in Indonesia: A Systematic Review

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Abstract

The elderly is vulnerable to depression due to the decline in a number of aspects of themselves. Depressed elderly can be facilitated with logotherapy services because this service is proven to be effective without bringing new problems that can endanger the health of the elderly. This study aims to collect data on the importance of logotherapy services for depressed elderly from 2020 to October 30, 2024 in Indonesia, using a systematic review approach. 6 articles from google scholar and Mendeley databases were reviewed. The results showed that a number of logotherapy techniques have been provided to depressed elderly people in Indonesia. The forms of logotherapy services that have been provided are the five ways of finding meaning, logotherapy art drawing media, paradoxical, dereflection, spiritual guidance, psychoeducation methods of discussion and lectures and group therapy with a humanistic approach. In general, logotherapy services for the elderly have proven effective in reducing and even eliminating depression in the elderly. Logotherapy with various ways of intervention is the right solution for the elderly in Indonesia without causing new problems that endanger the health of the elderly.

Keywords: *The Importance of Logotherapy; Indonesian Elderly; Depression; Systematic Review*

Introduction

Today humans live longer and healthier than in the past, longevity is viewed positively on the one hand as an opportunity to enjoy life given by God, as an opportunity to develop and serve others, but at the same time old age is a period of weakness that cannot be avoided (Musmiller, 2020). Because old age deteriorates in many physical and mental ways, they become resigned and passive, despair and isolate themselves from many people (Siwi Sri Widhowati, Chen, Chang, Lee, & Fetzer, 2020), thus accelerating the decline in their own physical and spiritual strength (Widyamartaya, 2022).

The elderly who experiences physical and spiritual decline are a problem for families and society. Their existence places the position of easily productive people in a dilemma of love, a dilemma because they want to ignore the elderly but feel sorry and sin to God, on the other hand, they want to survive side by side with the elderly, but they have to make many physical and spiritual sacrifices.

Physical and affective support from people around them makes the elderly feel that their lives are meaningful to others. (Idaiyani, 2021). However, the elderly can be a source of problems in the household

because productive family members cannot actively work, resulting in reduced family income. In certain cases, individuals care for the elderly while working, but they experience stress due to overload, because caring for parents and working for the family (Ghurriah, Izzati, Almira & Mukhoyyaroh, 2023).

Old age is an opportunity that will be experienced by everyone, so no matter what happens, young productive people must try to find ways to better support services to deal with the problems of the elderly (Cheng, 2020, p. 192). In order to ensure good services for the elderly, an appropriate approach must be found to help the elderly. Logotherapy developed by Victor Frankl is an appropriate therapeutic service for the elderly, because logotherapy has a process of helping individuals to find the authentic meaning of life.

Finding the meaning of life can make individuals feel that their lives are meaningful which has an impact on psychological well-being, on the other hand, people who do not find the meaning of life will lose future orientation and even experience an existential crisis. (Aryani & Ardani, 2022). Logotherapy is relevant for older people who experience a decline in social, mental, health and psychological functioning (Manafe & Berhimpon, 2021). (Manafe & Berhimpon, 2022). Logotherapy can help those who experience anxiety, loneliness, unstable emotions, and reduced physiological abilities, even logotherapy can be a means of helping elderly individuals who have traumatic experiences such as losing family members (Raudhoh & Pramudiani, 2021).

Law of the Republic of Indonesia No. 13 of 1998, states that an elderly person is someone who has reached the age of 60 years and above. Indonesians of this age are categorized as entering retirement. They quit their formal jobs, except for special cases that allow them to continue working. Sixty years old and above are vulnerable to depression, especially those who live alone (Adams, Parekh, Mauldin, Fortinsky & Steffens, 2022). Therefore, people who are in this age range need special treatment in health aspects. The situation of depressed elderly directly or indirectly also has a positive and negative impact on the family in particular and on the environment in general.

Indonesia's central statistics agency recorded that in 2023 there were 31,179,977 Indonesians aged 60 years and over. If based on the results of research by Adams and his friends (2022) that the age of 60 years and over is prone to depression, it can be seen that in Indonesia there are 31,179,977 more, who are prone to depression. If the state of elderly depression can have a negative impact on healthy people around, it can be assumed that there are more than 31 million Indonesians whose quality of life is affected by elderly depression (Riasmini, 2020).

Many treatments for depressed elderly have been carried out by families and social service agencies. Generally, services that basically aim to overcome depression can bring other problems, for example the administration of antidepressant drugs (Nareswari & Gunadi, 2021). The long-term use of antidepressant drugs can reduce the concentration of serotonin, a hormone that affects mood comfort (Moncrieff, et al. 2022) as well as other unwanted side effects such as impaired cognition, confusion and dependence on drugs.

Another way to overcome elderly depression is by isolating the elderly at home, but the direct result of social isolation is that it can reduce the quality of life of the elderly (Budianto, Sari, & Pratama, 2022). The elderly is increasingly depressed because they feel that they are isolated from others. In addition, there is also treatment by changing the elderly's environment, for example moving to a nursing home or care home, but changing the environment can cause feelings of loss, confusion or discomfort which makes the elderly even more depressed.

Various ways have been done individually and collectively to facilitate depressed elderly, but it is inevitable that it can cause other problems for elderly individuals and the environment, therefore logotherapy can be the best way to help depressed elderly. Logotherapy can be the right solution without

side effects, because logotherapy provides assistance that is psychologically and philosophically focused so that it expands the horizons of the counselee to find the meaning of his life (Baumel & Constantino, 2020).

We realize that our study is not the only one in the last five years that uses the systematic review research method with the target object of research on the elderly in Indonesia. Another researcher who has preceded in the last five years is Trisnadi (2023). However, Trisnadi's research is different from our research, although we both use a systematic review approach to explore scientific articles that examine the elderly, we highlight different aspects, namely Trisnadi highlights psychosocial problems, regarding changes in the elderly that have an impact on the mental health of the elderly, while our research emphasizes how important logotherapy services are for the elderly and how effective logotherapy services are for depressed elderly in Indonesia.

The writing of this systematic review aims to explain to the public that Logotherapy is very important to facilitate Indonesian elderly who are depressed, because logotherapy services do not cause side effects that can bring new problems for individuals and society. In addition, we want to maximize and emphasize to the public about the findings of logotherapy researchers that the research found by logotherapy researchers has proven effective in solving the problem of depression of Indonesian elderly.

In this study, a systemic review prism was used with three keyword questions; first (Q1) Does the research article discuss Logotherapy. The second question (Q2) whether the article discusses depressed elderly as the subject of research, and the third question (Q3) how the effectiveness of logotherapy services on depressed elderly. These three questions became the benchmark that gave direction in this research.

Method

Methods This systematic review method is organized based on the Prisma systematic review. Using data base searches, Mendeley and Google scholar. The search was in Indonesian and English with the keywords logotherapy for the elderly, the importance of logotherapy for the elderly, logotherapy for the elderly and the importance of logotherapy for the elderly. The articles tracked were only the results of research in Indonesia published by scientific journals from 2020 to October 31, 2024.

Articles were researched based on the inclusive-exclusive criteria stated in the background section of this study, namely: *First*, how to facilitate depressed elderly in Indonesia. Articles were researched with the question of whether they discussed Indonesian elderly as the object of research and how to facilitate depressed elderly. *Second*, how logotherapy services for the elderly in Indonesia, the article was researched with the question of how logotherapy services for the elderly are *third*. How the effectiveness of logotherapy intervention on Indonesian elderly, the article was researched with the question of how the results of logotherapy services for the elderly. The results of tracking on the Google scholar and Mendeley databases found 399 articles which included the keywords Logotherapy for the elderly 100 articles, the importance of Logotherapy 100 articles, Logotherapy for the elderly 99 articles and the importance of logotherapy for the elderly 100 articles. After researching based on the title, 68 articles were found with the same title, so 68 articles were ignored. It was found that 95 articles were not journal publications and 92 articles did not examine the elderly in Indonesia. The remaining 144 articles were then examined based on the Prisma systematic review inclusion criteria as revealed in the background section of this writing, namely the articles were further examined based on key questions. *First*, does it discuss depressed elderly as the subject of logotherapy services? *Second*, whether it discusses logotherapy services and *third*, how the effectiveness of logotherapy services in the elderly.

Based on the first inclusion criteria (Q1) whether it discusses the elderly as the subject of logotherapy services, 12 articles were found that did not discuss logotherapy in the elderly, the articles that did not discuss logotherapy in the elderly were eliminated. Based on the second inclusion criteria (Q2), the question of whether the article discusses logotherapy services for depressed elderly, it was found that 122 articles did not discuss logotherapy services for depressed elderly, the articles were eliminated. Based on the third inclusion criteria (Q3), does the article discuss the effectiveness of logotherapy services? 4 articles were found that did not discuss the effectiveness of logotherapy services, because these articles were literature reviews that did not review in depth the effectiveness of logotherapy services, these articles were also eliminated. After searching for articles and investigating based on inclusive and exclusive criteria, 6 articles were found that met the criteria. Articles that met the criteria were then analyzed further. The following is the research prism chart of this systematic review.

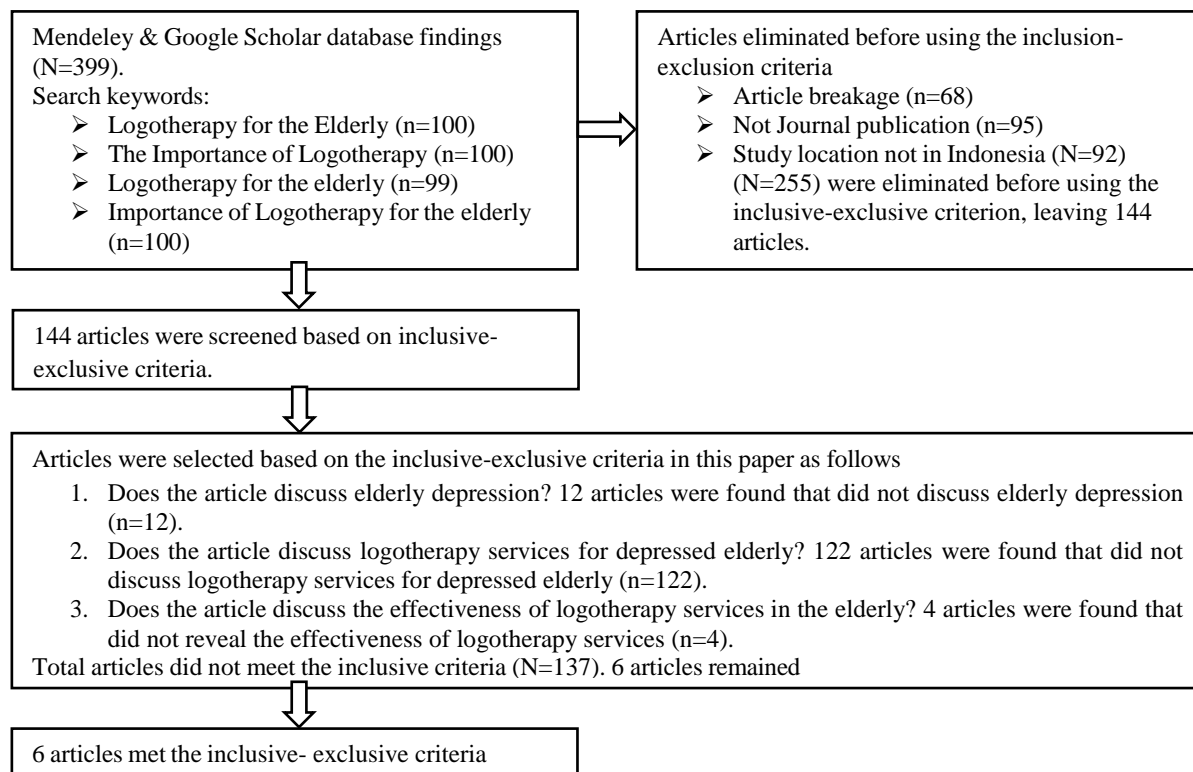


Figure 1: Prism of systematic review, the importance of logotherapy for depression among Indonesian elderly

Results and Discussion

Tracking 399 articles with inclusive-exclusive criteria found 6 articles that met the criteria. Articles that met the criteria were further researched to find the importance of logotherapy for Indonesian elderly. The following shows the articles that meet the inclusive-exclusive criteria.

Figure 2: Table of research results on the importance of logotherapy for depressed elderly in Indonesia 2020 until October 31, 2024 that meet the criteria: the first question (Q1) focuses on the subject matter, whether the article discusses depression in the elderly. The second question (Q2) focused on logotherapy interventions, whether the article discussed logotherapy interventions, the third question (Q3) focused on the effectiveness of logotherapy services, how the effectiveness of logotherapy services in depressed elderly. The following are displayed articles that meet the inclusive criteria.

Table 1. Articles that met the inclusive criteria

Author	Year	Title	Problems Subject (Q1)	Intervention (Q2)	Effectiveness (Q3)
Dwi Widarna Lita Putri & Wahyu Ismayani	2020	Overcoming Stress with a Logotherapy Approach to Increase Elderly Spirituality in BSLU Mandalika NTB	Depressed elderly at BSLU Mandalika NTB	Paradoxical, dereflection, and spiritual guidance	Paradoxical approach, dereflection and spiritual guidance are effective in overcoming stress in the elderly
Arif Budi Setiawan, Nisa Rachman Nur Anganthi & Eny Purwandari	2020	Five Ways of Finding Meaning in Reducing Elderly Depression Training	Depressed elderly in Darma Bakti nursing home Surakarta	Logotherapy uses the Pancacara technique of finding meaning	There was a decrease in the level of depression in the group treated with logotherapy
Atsarina Cindy Husna & Hidayah Nurul	2020	Logotherapy to reduce Stress Level for Pre-Elderly	Elderly women who have high levels of stress.	Psycho-educational logotherapy using discussion and lecture methods	Here as decrease in stress after treatment (post-test) using the perceived Stress Scale measurement
Nur Rakhmanto Heryana, Umar Yusuf & Suhana	2022	The effectiveness of Logotherapy with drawing art media on reducing depression in the elderly	Elderly with high depressive symptoms at the Budi Pertiwi Wredha nursing home in Bandung	Logotherapy art drawing media	There is a decrease in depressive symptoms from high depressive symptoms to moderate depressive symptoms
Sirril Wafa & Tiara Diah Sosialita	2023	The role of Logotherapy to reduce Loneliness in elderly women in Nursing Homes	Lonely elderly in a nursing home	Logotherapy for finding meaning	There was a decrease in loneliness in the elderly Pre-test 58.2 post-test 34.4 measured using the UCLA Loneliness scale
Agestia Maharani & Triantoro Safaria	2023	Effectiveness of Logotherapy-Based Intervention to reduce Anxiety in Elderly People with Diabetes Mellitus	8 elderly people with Diabetes mellitus who experienced intensive care depression in one of the health centers in the Special Region	Humanistic approach group therapy	Post-test. After the intervention, there were changes, namely 3 people became normal, 3 people were mildly depressed, and 2 people were moderately

			of Yogyakarta		depressed
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A data search using the keyword Logotherapy for the elderly on the google scholar and Mendeley databases found 399 articles after the data was examined based on the existing criteria found 6 articles that met the inclusive-exclusive criteria. Articles that meet these criteria prove that logotherapy is important for the elderly. Research on older Indonesians is conducted in diverse contexts in accordance with the plurality of Indonesian society. The researchers used different approaches according to the community context and individual and group contexts. The interesting thing about the various approaches to logotherapy services for depressed elderly is that the researchers revealed the same conclusion that logotherapy is indeed important for depressed elderly, because logotherapy has proven effective in reducing and even eliminating symptoms of depression in the elderly.

Research by Dwi Widarna Lita Putri (2020) at BLSU Mandalika NTB. Descriptive qualitative research on the application of logotherapy at BLSU Mandalika. She used three approaches, namely paradoxical, dereflection and spiritual guidance through religious activities. Paradoxical intention is applied in a way that the counselee is helped to take distance and solve it himself or respond to it with humor. Dwi Wirdana also uses the dereflection technique, namely the counselee is helped to devote attention to things that are constructively useful rather than to uncomfortable conditions, and the counselee is also assisted with spiritual guidance to read the scriptures. The results obtained are able to reduce stress.

Arif Budi Setiawan (2020) conducted experimental research, he separated two groups of elderly people, namely the experimental group and the control group. The experimental group was tested using the Wilcoxon sign rank test to determine the level of depression before and after training. The result is an *Asymptotic Significance* (2-tailed) value of $0.011 < \frac{1}{2}$ with a Z value: -2.533. There is a difference in the level of depression before and after the experiment. Hypothesis testing using *Mann Whitney-U analysis* found differences between the elderly who were given treatment and the group that was not given treatment, the result was that the treatment group had a probability value of 0.001, while the group that was not given treatment had a probability value of 0.05. Arif Budi Setiawan's research can be seen that the Logotherapy Technique of finding meaning effectively reduces depression in the elderly.

Astarina Cindy Husnah and Hidyah Nurul (2020) who examined the elderly with depression at the Wredah Home, pretest-posttest. The result is that there is a big difference between before and after special treatment. Pretest, there was a depression score of 3.579, after treatment the depression level was 4.123 measured using the Perceived Stress Scale. A difference of 0.027 was found. Cindy and Husna's research (2020) can be seen that logotherapy can reduce the level of depression in the elderly.

Eka Misbahatul M. Has (2020) the influence of logocare on the meaning of life of the elderly at the Wredah Home. Pretest-posttest. Divided into two groups, namely the group given special treatment and the control group. Data analysis using the Wilcoxon sign rank test. In the treatment group, significant results were obtained $p=0.001$ while the control group $p=1000$. Then tested again using the *Mann Whitney U test* obtained significant results $p=0.001$. From these results it can be seen that there are differences in the quality of life in the treatment group and the control group. Eka Misbahatul M Has' research shows that the provision of Logocare individually is proven to increase the meaning and quality of life of the elderly, the elderly can have acceptance and patience and be more positive about their lives.

Nurahmayanto Heryana Umar Yusuf and Suhana (2022) researched at the Bandung Wredah home. They observed two depressed elderlies. They were given special logotherapy treatment, after being given special treatment the symptoms of depression of the elderly were measured again, the result was that the level of depression was reduced from high level depression to moderate level depression. Measured based on Baseline phase scale. Patient A before treatment the level of depression was 45.66 when the treatment was measured again the result was 38 and after treatment the result was 28.66. Patient

B before treatment 33, during treatment 29.33 and after treatment 23.66. This significant change in results proves that logotherapy services for the elderly can reduce symptoms of depression.

Sirril Wafa (2023) examined logotherapy on 5 lonely elderly people in a nursing home. *Pre-test-post-test* was measured using the *UCLA Loneliness Version 3 scale*. The result was an average pre-test of 58.2 and post-test of 34.4. The decrease was 23.8. These results show that logotherapy is effective in reducing loneliness in the elderly. Sirril Wafa's research confirms that Logotherapy is important because it can reduce loneliness levels in the elderly.

From the research mentioned above, it can be ascertained that logotherapy is important for the elderly, logotherapy is proven to reduce depression, reduce loneliness and help the elderly rediscover the meaning of life.

Starting from the problems raised in the background section about depressed elderly people needing efficient and effective services, it must be discussed more deeply based on inclusive-exclusive criteria, namely about the problems of depressed elderly people in Indonesia, how to carry out logotherapy interventions for depressed elderly people, and how the results of logotherapy interventions.

What Is the Problem of Elderly Depression in Indonesia?

Old age is seen as a setback in life, old age as a period of weakness that cannot be avoided because there is a decline in many aspects. Therefore, the elderly is vulnerable to depression. The results of the World Human Organization (2023) survey on depression and anxiety of the world's population aged 60 years and over indicate an average prevalence of depression of around 14% of the total world population, with an average prevalence of mental disorders among older adults and disability groups of around 10.6%.

Indonesia as one of the countries in Asia has a regulation that the elderly is those who have reached the age of 60 years and over. Indonesia's population in the age range of 60 years and over continues to increase, based on population projection data from the Indonesian Ministry of Health in 2018, it is estimated that the number of elderly Indonesians will increase in 2025 (33.69 million), 2030 (40.95 million) and 2035 (48.19 million). If the number of elderly Indonesians continues to increase, it will have an impact on increasing the number of depressed elderly in Indonesia, because the increasing age will naturally occur the aging process, the body's organs experience a decrease in productivity, resulting in various health problems that can cause depression.

From a biological aspect, aging is a change that takes place in an individual's body. In the body of the elderly, aging is visible from the outside in the form of changes in the skin due to a decrease in the renewal process (Zou et al., 2021). During the aging process, changes occur such as changes in hormones, neurotransmitters and the nervous system. aging is a process that cannot be prevented or delayed (Schneider et al., 2021). The human body is so complex that changes in one aspect will have an impact on other aspects, so hormonal changes also trigger depression in elderly individuals.

Psychological factors contribute to depression in the elderly, such as loss of social roles, social isolation and decreased independence. The loss of a spouse, friend or close family member can also lead to depression and loneliness. The elderly suffers not only because they are unable to relate to others but also because they are alone, lonely. As social contacts diminish, their personal lives deteriorate. They no longer keep up with the changing times and no longer update their knowledge to improve their cognitive function.

Cognition contributes to depression in the elderly because there is a close relationship between cognition and depression in the elderly. The more reduced cognitive function the higher the depression

(Yusnita, 2024). Elderly with low cognitive function, a mindset that tends to be pessimistic has a low level of self-confidence, they see the future with no hope so they are more vulnerable to depression.

Many factors cause older people to see the future as hopeless. When individuals cease their work duties by retiring, they experience alienation, as they must enter new routines and activities. The immediate effect of retreating from structural responsibilities is to reduce the financial resources needed to ensure a decent life in old age, with the result that the elderly become increasingly depressed when there is no meaningful activity.

Psychosocially, elderly individuals essentially need to be together with others involved in socializing togetherness (Whitesides & Lynn, 2021, p. 7) they want to live together and build intergenerational relationships with children and grandchildren (Li, Jiang, & Zhang, 2019). When experiencing a decline in various aspects, the elderly increasingly needs togetherness. The state of solitude contradicts their basic longing, therefore the elderly who are alone are prone to depression (S.S. Widhowati, 2020, p 11).

Nowadays, many elderly people are placed in special homes such as orphanages or shelter homes. It is understood that the government's social policy is to ensure the welfare of the elderly. However, on the other hand, this policy makes the elderly depressed because they feel uprooted from their own social environment (Pratomo, Liftiah. 2018). Lack of access to establish contact with the community with which they already feel comfortable can cause depression.

There are many factors that can cause elderly depression and they may be interrelated with one another. Therefore, the treatment of the elderly must carefully explore what causes it in order to provide the right logotherapy service approach.

How to Implement Logotherapy Interventions in the Elderly?

For those who do not have knowledge about how to intervene well to overcome depression in the elderly, it is often taken in a simple way by motivating (Jati, Anggraeni, & Lestari, 2023), so that individuals maintain physical and psychological health. Logotherapy does not have specific techniques to intervene, but Logotherapy uses a variety of relevant therapeutic techniques, even so logotherapy still stands in principle to help the counselee to achieve reframing, assist the counselee when he is in a meaningless experience, facilitate the counselee to find authenticity, search for meaning and approach responsibility (Rahgozar & Giménez-Llort, 2020).

Reframing. Logotherapy holds the principle that every individual has the capacity to change (Lukas, 2020). Reframing is the process of changing the way a person sees a situation or experience. Change starts with creating distance from the situation and gaining control over it (Batthyány, 2016). The counselor helps the counselee change his perspective to see even from a different point of view. The logotherapy approach helps the counselee to view problems as opportunities for growth, or learning opportunities to find new meaning. Logotherapy principles that stress or tension as an opportunity for growth and fulfillment of meaning, stress is not an obstacle that must be avoided. Interventions that aim to broaden the perspective of the counselee can be carried out by means of psychoeducation through discussions and lectures as conducted by Husna (2020). This approach has been shown to be effective in reducing elderly depression in nursing homes.

Besides reframing, meaningless experience is another principle underlying logotherapy. In the meaningless experience approach, the counselor confronts the counselee with a meaningless life reality that may be a source of pain, suffering or despair. Pain is basically avoided while it is still possible to avoid, but if that fate cannot be avoided then the individual not only accepts it but also transforms it into meaning (Batthyány, 2016). There are aspects of life that cannot be changed, but logotherapy is

principled in being able to find new meaning in these circumstances and find ways to live more meaningfully, because humans are free from within themselves to determine including determining how they deal with each condition of their environment (Batthyány, 2016). Practitioners in Indonesia in order to help counselees accept the harsh reality of their lives can use a paradoxical, reflective approach as done by Putri & Ismayani (2020). They invite the counselee to do something paradoxical, such as approaching or mocking something that is worried about. This approach has proven effective in reducing stress in the elderly.

Another principle underlying the logotherapy approach is that of authenticity. Logotherapy emphasizes the importance of living in accordance with values and goals that are authentic to the individual. Logotherapy takes a wholeness approach in order for the individual to be active towards life, which is the terrain for finding meaning in tasks and responsibilities (Batthyány, 2016). This therapy can help counselees explore the values that are important to them and encourage them to take actions that are consistent with those values. In this case logotherapy helps counselees to be consistent with what is truly important to their lives.

Searching for meaning. Logotherapy teaches that actively seeking meaning is one way to overcome psychological suffering (Lukas, 2020). The counselor helps the counselee to see the strengths that exist in him. The counselee is invited to see the meaning that exists and increase that meaning and take ethical responsibility (Wong, 2016). Counselors can help counselees explore and identify values, goals, and meanings that are important to their lives. In the search for meaning, the counselor acts as a partner who participates in finding food for the counselee. However, the counselor will gradually withdraw his involvement when the counselee begins to realize and find the meaning of his life (Wastuti, Jamila, & Lahmuddin, 2021). This process involves reflection, introspection, and exploration in search of the meaning of life that suits the unique personality of the counselee.

Responsibility. Logotherapy emphasizes the importance of individuals' responsibility for their own lives (Aryani & Ardani, 2021, p. 513). The counselee is responsible for using his or her free will or freedom to choose, to decide what to do, as well as to freely determine how he or she should suffer (Batthyány, 2016). Counselors encourage counselees to take responsibility for their own actions and choices and to change the way they respond to life situations. In this case the counselee is encouraged to take control of their life and to make meaningful decisions (McVey, Glaves, Seaver, & Casagrande, 2023).

Logotherapy interventions aim to facilitate counselees to find meaning in their lives, develop meaningful relationships with others and life events, and face suffering and adversity with courage. Logotherapy teaches that by finding authentic meaning and purpose, individuals can overcome their life challenges.

What Is the effectiveness of Logotherapy Interventions in Indonesia?

Logotherapy provides significant benefits for older adults with depression. Logotherapy interventions include restoring the meaning of life, managing emotions, improving quality of life, building social relationships, and increasing a sense of responsibility.

Recovery of the meaning of life. With logotherapy individuals find new meaning in their lives. The elderly is helped to adapt to their experiences of grief, loss, frustration and illness (Saffarinia, 2018). Meaning recovery can be done by identifying the values and goals that are important to them, so that they can experience more meaningful feelings.

Emotion management. Logotherapy can help older adults to manage negative emotions associated with depression, such as loneliness, sadness, hopelessness and anxiety. Managing emotions in order to understand the state of the self so as to avoid hurting feelings (Town, Hayes, Fonagy, & Stapley, 2021). The process of managing emotions in the elderly is carried out in a way that the elderly is invited to accept their emotions without resistance, and change the way they respond to them. Accepting emotions can reduce the intensity of negative emotions and increase their ability to cope with stress and suffering.

Improved quality of life. Through logotherapy, older adults can develop a more effective and optimistic mindset (Bahar, Shahriary, & Fazlali, 2021). Through logotherapy, older adults can develop a more effective and optimistic mindset, as well as find joy and satisfaction in daily activities. Logotherapy counselors help older adults identify and develop activities or hobbies that can bring meaning and joy to their lives, improving overall quality of life.

Social relationship building. Logotherapy can encourage older adults to engage in meaningful social relationships (Alam, Ibrahim, & El-Amrosy, 2023). Logotherapy can help older people identify and build supportive and meaningful relationships with family, friends and community. Strong social relationships and emotional support can contribute to recovery from depression.

Increased sense of responsibility and independence. Logotherapy helps older adults to take responsibility for their own lives and make meaningful choices (Heinz, Benton, & Gleissner, 2023). They are offered to face challenges and difficulties bravely, and to take necessary steps to improve their quality of life. This can increase their sense of control and independence and reduce feelings of being helped and dependent.

Conclusion

Every individual has the freedom to determine for themselves whether they want their elderly years to be meaningless or meaningful. Meaninglessness often hits the elderly; this is understandable because they experience physical and psychological decline so that the elderly is generally prone to depression. Logotherapy is the best solution to help the elderly reduce depression, because logotherapy services for the elderly without causing new problems. However, logotherapy intervention models need to be developed to better suit individual needs.

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