

**INC23-003**

## Logo Therapy Intervention Using Socratic Dialogue Techniques as an Approach to Improving the Quality of Life and Self-Efficacy of Elderly People with Non-Communicable Diseases Hypertension

**Suyanta<sup>1</sup>, Sunarko<sup>2</sup>, Moh Hanafi<sup>3</sup>**  
<sup>1,2,3</sup> Poltekkes Kemenkes Semarang  
 Email : suyanta@poltekkes-smg.id

**ARTICLE INFO****Article history:**

DOI:

Submitted:

November 1, 2023

Accepted:

November 30, 2023

Published:

December 26, 2023

**Keywords:**

Logotherapy; Quality of life; Self-efficacy; Elderly; Hypertension

**ABSTRACT**

**Background:** The elderly are an age group that is vulnerable to exposure to various diseases due to decreased cell function (degeneration), low body immunity and complications from other health problems. One of these health problems is hypertension. The results of several studies show that hypertensive sufferers have a lower quality of life, and there is a relationship between self-efficacy and the quality of life of hypertensive patients. Literary results regarding the influence of logotherapy specifically the Socratic dialogue method have not been found, meanwhile this therapy is very simple and can be applied to the elderly.

**Methods:** Quasi-experimental research with a pre-post test control group design. There were 80 participants divided into 2 groups. Self-efficacy data was taken using the General Self-Efficacy Scale, and quality of life data was taken using the WHOQOL-BREF instrument and controlled by blood pressure and laboratory tests (blood sugar, cholesterol and uric acid). Univariate data analysis was carried out to determine the incidence of hypertension, and multivariate t test analysis was carried out to determine the effectiveness of logotherapy.

**Results:** The results of the self-efficacy analysis showed that there was a significant difference of 0.000 ( $< 0.05$ ) in the intervention group, while in the control group it was not significantly different with a value of 0.200 ( $> 0.05$ ). There is a significant difference in quality of life analysis of 0.000 ( $< 0.05$ ) in the intervention group, while in the control group it is not significantly different with a value of 0.114 ( $> 0.05$ ). There is a negative relationship, the higher the respondent's self-efficacy score and quality of life, the lower (normal) their blood pressure.

**Conclusion:** Socratic dialogue logotherapy has been proven to be effective in increasing self-efficacy and quality of life in elderly people with hypertension. This action can be developed into an alternative that can be applied as a psychosocial nursing action.

*This work is licensed under a Creative Commons Attribution 4.0 International License*



**Background.** As people get older, they are more likely to experience or potentially experience health problems, related to dysfunction, the presence of chronic conditions, and loss of the ability to heal themselves. Most elderly people have one or more chronic conditions or physical disabilities, and these conditions become more frequent as they age (Papalia & Feldman, 2014). The elderly have a tendency that the disease they experience will be chronic (long-term) and progressive (increasingly severe), until the sufferer dies. This condition will be followed by the emergence of various psychological responses, as a natural and appropriate response.

Riskesdas results state that the most common diseases in the elderly are non-communicable diseases, including hypertension, arthritis, stroke, chronic obstructive pulmonary disease and diabetes mellitus. The proportion of hypertension sufferers in the population aged 55 years and over is more than 55% (Ministry of Health of the Republic of Indonesia, 2018). In Indonesia, the prevalence of NCDs has increased, including cancer rising from 1.4% to 1.8%, stroke rising from 7% to 10.9%, chronic kidney disease rising from 2% to 3.8%, based on blood sugar checks diabetes mellitus rose from 6.9% to 8.5%, and blood pressure measurement results, hypertension rose from 25.8% to 34.1% (Siswanto & Lestari, 2020).

Changes in the long-term suffering and therapy regimen experienced by the elderly will have an impact on decreasing their self-efficacy and quality of life. The role of self-efficacy is influential in the management of hypertension, because self-efficacy will provide a better understanding of the behavior change process (Permatasari et al., 2014). Several research results,

including Ainunrahim (2021), stated that there is a relationship between quality of life and blood pressure. The results of previous research by Susanti et al (2020) stated that there was a relationship between self-efficacy and the quality of life of hypertensive patients. However, there are different research results from Yeni et al (2021) that there is no correlation between high blood pressure and the physical health domain, psychological well-being domain and social relations domain, but there is a negative correlation between high blood pressure and the environmental relations domain.. Efforts to improve the self-efficacy and quality of life of the elderly can be done through logotherapy psychotherapy. The main principles contained in logotherapy regarding the meaning of human life and spiritual development in individuals are suitable for application to elderly patients who experience somatic and psychological disorders (Bastaman, 2019). Research by Wakhid et al (2019) shows that logotherapy has an influence on the ability to make sense of life in clients undergoing hemodialysis. Logotherapy has been proven to reduce levels of depression and improve the quality of life of elderly patients (Umar, 2012). Other research shows logotherapy can increase self-efficacy and improve blood pressure regulation (Septiana, 2017).

**Methods.** The research is a quasi-experimental research with a control group pre-post test design. The research was conducted in the North Magelang District Health Center area, Magelang City. The population of this study was 235 elderly people with the non-communicable disease hypertension. The sample size of 80 people was calculated using the Slovin formula. Sample selection was determined purposively and

divided into 2 groups, 40 people as the intervention group and 40 people as the control group. Self-efficacy data was taken using the General Self-Efficacy Scale, and quality of life data was taken using the WHOQOL-BREF instrument and controlled by blood pressure and laboratory tests (blood sugar, cholesterol and uric acid). Univariate data analysis was carried out to determine the incidence of hypertension, and analysis of different test variables to determine the effectiveness of logotherapy, then correlation analysis was also carried out to determine the correlation between self-efficacy and quality of life..

**Result and Discussion.** The effectiveness of logotherapy intervention on self-efficacy was analyzed based on a test of the difference in self-efficacy score results before and after being given Socratic dialogue logotherapy treatment in the intervention and control groups using the Mann Whitney Test. The results show that there is a significant difference of 0.000 ( $< 0.05$ ) in the intervention group, while in the control group it is not significantly different with a value of 0.200 ( $> 0.05$ ). The test result data is presented in the following table:

Table 6.1 Mann Whitney Pre and Post Self-Efficacy test results (Intervention Group)

Skor
Mann-Whitney U
Wilcoxon W
Z
Asymp. Sig. (2-tailed)

Table 6.2 Mann Whitney Pre and Post Self-Efficacy test results (Control Group)

Skor	
Mann-Whitney U	74.500
Wilcoxon W	194.500
	-3.590
Asymp. Sig. (2-tailed)	.200

The effectiveness of the logotherapy intervention on quality of life was analyzed based on a test of the difference in quality of life scores before and after being given Socratic dialogue logotherapy treatment in the intervention and control groups using the Mann Whitney Test. The results show that there is a significant difference of 0.000 ( $< 0.05$ ) in the intervention group, while in the control group it is not significantly different with a value of 0.114 ( $> 0.05$ ). The test result data is presented in the following table:

Table 7.1 Mann Whitney test results Pre and Post quality of life (Intervention Group)

Skor	
Mann-Whitney U	234.500
Wilcoxon W	1054.500
Z	-5.450
Asymp. Sig. (2-tailed)	.000

Table 7.2 Mann Whitney test results Pre and Post quality of life (Control Group)

Skor	
Mann-Whitney U	74.500
Wilcoxon W	194.500
	-1.579
Asymp. Sig. (2-tailed)	.114

Table 8.1 Results of the Correlation Test of Self-Efficacy on Blood Pressure

		Score	SE	S
		Diastole		
Score Pearson				
Self-Efficacy on	Correlati	1	-.592	
	Sig. (2-tailed)		.000	
	N	80	80	

Table 8.2 Results of Correlation Test of Quality of Life and Blood Pressure

		Score	SE	S
		QoL		QoL
		Diastole		
Score Pearson				
Quality of life	Correlatio	1	.652	
	Sig. (2-tailed)		.000	
	N	80	80	

Based on the results of the analysis in tables 6.1 and 7.1, data on the coefficient of difference between pre and post Socratic logotherapy dialogue intervention group intervention was very significant (0.000 and 0.001). This indicates that logotherapy has been proven to be beneficial and effective in improving self-efficacy and quality of life for elderly people with hypertension. That matter strengthened by the opposite comparison in the control group which showed low or insignificant difference coefficient values (0.114 and 0.20). Research by Wakhid et al (2019) shows a similar thing, although it was

conducted on respondents with different problems, that there is an influence of logotherapy on the client's ability to make sense of life. In line with this, Umar (2012) previously found evidence that logotherapy was proven to reduce levels of depression and improve the quality of life of elderly patients. Logotherapy can also increase self-efficacy (Septiana, 2017).

The success of logotherapy in increasing the self-efficacy and quality of life of the elderly can be understood considering that the elderly often cannot accept their changing circumstances, both physically and psychosocially. then through logotherapy a person will be made aware of his existence that every journey in his life has meaning and useful value. As stated by Yildirim (2018), logotherapy aims to help individuals find the meaning of their lives even in the most sad conditions. Logotherapy makes people view every problem or suffering as a meaningful meaning in life that has a positive side even though it comes from suffering. Graber (2014) also states that logotherapy aims to help clients to have strength within themselves and to apply strength as a form of enthusiasm to overcome difficulties that occur after human suffering in any category. Shantall (2019) also states that the benefit of logotherapy is that it saves individuals from despair, meaninglessness and makes individuals have hope.

**Conclusion and Suggestions.** Socratic dialogue logotherapy has been proven to be effective in increasing self-efficacy and quality of life in elderly people with hypertension. In this study, high self-efficacy and quality of life were correlated with lower or normal systolic and diastolic blood pressure. So Socratic dialogue logotherapy can be considered to be recommended as an alternative

therapy that can be developed and applied as a nursing action, especially to improve the self-efficacy and quality of elderly people who experience hypertension.

## References

- Yeni, Y., Etrawati, F., & Utama, F. 2021. *Hubungan Tekanan Darah Tinggi terhadap Kualitas Hidup Kelompok Pra Lansia*. HIGEIA (Journal of Public Health Research and Development),5(3).  
<https://doi.org/10.15294/higeia.v5i3.43102>.
- Susanti, L., Murtaqib., & Kushariyadi. 2020. *Hubungan antara Efikasi Diri dengan Kualitas Hidup Pasien Hipertensi di wilayah kerja Puskesmas Silo Jember*. E Journal Pustaka Kesehatan, [S.l.], v. 8, n. 1, p. 17-23, jan. 2020. ISSN 2721-3218.  
<https://doi.org/10.19184/pk.v8i1.10891>.
- Imron, S.W., Sudiyanto, A., Fanani M. 2019. *Pengaruh Logoterapi Medical Ministry Terhadap Depresi Dan Kualitas Hidup Pasien Pasca Stroke*. Jurnal Biomedika vol. 11, No. 1 (2019) Februari. DOI: 10.23917/biomedika.v11i1.6168.
- Nita T, Septiana, 2017. *Pengaruh Logoterapi Terhadap Self Efficacy Dan Regulasi Tekanan Darah pada Pasien Hipertensi Di Wilayah Kerja Puskesmas Kalijudan Surabaya*. Universitas Airlangga.  
<https://repository.unair.ac.id/65537/>.
- Badan Pusat Statistik. 2021. Retrieved 04 1, , from <https://sirusa.bps.go.id/sirusa/index.php/indikator/51>
- BPS Kota Magelang. 2022.  
<https://magelangkota.bps.go.id>
- Papalia, E. D. dan Feldman, R. T. 2014. *Menyelami Perkembangan Manusia; Experience Human Development*. Jakarta: Salemba Humanika.
- Kementerian Kesehatan RI. 2018. Riset Kesehatan Dasar (Riskesdas) Badan Penelitian dan Pengembangan Kesehatan. [http://www.depkes.go.id/resources/download/infoterkini/materi\\_rakorpop\\_2018/Hasil%20Riskesdas%202018.pdf](http://www.depkes.go.id/resources/download/infoterkini/materi_rakorpop_2018/Hasil%20Riskesdas%202018.pdf) -.
- Permatasari, L. I., Mamat, L., & Supriadi, 2014. *Hubungan Dukungan Keluarga Dan Self Efficacy Dengan Perawatan Diri Lansia Hipertensi*. Jurnal Kesehatan Komunitas Indonesia, 10(2), 993–1003. Retrieved from <http://lppm.unsil.ac.id/files/2015/02/02.-Leya-indah.pdf>.
- Susanti. Mila, T. 2017. *Gambaran Kualitas hidup Lansia di Panti Sosial Tresna Werdha Budi Luhur dan Lansia di Kelurahan Paal V - Kota Jambi*. Jurnal Ilmiah Universitas Batanghari Jambi Vol.17 No.2.
- Siswanto, Y., & Lestari, I. P. 2020. Pengetahuan Penyakit Tidak Menular dan Faktor Risiko Perilaku pada Remaja. *Pro Health Jurnal Ilmiah Kesehatan*, 2(1), 1–6.
- Ainunrahim, Rimadhani, 2021. *Hubungan Kualitas Hidup Dengan Tekanan Darah Pada Lansia Hipertensi Di Masa Pandemi Covid-19 Di Puskesmas Jurangombo*. Other thesis, Skripsi, Universitas



- Muhammadiyah Magelang.  
<http://eprintslib.ummg1.ac.id/id/eprint/2839>.
- Bastaman, H.D, 2019, *Logoterapi : Psikologi Untuk Menemukan Makna Hidup dan Meraih Hidup Bermakna*, Jakarta: Raja Grafindo Persada.
- Wakhid, A., Astuti, A., & Dewi, M. 2019. *Peningkatan Kualitas Hidup melalui Logoterapi Pada Klien Yang Menjalani Hemodialisis*. Jurnal Keperawatan, 11(1),9-18.<https://doi.org/https://doi.org/10.32583/keperawatan.v11i1.425>.
- Umar, Moh D, 2012. *Keefektifan logoterapi untuk menurunkan derajat depresi dan meningkatkan kualitas hidup pasien di poliklinik geriatri rumah sakit umum daerah Dr. Moewardi Surakarta*. Tesis. <https://digilib.uns.ac.id>.
- Papalia, Diane., dan Feldman, Ruth Duskin. 2014. *Menyelami Perkembangan Manusia, Edisi 12 Buku 2*. Jakarta: Salemba Humanika..
- Kementerian Kesehatan RI. 2016. *INFODATIN Pusat Data dan Informasi Kementerian Kesehatan RI*. Jakarta Selatan.
- Karangora, M. L. B. (2012). *Hubungan antara Dukungan Sosial dan Kualitas Hidup pada Lesbian di Surabaya*. Jurnal Ilmiah Mahasiswa Universitas Surabaya, Vol. 8, No. 1
- Nimas, F. 2012. *Kualitas Hidup Pada Penderita Kanker Serviks yang Menjalani Pengobatan Radioterapi*. Jurnal Psikologi Klinis dan Kesehatan Mental, 1 (02), Juni 2012.
- Marshall, M., 2011. *Prism of Meaning: Guide to the Fundamental Prinsples of Viktor E. Frankl's Logoterapi*. [www.Logotherapy.ca](http://www.Logotherapy.ca).
- Frouzande Z., Mami Sh.& Amani O. 2020. *The Effectiveness Of Group Logotherapy On Resiliency, Depression And Quality Of Life In Elderly*, Journal Of Gerontology (JOGE). SPRING2020, Volume 4, Number4; page(s) 19 To 29. <https://www.sid.ir/en/Journal/JournalList.aspx?ID=32691>
- Eka Mishbahatul MHas, Tamara Regina Vallentina, Setho Hadi suyatmana. 2020. *The Effectof Logo Care on Elderly's Meaning of Life and Quality of Life in Werdha Nursing Home* SysRevPharm2020;11(3):809-812 Amultifacetedreview journal inthefieldofpharmacy
- Wahyuni, S. 2018. *Pengaruh Logoterapimedical Ministryterhadap Depresi dan Kualitas Hidup Pasien Pasca Stroke* (Doctoral dissertation, UNS (Sebelas Maret University). [https://scholar.googleusercontent.com/scholar?q=cache:JNqpodhgsQgJ:scholar.google.com/+logoterapi+socratic+dialogue&hl=id&as\\_sdt=0,5&as\\_ylo=2018](https://scholar.googleusercontent.com/scholar?q=cache:JNqpodhgsQgJ:scholar.google.com/+logoterapi+socratic+dialogue&hl=id&as_sdt=0,5&as_ylo=2018)