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Effectiveness of talk therapy on self-worth and depression of retired rural teachers suffering from dementia

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This research study investigated the effectiveness of Talk Therapy on Self-Esteem and Depression of Retired Teachers suffering from Dementia. Dementia is the loss of cognitive functioning, it impairs how people think, speak, remember, reason, feel and behave. Most times, dementia interferes with a person's daily life and activities. People with severe dementia are likely to encounter it difficulties in taking care of themselves or controlling their emotions. This study adopted a randomized pre-test, post-test, and control group design. Talk Therapy was adopted as an intervention strategy to treat low self-worth and depression in retired teachers suffering from Dementia, while two adapted and trial-tested instruments; Self-Esteem and Depression Questionnaires were used to collect data on participants' self-esteem and depression before and after treatment exercise. The data obtained with the questionnaires were analyzed using the mean, standard deviation, and analysis of variance (ANOVA). The result of the study revealed that Talk Therapy was effective in boosting self-esteem and reducing the depression level of the participants in the experimental group. The result of the study also depicted that Talk Therapy intervention helped to reduce dementia in Retired Teachers significantly.

Keywords: Dementia; Depression; Self-Esteem; Talk Therapy; Retired Teachers.

Biography

Eric Chima Ndukwu, based in the Department of Education Foundations at the University of Nigeria, Nsukka, is a dedicated professional in the field of education. His work focuses on foundational aspects, contributing to the academic landscape and the development of educational frameworks. Ndukwu's commitment underscores his role in shaping the future of education.

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