



Treatment of Anxiety in the Older Age

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ABSTRACT

Anxiety in the elderly is a serious problem that can have a significant impact on the quality of life of the elderly. The aim of this research is to understand the treatment of anxiety in the elderly. The method used in carrying out this research is library research which uses 8 research journals related to anxiety and the elderly. The number of articles analyzed was 8 research articles related to anxiety in the elderly. The research results showed comprehensive treatment including psychotherapy and pharmacotherapy. Antidepressants are a treatment for end-of-life anxiety disorders, and psychotherapy, such as cognitive behavioral therapy, may be effective. The implications of this research can be used by family, friends, the community to manage anxiety, especially in the elderly.

Keywords: *Anxiety, Elderly, Treatment*

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INTRODUCTION

The phenomenon of anxiety in the elderly is an issue that is receiving increasing attention in the field of mental health because of its high prevalence and broad impact. Anxiety in old age is often triggered by various factors such as changes in health status, decreased physical and cognitive abilities, and the experience of losing people close to you. Seniors may also experience anxiety caused by financial uncertainty and social isolation, which is often exacerbated by reduced mobility and opportunities to socialize. Symptoms of anxiety in the elderly can include excessive worry, sleep disturbances, fatigue, and physical symptoms such as headaches and muscle aches. Studies show that seniors with anxiety have a higher risk of experiencing poor health, depression, and a decrease in overall quality of life. Effective interventions for treating anxiety in the elderly include psychological therapies such as cognitive-behavioral therapy (CBT), social support programs, and stress management. Support from family and community is also very important to help older people feel safer and supported in facing the changes that occur in old age (Lenze et al., 2001; Wetherell et al., 2009).

Anxiety in the elderly is a serious problem that can have a significant impact on the quality of life of the elderly. Factors that contribute to this anxiety include physical changes, decreased cognitive function, chronic health problems, loss of a partner or close friend, and social isolation. Symptoms of anxiety in the elderly can include feelings of excessive worry, irrational fears, sleep disturbances, and physical symptoms such as a rapid heartbeat or shortness of breath. The negative impact of anxiety is not only limited to mental well-being but can also worsen existing physical conditions, such as heart disease or hypertension. Elderly people with anxiety are also at higher risk of experiencing depression, decreased cognitive function, and decreased quality of life. Therefore, effective interventions are needed to manage anxiety in the elderly, including cognitive-behavioral therapy (CBT), social support, physical activity, and when necessary, the use of medication. Research shows that a holistic and coordinated approach can help reduce anxiety symptoms and improve overall well-being in older adults (Gum et al., 2011; Wolitzky-Taylor et al., 2010).

Handling anxiety in the elderly requires a holistic and individualistic approach, considering the complex factors that influence mental health in this age group. Cognitive-behavioral therapy (CBT) has been shown to be effective in reducing anxiety symptoms in older adults by helping them identify and change negative thought patterns and improve coping skills. In addition, social support from family, friends and community is very important to reduce feelings of isolation and provide a feeling of security. Physical activity such as walking, yoga, or tai chi can also help reduce anxiety by improving physical health and emotional well-being. Medical management that includes the use of anti-anxiety or antidepressant medications may be necessary in more severe cases, but should be undertaken with caution to avoid adverse side effects. Psychosocial interventions, such as participation in support groups or community activities, may provide additional benefits by increasing social engagement and providing a sense of purpose. Research shows that an integrated and personalized approach can significantly improve the quality of life of older adults who experience anxiety (Stanley et al., 2009; Wetherell et al., 2009).

The urgency of research regarding the treatment of anxiety in the elderly is very high considering the increasing number of elderly populations throughout the world and the significant impact that anxiety has on their quality of life. Anxiety in the elderly not only affects mental health but also contributes to a decline in physical health, such as an increased risk of heart disease, sleep disorders, and a decreased immune system. In-depth and comprehensive research is needed to develop interventions that are effective and appropriate to the special needs of older adults. This research is also important for understanding the unique risk and protective factors in the elderly, as well as identifying the most effective therapeutic approaches, both from a psychological, social and medical perspective. Additionally, the knowledge gained from this research can help in designing better public health policies and support programs that can be implemented in communities. Given that many older adults may be reluctant to seek help due to stigma or limited access, research should also include strategies to overcome these barriers. Overall,

research that focuses on treating anxiety in the elderly will contribute significantly to improving their well-being and quality of life (Byers et al., 2010; Wolitzky-Taylor et al., 2010).

RESEARCH METHODOLOGY

This research uses the library research method, which is a research method that relies on literature sources in libraries or other digital sources to collect data and information that is relevant to the research topic. This method involves the process of identifying, collecting, analyzing, and interpreting data from various written sources such as books, academic journals, conference papers, research reports, and other documents. The advantage of library research is that it allows researchers to access and utilize published scientific works, so they can build a strong theoretical basis and gain insights from previous research. This research can also save time and costs compared to field research which requires primary data collection. However, researchers must carefully evaluate the quality and credibility of the sources used and ensure that the information collected is relevant and up-to-date. Library research is often used in social, humanities, and science research that requires in-depth analysis of existing literature (Booth, Sutton, & Papaioannou, 2016; Fink, 2019).

RESULT AND DISCUSSION

The results of this research come from 8 scientific articles related to treating anxiety in the elderly as follows:

No	Name of Reseacher (years)	Title	Method	Result
1	O. S. Levin,Achcha Sh. Chimagomedova,A. P. Arefieva 01 Jan 2019.	Anxiety in the elderly Zhurnal Nevrologii I Psikhiatrii Imeni S... (Zh Nevrol Psikhiatr Im S S Korsakova) - Vol. 119, Iss: 6, pp 113-118	Psychotherapy and pharmacotherapy approaches. Emphasis on drug efficacy and safety	Anxiety occurs in about one-third of people over 65 years of age.Comprehensive treatment includes psychotherapy and pharmacotherapy.
2	Eric J. Lenze,Bruce G. Pollock,M. Katherine	Treatment considerations for anxiety in	Benzodiazepines are used but are associated with	Antidepressants are the first-line treatment for end-

	Shear,Benoit H. Mulsant,Ashok Bharucha,Charles F. ReynoldsUniversity of Pittsburgh 01 Dec 2003 -	the elderly. Cns Spectrums (CNS Spectr) - Vol. 8, pp 6-13	risks. Antidepressants, especially serotonergic drugs, are considered first- line treatment	of-life anxiety disorders. Psychotherapy, such as cognitive behavioral therapy, may be effective.
3	Ivan Koychev,Klaus P. Ebmeier 01 Jan 2016 -	Anxiety in older adults often goes undiagnosed The Practitioner (Practitioner) - Vol. 260, Iss: 1789, pp 17-20	History taking to differentiate symptoms. Medication review to identify causative medications	Anxiety disorders in parents are common.Anxiety is associated with poorer quality of life
4	Jacqueline Rangaraj,Antoine Pelissolo 01 Sep 2006 - Psychologie & Neuropsychiatrie Du Vieill... (Psychol Neuropsychiatr Vieil) - Vol. 4, Iss: 3, pp 179-187	[Anxiety disorders in the elderly: Clinical and therapeutic aspects]. 01 Sep 2006 - Psychologie & Neuropsychiatrie Du Vieill... (Psychol Neuropsychiatr Vieil) - Vol. 4, Iss: 3, pp 179-187	This paper discusses the clinical and therapeutic aspects of anxiety disorders in the elderly.This paper suggests multidisciplinary care involving medical, psychological, and institutional aspects	Prevalence rates are lower in the elderly, higher for GAD and agoraphobia.The clinical aspect is dominated by somatic symptoms and fear-related phobias
5	Carmen Andreescu,Soyoung LeeUniversity of Pittsburgh 01 Jan 2020 -	Anxiety Disorders in the Elderly Advances in Experimental Medicine and Bi... (Adv Exp Med Biol)	SSRIs are more effective than psychotherapy for end-of-life anxiety. Tailored psychotherapeutic interventions for anxious older subjects	Anxiety disorders in older adults are associated with increased morbidity and mortality. SSRIs are more effective than psychotherapy for end-of-life anxiety.

- Vol. 1191, pp 561-576				
6	John R. Steinberg University of Maryland, College Park 01 Nov 1994 -	Anxiety in elderly patients. A comparison of azapirones and benzodiazepines. Drugs & Aging (Springer International Publishing) - Vol. 5, Iss: 5, pp 335-345	Comparison of azapirones and benzodiazepines in elderly patients. Evaluation of effectiveness and side effects in elderly patients	Zapirones are effective, safe with a favorable risk to benefit profile in the elderly. Benzodiazepines have been criticized for cognitive impairment, psychomotor effects in geriatric patients.
7	Valeska Marinho, Bruno Rabinovici Gherman, Sergio Luís Blay (2019)	Anxiety Disorder in Older Adults Federal University of São Paulo (Springer, Cham) - pp 161-166	Medications (SSRIs) Psychotherapy (cognitive behavioral therapy)	Generalized anxiety disorder is highly prevalent in older adults. Treatment involves SSRIs and cognitive behavioral therapy
8	Arditya Kurniawan, Wachidah Yuniartika, S.Kep., Ns., M.Kep	The Relationship Between Anxiety Levels and Instrumental Activities of Daily Living (IADL) Levels for Elderly People with Hypertension at the Penumping Community Health Center	Descriptive research with a cross sectional approach. Data was collected using a questionnaire, analyzed using the Spearman Rank test	Significance value (p) = 0.001, rejecting the null hypothesis. Anxiety levels are associated with lower IADL in elderly with hypertension.

Anxiety in the elderly is a problem that often occurs and can affect the quality of life of the elderly. Feelings of anxiety in the elderly can be caused by various factors such as physical changes, loss of a partner or friend, chronic health problems, and decreased cognitive function. Anxiety in the elderly can manifest itself in the form of

physical symptoms such as rapid heartbeat, shortness of breath, and sleep disturbances, as well as psychological symptoms such as excessive fear, constant worry, and feelings of helplessness. Management of anxiety in the elderly requires a holistic approach, including psychological intervention, social support, and adequate medical care. Cognitive-behavioral therapy (CBT) and drug therapy are effective methods in reducing anxiety symptoms in the elderly. Support from family and community is also very important to help older people feel more safe and comfortable in facing the changes that occur at this stage of life. Research shows that a comprehensive and coordinated approach can improve the mental well-being and quality of life of older adults who experience anxiety (Heinrichs et al., 2020; Stanley & Beck, 2000).

Therapeutic treatment for treating anxiety in the elderly involves various approaches that can be adapted to individual needs. Cognitive-behavioral therapy (CBT) is one of the most effective methods, helping older adults identify and change negative thought patterns and develop more adaptive coping strategies. CBT also includes relaxation techniques and breathing exercises that can help reduce the physical symptoms of anxiety. In addition, exposure therapy can be used to reduce specific fears by gradually exposing the patient to anxiety-provoking situations in a safe and controlled environment. Mindfulness-based therapy has also shown effectiveness in reducing anxiety by helping seniors focus on the present moment and reducing excessive thinking.

Group therapy provides an opportunity for seniors to share experiences and strategies with others facing similar problems, increasing social support and feelings of connectedness. In some cases, the use of anti-anxiety or antidepressant medications may be necessary, but should be closely monitored by a healthcare professional to avoid adverse drug interactions and side effects. A combination of psychological therapy and pharmacological support often provides the best results. This holistic and coordinated approach is very important to ensure comprehensive and effective treatment, which can ultimately improve the quality of life of older adults who experience anxiety (Wetherell et al., 2009; Stanley et al., 2009).

CONCLUSION

Based on research results, it is known that it occurs in around a third of people over 65 years. Anxiety is associated with poorer quality of life. Comprehensive treatment includes psychotherapy and pharmacotherapy. Antidepressants are a treatment for end-of-life anxiety disorders, and psychotherapy, such as cognitive behavioral therapy, may be effective.

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