



A COMPARATIVE STUDY TO ASSESS THE LEVEL OF DEPRESSION AMONG THE ELDERLY RESIDING AT OLD AGE HOME AND WITH THE FAMILIES AT SELECTED OLD AGE HOME AND RURAL AREA.

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ABSTRACT :

Background: Depression in old age is an emerging public health problem leading to morbidity and disabling effect on the quality of life. Depression in elderly is not yet perceived as a public health problem and is grossly under diagnosed and under treated. The physical and social environment plays an important role on the mental health of the elderly. Hence the present study was undertaken to assess and compare the level of depression among elderly residing in old age homes and with the families. The objective of the study is to assess and compare the level of depression among elderly residing in old age home and with the families. **Methods:** A cross-sectional study was done from September 2024 among 60 elderly, of which 30 were inmates of old age homes and 30 were living in family selected by house-to-house survey. A pre-tested, externally validated geriatric depression scale (GDS-15) in the local language is used after taking informed consent. **Results:** Prevalence of depression was high among inmates of old age homes (8.5) compared to those of family (8.66) this difference was statistically significant ($p=0.023$). On analyzing the association between socio-demographic factors and depression among the elderly residing in the families was found that marital status and presence of chronic disease were significantly associated with depression ($p<0.05$). Whereas among the elderly residing in old age homes, no significant association was found between depression and the socio-demographic factors. **Conclusion:** The study concluded that the elderly people residing in old age home is having more depression (the mean value shows 8.73) than the elderly people residing with the families (the mean values shows 8.66). The study is to help the family members and health care workers to find and help to reduce the depression and elderly people who residing in the old age home.

Keywords: Depression, Elderly, geriatric depression scale ,old age home ,families.

INTRODUCTION :

Aging is a normal, universal and inevitable change which takes place even with the best of nutrition and health care. It is a time related change that occurs throughout life. Aging involves all aspects of the organism and largely characterized by a decline in functional efficiency and decreased capability to compensate and recover from stress. As an individual advances from infancy to old age he accumulates a wealth of impression, skills and knowledge and develop his own life style. Ageing is inevitable. It is irreversible, progressive and is associated with decline in functions. The individual gradually becomes dependent physically, functionally, socially and economically.

Traditionally, the family has been the primary source of care and material support for the older adults throughout Asia and the Indian family system is often held at high position for its qualities like support, strength, duty, love, and care of the elderly. The responsibility of the children for their parent's wellbeing is not only recognized morally and socially in the country, but it is a part of the legal code in many states in India.

The urbanization, modernization, industrialization, and globalization have brought major transformations in the family in the form of structural and functional changes. As a result of these socio- demographic changes, older adults at times are forced to shift from their own placeto some institutions/old age homes. Depression is the most common disturbance of mood experienced by elderly. It is a pathological mood disturbance characterized by feelings, attitudes and beliefs of the person has about self and his environment such as pessimism, hopelessness, helplessness, low self esteem and a guilt feeling. The prevalence of depression varies worldwide, with rate ranging between 10% and 55% (3-6). A study shows that the prevalence of depression in old age home range from 34.6% to 77.5% (Ankur barua 2015).

Hence investigator feels that depression may sometimes be hidden behind an array of vague symptoms and it becomes necessary to carefully assess the elderly to identify marked depression to treat the person holistically. This will enable health care professionals in preventing the psychological problems and controlling the problems related to depression. Mild levels of depression can be identified and treated in time to prevent it before it becomes severe.

AIM:

To assess and compare the level of depression among the elderly residing at old age home and with the families.

STATEMENT OF THE PROBLEM:

A comparative study to assess the level of depression among the elderly residing at old age home and with the families at selected old age home and rural area Thiruvallur.

OBJECTIVES:

1. To assess the level of depression among the elderly residing at the old age home and with the families.
2. To compare the level of depression between the elderly residing at the old age home and with the families.
3. To find the association between depression among the elderly residing at the old age home and the families with demographic variables.

RESEARCH METHODOLOGY :

The analysis methodology organizes all of the study's components in the way that is most likely to contribute to the sub-problems that have been presented. The methodology used in this study discussed in this chapter. It includes test design, research methodology tool, creation tool, definition ,pilot study, reliability and data collection method. The study was conducted "To assess the level of depression among the elderly residing at old age home and with their families"

RESEARCH DESIGN

The selection of the research design depends on the purpose of the study . A descriptive comparative research design was selected for the study.

RESEARCH VARIABLES

Socio demographic data, YESAVAGE GERIATRIC DEPRESSION SCALE (2002)

RESEARCH SETTING

The setting is the location where the study is conducted. The study was conducted at Old age home: St.Thomas home for the aged No.53 & 54 queen Victoria road, Poonamallee ,Chennai 600 056. Community setting: Nayapakkam population elderly people above 60 years living in Nayapakkam with families. The setting is selected because of availability of samples and flexibility of conducting the study.

POPULATION

The elderly people above 60 years living with the families and living in the old age home.

SAMPLE

The term sample refers to a subset of the population that has been chosen to take part in the research. The elderly people above 60 years . The elderly people living in the families at selected community area Nayapakkam and living in the old age home St. Thomas home for aged.

SAMPLE SIZE:

- The sample size for this research consisted of 60 sample.
- 30 in old age home St.Thomas home for aged and 30 sample living with families at Nayapakkam.

SAMPLING TECHNIQUE:

Non probability purposive sampling technique is used in this study.

SAMPLING CRITERIA:**INCLUSIONCRITERIA:**

- Elderly whose age is 60 years and above.
- Those who are willing to participate in the study.
- Those who are available during data collection.

EXCLUSIONCRITERIA:

- Old age people who are not able to follow the instructions with hearing disability.
- Elderly those who are suffering with severe, mental & physical illness.

DEVELOPMENT AND DESCRIPTION OF THE TOOL

Based on the research objective of the study the following steps were undertaken to select and develop the data collection tool.

SECTION A**SOCIO -DEMOGRAPHIC DATA:**

Consists of 6 items to ascertain, demographic data with regard to age, gender, religion, educational qualification, marital status, chronic illness, financial support.

SECTION B**YESAVAGE GERIATRIC DEPRESSION SCALE (2002):**

The scale consists of 15 items (which measures the level of depression). For every statement the responses are divided into 2 categories which are yes/no .The total scores on the scale ranges from 0 to 3 The total score were categorized as following.

SCORING KEY:

S. No	LEVELS	SCORE
1.	Normal	0-4
2.	Mild	5-8
3.	Moderate	9-11
4.	Severe depressive	12-15

ETHICALCONSIDERATION

The ethical clearance was obtained from institutional ethical committee of ACS medical college and hospital .Informed consent was obtained from the study participants confidentiality was maintained throughout the study.

Ethical clearance number : 904/2023(5/9/2023)

DATA COLLECTION METHOD

Permission obtained from the old age and the community setting. Informed consent obtained from the samples.

PLAN FOR DATA ANALYSIS

The data of the present study was planned to be analyzed on specific objective. The data obtained from the samples were analyzed by using the following statistical method.

Table 1: Frequency and percentage distribution of demographic variables of elderly residing in old age home and with the families. N = 60(30+30)

Demographic Variables	Old Age Home		Families	
	F	%	F	%
Gender				
Male	18	60.0	10	33.3
Female	12	40.0	20	66.7
Age				
Young old (60 – 69)	15	50.0	23	76.7
Middle old (70 – 79)	8	26.7	6	20.0
Very old (≥80)	7	23.3	1	3.0
Marital status				
Living with spouse	3	10.0	29	96.7
Divorced	9	30.0	0	0
Widowed	18	60.0	1	3.3
Education				
Illiterate	8	26.7	23	76.7
Literate	22	73.3	7	23.3
Chronic illness				
Yes	22	73.3	19	63.3
No	8	26.7	11	36.7
Financial security				
Yes	13	43.3	16	53.3
No	17	56.7	14	46.7

The table 1 shows that most of the elderly, 18(60%) of elderly residing in old age home were male and 20(66.7%) residing with families were female, 15(50%) residing in old age home and 23(76.7%) residing with families were aged between 60- 69 years, 18(60%) residing in old age home were widowed and 29(96.7%) residing with families were living with spouse, 22(73.3%) residing in old age home were literates and 23(76.7%) residing with families were illiterates, 22(73.3%) residing in old age home and 19(63.3%) residing with families had chronic illness and 17(56.7%) residing in old age home had no financial security and 16(53.3%) residing with families had financial security.

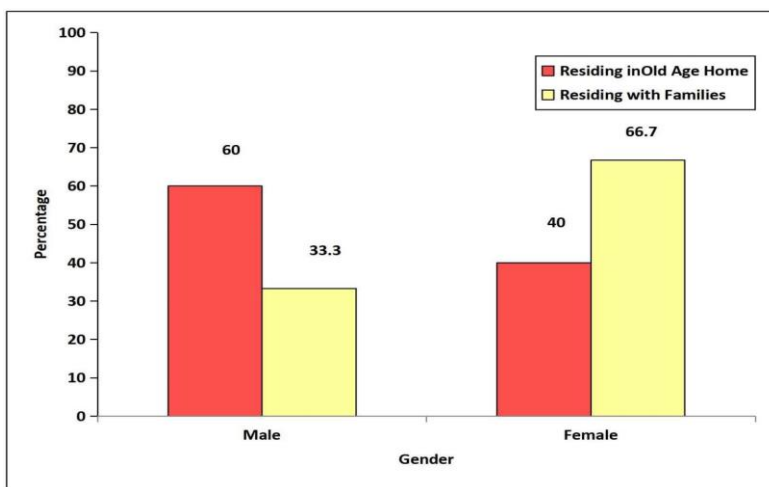


Figure 1: Percentage distribution of gender of the elderly residing in old age home and with families

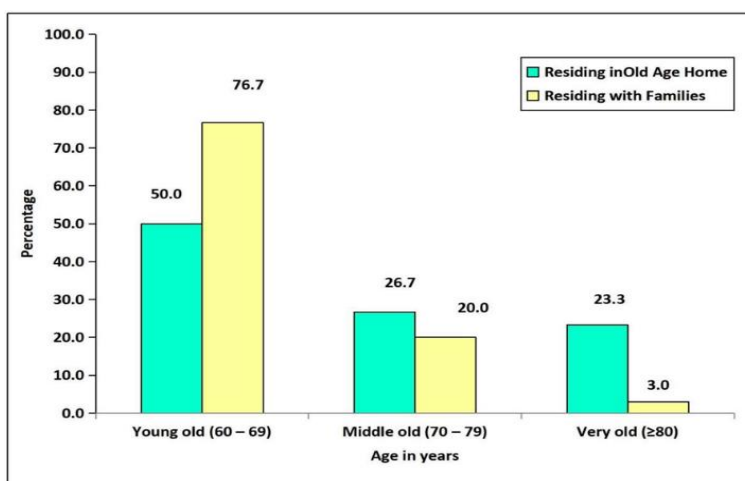


Figure 2: Percentage distribution of age of the elderly residing in old age home and with families

SECTION B: ASSESSMENT OF LEVEL OF DEPRESSION AMONG THE ELDERLY RESIDING IN OLD AGE HOME AND WITH THE FAMILIES.

Table 2: Frequency and percentage distribution of level of depression among the elderly residing in old age home and with the families.

N = 60(30+30)

Level of Depression	Residing in old age home		Residing with families	
	F	%	F	%
Mild (≤5)	2	6.7	0	0
Moderate (6 – 10)	23	76.7	28	93.3
Severe (11 – 15)	5	16.6	2	6.7

The table 2 shows that among the elderly residing in old age home, 23(76.7%) had moderate level of depression, 5(16.6%) had severe depression and 2(6.7%) had mild depression and among the elderly residing with families, 28(93.3%) had moderate depression and 2(6.7%) had severe depression.

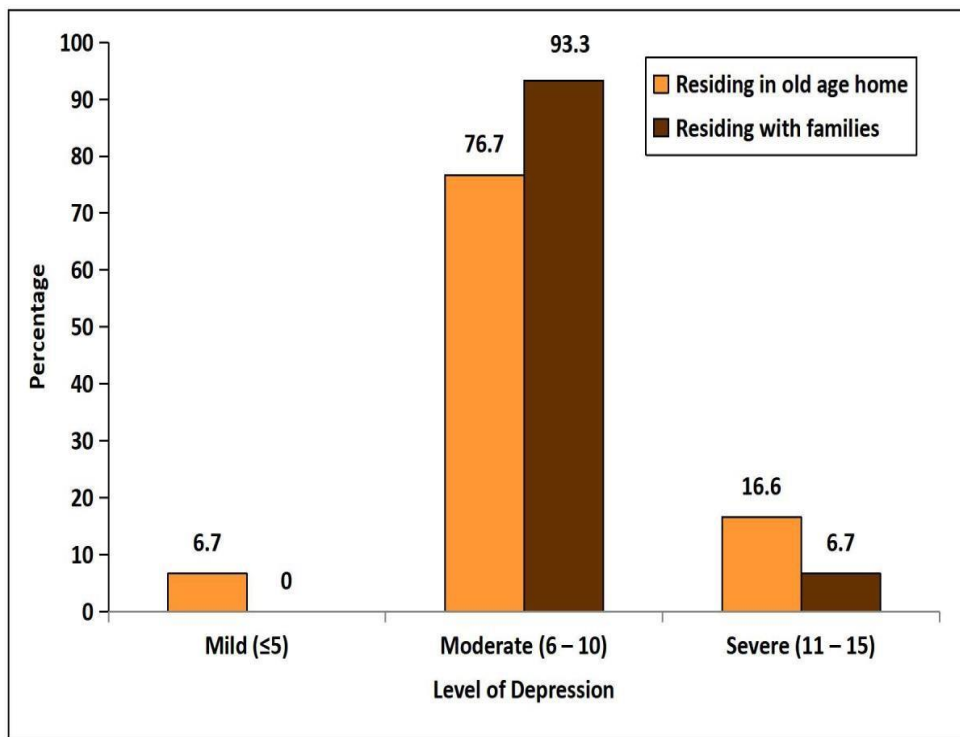


FIGURE 3: Percentage distribution of level of depression among the elderly residing in old age home and with the families

SECTION C: COMPARISON OF LEVEL OF DEPRESSION BETWEEN THE ELDERLY RESIDING IN OLD AGE HOME AND WITH THE FAMILIES.

Table 3: Comparison of level of depression between the elderly residing in old age home and with the families. N = 60(30+30)

Elderly	Mean	S.D	Mean Difference score	Student Independent ‘t’ test & p-value
Residing in old age home	8.73	1.87	0.07	t = 0.158 p=0.875, N.S
Residing with families	8.66	1.34		

N.S – Not Significant, $p>0.05$

The table 3 depicts that the mean score of depression among the elderly residing in old age home was 8.73 ± 1.87 and the mean score among elderly residing with families was 8.66 ± 1.34 . The mean difference score was 0.07. The calculated student independent ‘t’ test value of $t = 0.158$ was not statistically significant at $p<0.05$ level. This clearly shows that there was no significant difference in the level of depression experienced by the elderly residing in old age home and elderly residing with families.

SECTION D: ASSOCIATION OF LEVEL OF DEPRESSION AMONG THE ELDERLY RESIDING IN OLD AGE HOME AND WITH THE FAMILIES WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

Table 4: Association of level of depression among the elderly residing in old age home with their selected demographic variables.

N = 30

Demographic Variables	Mild		Moderate		Severe		Chi-Square Test & p- value
	F	%	F	%	F	%	
Gender							$\chi^2=1.178$
Male	1	3.3	15	50.0	2	6.7	d.f=2 p=0.555
Female	1	3.3	8	26.7	3	10.0	N.S
Age							$\chi^2=11.351$
Young old (60 – 69)	1	3.3	13	43.3	1	3.3	d.f=4 p=0.023
Middle old (70 – 79)	1	3.3	7	23.3	0	0	S*
Very old (≥ 80)	0	0	3	10.0	4	13.3	

Marital status							$\chi^2=2.957$
Living with spouse	0	0	3	10.0	0	0	d.f=4
Divorced	0	0	8	26.7	1	3.3	p=9,565 N.S
Widowed	2	6.7	12	40.0	4	13.3	
Education							$\chi^2=0.674$
Illiterate	1	3.3	6	20.0	1	3.3	d.f=2
Literate	1	3.3	17	56.7	4	13.3	p=0.714 N.S
Chronic illness							$\chi^2=1.186$
Yes	2	6.7	17	56.7	3	10.0	d.f=2
No	0	0	6	20.0	2	6.7	p=0.553 N.S
Financial security							$\chi^2=0.059$
Yes	1	3.3	10	33.3	2	6.7	d.f=2 p=0.971
No	1	3.3	13	43.3	3	10.0	N.S

shows that the demographic variable age ($\chi^2=11.351$, $p=0.023$) had statistically significant association with level of depression among the elderly residing in old age home at $p<0.05$ level and the other demographic variables did not show statistically significant association with level of depression among the elderly residing in old age home at $p<0.05$ level.

Table 5: Association of level of depression among the elderly residing with families with their selected demographic variables. N = 30

Demographic Variables	Moderate		Severe		Chi-Square Test & p-value
	F	%	F	%	
Gender					$\chi^2=4.286$
Male	8	26.7	2	6.7	d.f=1 p=0.038
Female	20	66.7	0	0	S*
Age					$\chi^2=0.652$
Young old (60 – 69)	21	70.0	2	6.7	d.f=2 p=0.722 N.S
Middle old (70 – 79)	6	20.0	0	0	
Very old (≥ 80)	1	3.3	0	0	
Marital status					$\chi^2=0.074$
Living with spouse	27	90.0	2	6.7	d.f=1 p=0.786 N.S
Divorced	-	-	-	-	
Widowed	1	3.3	0	0	
Education					$\chi^2=0.852$
Illiterate	22	73.4	1	3.3	d.f=1
Literate	6	20.0	1	3.3	p=0.356 N.S
Chronic illness					$\chi^2=0.164$
Yes	18	60.0	1	3.3	d.f=1 p=0.685 N.S
No	10	33.3	1	3.3	
Financial security					$\chi^2=1.875$
Yes	14	46.7	2	6.7	d.f=1 p=0.171 N.S
No	14	46.7	0	0	

* $p<0.05$, S – Significant, N.S – Not Significant

MAJOR FINDINGS OF THE STUDY:

On classification of level of depression among the old age residing people of 30 samples and family include old age people of 30 samples .It shows that among the elderly residing in old age home, 23(76.7%) had moderate level of depression, 5(16.6%) had severe depression and 2(6.7%) had mild depression and among the elderly residing with families, 28(93.3%) had moderate depression and 2(6.7%) had severe depression. On comparing the depression state among elderly residing in old age home and with the families it shows the mean score of depression among the elderly residing in old age home was 8.73 ± 1.87 and the mean score among elderly residing with families was 8.66 ± 1.34 . The mean difference score was 0.07.The calculated student independent t test value of t 0.158 was not statistically significant at $p<0.05$ level. This clearly shows that there was no significant difference in the level of depression experienced by the elderly residing in old age home and elderly residing with families. On correlation with selected demographic variables on level of depression among the elderly residing in old age home shows that the demographic variable age ($\chi^2=11.351$, $p=0.023$) had statistically significant association with level of depression among the elderly residing in old age home at $p<0.05$ level and the other demographic variables did not show statistically significant association with level of depression among the elderly residing in old age home at $p<0.05$ level. On correlation with selected demographic variables on level of depression among the elderly residing with families it shows that the demographic variable gender ($\chi^2=4.286$, $p=0.038$)

had statistically significant association with level of depression among the elderly residing with families at $p < 0.05$ level and the other demographic variables did not show statistically association with the level of depression among the elderly residing with families at $p < 0.05$ level.

CONCLUSION:

The study concluded that the elderly people residing in old home having more depression (the mean value shows 8.73) more than the elderly people residing with the families (the mean values shows 8.66). The study is help to the families members and health care workers to find and help to reduce the depression and elderly people who residing in the old age home The table 5 shows that the demographic variable gender ($\chi^2 = 4.286$, $p = 0.038$) had statistically significant association with level of depression among the elderly residing with families at $p < 0.05$ level and the other demographic variables did not show statistically significant association with level of depression among the elderly residing with families at $p < 0.05$ level.

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