

COMPARISON ON LEVEL OF DEPRESSION BETWEEN ELDERLY RESIDING AT OLD AGE HOME AND WITH FAMILIES OF SELECTED COMMUNITY, 2005-2007

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Abstract

Healthy aging requires sound mental health and aging related developmental adjustment with the changing demands of the life. the study was conducted with the view to assess and compare the level of depression of the elderly residing with the family and old age home using descriptive design and non-probability sampling (n=50) among elderly aged between 60-85 years. Depression rating scale was used to measure the level of depression. The major findings of this study reveals the elderly residing at old age home had higher level moderate level of stress (20%) than elderly residing with home (8%). Depression is a integral part of aging in India ,due to multiple co-morbidity in aging, lack of social support ignorant about the self engaging strategies etc..Multidisciplinary approach and care is essential in our Indian communities for the care and support of elderly with more of self engaging strategies of the elderly.

Key Words: Depression in elderly, old age home, elderly residing with family

INTRODUCTION

Mental health of the elderly reports to an individual's ability to negotiate the daily challenges and social interactions of life, without experiencing undue emotions or behavioural incapacity. Successful progression through life's stages with satisfactory resolution of developmental tasks results in feelings of completeness and integration for the older adults. WHO Report (2003) on aging and health reported that in developed countries approximately 1-3% of people aged over 65 suffer from severe depression with further 10-15 % suffering milder forms of depression.

Older adults have disproportionately more of depression which is a pervasive disorder that extinguishes the spark of life. It is often unrecognized in the older adults and has the potential to destiny the quality of life, if not life itself. Depression eliminates joy, laughter, empathy, happiness and loves. Finally it slams the gates to the outside world, leaving its victim alone and isolated.

Analysis these levels of coping with the problem some individuals make good adaptation and some find it difficult.

Objectives

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

Design

A Non experimental descriptive design comparing the level of depression of the elderly residing at old age home and with families.

Setting

Satyalock Charitable Trust, Porur, Chennai and Avadi semi urban community, Chennai.

Participants

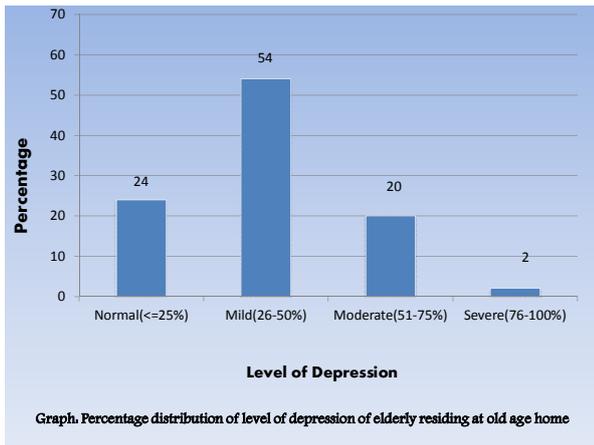
50 elderly aged between 60 to 85 years were selected from old age home by using non probability convenient sampling techniques and 50 elderly from selected community. Thus totally 100 elderly participated.

Measurement and tools

Elderly level of depression was assessed by using a structured interview schedule, which had the rating scale.

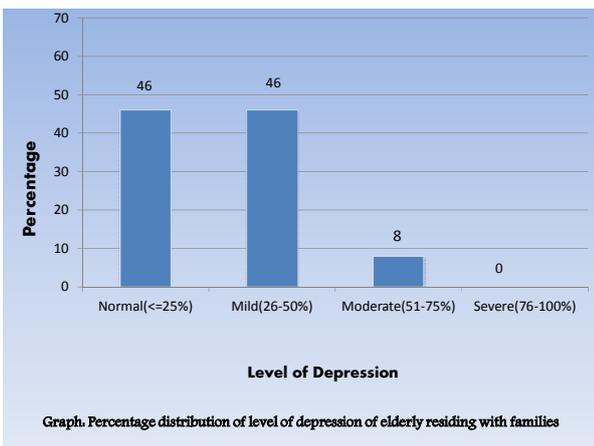
Findings

Majority 27(54 %) had mild level of depression,10(20%) had moderate level of depression and 1(2%) had severe level of depression of elderly residing at old age home and 23(46%) each had normal and mild level of depression and 4(8%) had the severe level of depression . Among the demographical variable the history of physical illness had a high statistical influence on the level of depression of elderly residing in the old age home. Religion had a high statistical significance association with the level o depression. There is a high statistical significance in the level of depression of elderly residing at old age home and with families of selected community.



Implication for practices

The level of depression of elderly residing at old age home and with families suggest that the mental health nurse needs to help the elderly to achieve improved quality of life. Future research suggest that the psychiatric nurse can undertake an experimental studies with matched control group to elicit the specific needs of the elderly and to measure the psycho education programme.



KEY CONCLUSION

The study concluded that majority of the study population had mild level of depression and there was a high statistical significant difference between the level of depression of the elderly residing at old age home and with families. Therefore proactive measures should be taken to improve the coping strategies of the elderly.

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