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### RESEARCH ARTICLE

#### A COMPARATIVE STUDY TO ASSESS THE LEVEL OF DEPRESSION AMONG THE ELDERLY LIVING IN OLD AGE HOMES AND COMMUNITY, PUDUCHERRY

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#### Abstract

Depression is a state of mental illness. It is characterized by deep, long lasting feelings of sadness or despair. Depression can change an individual's thinking/feelings and also affects his/her social behaviour and sense of physical well-being. It can affect people of any age group, including young children and teens. It can run in families and usually starts between the ages of 15 and 30 years. Women and elderly people are more commonly affected than men. There are several types of depression such as major depression it is a change in mood that lasts for weeks or months. It is one of the most severe types of depression. Dysthymia is a less severe form of depression but usually lasts for several years. Psychotic depression a severe form of depression associated with hallucinations and delusions. Seasonal depression, occurring only at certain time of the year usually winter, also known as 'winter blues'. Some of the common factors that may cause depression are genetics, trauma and high levels of stress, mental illnesses such as schizophrenia and substance abuse, postpartum depression (women may develop depression after the birth of the baby), serious medical conditions such as heart disease, cancer and HIV, use of certain medications, alcohol and drug abuse, individuals with low self-esteem, trauma and high levels of stress due to financial problems, breakup of a relationship or loss of a loved one. The signs and symptoms of depression include feeling of sadness and loneliness, loss of interest in activities once found enjoyable, feeling of hopelessness, worthlessness or excessive guilt, fatigue or loss of energy, sleeping too little or too much, loss of appetite, restlessness and being easily annoyed. Diagnose the depression based on the detailed history and sign and symptoms of the individual. Laboratory tests such as blood tests to screen for alcohol/drugs in blood. Psychological evaluation of the individual's thoughts, feelings and behaviour patterns. The most common treatments of depression are Counselling & Psychotherapy, Medication, Electroconvulsive therapy. Medications such as anti-depressants are given to help balance chemicals in the brain known as 'neuro transmitters'. Electroconvulsive therapy (ECT) is carried out in case the treatment with other therapies such as medications has failed. Preventive measures include regular exercise, healthy diet and stable relationships.

**Statement Of The Problem:** A comparative study to assess the level of depression among the elderly living in old age homes and community, Puducherry' ' .

**Objectives:** To assess the level of depression among the elderly. • To compare the level of depression among elderly residing in old age home and those living in community. • To associate the level of depression among elderly with their selected demographic variables.

**Materials and Methods:** The investigator obtained formal permission from Hospital authority and Institutional Ethical Committee of Sri Manakula Vinayagar Medical College and Hospital. The study was conducted at help age India old age home and thirubhuvanai community area, Puducherry. The period of data collection was four weeks .The study was conducted quantitative research approach ,descriptive research design and convenient sampling technique was used to select the sample .The sample size was 60 elderly depression patient, 30 were inmates of old age home and 30 were living in community. The investigator explained the procedure to the clients and assessed level of depression among elderly people' s. After obtaining oral consent primarily the demographic data was obtained from the samples. Standardized Hamilton depression rating scale prepared by the investigator was used to assess the level of depression among the elderly living in old age homes and community. This scale consists of 17 items. The data variables were collected from the elderly residing at help age India and thirubhuvanai community area .This was continued for 15-20 minutes in a day. Sample is reassessed to analyze the intervention on depression. Data analysis was done using descriptive and statistical analysis.

**Result:** The findings shows that, the mean score of the level of depression among the elderly living in the old age homes was  $16.47 \pm 4.637$  and the community was  $12.73 \pm 6.341$ .The calculated independent ' t ' test value of  $t = -2.603$  shows statistically significant difference between Comparison between the level of depression among the elderly living in old age homes and community respectively.

**Conclusion:** Out of 60 samples in Frequency and percentage wise distribution of level of depression among the elderly living in old age homes and community .In old age homes, Majority of the elderly10 (33.3%) had moderate level of depression, 9 (30%) had severe level of depression, 8 (26.7%) had mild level of depression, 2 (6.7%) had extremely severe level of depression and 1 (3.3%) had normal level.

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## Introduction:-

‘Nobledeedsandhotbathsarethebestcuresfordepression’

Dodiesmith.

Depression is a state of mental illness. It is characterized by deep, longlasting feelings of sadness or despair. Depression can change an individual's thinking/feelings and also affectshis/hersocialbehaviourandsenseofphysicalwell-being.Itcanaffectpeopleofanyagegroup,including young children and teens. It can run in families and usually starts between the agesof15and30years. Womenandelderlypeoplearemorecommonlyaffected thanmen.

Thereareseveraltypesofdepressionsuchasmajordepressionitisachangeinmoodthatlastsfor weeks or months. It is one of the most severe types of depression. Dysthymiais a lesssevere form of depression but usually lasts for several years. Psychotic depression a

severe form of depression associated with hallucinations and delusions. Seasonal depression, occurring only at certain time of the year usually winter, also known as 'winter blues'. Depression is a mood disorder that involves a persistent feeling of sadness and loss of interest. It is different from the mood fluctuations that people regularly experience as a part of life.

Some of the common factors that may cause depression are genetics, trauma and high level of stress, mental illnesses such as schizophrenia and substance abuse, postpartum depression (women may develop depression after the birth of the baby), serious medical conditions such as heart disease, cancer and HIV, use of certain medications, alcohol and drug abuse, individuals with low self-esteem, trauma and high levels of stress due to financial problems, break up of relationship or loss of a loved one. The signs and symptoms of depression include feeling of sadness and loneliness, loss of interest in activities once found enjoyable, feeling of hopelessness, worthlessness or excessive guilt, fatigue or loss of energy, sleeping too little or too much, loss of appetite, restlessness and being easily annoyed. Diagnose the depression based on the detailed history and sign and symptoms of the individual. Many a times the individual is asked a series of questions to help screen/check for depression symptoms. Specific examinations include physical examination of the individual such as height and weight measurement. Examination of the vital signs such as blood pressure, heart rate and temperature.

Laboratory tests such as blood tests to screen for alcohol/drugs in blood. Psychological evaluation of the individual's thoughts, feelings and behaviour patterns.

The most common treatments of depression are Counselling & Psychotherapy, Medication, Electroconvulsive therapy. Counselling allows individuals to understand and accept the initial cause of depression. It can help address low self-esteem or relationship issues or persistent negative thinking. Psychotherapy - For mild to moderate depression, psychotherapy may be the best treatment option. There are two main types of psychotherapy commonly used to treat depression. Cognitive-behavioural therapy (CBT) helps change negative ways of thinking and behaving. Interpersonal therapy (IPT) helps people understand and work through troubled personal relationships that may have caused depression.

Medications such as anti-depressants are given to help balance chemicals in the brain known as 'neurotransmitters'. Electroconvulsive therapy (ECT) is carried out in case the treatment with other therapies such as medications has failed. ECT is a procedure during which controlled amount of electricity is introduced into the brain in conjunction with anesthesia and muscle relaxant medications. It helps restore the balance of neurotransmitters by causing the brain to produce a mild generalized seizure (lasting for about 30 seconds). Depression can lead to some severe complications such as emotional, behavioural, health and even legal/financial problems, relationship difficulties, social isolation and even suicide. Preventive measures include regular exercise, healthy diet and stable relationships. They are helpful in keeping stress low and thereby reduce the chances of feeling depressed again.

### Review Of Literature:-

**Viktor Voroset al., (2020) was conducted a study on Untreated depressive symptom significantly worsen quality of life in old age and may lead to the misdiagnosis of dementia.**

A cross-sectional study, self-administered questionnaires and clinical screening tools were used to assess Quality of life, depressive symptoms and cognitive functions of 60 older persons over the age of 65. In this study, the results were Males found to be depressed (53.8 vs 40.4%) and cognitively declined (53.8 vs 48.9%) more frequently; and had higher scores on the depression (6.85 vs 5.32) and lower on the Quality of life (47.38 vs 50.19) scales.

Depressed older persons had lower cognitive levels (24.39 vs. 21.52) and their Quality of life was significantly poorer (53.97 vs. 43.85) than that of the non-depressed subjects. Depressive symptoms were detected in almost half of the older adults (43.9%), and the majority (80.77%) did not receive antidepressant medication. The study concluded that depressive and cognitive symptoms found to be common among older people, but were not recognized and treated in most cases.

### Statement of the problem:

**"A comparative study to assess the level of depression among the elderly living in old age homes and community, Puducherry".**

**Objectives Of the study:-**

1. To assess the level of depression among the elderly.
2. To compare the level of depression among elderly residing in old age home and those living in community.
3. To associate the level of depression among elderly with their selected demographic variables.

**Assumption:**

Depression patient may have lack of concentration and stress because of decrease Cognitive function.

**Materials and Methods:-**

This chapter describes the research methodology followed a comparative study to assess the level of depression among the elderly living in old age homes and community, Puducherry. It deals with methodology adopted for the study and include the research approach, research design, sampling techniques, sampling criteria, study variables, data collection procedure, selection of the tool, tools for data collection.

**Section –A:**

This section consists of demographic variables such as age, sex, religion, occupation, education status, marital status, type of family, family income, duration of staying in old age home, family history of medical illness, History of medical illness.

**Section-B:**

This section consists of standardized Hamilton depression ratings scale prepared by the investigator was used to assess the level of depression among the elderly living in old age homes and community. This scale consists of 17 items. The data variables were collected from the elderly residing at help age India and Thirubhuvana community area. This was continued for 15-20 minutes in a day. Sample is reassessed to analyze the intervention on depression.

Hamilton depression scale [HDRS]:

Total Score	Level of depression
0-7	Normal
8-13	Mild Depression
14-18	Moderate depression
19-22	Severe depression Very
> 23	Severe depression

**Research approach:**

A quantitative approach was adopted for the present study.

**Research design:**

A cross-sectional descriptive research design was chosen for this present study.

**Setting:**

The study was conducted at the help age India old age home and Thirubhuvana community area, Puducherry.

**Population:**

1. Population is the number of people who meet the criteria that the research was established to study.
2. Population refers to all elderly people's.

**Sample:**

Sample of the study comprises of elderly depression patient at the help age India old age home and Thirubhuvana community area, Puducherry

**Sample size:**

The sample size consists of 60 elderly depression patients, 30 were in inmates of help age in old age home and 30 were living in Thirubhuvana community area.

**Sample techniques:**

The convenient sampling techniques used for their present study.

**Criteria for sample selection:****Inclusion criteria:**

1. Both male and female.
2. Patient who have been living in old age home.
3. Patient who are willing to participate in the study.

**Exclusion criteria:**

1. Patient with depressive behaviour.
2. Elderly people who are terminally ill.
3. Patient who are not willing to participate in the study.

**Result:-**

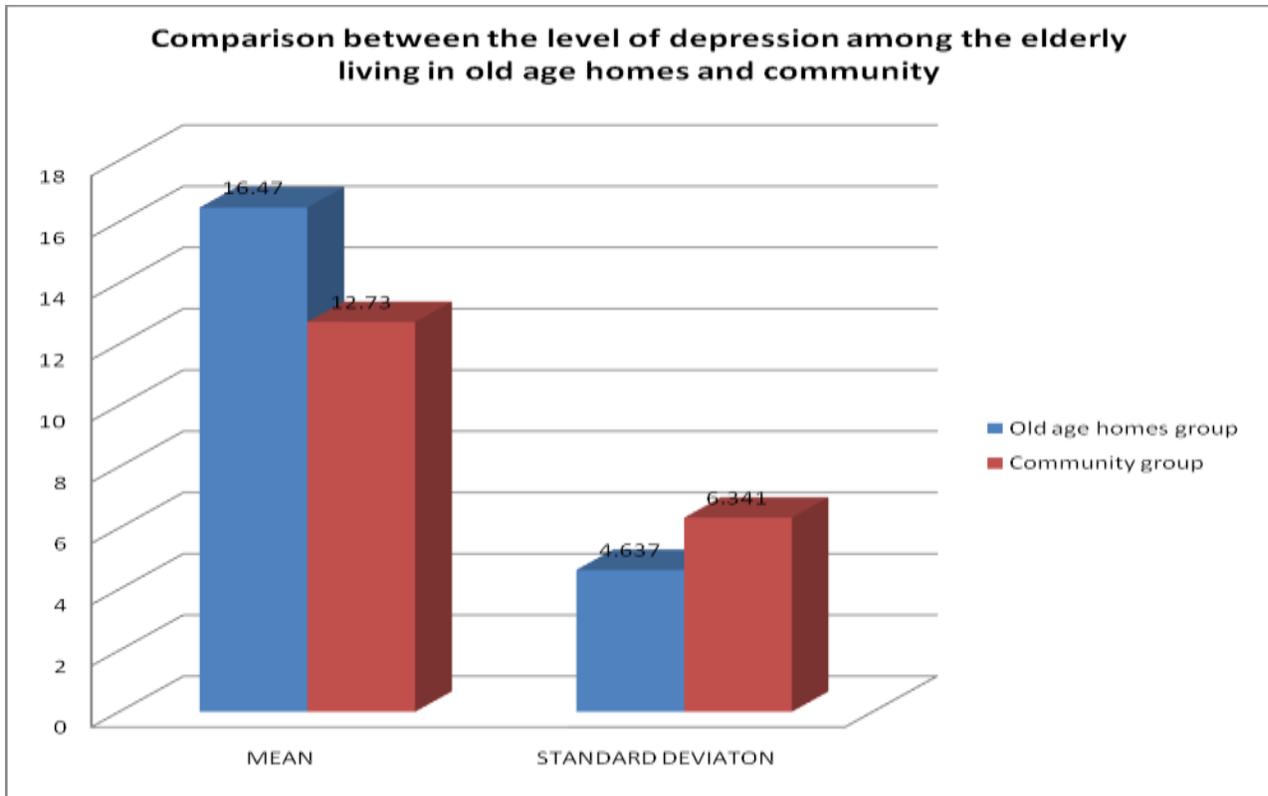
The findings show that, the mean score of the level of depression among the elderly living in the old age homes was  $16.47 \pm 4.637$  and the community was  $12.73 \pm 6.341$ .

The calculated independent 't' test value of  $t = -2.603$  shows a statistically significant difference between comparison between the level of depression among the elderly living in old age homes and community respectively.

**Table 4.3:-** Comparison between the level of depression among the elderly living in old age homes and community. (N=60(30+30)).

GROUP	MEAN	STANDARD DEVIATION	MEAN DIFFERENCE	't' VALUE (independent test)	df	'p' VALUE
OLD AGE HOMES	16.47	4.637	-3.733	-2.603	58	0.012 * S
COMMUNITY	12.73	6.341				

\*-p<0.05 significant



**Fig 4.6:-** Comparison between the level of depression among the elderly living in old age homes and community.

### Conclusion:-

The aim of present study was to assess the level of depression among the elderly living in helpage india old age home and Thirubhuvanai community area, Puducherry. The study was conducted quantitative research approach, descriptive research design and convenient sampling technique was used to select the sample. The sample size was 60 elderly depression patient, 30 were inmates of old age home and 30 were living in community. The investigator explained the procedure to the clients and assessed level of depression among elderly people's

The study was analyzed using descriptive statistics (frequency, mean, standard deviation) and statistics (chi-square test). The data was analyzed based on the objectives of the study.

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