
**A comparative study to assess the prevalence and level of
depression among elderly living in selected old age home and
elderly living with family in selected community area of Bilaspur
Chhattisgarh**

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ABSTRACT

A comparative study was carried out on 60 sample in selected elderly people of old age home and community Bilaspur (C.G.) to assess prevalence and level of depression among elderly people, data collection tool included the prevalence and level of depression among elderly people by structured tool and self-prepared questionnaire tool , experts determine the content and validity of tools.

For generating necessary data the prevalence and level of depression inventory was developed which consist of 6 demographical variables, 20 checklist question to assess prevalence of depression and Likert scale consist of 30 question to assess level of depression among elderly. The reliability of questionnaire was established by Karl Pearson correlation coefficient technique the internal consistency by the Cronbach alpha (correlation alpha) method and found to be reliable.

Pilot study was conducted on 12 samples to check the feasibility and practicability of the questionnaire. The mains study was conducted on 60 sample (30 from old age home 30 from community). In old age home 70% had no depression and 30% had depression, in community 36.66% had no depression and 63.33% had depression. In old age home 50% (15) had mild depression 50%(15) had moderate depression, in community 40%(12) had mild depression, 56.66%(17) had moderate depression and 33.33(1) with severe depression. The prevalence of depression is found to be high in elderly of old age home than elderly in community and the level of depression is high in elderly of community than elderly in old age home .The hypothesis was tested by using chi square test and found that there is an association between the prevalence of depression in old age home with education and in community there is significant association between sex and previous occupation of elderly.

KEY WORDS: *prevalence, depression, elderly, old age home*

INTRODUCTION

Potter and Perry (2005) states that ageing is a life spanning process of growth and development from birth to death. old age is an integral part of the whole, brining fulfilment and self-actualization. The ageing process occurs in every living species as also in human being by greying of hair, wrinkling of skin, hardening of arteries aches and pain in joints and

weakening of eye sight. The way that older adults to the change of ageing depends on the individual for the same individual adaptation and adjustment are relatively easy, whereas for other individuals coping with ageing changes may require the assistance of family, friends and health care professionals.

OBJECTIVES

- To assess prevalence and level of depression among elderly living in old age home
- To assess prevalence and level of depression among elderly living with family
- To compare the prevalence and level of depression among elderly living in old age home and elderly living with family.
- To find out the association between prevalence of depression and selected socio demographic variables

Research design- Non experimental comparative research design

Research setting- old age home- Kaylan Kunj Vridhashram, Bilaspur (C.G.)

Community area- Gondpara Bilaspur (C.G.)

Population- elderly living in old age home and elderly living with family.

Sample- 60-80 years of elderly.

Sampling technique- purposive sampling technique

Inclusion criteria-: the study includes elderly who are:

60-80 year old

Present at the time of data collection

Willing to participate in the study

Residing in selected old age home and community area

Exclusion criteria-: the study includes elderly who are:

Not 60-80 year old

Not present at the time of data collection

Not willing to participate in the study

Not residing in selected old age home and community area

Development of tool

The steps followed in preparing the tool were:

1. Review of literature.
2. Consultation with the guide and subject experts.
3. Preparation of blue print.
4. Content validity.

Description of the tool

Part I-Socio- demographic variable- It consist of population age, sex, education, previous occupation, type of family elderly belongs, elderly children's are of elderly.

Part II- A- checklist- It consist of 20 question presence or absence of each item may indicated by checking yes or no.

B-Likert scale-Consist of 30 question used to measure attitude, values and feeling of elderly.

Validity- To ensure content validity, the tool along with blueprint, criteria checklist were submitted to seven experts – five in the field of mental health nursing, one from psychiatrist to assess the prevalence of depression and level of depression among elderly. The experts were requested to give their opinion regarding accuracy, relevance, and appropriateness of the content against the criterion rating scale, which had columns for agree, disagree and suggestions. As per the guidance and experience changes have been made and item are modified.

Reliability of the tool- the Karl Pearson correlation coefficient technique is frequently used to estimate the internal consistency by the Cronbach alpha (correlation alpha) method and the test was found to be reliable $r = 0.09$.

Pilot study- the pilot study was conducted on 12 elderly people ages between 60 -80 years,6 elderly from mother Teresa old age home and 6 elderly living with family in Mangla Bilaspur (C.G.) to assess the feasibility of the study.

Data analysis and interpretation-section 1- frequency distribution of subject based on socio-demographic data in terms of age in old age home 43.33%(13) belong to 60- 65 years 26.66% (8) belongs to 76-80 years 16.66%(5) were from 71-75% and 13.33% (4) belongs to 66-70 year. In community 26.66% (8) from age group 60-65 year, 26.66% (8) belongs to 71-75 years, 23.33% (7) from 66-70 year, 23.33% (7) were from 76-80 year of age. In terms of sex from old age home 50% (15) were male and 50% (15) was female, in community 50% (15) were male and 50%(15) was female. In terms of education in old age home 60% (18) elderly was literate and 40% (12) was illiterate in community 86.66% (26) elderly was literate and 13.33% (4) was illiterate. In terms of previous occupation in old home 10% (3) was in govt. job, 23.33% (7) private job, 10% (3) self-business, and 56.66%(17) never in job, in community 20%(6) govt. job, 16.66%(5) private job, 26.66%(8) had self-business and 36.66% (11) was never in job. On the basis of type of family elderly belongs in old age home 66.66%(20) was from nuclear family, 23.33%(7) from joint family, and 10%(3) from single family, in community 66.66%(20) was from nuclear family, 33.33% (10)was from joint family and 0% from single family. In terms of elderly children's in old age home 66.66%(20) elderly had their own children 3.33%(1) had adopted children , 3.33%(1) had cousin, 28.66%(8) had no child in community 96.66% (29) had their own children 0% adopted, 0% cousin ,3.33%(1) no child.

Section -2-analysis of data related to prevalence of depression by frequency percentage in old age home 70% had no depression and 30% had depression, in community 36.66% had no depression and 63.33% had depression.

Section-3- analysis of data related to level of depression score in old age home 50%(15) had mild depression50%(15) had moderate depression, 00%(0) severe depression, in community

40%(12) had mild depression, 56.66%(17) had moderate depression and 33.33(1) with severe depression.

Section- 4 comparison of prevalence of depression between elderly living in old age home and community ANOVA test used the mean prevalence of depression score of old age home is 48 and the mean prevalence of depression score of community is 28.86 there is differences in prevalence the finding shows that the prevalence is more in old age home elderly than community

Section- 5 Comparison of level of depression between elderly living in old age home and community ANOVA test is used the mean level of depression score of old age home is 66.86 and mean level of depression score of elderly in community is 75.06 the finding shows that the level of depression is more in community than old age home

Section -6- chi-square analysis to find out association between the prevalence of depression and selected socio demographic variable in old age home there is significant association between the education and prevalence of depression of elderly people (chi-square 12.32) at 0.05 level of significance, in community there is significant association between sex and prevalence of depression of elderly (chi square 3.39) and previous occupation (chi square 12.2) at 0.05 level of significance.

CONCLUSION:

The prevalence of depression is more in elderly of old age home than elderly in community and the level of depression is more in elderly of community than elderly in old age home

Limitation:

1. The study is limited to the selected area old age home and families of Bilaspur (C.G.)
2. The study was confined to only sixty elderly people which limits the generalization of the findings.
3. The study was limited to only for assessment of prevalence and level of depression and did not involves the teaching on reducing stress.

Recommendations

Based on the findings of the study, the following recommendations are stated:

1. A similar study can be done on larger sample
2. A similar study can be done in hospital
3. An evaluative study can be done in old age home and community to see the effectiveness of teaching.

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