



## A study to assess level of depression among elderly in the view to develop information booklet in selected areas of Aurangabad city, Maharashtra

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### Abstract

**Statement:** A Study to assess level of depression among elderly in view to develop information booklet in selected areas of Aurangabad City, Maharashtra.

**Objective** 1.To assess depression level among the elderly person. 2. To find out association between study findings with their selected demographic variable.

**Research methodology:** A cross sectional survey approach with descriptive research design was used. 50 elderly residing in selected area of Aurangabad city were selected by using purposive sampling technique. A 15 items Geriatric Depression Scale (GDS) questionnaire was used for data collection.

**Results:** There was highest percentage 74% of them were in mild level of depression, 26% of them were in moderate level in depression

**Keywords:** assess, depression, elderly, information booklet

### Introduction

Ageing is a progressive state, beginning with conception and ending with death, which is associated with physical, social and psychological changes. There has been a considerable increase in the absolute and relative numbers of older people in the world population of both developed and developing countries in the 20th century. Approximately 580 million elderly people (60 years and above) in the world, around 335 million live in developing countries. Nowadays, the life expectancy in more than 20 developing countries is 72 years or above. <sup>(1)</sup> India is growing old! The stark reality of the ageing scenario in India is that there are 77 million older persons in India today, and the number is growing to grow to 177 million in another 25 years. With life expectancy having increased from 40 years in 1951 to 64 years today, a person today has 20 years more to live than he would have 50 years back.<sup>(2)</sup> Though depression is the commonest mental health problem in old age, very few community based studies have been conducted in India to understand the problem. With increasing trend of the concept of old age homes in India, the present study was designed to evaluate the depression among elderly and to recommend suggestive measures to prevent or reduce it.<sup>(3)</sup>

### Problem Statement

“A Study to assess level of Depression among Elderly in the view to develop information booklet In Selected areas of Aurangabad City, Maharashtra.”

### Objectives of the study

1. To assess depression level among the elderly person.
2. To find out association between study findings with their selected demographic variable. Selected areas

### Methodology

- **Research Approach:** Cross Sectional Survey Approach.
- **Research Design:** Non Experimental Descriptive study design
- **Setting of the study:** Study was conducted in selected areas of Aurangabad city.
- **Sample Size:** 50 elderly as per inclusion criteria
- **Sampling Technique:** Non probability purposive sampling technique was used.

### Inclusion Criteria

1. Participants aged 60 years and above.
2. Willing to participate in the study
3. Who are permanent residents of Aurangabad city.
4. Both gender i.e. male and female

### Exclusion Criteria

1. Those who are not willing to participate in a study.
2. Those who are not able to read and write Marathi and English.
3. Elderly person with mental illness

### Tool and Technique

Structured questionnaires were used for data collection. The questionnaires comprises of two sections. **Section A** - deals with demographic data of participants. **Section B**- comprises of a scale known as short Geriatric Depression Scale – 15, created by Yegavage *et al.*, which has been tested and used extensively to measure depression among the elderly. It is a short questionnaire that consists of 15 questions. Scores of more than 5 indicate mild depression, and scores of more than 5 are considered to be moderate and score more than 10 indicates severe depression. The scale was translated into

Marathi language for data collection

**Legal and ethical aspects**

Permission was obtained from Principal, Shiva Trust’s A.C.O.N., Aurangabad.

**Result**

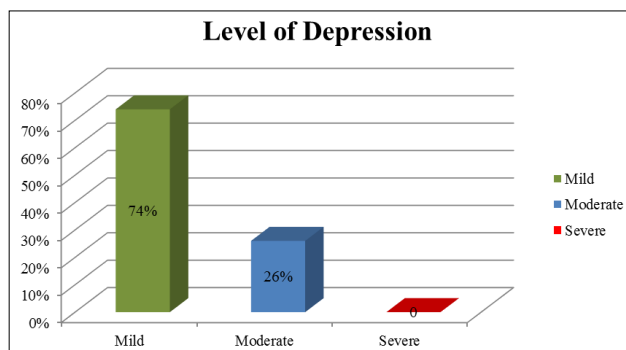
**Section A**

**Table 1:** Demographic data analyzed using frequency and percentage

Demographic Variables		Frequency	Percentage
Age	a) 65-69 years	34	68%
	b) 70 -74 years	11	22%
	c) 75-80 years	4	8%
	d) 80 More than	1	2%
Gender	a) Male	24	48%
	b) Female	26	52%
Education	a) Literate	43	86%
	b) illiterate	07	14%
Occupation	a) job/occupation	04	08%
	b) None	46	92%
Marital status	a) Married	49	98%
	b) Unmarried	01	02%
	c) Divorced	-	-
	d) Separate	-	-
Religion	a) Hindu	37	74%
	b) Muslim	-	-
	c) christen	-	-
	d) other	13	26%
Family monthly income	a) Less than 10000/.	33	66%
	b) 10000-15000	12	24%
	c) 15000-20000	04	08%
	d) More than 20000	01	02%
Types of family	a) Joint family	44	88%
	b) Nuclear family	06	12%
Number of child in family	a) 1	15	30%
	b) 2	16	32%
	c) 3 and more	17	34%
	d) none	02	04%
Number of family members	a) 2	06	12%
	b) 3	03	06%
	c) 4	03	06%
	d) 5 or more	38	76%

**Section B**

Deals with analysis of data related to level of depression among elderly.



**Fig 1:** Calculation of sample according to level of Depression

Above graph shows that there was highest percentage 74% of them were in mild level of depression, 26% of them were in

moderate level in depression and there were no any sample in severe level of depression.

**Table 2:** Association of knowledge regarding problems of Assess the level of depression among the elderly person in selected areas at Aurangabad (N=50)

Demographic Variables		Mild	Moderate	Severe	Chi-Square Value	P-Value
Age	a) 65-69 years	28	06	-	53.52	7.82
	b) 70 -74 years	09	02	-		
	c) 75-80 years	04	00	-		
	d) 80 More than	01	-	-		
gender	a) Male	22	02	-	50	3.84
	b) Female	19	07	-		
Education	a) Literate	36	07	-	25.92	3.84
	b) illiterate	05	03	-		
occupation	a) job/occupation	04	-	-	35.28	3.84
	b) None	37	09	-		
Marital status	a) Married	42	07	-	42.16	7.82
	b) Unmarried	01	-	-		
	c) Divorced	-	-	-		
	d) Separate	00	00	-		
Religion	a) Hindu	37	06	-	73.04	7.82
	b) Muslim	-	00	-		
	c) christen	-	00	-		
	d) other	10	03	-		
Family monthly income	a) Less than 10000/.	24	09	-	50	7.82
	b) 10000-15000	12	-	-		
	c) 15000-20000	03	01	-		
	d) More than 20000	01	-	-		
Types of family	a) Joint family	35	09	-	28.88	3.84
	b) Nuclear family	05	01	-		
Number of child in family	a) 1	13	02	-	10.94	7.82
	b) 2	15	01	-		
	c) 3 and more	11	06	-		
	d) none	02	-	-		
Number of family members	a) 2	05	01	-	70.04	7.82
	b) 3	01	02	-		
	c) 4	03	-	-		
	d) 5 or more	31	07	-		

**Implications**

- 1. Nursing Education:** Nursing educators can educate nurses about screening techniques of depression.
- 2. Nursing Service:** Nurse can implement different screening tools to identify depression among elderly in community area or in the hospital set up.
- 3. Nursing Administration:** Nurse Administrators can arrange camps for elderly population, where screening for depression can be undertaken to find out prevalence, causes and for preventive measures
- 4. Nursing Research:** Nurse Researchers can undertake more extensive studies based on the findings and methodology of this study, to identify carouses and to provide intervention to reduce and prevent depression
- 5. Mental health Nursing:** Mental health nursing based on the study of findings we can find out the level of depression and common precipitating factors for causation of depression, it will be effective for them to manage their related problems.

**Recommendations**

On the basis of the findings of the study following

recommendations have been made for further study

1. The same study can be conducted for a longer period to get more reliable results.
2. The qualitative study can be conducted to assess the level of depression among the elderly.
3. The study can be done in various settings, e.g., work places, old age homes, community areas, etc.

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