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## Association between the depression and the level of human functioning among the elders

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### Abstract

**Introduction:** In a current scenario globally the old age population growing constantly because of advanced health care facilities. Meanwhile these group of people suffering with lot of physical and psychological and social problems that is challenging them to live happily in a society. Many of these elders experiencing depression which is hidden and intern that is directly or indirectly affecting their human functioning and social association. Still many of them were unaware of their depression status and how to resolve those. With this brief introduction the present study was conducted to investigate the association between the depression and the level of human functioning among the elders.

**Methods:** This study was carried out on 200 elderly people in both men and women residing in Ghanekhunt Lote villages of Ratnagiri District, Maharashtra. The tools used were depression and independent Scale.

**Results:** revealed a significant association between depression and level of human functioning.

**Conclusion:** There is a direct association between the level of depression and human functioning.

**Keywords:** Physical problem, psychological problem, social problem, human functioning, depression

### Introduction

Depression is less common among elders as compared to other age group people, but consequences are severe among them. Over 50% of older adults shown depression symptoms in later stage of life <sup>[1]</sup>. Although suicidal attempts are less in elders but they are close with other symptoms of depression and most commonly they suffer with cognition problems, somatic symptoms, and loss of interest in routine activities that intern results in reducing the level of human functioning. Another common problem of the elderly is disability. In old age, other than natural aging process problems there is a complication of existed chronic disease can be seen most commonly <sup>[2]</sup>.

In general, social functioning refers to “an individual’s ability to perform and fulfil normal social roles”, which is impaired means that is considered an important sign of depression. As per US National Comorbidity Survey report, because of depression affects social role domain in 43.5%, which is internally damages the interpersonal and marital functioning too. The poor social functioning results social emotional disturbances, like difficulties in understanding and controlling social emotions <sup>[3, 4]</sup>.

Further, the poor interpersonal relationships might depict in deprived self-motivation, altered sympathy and empathic response to social interactions and a reduced capacity to come up with effective solutions for interpersonal problems. Furthermore, the reduced expressiveness in nonverbal communication of depressed individuals such as a reduced tendency to smile is likely to be interpreted as uninterested, impolite, inattentive by opposite partners who are interesting to interact with them <sup>[5]</sup>.

As research evidences says that depression individuals are more likely to poor in engaging and problem-solving capabilities and thereby facing difficulties in solving stressful life events. Past researches documented depression may also have associated with the uptake of negative health practices. Despite suggestive evidence, however, prospective studies linking depression to health outcomes remain relatively strong. In particular, certain studies have examined the influence of depression in the maintenance of functional health status across the life course. As a researcher I hypothesized that depression have strong association with the functioning level of elders both physical and mental <sup>[6, 7]</sup>.

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All these problems and symptoms prove that there is a necessary of holistic care with systematic planning and cooperation of the healthcare system is very much essential to address seniors and their family member’s expectations. Hence the support provided should promote actions to improve and create environments conducive to maintaining the independence of the elderly. Such actions will contribute to reducing health care costs and to improving the quality of life of the elderly [8].

**Materials and Methods**

A cross-sectional study was conducted between February and March 2022, at Pir Lote and Ghanekhunt Lote village, of Shiv Primary health centre, Khed Taluka, Ratnagiri District, Maharashtra. The study included the interested elders aged 60 years and above of both sexes. During the data collection the informed consent was taken from each participant and the purpose of the study was explained in detail. The study included total 200 elders residing in Pir Lote and GhanekhuntLote villages of Ratnagiri District, Maharashtra.

Inclusion criteria: Subjects who are willing to participate in the study. Subjects aged 60years and above. Subjects who can read and understand Hindi or English. Inclusion criteria: Subjects who are chronically ill at the time of data collection. Subjects who are having chronic symptoms associated with past disease.

**Research tools**

1. Geriatric Depression Scale (GDS-15) was used for assessment of depression levels.
2. EASY Care Standard questionnaire 2010. Was used to assess level of independent functioning was assessed in 7 domains: I: seeing, hearing and communicating (4 items); II: looking after yourself (13 items); III: getting around (8 items); IV: your safety (5 items); V: your

accommodation and finance (3 items); VI: staying healthy (7 items); and VII: your mental health and well-being (9 items).

**Results**

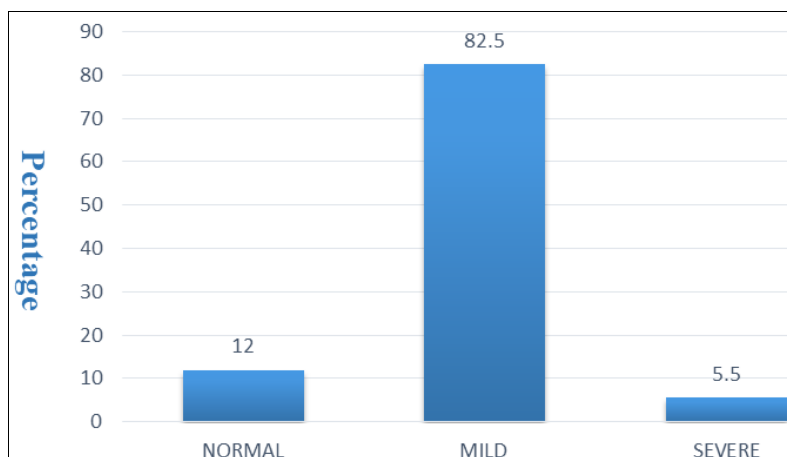
**Table 1:** Demographic characteristics

Demographic characteristics	Classification	Frequency and Percentage (%)
Gender	Male	131 (65.5%)
	Female	69 (34.5%)
Age	60-69 Years	127 (63.5%)
	Above 70 Years	73 (36.5%)
Place of residence	Rural	132 (66%)
	Urban	68 (34%)
Marital status	Widower	3 (1.5%)
	Widow	86 (43%)
	Divorced	3 (1.5%)
	Married	108 (54%)
Educational status	Elementary	69 (34.5%)
	Secondary	75 (37.5%)
	Higher	56 (28%)
Form of residence	Single	66 (33%)
	With a couple	80 (40%)
	With a family	54 (27%)

In demographic characteristics, in gender 131(65.5%) were males, age 127(63.5%) were belongs to the 60-69 years of age, 132 (66%) were living in rural areas, 108(54%) were married, in education 75(37.5%) were maximum studied secondary education, in form of residence 80 (40%) were living with their either wife or husband.

**Level of depression**

In level of depression, 24 (12%) were having normal depression, 165 (82.5%) were in Mild depression, 11(5.5%) Were in Severe depression.



**Fig 1:** Level of depression

**Level of functioning**

**Table 2:** Descriptive of the items of the EASY-Care Standard questionnaire 2010

Item	Categories	Frequency and Percentage (%)
<b>Seeing, hearing, and communicating</b>		
Can you see (with glasses if worn)?	Yes	92(46%)
	With difficulty	106 (53%)
	Cannot see at all	2(1%)
Can you hear (with hearing aid if worn)?	Yes	92(46%)

	With difficulty	106 (53%)
	Cannot hear at all	2(1%)
Do you have difficulty in making yourself understood because of problems with your speech?	No difficulty	184 (92%)
	Difficulty with some people	13 (6.5%)
	Considerable difficulty with everybody	3 (1.5%)
Can you use the telephone?	Without help, including looking up numbers and dialling	107 (53.5%)
	With some help	87 (43.5%)
	Or are you unable to use the telephone?	6 (3%)
<b>Looking after yourself</b>		
Can you keep up your personal appearance? (e.g., brush hair, shave, put make-up on, etc.)	Without help Or do you need help	161 (80.5%)
	With keeping up your personal appearance?	39 (19.5%)
Can you dress yourself?	Without help (including buttons, zips, laces, etc.)	78 (39%)
	With some help (can do half unaided)	120 (60%)
	Or are you unable to dress yourself?	2 (1%)
Can you wash your hands and face?	Without help	198 (99%)
	Or do you need some help?	2 (1%)
Can you use the bath or shower?	Without help	114 (57%)
	Or do you need some help?	86 (43%)
Can you do your housework?	Without help (clean floors, etc.)	129 (64.5%)
	With some help (can do light housework, but need help with heavy work)	29 (14.5%)
	Or are you unable to do any housework?	42 (21%)
Can you prepare your own meals?	Without help (plan and cook full meals yourself)	69 (34.5%)
	With some help (can prepare some things but unable to cook full meals yourself)	131 (65.5%)
	Or are you unable to prepare meals?	--
Can you feed yourself?	Without help	189 (94.5%)
	With some help	11 (5.5%)
	Or are you unable to feed yourself?	--
Do you have any problems with your mouth or teeth?	No	128 (64%)
	Yes	72 (36%)
Can you take your own medicine?	Without help (in right doses and at the right time)	77 (38.5%)
	With some help (if someone prepares it for you and/or reminds you to take it)	123 (61.5%)
	Or are you unable to take your medicine?	--
Have you had any problems with your skin?	No	193 (96.5%)
	Yes	7(3.5%)
Do you have accidents with your bladder (incontinence of urine)?	No accidents	180(910%)
	Yes occasional accident (less than once a week)	20 (10%)
	Or do you have frequent accidents (once a day or more) or need help with urinary catheter?	--
Do you have accidents with your bowels (incontinence of faeces)?	No accidents	193 (96.5%)
	Yes occasional accident (less than once a week)	7 (3.5%)
	Or do you have frequent accidents or need to be given an enema?	--
Can you use the toilet (or commode)?	Without help (can reach toilet/commode, undress sufficiently, clean self and leave)	188 (94%)
	With some help (can do some things, including wiping self)	12 (6%)
	Or are you unable to use the toilet/commode?	--
<b>Getting around</b>		
Can you move yourself from bed to chair, if they are next to each other?	Without help	197 (98.5%)
	With some help	3 (1.5%)
	Or are you unable to	--
	Move from bed to chair?	
Do you have problems with your feet?	No problems	166 (83%)
	Some problems	34 (17%)
Can you get around indoors?	Without help (including carrying any walking aid)	168 (84%)
	In a wheelchair without help With some help	22 (11%)
	Or are you confined to a bed?	10 (5%)
Can you manage stairs?	Without help (including carrying any walking aid)	161 (80.5%)
	With some help	16 (7.5%)
	Or are you unable to manage stairs?	24 (12%)
Have you had any falls in the last twelve months?	None	141 (70.5%)
	One	27 (13.5%)
	Two or more	16 (16%)
Can you walk outside?	Without help (including carrying any walking aid)	138 (69%)
	With some help Or are you unable to walk outside?	62 (31%)
Can you go shopping?	Without help (taking care of all shopping needs yourself)	140 (70%)

	With some help (need someone to go with you on all shopping trips Or are you unable to do	20 (10%)
	Any shopping?	40 (20%)
Do you have any difficulty in getting to public services?	No difficulty	190 (95%)
	With some help	10 (5%)
	Unable to get to public services	--
<b>Your safety</b>		
Do you feel safe inside your home?	Yes	106 (53%)
	No	94 (47%)
Do you feel safe outside your home?	Yes	185 (92.5%)
	No	15 (7.5%)
Do you ever feel threatened or harassed by anyone?	Yes	45 (22.5%)
	No	155 (77.5%)
Do you feel discriminated against for any reason?	Yes	198 (99%)
	No	2 (1%)
Is there anyone who would be able to help you in case of illness or emergency?	Yes	180 (90%)
	No	20 (10%)
<b>Your accommodation and finance</b>		
In general, are you happy with your accommodation?	Yes	171 (85.5%)
	No	29 (14.5%)
Are you able to manage your money and financial affairs?	Yes	33 (16.5%)
	No	167 (83.5%)
Would you like advice about financial allowances or benefits?	Yes	132 (66%)
	No	38 (34%)
<b>Staying healthy</b>		
Do you take regular exercise?	Yes	30 (15%)
	No	170 (85%)
Do you get out of breath during normal activities?	No	137 (68.5%)
	Yes	63 (31.5%)
Do you smoke any tobacco? (e.g., cigarettes, cigars, pipe)	No	192 (96%)
	Yes	8 (4%)
Do you think you drink too much alcohol?	No	187 (93.5%)
	Yes	13 (6.5%)
Has your blood pressure been checked recently?	Yes	58 (29%)
	No	142 (41%)
Do you have any concerns about your weight?	No concerns	97 (48.5%)
	Weight loss	99 (49.5%)
	Being overweight	4 (2%)
Do you think you are up to date with your vaccinations?	Yes	187 (93.5%)
	No	13 (6.5%)
<b>Your mental health and well-being</b>		
Are you able to pursue leisure interests, hobbies, work and learning activities which are important to you?	Yes	91(45.5%)
	No	109(54.5%)
In general, would you say your health is:	Excellent	58 (29%)
	Very good	103 (51.5%)
	Good	39 (19.5%)
Do you feel lonely?	Never	15 (7.5%)
	Rarely	10 (5%)
	Sometimes	45 (22.5%)
	Often	75 (37.5%)
	Always	56 (27.5%)
Have you suffered from any recent loss or bereavement?	No	31 (15.5%)
	Yes	169 (84.5%)
Have you had any trouble sleeping in the past month?	No	49 (24.5%)
	Yes	151 (75.5%)
Have you had bodily pain in the past month?	No	53 (26.5%)
	Yes	147 (73.5%)
During the last month, have you often been bothered by feeling down, depressed or hopeless?	No	5 (2.5%)
	Yes	195 (97.5%)
During the last month, have you often been bothered by having little interest or pleasure in doing things?	No	153(76.5%)
	Yes	47 (23.5%)
Do you have any concerns about memory loss or forgetfulness?	No	142 (71%)
	Yes	58 (29%)

**Table 3:** Association between depression and level of functioning

Level of functioning	Depression	Inference at 0.05 level
<b>Seeing, hearing, and communicating</b>		
Can you use the telephone?	10.31	S*
<b>Looking after yourself</b>		
Can you keep up your personal appearance? (e.g., brush hair, shave, put make-up on, etc.)	8.34	S*
Can you dress yourself?	15.05	S*
Can you use the bath or shower?	6.82	S*
<b>Getting around</b>		
Can you get around indoors?	<b>9.81</b>	S*
<b>Staying healthy</b>		
Do you take regular exercise?	13.94	S*
Do you get out of breath during normal activities?	7.96	S*
Do you smoke any tobacco? (e.g., cigarettes, cigars, pipe)	6.81	S*
Has your blood pressure been checked recently?	8.17	S*

## Discussion

The majority of the samples, were aged 60- 69 years. Most of them belongs to gender male group, maximum of them live in rural areas, most of them got married, living with either wife or husband and completed secondary education. Additionally, most of the participants presented had mild depression 165 (82.5%).

Table 2: Descriptive of the items of the EASY Care Standard questionnaire 2010-

In domain I- 106 (53%) having difficulty to see and hear, 184 (92%) having no difficulty in understanding, 107 (53.5%) can use the telephone without help.

In domain II-161 (80.5%) can maintain their personal appearance without any help, 120 (60%) Can dress with themselves, 198 (99%) of them can wash their hands and face without help, 114 (57%) Can use the bath or shower without help, 129 (64.5%) Can do housework without help, 131 (65.5%) Can prepare own meals with some help, 189 (94.5%) can feed themselves without help, 128 (64%) don't have any problems with mouth or teeth, 123 (61.5%) Can take own medicine with some help, 193 (96.5%) doesn't had any skin problems, 180(910%) had no incontinence of urine problem, 193 (96.5%) Don't have accidents related with bowels, 188 (94%), Can use the toilet without help,

In domain III- 197 (98.5%) can move themselves from bed to chair without help, 166 (83%) Don't have any problems with feet, 168 (84%) Can get around indoors without help, 161 (80.5%) Can manage stairs without help, 141 (70.5%) none had any falls in the last twelve months, 138 (69%) Can walk outside without help, 140 (70%) Can go shopping without help, 190 (95%) had no difficulty in getting to public services.

In domain IV- 106 (53%) Does feel safe inside their home, 185 (92.5%) Does feel safe outside their home, 155 (77.5%) Doesn't feel threatened or harassed by anyone, 198 (99%) Doesn't feel discriminated against for any reason, 180 (90%) somebody is there to help them in case of illness or emergency.

In domain V- 171 (85.5%) In general, happy with accommodation, 167 (83.5%) Aren't able to manage their money and financial affairs, 132 (66%) Would like to advice about financial allowances or benefits.

In domain VI-170 (85%) doesn't perform regular exercise, 137 (68.5%) Don't get out of breath during normal activities, 192 (96%) don't smoke any tobacco, 187 (93.5%) don't drink too much alcohol, 142 (41%) Hasn't checked their blood pressure recently, 99 (49.5%) concerns about weight loss, 187 (93.5%) yes they are up to date with vaccinations.

In domain VII- 109(54.5%) Aren't able to pursue leisure interests, hobbies, work and learning activities which are important to them, 103 (51.5%) In general, would say their health is good, 75 (37.5%) often feel lonely, 169 (84.55) yes suffered from any recent loss or bereavement, 151 (75.5%) yes had trouble in sleeping in the past month, 147 (23.5%) had bodily pain in the past month, 195 (97.5%) During the last month, they often been bothered by feeling down, depressed or hopeless, 153(76.5%) During the last month, not been bothered by having little interest or pleasure in doing things, 142 (71%) not concerned about memory loss or forgetfulness.

Table 3: Association between depression and level of functioning; in domain I- Can you use the telephone?, Domain II- Can you keep up your personal appearance? (e.g., brush hair, shave, put make-up on, etc.), Can you dress yourself?, Can you use the bath or shower?, Domain III- Can you get around indoors?, Domain VI- Do you take regular exercise?, Do you get out of breath during normal activities?, Do you smoke any tobacco? (e.g., cigarettes, cigars, pipe), has your blood pressure been checked recently? Found an association with depression levels.

## Conclusion

On the basis of obtained findings, there is a significant association with on the basis of obtained findings, there is a significant association with seeing, hearing, and communicating, Looking after yourself, Getting around, and Staying healthy with levels of depression.

## Conflict of Interest

Not available

## Financial Support

Not available

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