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Baby Shakuntala
Ph.D. Scholar,
Shri Jagdishprasad Jhabarmal
Tibrewala University,
Vidyanagari, Jhunjhunu,
Rajasthan, India

Dr. Anupama Vinay Oka
Associate Professor,
K.D.A. College of Nursing,
Andheri (W), Mumbai,
Maharashtra, India

To compare the level of depression among elderly men and women residing at selected old age home in Sindhudurg

Baby Shakuntala and Dr. Anupama Vinay Oka

Abstract

Background: Old age comes with a lot of different health concerns and diseases. The most common mental and neurological disorder in old age group is dementia and depression, which affect approximately 5% and 7% of the world older population respectively.

Methodology: A quantitative approach with descriptive comparative research design was adopted for the study. The samples from the selected old age home from Sindhudurga were selected using convenient sampling technique. The sample consisted of 50 elderly people (25 male and 25 female). The tools used for data collection was elderly depression scale.

Results: The major findings of the study revealed that, majority of the elderly men residing in old age home had 17 (68%) mild level of depression whereas 8(32%) had mild level of depression. The data collected from elderly women residing in old age home revealed that majority of elderly women 14(56%) had moderate level of depression while other had 11(44%) mild level of depression.

Conclusion: From the data analysis and the findings of the presence study, it is concluded that, there was significant difference between the moderate level of depression between elderly men and women residing in old age home.

Keywords: Depression, elderly men, elderly women, old age home

Introduction

Aging in was all aspect of the organism and largely characterized by a decline in functional efficiency and decreased capability to compensate and recover from stress. As an individual advance from infancy to old age accumulate a wealth of impression skills and develop his own lifestyle.^[1]

An increase life expectancy is an outstanding achievement of this century all over the world, but this has brought with new public health challenges. It means that, elderly people are living longer and that demographic changes are being reflected in the age pyramid.^[2]

Old age comes with a lot of different health concerns and diseases. The most common mental and neurological disorder in old age group is dementia and depression, which affect approximately 5% and 7% of the world older population respectively.^[3]

Depression is the most common psychiatric disorder in old age people and about one in ten patient from some form of depression is an illness that affects both the mind and the body and is a leading cause of disability depressed productivity and high suicide rates. In a study by the world Health Organization [WHO] conducted at 14 sites the most common diagnosis in old age was depression. Depression is estimated to affect 340 million people and among them 160 million people are in old age globally.^[4]

WHO report on aging and health reported that in developed countries approximately 1 to 3% of people aged over 65 suffer from severe depression. Higher suicidal rates are associated with undiagnosed rates of depression. 25% completed suicides are above 65 years. Suicide rates for depression in men over 65 to 85 times higher than for younger men. Although the actual level in developing countries are not known precisely it requires age and Cultural Event measure of depression.^[5]

Currently, depression is the third leading contributor to the global diseases, burden and will rise to first place by 2030.^[6] The prevalence of depression in the present study was 41.6%. These may be affected due to ongoing coronavirus disease 2019 (COVID-19) pandemic and country wide lockdown during the study period.^[7]

A greater prevalence of depression in women also reflected in prescription for antidepressant medication.^[8]

Corresponding Author:
Baby Shakuntala
Ph.D. Scholar,
Shri Jagdishprasad Jhabarmal
Tibrewala University,
Vidyanagari, Jhunjhunu,
Rajasthan, India

So the higher incidence of depression among the elderly women are seen due to the causes contributing for depression is family history, lack of income, loss of spouse, loneliness, retirement, widow and so on. Hence, the worldwide study shows that the level of depression in women is higher as comparative to men in elderly population.³

To emphasize this result we have planned to execute the comparative study to assess the depression level in women and men in elderly population residing at old age home in sindhudurg.

Objectives:

1. To assess the level of depression among elderly men residing in old age home.
2. To assess the level of depression among elderly women residing in old age home.
3. To compare the level of depression among elderly men and women.
4. To find out the association between the level of depression among elderly men and women with selected demographic variables.

Methodology

Research Approach: Quantitative Research Approach
 Research Design: Descriptive comparative study
 Sampling technique: Non-Probability; Convenient
 Sampling Technique
 Sample size: 50 (Male =25, Female = 25)
 Setting of study: Selected old age home of Sindhudurg

Tool used for data collection: Following tools used for the data collection

- **Part I: Demographic data:** It consists of 7 items related to demographic data of participants
- **Part II: Geriatric depression scale:** The Short Form GDS consisting of 15 questions was developed in 1986. Of the 15 items, 10 indicated the presence of depression when answered positively, while the rest (question numbers 1, 5, 7, 11, 13) indicated depression when answered negatively. Scores of 0-4 are considered normal, depending on age, education, and complaints; 5-8 indicate mild depression; 9-11 indicate moderate depression; and 12-15 indicate severe depression.

Procedure of data collection:

Formal administrative permission was obtained by selected old age home administration. Samples were selected as per the sampling criteria. The purpose of the study was explained and co-operation required from the respondents was explained to them. Confidentiality was assured. Consent to participate in the study was obtained from each sample. The data was collected by mixed method of self administration and interview method and it took 30-40 minutes to collect data by each sample.

Results

Section 1: Socio - Demographic Profile

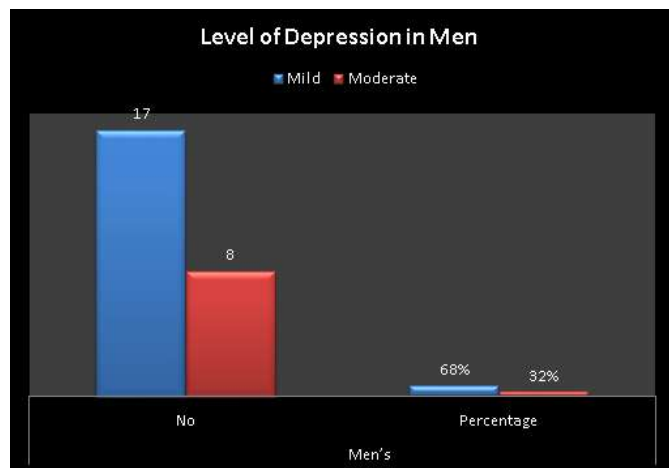
Table 1: Frequency and percentage distribution of participants according to socio demographic variables n= 25+25

SR. NO	Study of variables	Male		Female	
		Frequency	%	Frequency	%
1	Age in (year)				
	55-60	13	52%	12	48%
	61-65	7	28%	10	40%
	66-70	5	20%	3	12%
2.	Religion				
	Hindu	17	68%	14	56%
	Muslim	5	20%	5	20%
	Christian	3	12%	6	24%
3	Education				
	Illiterate	4	16%	3	12%
	Primary school	12	48%	14	56%
	Middle school	4	16%	2	8%
	High school	3	12%	4	16%
	Degree	2	8%	2	8%
4	Marital status				
	Widow/widower	10	40%	14	56%
	Divorced/separated	4	16%	2	8%
	Unmarried	2	8%	2	8%
5	Type of family				
	Nuclear	18	72%	16	64%
	Joint	7	28%	9	36%
6	Reasons to join old age home				
	Nobody to look after in the family	15	60%	18	72%
	Does not wish to stay with the family.	10	40%	7	28%
7	Duration of stay in old age home				
	Less than 6 months	3	12%	2	8%
	6 to 12 months	4	16%	6	24%
	1 to 2 years	8	32%	8	32%
	More than 2 years	10	40%	9	36%

Table 2: Classification of elderly men's level of depression according to score N=25

Level of depression	Sore	Men's	
		No	Percentage
Mild	5-8	17	68%
Moderate	9-11	8	32%
Total		25	100%

The above table shows the level of mild depression and moderate depression in the elderly men's residing in old age home. In the table it is noticeable that majority of men i.e. 17(68%) had mild level of depression and remaining of 8(32%) of men's had moderate level of depression.

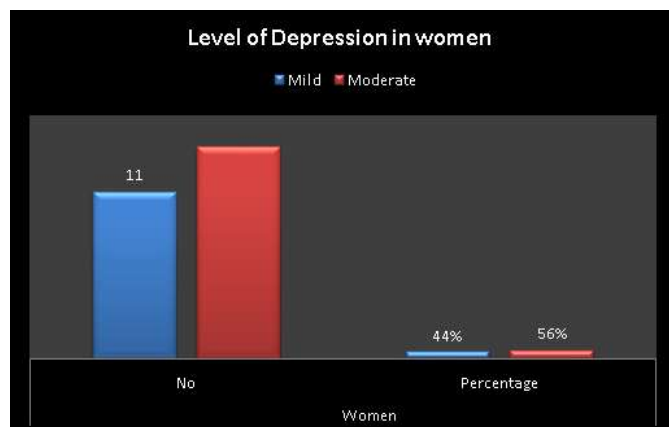


Graph 1: Classification of elderly men's level of depression according to score

Table 3: Classification of elderly women's level of depression according to score N=25

Level of depression	Score	Women	
		No	Percentage
Mild	5-8	11	44%
Moderate	9-11	14	56%
Total		25	100%

The above table shows the level of mild depression and moderate depression in the elderly women residing in old age home. In the table it is noticeable that majority of women i.e. 14(56%) had moderate level of depression and remaining of 11(44%) of women's had mild level of depression.



Graph 2: Classification of elderly women's depression according to score

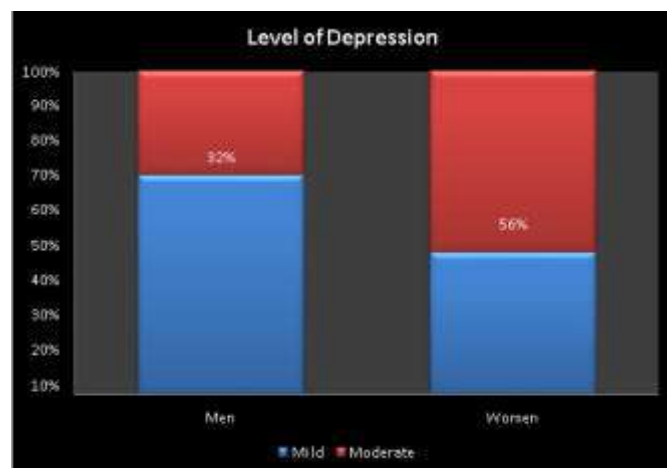
Table 4: Comparison of level of Depression among the elderly men and women N=50

Level of Depression	Score	Men		Women	
		Frequency	Percentage	Frequency	Percentage
Mild	5-8	17	68%	11	44%
Moderate	9-11	8	32%	14	56%
Total		25	100%	25	100%

The above table shows that the comparison of level of depression of elderly men and women residing in old age home.

The elderly men shows that majority of them had a mild level of depression i.e. 17(68%) and remaining of 8(32%) had a moderate level of depression.

The elderly women shows that 11(44%) of had mild level of depression and there is significant association of moderate level of depression i.e. 14 (56%).



Graph 3: Comparison of level of Depression among the elderly men and women

Table 5: Comparing the level of depression among the elderly men and women residing in old age home.N:50

MEN			WOMEN			Mean Difference %
MEAN	MEAN%	S.D	MEAN	MEAN%	S.D	
7.62	30.48	1.63	8.46	33.84	4.34	3.36

The above table depicts the mean, mean% and standard deviation of level of depression among the elderly men and women residing in old age home.

Conclusion

The major findings of the study revealed that, majority of the elderly men residing in old age home had 17 (68%) mild level of depression whereas 8 (32%) had moderate level of depression. The data collected from elderly women residing in old age home revealed that majority of elderly women 14(56%) had moderate level of depression while other had 11(44%) mild level of depression. From the data analysis and the findings of the present study, it is concluded that, there was significant difference between the moderate level of depression between elderly men and women residing in old age home. The mean score of 25 elderly men is 7.62 and mean % is 30.48. Whereas it had increased in elderly women. The mean score of elderly women is 8.46 and mean % is 33.84. The standard deviation score of elderly men is 1.63 whereas in elderly women the standard deviation score is 4.34.

Hence there is significant difference between level of depression in elderly men and women. The elderly women show more level of depression than elderly men residing in selected old age home in Sindhudurg.

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