

# A Comparative Study to Assess the Level of Depression among Elderly Men and Women in Selected old Age Home, Surat, Gujarat

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## Abstract

Depression is a potentially preventable disease if appropriate screening and prophylactic strategies are employed. However, lack of knowledge and awareness can result in underutilization of the preventive strategies. We assessed the knowledge among men and women in selected old age home of surat district. We conducted a comparative study on men and women of selected area. Data were collected using a survey method and self-administered questionnaire related to geriatric depression scale. Data analysis was done using descriptive and inferential statistics. **Results:** Data from 60 participants were included in the final analysis. Difference between men and women was 3.7, the median difference between men and women was 4.1, the mode difference between men and women was 2, the standard deviation difference between men and women was 0.54. That is indicate men have more depression rather than women. **Conclusions:** Our study population showed depression of men and women. Preventive interventions including education for individuals with chronic illness, behavioural activation, cognitive restructuring, problem solving skills training, group support, and life review have also received support.

**Keyword:** Old Age Home; Socio-demographic; Public health challenge.

## Introduction

Depression in old age is an emerging public health problem leading to morbidity and disability worldwide. According to World Health Organization, Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration. The WHO estimated that the overall prevalence rate of depressive disorders among the elderly generally varies between 10 and 20%, depending on the cultural

situations. Although India is the second-most populated country in the world, in terms of elderly population of 60 years and above, elderly depression is not yet perceived as a public health problem in India. Depression is a major mental health problem, which is yet to be recognized as an important public health challenge. About 322 million people affected with depression worldwide. Depression is the single largest contributor to global disability (7.5%, 2015) and a major contributor to suicides (~800,000 annually). In India, elderly persons (60 years and above) constitute 8.6% of

the total population (India Census 2011), which is projected to reach 19% by 2050. Thus, depression among elderly population is likely to be a major cause of disease burden in the future.

### Objectives

- To assess the level of depression among the elderly men in selected old age home.
- To assess the level of depression among the elderly women in selected old age home.
- To compare level of depression among elderly men and women in selected old age home.

### Hypothesis

H01=There is no significant difference in depression level among elderly men and women.

### Material and Method

*Research Approach:* Quantitative approach

*Research Design:* Non-experimental comparative survey design

### Variables

*Demographic variable:* The demographic variables of the study is Age, Gender, type of family, income, no. of children, education, etc.

### Selection Criteria

#### Setting of the study

The selection of the men and women was done on the basis of:

- Feasibility of conducting study
- Availability of sample

*Population:* In the present study the population consists were elderly men and women of old age home of Surat, Gujarat.

*Sample/Sample size:* The samples selected for the present study comprises of "The 60 People of Old age home of Surat (30 men and 30 women).

### Recommendation

- A similar study may be conducted on a larger sample for a wider generation.

- Planned health care teaching program can be conducted for providing education to women.
- Study can be conducted by including control and experimental group in the study.

### Finding of the study

The overall mean percentage the mean difference between men and women was 3.7, the median difference between men and women was 4.1, the mode difference between men and women was 2, The standard deviation difference between men and women was 0.54 and the range difference between men and women 0. which shows that both men and women have depression but somewhere men have more depression than the women in old age home.

### Conclusion

Based on the findings of the study, the conclusion to be noted that:

- Elderly Men were having more depression score compare to elderly women.
- There is significant difference regarding depression among elderly men and women.
- There is no significant relationship between socio-demographic variables and depression level of men and women.

### Referance

1. Website: Depression common problem, URL :<https://www.nia.nih.gov/health/depression-and-older-adults>.
2. Website: Serious mood disorder, URL:<https://www.nia.nih.gov/health/depression-and-older-adults>.
3. Website: Leads to morbidity and disability URL <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3016701/>
4. Website: Depression in old age, URL : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3016701/>
5. Website: Depression in elderly lowers the productivity, URL: <https://www.who.int/health-topics/depression>.