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Research Article

PERCEIVED STRESS AND DEPRESSION AMONG ELDERLY PEOPLE RESIDING AT OLD AGE HOME

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ABSTRACT

Introduction: Depression is a common public health issue with the increasing life expectancy world wide and depression is associated with morbidity as well as disability among the elderly. The aim of the study was, to assess the perceived stress and depression among elderly people residing at selected old age homes. **Methodology:** Descriptive survey design and purposive sampling used in the study. 200 subjects who met sampling criteria. The tool consists of three sections, section A: demographic variables, section B: perceived stress scale and section C: geriatrics depression scale. **Conclusion:** The results are 48.5% of samples had slightly higher than average level of perceived stress, 58.5% of samples had mild level depression

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INTRODUCTION

Ageing is inevitable. It is irreversible, progressive and is associated with decline in functions. The individual gradually becomes dependent physically, functionally, socially and economically. Elders usually exhibit multiple health problems with complex interactions. The most common chronic conditions affecting older adults are cardio vascular diseases, cancer, diabetes, osteoarthritis, Alzheimer's disease and psychiatric disorders, most commonly depression and dementia.

The WHO theme of 2012 was "Ageing and Health". The focus is how good health throughout life can help older men and women lead full and productive lives and are recourse for their families and communities. In societies, older people are respected as elders.

Elderly people come voluntarily and some by force to the old age home. The level of stress and depression is more in those elderly people residing in old age home than those elderly people living with families. Elderly people residing in old age home have a feeling of hopelessness, helplessness and worthlessness. Now a day's most of the elderly people are isolated from families.

Hence the researchers felt to conduct the study to assess the stress and depression among elderly people residing at old age homes.

Objectives

- To assess the perceived stress and depression among elderly people residing at selected old age homes.
- To assess the correlation between the perceived stress and depression among elderly people residing at old age homes.
- To associate perceived stress and depression with selected demographic variable.

LITERATURE SURVEY

A study was conducted on about 250 million are over the age of 65 years among 4.37 billion of total world population. The life expectancy of an average Indian has increased from 54 years to 64.6 years in 2002. The population of the people aged 60 years or above is likely to increase to 18.4 percent of the total population. About 13.5 percent of newly admitted elderly home care patients suffered from stress, about 35.8 percent a life stress was an important etiological factors for the most of the psychiatric disorders in old age homes¹¹.

Major reason for old age persons to join old age home is to meet basic needs (50%) and negligence rejection by family members (40%) based on the study conducted by the Department of Human Development and Family studies, Haryana agricultural University, Haryana. Psychological stress among them is high. So, Stress among the old age home residents is high¹⁷.

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Stark Stein S. E. stated that the construct of minor and major depression among seniors in long term residential care and found that twenty six percent of the patients had major depression, twenty six percent had mild depression and 48 percent were not depressed⁸.

Wilson K conducted a study reveals that a prevalence rate of 21 percent and an annual incidence of 12.8 percent (Geriatric depression score of five or more) were found Risk factors associated with prevalence depression include not living close to friends and family, poor satisfaction with living accommodation and poor satisfaction with finances. Subsequent development of clinically significant depressive symptoms was associated with base line increased scores in depression⁹.

METHODS / APPROACH

The research approach used for the present study was quantitative approach. The design adopted was Non-experimental survey design. Perceived stress and depression were the research variables. The population under this study was elderly people residing at old age home Pune city. The samples were from selected old age homes of Pune city and the size was 200. Non Probability sampling technique was adopted to select the representative samples. Data collection tool was consists of three sections;

Section 1:-Demographic data.(Age, Sex, Marital status, Type of old age home, Type of admission, Source of income, Medical illness.), **Section 2:-** Perceived stress scale, **Section 3:-** Geriatric depression scale short form. Permission was taken from the authorities of the old age homes and informed consent was taken from the samples prior to data collection. Samples were assured about the confidentiality of the data. Data collection tool was administered to assess the perceived stress and depression. The duration was 15 min for each participant for data collection.

Table 1 Analysis of Demographic Variables
n=200

Sr.No	Demographic data	Frequency (f)	Percentage (%)
1.1	Age:		
	60-69	75	37.5
	70-79	82	41
	80 and above	43	21.5
1.2	Gender:		
	Male	67	33.5
	Female	133	66.5
1.3	Marital Status:		
	Married	105	52.5
	Unmarried	19	9.5
	Widow	54	27
	Widower	22	11
1.4	Type of old Age Home:		
	Paid	188	94
	Unpaid	12	6
1.5	Type of Admission		
	Voluntarily	124	62
	By family circumstances	76	38
1.6	SOURCE OF INCOME		
	Yes	37	18.5
	No	163	81.5
1.7	Medical Illness		
	Yes	37	18.5
	No	163	81.5

RESULTS / DISCUSSION

Section-I: Demographic data analysis

Table 1 indicates majority (41%) of the samples were from the age group of 70-79 years. Most (66.5%) of them were females. Most (52.5%) of them were married. Most (94%) of the old age homes are paid. Most (62%) of them came voluntarily to old age homes. Only 20% of them have any source of income. Most (81.5%) of the samples were free from medical illness.

Section –II: Perceived stress level among samples

n=200

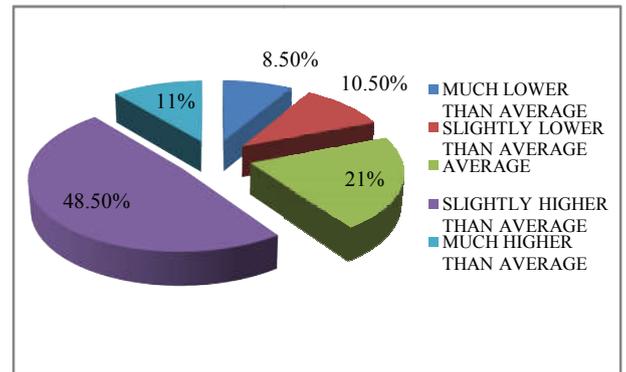


Figure 1 Perceived Stress Level Among The Samples

Figure 1 indicates most (48.50%) elderly people who residing at old age homes had slightly higher than average perceived stress level. It shows the stress level increases to an extent that its starts slightly affecting the health of the people.

Section –III Depression Level among The Samples

Table 2 Analysis of Depression Level among the Samples
n=200

2	Gds Level	Frequency (f)	Percentage(%)
2.1	0 -4 (Normal)	44	22
2.2	5 - 8 (Mild)	117	58.5
2.3	9 - 11 (Moderate)	30	15
2.4	12 - 15 (Severe)	9	4.5

Table no.2 reveals most (58.5%) of the elderly people who residing at old age homes had mild depression. It shows day to day functioning may feel a struggle it is rarely affected in any significant fashion. If it is not treated it may lead to moderate and severe depression & complications

Section –IV: Analysis of correlation between perceived stress and depression

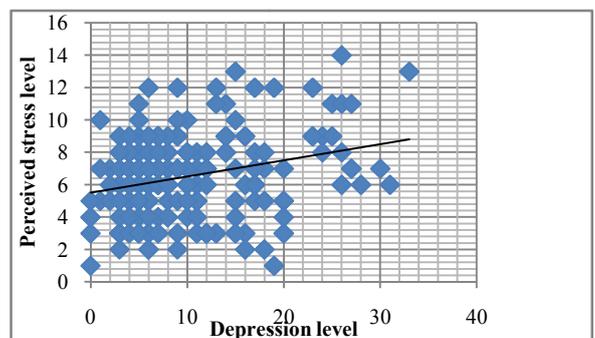


Figure 2 Correlation Between Perceived Stress And Depression

Figure 2 indicates Perceived stress and depression had low degree positive correlation among elderly people residing at old age homes as correlation value was 0.7, but it is not very significant. It indicates if the perceived stress increases then the depression level also increases.

responsibilities and faces challenges which helps in improving standards of nursing and provide quality in hospitals health care.

Section- V: Association with selected demographic Variables

Table- 3 Association of Pss And Gds With Selected Demographic Variables

n=200

S. NO	DD	df	PSS			GDS			
			Chi-square (Calculated value)	Chi-square (Table value)	P Value	Chi-square (Calculate Value)	Chi-square (Table Value)	P Value	
1	Age	8	6.181	15.51	0.6270	6	7.81	12.59	0.2523
2	Gender	4	3.536	9.49	0.4724	3	1.137	7.82	0.7683
3	Marital S.	12	7.844	18.55	0.7972	9	15.845	16.92	0.07020
4	Type Of Old Age Home	4	3.609	9.49	0.4616	3	13.222	7.82	4.180
5	Type Of Admission	8	2.536	15.51	0.9600	3	4.881	7.82	0.1807
6	Source Of Income	8	2.536	15.51	0.9600	6	11.047	12.59	0.08692
7	Medical Illness	4	5.825	9.49	0.2126	3	5.394	7.82	0.1451
8	Chronic Illness	44	40.945	39.336	0.6033	33	47.423	29.335	0.04977

Table no 3 indicates perceived stress & depression among elderly people residing at old age home had significant association with the type of old age home and chronic illness as calculated Chi-square value is more than table value at 0.05 level of significance.

CONCLUSION

Quantitative data was collected regarding stress and depression from 200 elderly people by administering standard stress and depression scale. Descriptive and inferential statistics was used to analysis the data. Analysis revealed that elderly at old age home had slightly higher than average level of perceived stress and mild depression .Significant association with type of old age home and chronic illness was also reported.

Future Scope

The findings of the study have implications for geriatric nursing practice, nursing education, nursing research & nursing administration.

Geriatric Nursing Practice

This study helps nurses to deal with the factors that are responsible for stress and depression among the elderly people and also to help them to get out of it. It also helps to improve the geriatric nursing care.

Nursing Education

Education is a key component in improving the knowledge of an individual. Education in nursing has a vital role to play because the students who are learners today are going to deal with human beings tomorrow. This study helps to educate the students how to take care of the elderly people.

Nursing Research

This study can encourage the other nursing persons to carry out research related to the level of perceived stress and depression among elderly people.

Nursing Administration

Nursing administrator plays a vital role in nursing practice. To bring about any changes in nursing, administrator takes

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