A Study to Assess the Level of Knowledge Regarding Depression Among Elderly People Living in Selected Old Age Home in Lucknow in A View to Develop an Awareness Programme

Libin Babu[1], Shabih Zehra[2], Arushi David[3], Goswami Anjali[4]. Chaudhary Mahima[5]

[1]Associate Professor, Era University, Lucknow
[2]Assistant Professor, Era University, Lucknow
[3]Nursing Tutor, Era University, Lucknow
[4,5] B.Sc. IVth Year Student, Era College of Nursing, Era University, Lucknow

Abstract—Statement- A study to assess the level of knowledge regarding depression among elderly people living in selected old age home in Lucknow in a view to develop an awareness programme.

Introduction

Depression is a widespread mental health problem affecting many people. The other name of depression is Avsad. The lifetime risk of depression in males is 8-12% and in females 20-26%. Highest incidence of depressive symptoms has been indicated in individuals not having close interpersonal relationship and in persons who are divorced or separated. Geriatric depression is a mental and emotional disorder affecting older adults. Due to their older age and potential lower quality of life due to illness, familial deaths, or decreased ability to function independently, older adults are a unique population. Life changes such as death of a spouse, retirement, and persona medical issues can contribute to an older adult experiencing depression.

Objectives

1. **To assess the knowledge regarding depression among elderly people living in selected old age home.**
2. **To find out association between level of knowledge regarding depression among elderly people with selected demographic variables.**

Research methodology- This study was conducted by using quantitative research approach at Aastha Old Age home and Geriatric hospital, Lucknow. In the present study, comparative descriptive research design was be used to achieve the objectives of the study. The total sample size was 42 as calculated statistically. Before conducting the study, informed consent was obtained from the sample. Non-probability convenient sampling technique was used. Data collection was done by using self-structured knowledge questionnaire to assess the level of knowledge regarding depression among elderly people.

Result- The data obtained are tabulated and analyzed by using descriptive and inferential statistics. The statistical analysis of 42 samples shows that 0 (0%) sample had above adequate knowledge, 19 (45.23%) sample had moderate knowledge, 23 (55%) sample had inadequate knowledge.

I. INTRODUCTION

Globally, the number and proportion of people aged 60 years and older in the population are increasing. In 2019, the number of people aged 60 years and to 1.4 billion by 2030 and 2.1 billion by 2050. By 2050, 80 % of all older people will live in low-and middle-income countries.[1]

The prevalence of depressive disorder in the over 60 years old population is about 5.7%. However, it increases with age, to reach the peak of 27% in over-85 individuals. Interestingly, the prevalence still increases and reaches the 49% in those living in communities or nursing homes, regardless of the severity or the definition of depression considered. Late- life depression (LLD) can be distinguished according to the age at which the first depression occurred. Early-onset depression (EOD) identifies the persistence or recurrence in old age of a depression previously diagnosed throughout adulthood, while late-onset depression (LOD) represents a depressive disorder developed in old age. [2]

Depression is chronic disease and it requires specific treatment and therapies. Education and psychological support are the most effective ways to treat depression and also some modifications in life is also important to treat the depression like indulging themselves in different activities so that they can make themselves busy and also tell them to spend some time with there loved ones it will help to reduce the felling of loneliness and isolation in them and exercise has been shown to improve mood and reduce stress like simply move around the block and also provide them a diet rich in fruits, vegetables and whole grains which has been boost the mood and energy levels among them.

II. OBJECTIVE OF THE STUDY

1. To assess the knowledge regarding depression among elderly people living in selected old home.
2. To find out association between level of knowledge regarding depression among elderly people with selected demographic variables.

A. Research approach:

Grover (2015 march) defines "Research approach as the procedures of research that encompasses the steps from wide assumptions to data collection, analysis and interpretation.

In this study quantitative research approach was used to assess the level of knowledge regarding depression among elderly people living in selected old age home in Lucknow, in a view to develop an awareness programme.

Quantitative methodology is the dominant research framework in the social sciences. It refers to a set of strategies, techniques and assumptions used to study psychological, social and economic processes through the exploration of numeric patterns.

In a view of the nature of the problem and to accomplish objectives of the present study a Quantitative Research Approach was considered to be the most appropriate to collect data related to "to assess the level of knowledge regarding depression among elderly people living in selected old age home in Lucknow, in a view to develop an awareness programme."

III. DATA COLLECTION PROCESS

Data collection is the precise, systemic gathering of information relevant to the research purpose. Obtain formal consent from Era College of Nursing, lucknow to conduct the study and then the permission consent was taken from Aastha old age home and Geriatric hospital, Lucknow. After brief self-introduction, informed consent is obtained from the subject. The data collection period was from (22-5-24 to 1-6-24).

Phase-1- The formal written permission was received from the principle of Era College of Nursing after explaining the benefits of assessing the level of knowledge regarding depression among elderly people.

Phase-2- The data was collected in Aastha old age home and Geriatric hospital, Lucknow the research obtains written consent from the participants, after the explaining benefits of this study using non-probability, purposive sampling technique, data was collected from 42 old age people for the main study done by using descriptive and inferential statistics.

Two from department of Obstetrics & Gynecology Nursing. Two from the department of Medical Surgical Nursing. One from the department of Community Health Nursing. One from department Child Health Nursing. Necessary modifications were made according to experts 'opinion'.

Experts were requested to judge for their clarity, relatedness, meaningfulness and content. Suggestions from 6 experts were received and changes were done according to them, considering the practicability of the tool recognition of the item 20 the tools were done finally and validated tools were ready to ascertain the data from the study subjects.

The following tools were used to generate the necessary data:

- Part A- Demographic variables
- Part B- Structured questionnaire

Part A- Demographic variables

Social-demographic profile of the subject consulting of the baseline demographic data of the subject such as age, gender, marital status, educational status, do you know about depression & source of information.

Part B- Structured questionnaire

Total- 20 questions

It consists of 5 sections, each section consists of 5 items

- Question related to depression.
- Question related to symptoms of depression.
- Question related to mood swings.
- Question related to treatment of depression.

- Question related to techniques to reduce depression.

Criteria Measures
:

Minimum:0

LEVEL OF SCORE		SCORE		PERCENTAGE (%)
Inadequate knowledge		(1-8)		55%
Moderate knowledge		(9-14)		45.23%
Adequate knowledge		(15-20)		0%

Maximum:20

IV. RESULTS

In the present study, assess the knowledge regarding depression among elderly people living in selected old age home. The findings revealed that: 55% elderly people exhibited Inadequate knowledge scoring (1-8) 45% elderly people exhibited Moderate knowledge scoring (9-14) 0% elderly people exhibited Adequate knowledge scoring (15-20).

There is no significance difference between the level of scores and demographic variables (age, gender, marital status, educational

status, do you know about depression & source of information.

A. Objective of the study:

1. To assess the knowledge regarding depression among elderly people living in selected old age home.
2. To find out association between level of knowledge regarding depression among elderly people with selected demographic variables.

B. Organization of data

The collected data were analyzed and interpreted under the following headings:

Section 1: Description of socio demographic variables.

Section 2: Assessment of the level of knowledge regarding depression among elderly people.

Section 3: Association between the selected demographic variables and the level of knowledge regarding depression among elderly people.

Section -1

Description Of Socio Demographic Variables

Table showing frequency and percentage distribution of samples according to socio demographic variables.

N=42

Variables	Category	Frequency	Percentage
Age (in years)	50-60years	9	21.42%
	61-70years	24	57.14%
	71 & above	9	21.42%
	Male	18	43%
Gender	Female	24	57.14%
	Other	0	0%
	Married	25	59.52%
Marital status	Unmarried	12	28.57%
	Other	5	12%
	Illiterate	5	12%
Educational status	Primary education	11	26.19%
	Secondary education	18	43%
	Graduate & above	8	19.04%

| Do you know about depression?	Yes	26	62%
	No	16	38.09%
If yes, then from where u get the knowledge?	Family & friends	17	40.47%
	Mass media	9	21.42%
	Education	10	24%
	Other	6	14.28%

Table 1: Table summarized that among 42 elderly people's majority of elderly people are in the Age of 61-70 (57.14%), Gender (Female) (57.14%), Marital Status (Married) (59.52%) Educational Status (Secondary Education) (43%), do you know about depression (Yes) (62%) & source of Information (family and friends) (40.47%).
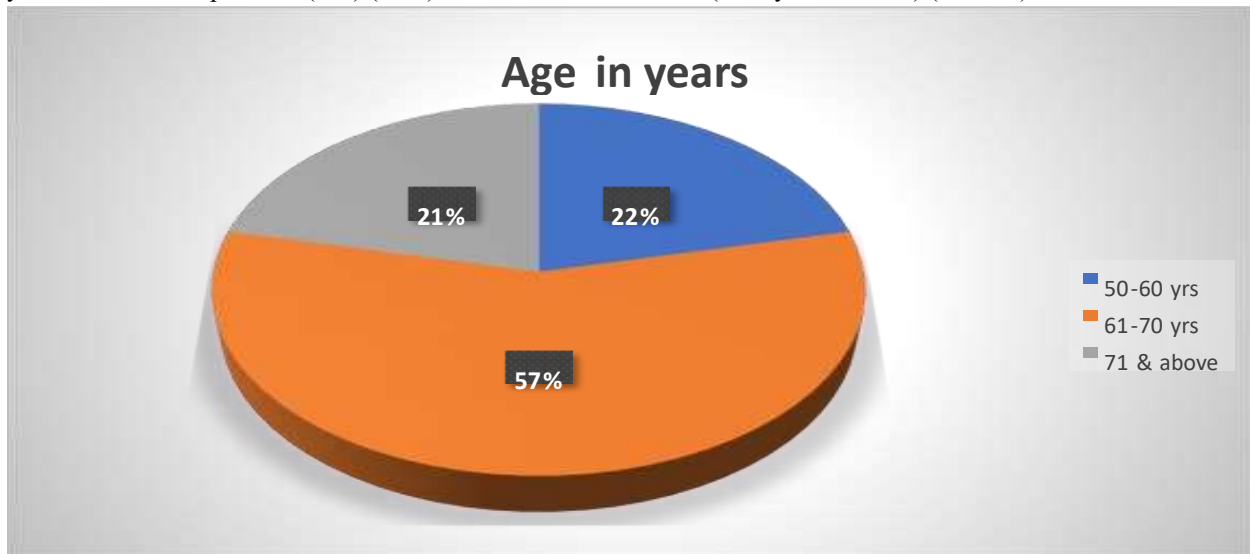

Graph-1: Graph showing frequency distribution according to age revealed that, 21% were in age group of 50-60 years, majority of people 57% were in age group of 61-70 years, 21% were in age group of 71 & above years.
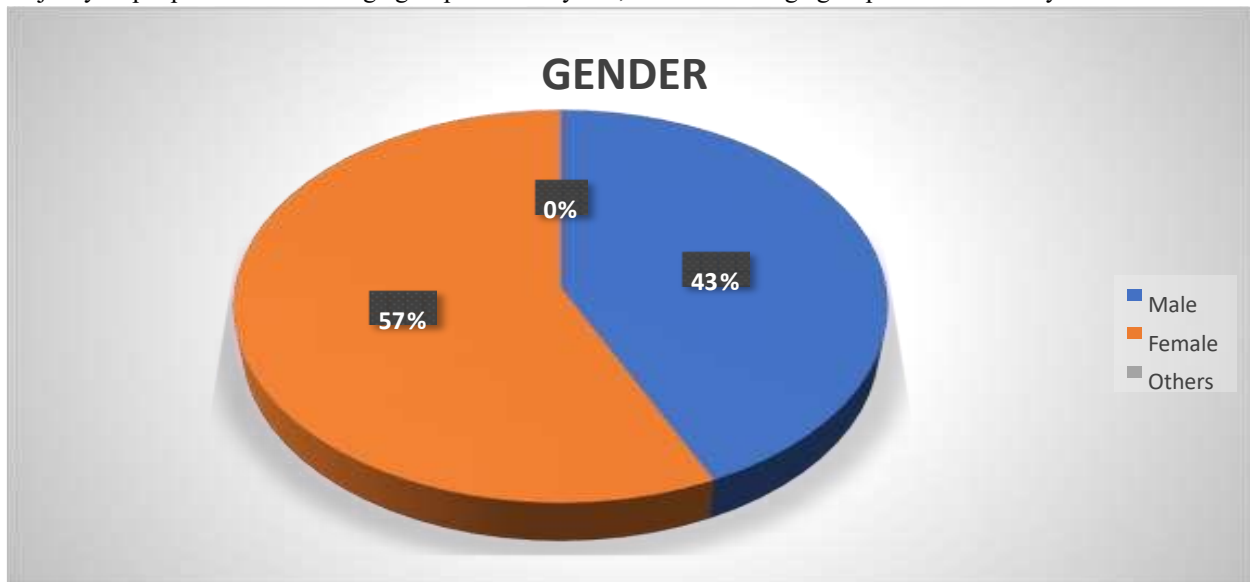

Graph-2: Graph showing frequency distribution according to gender revealed that, 43% were males, majority of people 57% were females and no other gender is present.
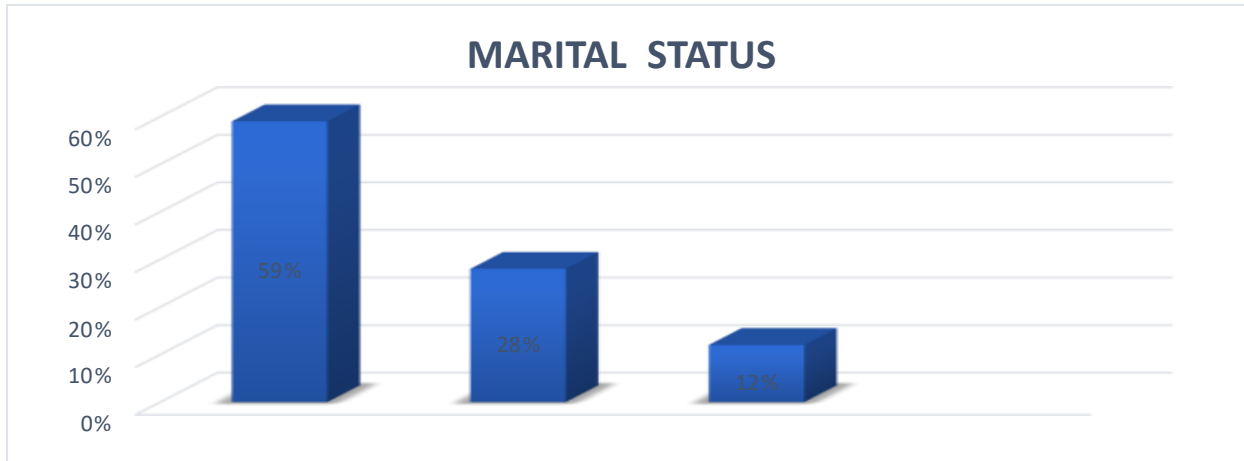
Graph -3: Graph showing majority of people 59% were married, 28% of people were unmarried and 12% of people were either divorced, widow or separated.
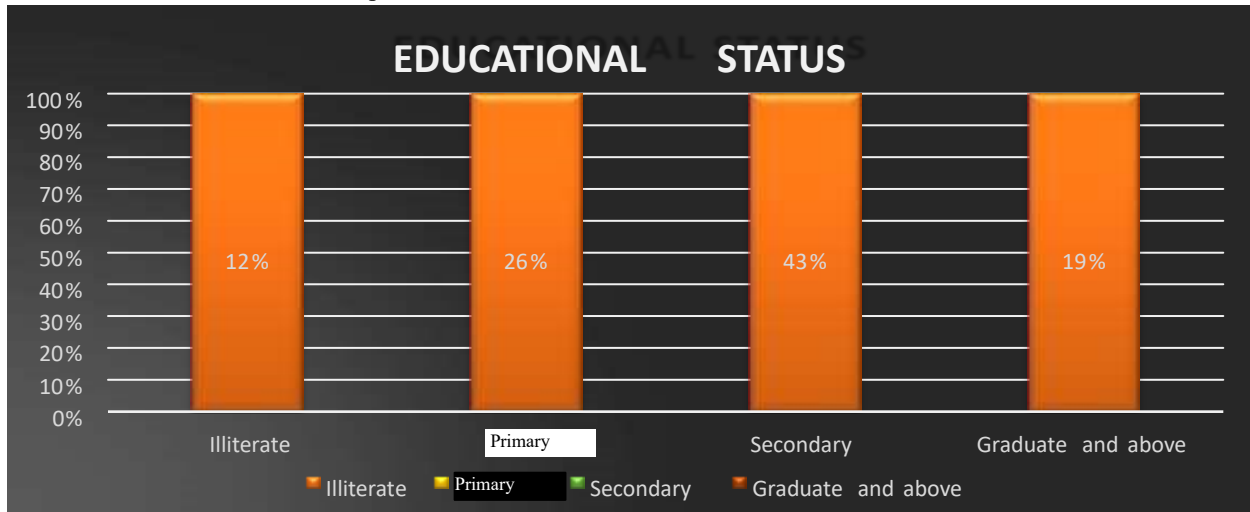
Graph- 4: Graph is showing that, 12% of people were illiterate, 26% of people had their primary schooling only, majority of people 43% were under senior secondary education, 19% of people were graduated and above.
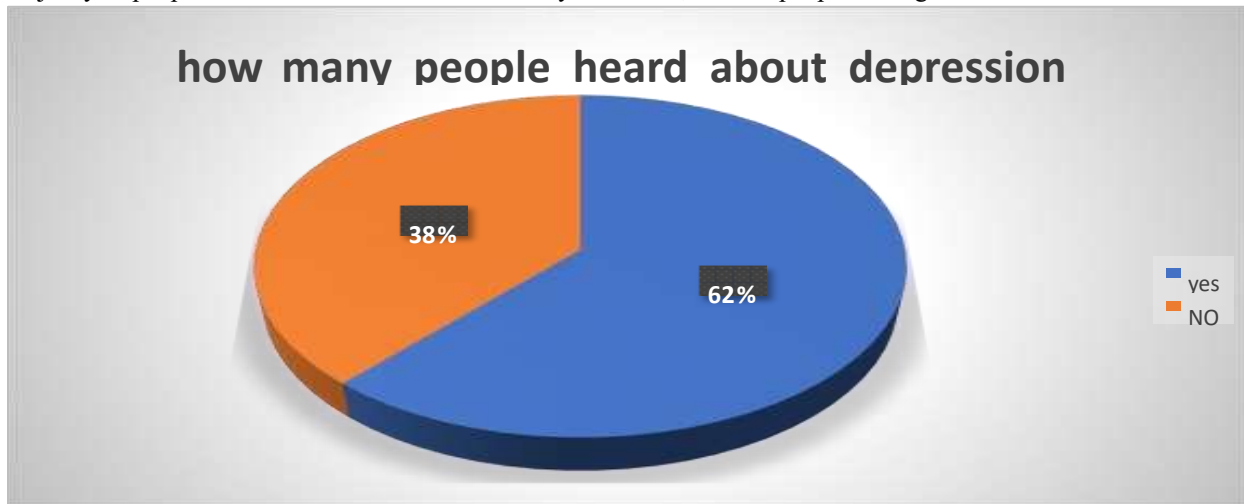
Graph-5: Graph is showing that 62% them heard about depression and 38% of them don't even hear about the word depression and also, they don't any knowledge about the depression as a mental illness.
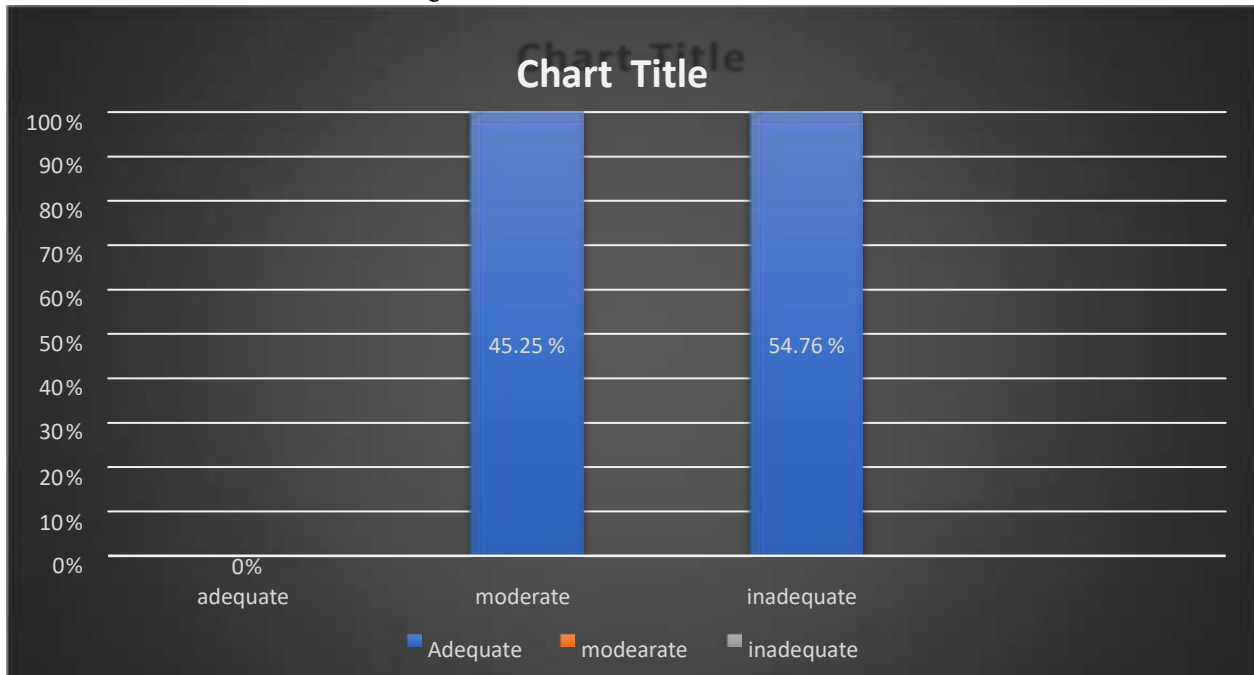
Section-2

Assessing Level of Knowledge Regarding Depression Among Elderly People Living in Selected Old Age Home.

Level Of Score N=42	Frequency	Percentage (%)
Inadequate knowledge	23	55%
(1 – 8) Moderate knowledge	19	45.23%
(9 – 14) Adequate knowledge (15 – 16)	0	0%

TABLE 2: Criteria measure of knowledge score   TOTAL=100%

Graph-8: Graph indicates that overall level of knowledge regarding depression among elderly people living in selected old age home in Lucknow in a view to develop an awareness program in which majority of people (55%) had inadequate knowledge, (45.25%) had moderate knowledge and no one (0%) had adequate knowledge regarding depression.

Descriptive statistics	Mean	Median	S.D.	Maximum	Minimum	Range	Mean %
Knowledge score	8.5	8	3.038	14	1	13	42.5%

Table 2: Analysis Of Knowledge Scrore Regarding Depression in Elderly People.

Section 3

Association Between the Selected Demographic Variables and The Level of Knowledge Among Elderly People. The chi-square test was used to determine the association between the score levels and selected demographic variables.

Demographic Data		Association With Knowledge Score						
VARIABLE	OPTIONS	MODERATE	INADEQUATE	CHI TEST	P.VALUE	DF	TABLE VALUE	RESULT
Age In Years	50 -60 YAER	4	4	0.14	0.05	2	5.99	Not Significant
	61-70 YEAR	12	13					
	71-ABOVE	5	4					
Gender	Male	5	11	3.634	0.05	2	5.99	Not Significant
	FEMALE	16	10					
	OTHERS	0	0					
Marital Satus	Married	12	13	0.24	0.05	2	5.99	Not Significant
	UNMARRIED	6	6					
	OTHERS	0	2					
EDUCATIONAL STATUS	ILLITRATE	3	2	0.776	0.05	3	7.82	Not Significant
	PRIMARY	4	7					
	SECONDARY	8	8					
	GRADUATE & ABOVE	5	5					
Do You About Depression	Yes	15	12	0.932	0.05	1	3.84	Not Significant
	NO	6	9					
Yes, Then From Whereyou Get Knowled	G Family & Friends	8	8	1.066	0.05	3	7.82	Not Significant

	Mass Media	5	5					
	Education	6	4					
	Others	2	4					

TABLE 4: Shows that the association between the level of score and socio demographic variable based on objective chi- square test used to associate the level of knowledge and selected demographic variable. The chi-square value shows that there is no significant association between the score level and demographic variables. The calculated chi-square value was 0.05 at the level of significance.

The findings of the study are discussed under the following headings:

SECTION 1: Distribution of samples according to socio demographic variables.

SECTION 1A: Distribution of samples according to the level of knowledge score.

SECTION 1B: Association between the level of knowledge and their selected socio demographic variables.

SECTION 1: Distribution of samples according to socio demographic variables

The demographic characteristics of the study population were as follows:

In relation to **age** of the samples study revealed that, 21% were in age group of 50-60 years, majority of people 57% were in age group of 61-70 years, 21% were in age group of 71 & above. According to **gender,** 43% were males and majority of people 57% were females and no other gender are present. As per their **marital status** majority of people 59% were married, 28% of people were unmarried and 12% of people were either divorced, widow or separated. As per **educational status,** 12% of people were illiterate, 26% of people had their primary schooling only, majority of people 43% were under senior secondary education, and 19% of people were graduated and above. As per majority of people 62% heard about depression and 38% of people don't even hear about the word depression and also, they don't any knowledge about the depression as a mental illness.

SECTION 1 A: Distribution of samples according to the level of knowledge score.

In present study, level of knowledge regarding depression among elderly people living in selected old age home in Lucknow in a view to develop an awareness program in which majority of people 23 (55%) had inadequate knowledge, 19 (45.23%) had moderate knowledge, and no one 0 (0%) had adequate knowledge regarding depression.

SECTION 1 B: Association between the level of knowledge and their selected demographic variables.

In present study the result shows there was no significance association between the level of knowledge scores and other demographic variables such as age, gender, marital status, educational status, do you know about depression & source of information. The calculated chi- square values were less than the table value at the **(0.05)** level of significance.

V. CONCLUSION

In present study, level of knowledge regarding depression among elderly people living in selected old age home in Lucknow in a view to develop an awareness programme in which majority of people 23 (55%) had inadequate knowledge, 19 (45.23%) had moderate knowledge, and no one 0 (0%) had adequate knowledge regarding depression.

There was no significance association between the level of knowledge scores and selected demographic variables age, gender, marital status educational status, do you know about depression & source of information.

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