

Assess the prevalence of depression among elderly population in selected urban & rural areas

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Abstract

Background: The World Health Organization estimated that the overall prevalence rate of depressive disorders among the elderly generally varies between 10 and 20%, depending on the cultural situations. The present study aimed to assess the prevalence of depression among elderly population in selected urban & rural areas.

Materials and Methods: The non-experimental survey method was used. A total 200 samples were included in a study who met the sampling criteria and purposive sampling used. The researcher used geriatric depression scale short form to collect the data.

Results: Descriptive and inferential statistics was used to analyse the data. Analysis revealed that the in urban area 50%, 16% & 8% of the subjects have mild, moderate & severe depression respectively. In rural area 37%, 12% & 4% of the subjects have mild, moderate & severe depression respectively.

Conclusion: In rural areas, prevalence of depression is less than urban area.

Keywords: prevalence of depression, elderly population, urban & rural areas

1. Introduction

According to World Health Organization (WHO), Depression is a major cause of morbidity worldwide. Lifetime prevalence varies widely, from 3% -17%. In most countries, the number of people who would suffer from depression during their lives falls within an 8–12% range. India ranks fifth place in this.

In 2013 World Mental Health Day (10 October) highlights mental health care in older adults. Today's world is experiencing a phenomenal increase in life expectancy. As the ageing of population evident in the high-income countries is becoming a reality in less developed countries; the health problems of the elderly, particularly its psychological dimensions in the low-income settings become crucial.

Older people may have any mental health problems common in adulthood in general, but specific concerns associated more with the elderly population include dementia, delirium, psychosis and depression.

The reason why World Mental Health Day 2013 is focusing on this group is not only that these problems are often unrecognized and go untreated,

The World Health Organization estimated that the overall prevalence rate of depressive disorders among the elderly generally varies between 10 and 20%, depending on the cultural situations. The community-based mental health studies in India have revealed that the point prevalence of depressive disorders in elderly Indian population varies between 13% and 25%. 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. Very few community-based studies have been conducted in India so far to address this issue.

According to WHO data, proportionately more people aged over 65 commit suicide than any other age group, and most have major depression. Older people who attempt suicides are

more likely to die than younger people, while in those who survive, prognosis is worse for older adults.

By Dr. Simi Paknikar in 2012, Over 350 million people worldwide suffer from depression. Statistics suggest that depression will be the second most common cause of disability in the world by 2020 and the largest contributor to disease burden by 2030. Mental Health status of elderly persons in rural area of India. Kamble S.V Ghodke Y. D 41.3 % elderly persons were having poor mental health status. So the researcher felt a need to conduct this study.

2. Objectives

1. To assess the prevalence of depression among elderly population in selected urban areas of Pune district.
2. To assess the prevalence of depression among elderly population in selected rural areas of Pune district.
3. To compare the prevalence of depression among elderly population in selected urban and rural areas of Pune district.
4. To associate findings of the prevalence of depression among elderly population in selected urban and rural areas of Pune district with selected demographic variables.

3. Materials and Methods

The non-experimental survey method and purposive sampling technique was used.

Section I - Demographic data. Section II – Geriatric Depression Scale Short Form was used as tools to collect the data. The researcher explained the research objectives to the subjects, informed written consent from the concerned person where obtained. Content Validity was done from nine experts and reliability was done $r=0.86$ the tool found to be reliable. While data collection ethical considerations like informed written consent from subjects and confidentiality maintained

by coding subjects. Pilot study was done from 20 subjects who met sampling criteria, each 10 subjects residing in selected urban (chavannager) & rural (nasarapur) areas of Pune district. A total 200 (100 urban+100 rural) samples were included in a study who met the sampling criteria Urban- (chavannager, ambedgarnager, Padmavathi,

marketyard) & Rural-(nasarapur, kamthadi, khadekhi, saleladi)

4. Finding of the study

Section 1

This section discuss about Demographic Data of the Subjects

Table1: Demographic Data of the Subjects by Frequency and Percentage. N= (100+100).

S. No.	Demographic Data	Urban	f	%	Rural	f	%
1	Age	60-69 Yrs.	73	73	60-69 Yrs.	74	74
		> 70 Yrs.	27	27	> 70 Yrs.	26	26
2	Gender	Female	44	44	Female	52	52
		Male	56	56	Male	48	48
3	Marital Status	Married	92	92	Married	97	97
		Single/ Window/Divorced	8	8	Single/ Window/Divorced	3	3
4	Living Arrangements	Living Alone	6	6	Living Alone	9	9
		Living With Family	94	94	Living With Family	91	91
5	Occupation	Not Working	90	90	Not Working	73	73
		Working	10	10	Working	27	27
6	Supporting System	No	0	0	No	3	3
		Yes	100	100	Yes	97	97
		Family Income	70	70	Family Income	56	56
		Individual Income	8	8	Individual Income	4	4
		Pension	8	8	Pension	6	6
		Property	9	9	Property	22	22
		Relatives	5	5	Relatives	9	9

In urban area the demographic data shows that age 60-69 yrs.(73%), male (56%), are more than females married (92%), living with family(94%), working (10%) & all the subjects have Supporting System of family income, pension, individual income, Property & relatives

In rural area the demographic data shows that age 60-69 yrs. (74%), females are more than males (52%), married (97%), living with family (91%), working (27%) & 97% subjects have Supporting System of family income, pension, individual income, Property & relatives.

Section II

To assess the prevalence of depression among elderly population in selected urban areas N= 100

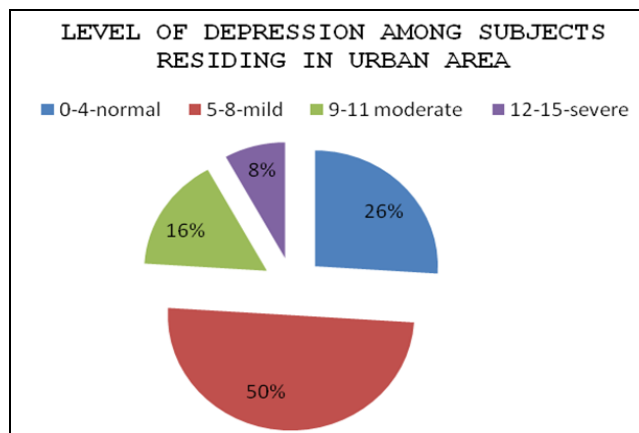


Fig 1

50% of the subjects from urban areas have mild depression if

it is not paid attention it may lead to moderate and severe depression in later, like few interventions talking with people, spending time for them and making elderly group people meeting will help to reduce the prevalence of depression.

Section III

To assess the prevalence of depression among elderly population in selected rural areas N= 100

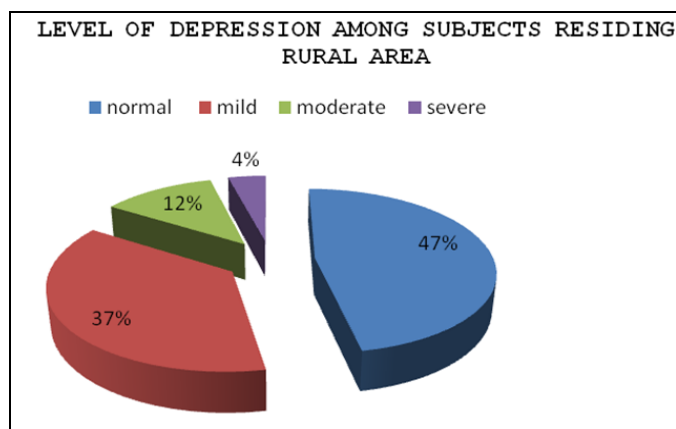


Fig 2

In rural area only 37%, of the subjects have mild, depression, which may due to good human interaction and environment

Section IV

To compare the prevalence of depression among elderly population in selected urban and rural areas

Table2: comparison the level of depression between subjects from urban & rural area N= (100+100)

Level of Depression					
Urban	f	%	Rural	f	%
normal	26	26	normal	47	47
mild	50	50	mild	37	37
moderate	16	16	moderate	12	12
severe	8	8	severe	4	4

Compare the level of depression with urban and rural areas the mild and severe depression are more the rural area may due to lifestyle of the subjects and good human interaction

Section V

To associate findings of the prevalence of depression among elderly population

Table 3: association with demographic data. N= (100+100)

S. No	Demographic Data	Urban			Rural		
		Chi Square	df	P Value	Chi Square	df	P Value
1	Age	4.099	3	0.251 1	2.173	3	0.537 1
2	Gender	2.932	3	0.402 1	0.609	3	0.894 1
3	Marital Status	0.29	3	0.962 1	0.761	3	0.859 1
4	Living Arrangements	2.019	3	0.569 1	0.592	3	0.898 1
5	Occupation	12.787	3	0.005 1	11.312	3	0.010 1
6	Supporting System	21.246	12	0.047 1	22.989	24	0.520 1

In the demographic data, the occupation is associated with depression as the P Value is less than 0.05. If the subjects can able to work, they were occupied and feel confidence, so the depression level may be less.

5. Conclusion

This study shows that the subjects who are residing in rural area have 47 percentage has no depression compared with the subjects who are residing in urban area have 26 percentage has no depression. In both areas the subjects feels confident if they can able to work this shows less depression. In rural areas prevalence of depression is less may due to good human interaction & supporting system.

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