

Study to Assess the of Level of Anxiety and Depression Among the Old Age People Residing in Selected Old Age Home, Kolkata

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Abstract

A descriptive study was conducted to assess the level of anxiety and depression among old age people residing in selected old age home, Kolkata. The objective of the study was to assess the level of anxiety and depression among old age people. Enumerative sampling technique was used to select 30 old age people residing at old age home. Structured interview schedule was used for collection of demographic data. Standardized tool, i.e., geriatric anxiety scale and geriatric depression scale was used to assess the level of anxiety and depression. The study findings revealed that the majority of older adult residing in old age home experienced mild anxiety i.e., 83.33% and moderate depression i.e., 60% and correlation between anxiety and depression was found to be moderately positive. The results of the present study open the opportunity for effective elderly care that should be taken into account in order to facilitate easy transition from community to old age home. There is a need of the day to arrange any interventional packages to improve the physical and psychological health of elderly people residing at old age homes.

Keywords: Assess, Anxiety, Depression, Old age people

1. Introduction

Anxiety and depression is a normal phenomenon which is characterized by a state of apprehension or uneasiness arising out of anticipation of danger. Anxiety is a negative psychological emotion related to pain and mental discomfort. Anxiety becomes pathological when it causes significant subject distress and impairment of functioning of an individual.^[1] Depression is a mood disorder that causes a persistent of sadness and a loss of interest.^[2] Depression in old age is an emerging public health problem leading to morbidity and disabling effect on quality of life. Elderly people feel loneliness as they are living at old age home.^[3] Old age home is a shelter home where elderly people live in a community with other people when they have been abandoned by their families. Even though it is a good home for old age people but it still cannot take the place of a real home.^[4]

Research Problem

A study to assess the level of anxiety and depression among the old age people residing in selected old age home, Kolkata.

Objective

- Assess the level of anxiety among the old age people residing in selected old age home, Kolkata.

- Assess the level of depression among the old age people residing in selected old age home, Kolkata.
- Assess correlation between anxiety and depression among the old age people residing in selected old age homes, Kolkata
- Find out the association between the level of anxiety among the old age people with selected demographic variables.
- Find out the association between the level of depression among the old age people with selected demographic variables.

2. Materials and Methods

Research approach: Quantitative research approach.

Research design: Descriptive research design.

Population: Old age people residing in old age home.

Sample: 30 old age people residing in Mary Cooper Home, Kolkata.

Sample technique: Purposive sampling.

Sampling criteria:

(a) Inclusion criteria

- Old age people less than > 60 years of age.
- Old age people who are present during the time of data collection.
- Old age people who can understand English & Bengali.
- Old age people who are willing to participate in our research study.

(b) Exclusion Criteria

- Old age people who are mentally unstable.
- Old age people who are terminally ill.

Data collection tools:

a. **Tool-I:** Demographic perfoma

b. **Tool-II:** Standardize tool

- **Section A-** Geriatric anxiety scale.
- **Section B-** Geriatric depression scale.

Method of data collection: Interview method.

Method of data analysis: Descriptive and inferential statistics.

3. Results

(A) Section I: Frequency distribution of demographic variables.

(i) Frequency and percentage distribution of study population according to age

[n=30]

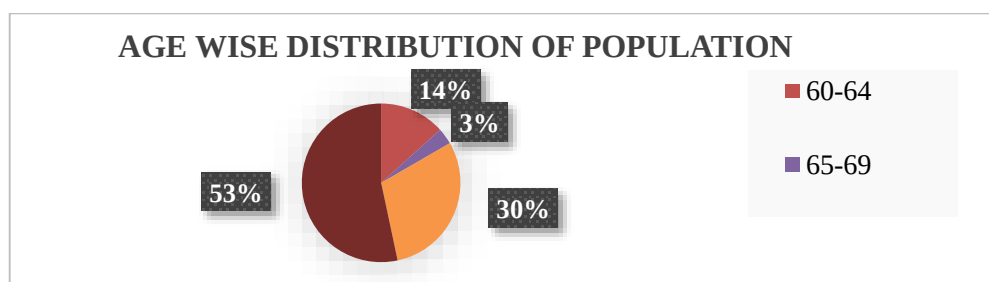


Figure no 1: Pie diagram showed age group wise distribution of the study population.

Figure no. 1 showed that 1 old aged person (3%) were between the age of 65 - 69 years and 16 old aged people (53%) were between the age of 75 and above.

(ii) Frequency and percentage distribution of study population according to religion

[n=30]

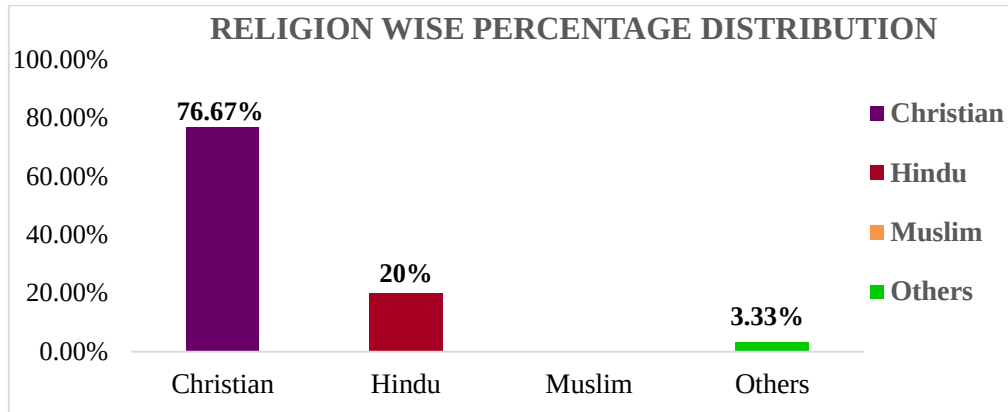


Figure no 2: Bar diagram showed religion group wise distribution of the study population.

Figure no. 2 depicted that 23 old aged persons (76.67%) were Christian and 1 old aged people (3.33%) belong to other religion.

(iii) Frequency and percentage distribution of study population according to education level

[n=30]

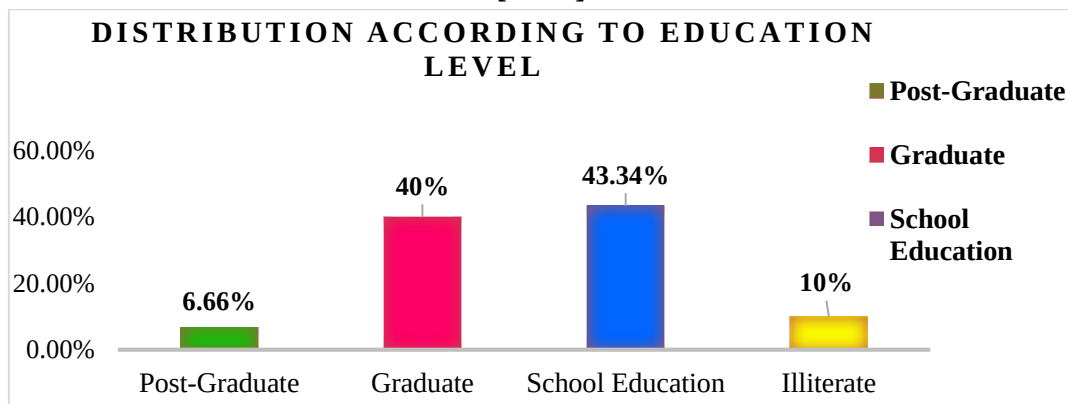


Figure no. 3: The bar diagram showed the percentage of Education of the old aged people.

Figure no. 3 showed that 2 old aged people (6.66%) are post-graduate and 13 old aged people (43.34%) have completed school education.

(iv) Frequency and percentage distribution of study population according to employment status.

Table no. 1: The table showed the percentage of Employment Status of the old aged people.

[n=30]

EMPLOYMENT STATUS	FREQUENCY	PERCENTAGE
Service	6	20%
Self-employed	7	23.34%
Homemaker	16	53.33%
Others	1	3.33%

Table no. 1 depicted that 16 old aged people (53.33%) was a Home-Maker and 1 old age person (3.33%) was in others.

(v) Frequency and percentage distribution of study population according to marital status.

[n=30]

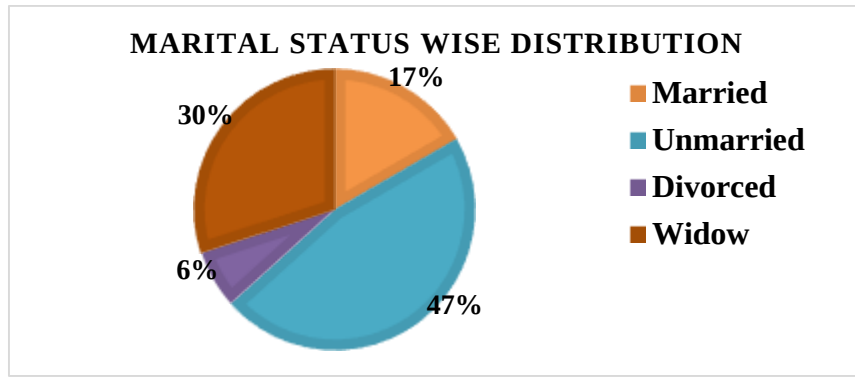


Figure no. 4: The pie diagram showed the percentage of Marital Status of the old aged people.

Figure no. 4: Showed that 14 old aged people (46.67%) is unmarried & 2 old aged people (6.66%) is divorced.

(vi) Frequency and percentage distribution of study population according to family status.

[n=30]

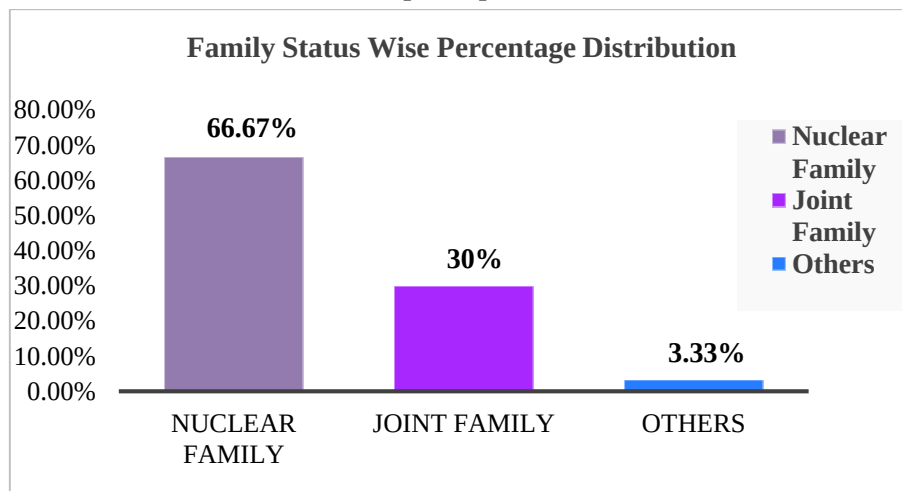


Figure no. 5: The bar diagram showed the percentage of Family Status of the old aged people.

Figure no. 5: showed that 20 old aged people (66.67%) belong to Nuclear Family, and 1 old age person (3.33%) belongs to Other Family.

(vii) Frequency and percentage distribution of study population according to economic status.

Table no. 2: The table showed the percentage of Economic status of the old aged people.

[n=30]

Economic Status	Frequency	Percentage
<20000	7	23.34%
20000-30000	14	46.66%
30000-40000	3	10%

>40000	6	20%
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Table no. 2 depicts that 14 old age person (46.66%) have status 20,000-30,000 & 3 old age person (10%) have status 30,000-40,000.

(viii) Frequency and percentage distribution of study population according to economic source.
[n=30]

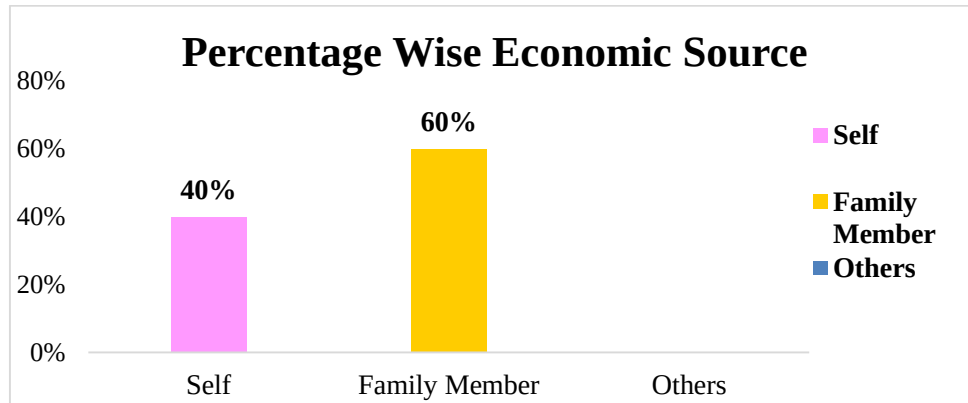


Figure no. 6: The bar diagram showed the percentage of Economic Source of the old aged people.

Figure no. 6 showed that 12 old aged people (40%) are self-sourced & 18 old age person (60%) are family sourced.

(ix) Frequency and percentage distribution of study population according to contact with family.

Table no. 3: The bar diagram showed the percentage of Contact with Family of the old aged people.
[n=30]

Contact with family	Frequency	Percentage
Contact present	24	80%
No contact	3	10%
Sometimes	3	10%

Table no. 3 showed that 24 old age people (80%) have contact with family, 3 old age people (10%) have no contact with family and 3 old age people (10%) have sometimes contact with family.

(B) Section II: Percentage Wise Level of Anxiety

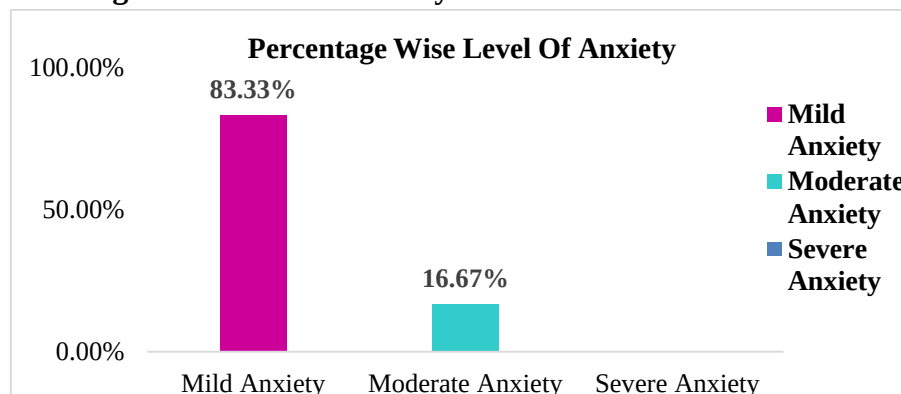


Figure no. 7: Percentage Wise Level of Anxiety

Figure no 7: showed that 83.33% had mild anxiety and 16.67% had moderate anxiety among old age people.

(C) Section III: Percentage wise Level of Depression

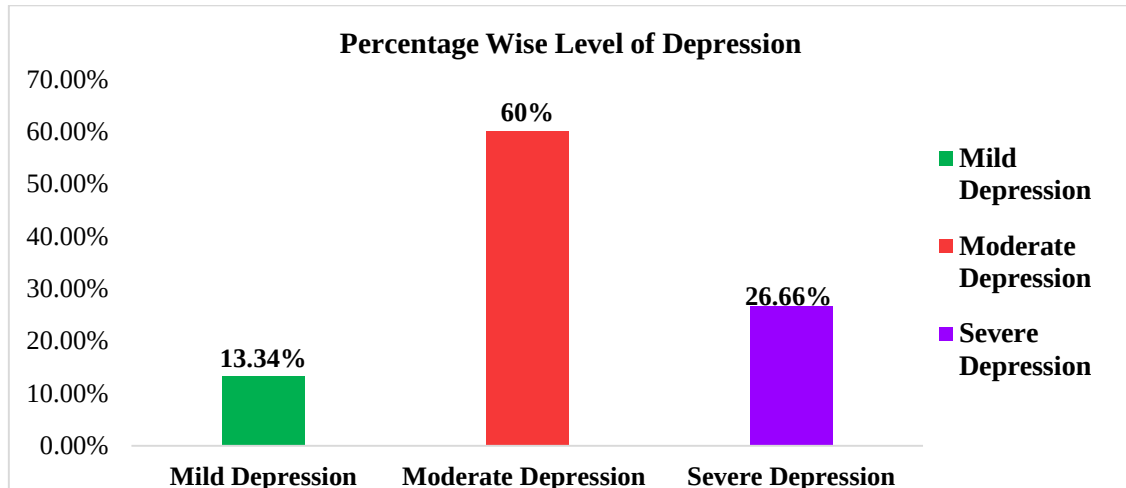


Figure no. 8: Percentage wise Level of Depression

Figure no 8: Showed 60% old age people had moderate depression and 13.34% old age people had mild depression.

(D) Section IV: Correlation between anxiety and depression among the Old Age People

Correlation between anxiety and depression was found moderately positive i.e. 0.426.

(E) Section IV: Association between level of anxiety among old age people with demographic variables

Final data shows non-significant relationship between the level of anxiety with demographic variables like age, educational level, employment status, marital status, family status, economic status, economical source and contact with family members.

(F) Section IV: Association between level of depression among old age people with demographic variables

Final study reveals non-significant relationship between the level of depression with demographic variables like age, educational level, employment status, marital status, family status, economic status, economical source, contact with family members.

4. Discussion

(A) Interpretation of result:

- Findings related to level of anxiety showed 83.33% had mild anxiety and 16.67% had moderate anxiety among old age people.
- Findings related to level of depression showed 60% old age people had moderate depression and 13.34% old age people had mild depression.
- In this study the correlation between anxiety and depression was moderately positive correlation (0.426).
- Findings related to association between level of anxiety along with selected demographic variables shows non-significant relationship between the level of anxiety with demographic variables like age,

educational level, employment status, marital status, family status, economic status, economical source and contact with family members.

5. Data shows non-significant relationship between the levels of depression with demographic variables like age, educational level, employment status, marital status, family status, economic status, economical source and contact with family members.

(B) Comparison in relation with previous study:

The findings of this study have been discussed with reference to the objectives of study conducted by Muna Sharma, Tilarupa Bhattarai, Prafulla Sharma in 2021 on “A study to assess the anxiety and depression among senior citizens.”

The mean age of the participants was 78.33 years. Assessment shows that 30.6% subjects are suffering from depression and 2% of the participants had the symptoms suggestive and indicative of depression whereas 8.2% had severe symptoms of anxiety. The anxiety and depression were correlated to (r value=0.615) and were associated with companion of living, educational status, physical dependency and co-morbid physical problem.

(C) Limitation:

- The findings were restricted to a group of old age people in a particular setting with limited communication with family members and outsiders.
- Owing to advanced age the participants were irritable and reversed, and did not want to participate in the interview.
- The sample being a purposive one limits generalization of the population.

(D) Implications:

Assessment of anxiety and depression among older adults can help identify psychological problems at an early stage and facilitate appropriate interventions. The study highlights the importance of assessing the psychological well-being of older adults living in old age homes. The findings may assist nurses and other healthcare professionals in early identification, appropriate intervention, referral, and prevention of complications associated with anxiety and depression, thereby promoting better quality of life among elderly people.

1. Implications for Nursing Practice:

- Nurses can play an important role in early identification of anxiety and depression by regular mental-health assessment and findings may help nurses recognize early warning signs, such as persistent sadness, loneliness, social withdrawal, sleep disturbances, loss of interest, and excessive worry.
- Nursing interventions can include relaxation techniques, recreational activities, social interaction, and encouragement of participation in meaningful daily activities.

2. Implications for Nursing Education:

- Nursing students can be trained for using standardized tools for assessing anxiety and depression among older adults and can promote a holistic approach that addresses both the physical and psychological needs of elderly people.
- The findings may encourage inclusion of case studies and clinical learning experiences related to loneliness, anxiety, depression, adjustment problems, and psychosocial needs of older adults.

3. Implications for Nursing Administration:

- Nursing administrators can use the findings to develop mental-health screening programmes for elderly residents in old age homes and organize counselling services, recreational programmes, group activities, yoga/relaxation sessions, and social engagement programmes for residents.

4. Implications for Nursing Research:

- Similar studies can be conducted with larger samples in different old age homes and communities to improve the generalizability of findings and evaluate the effectiveness of interventions such as structured counselling, reminiscence therapy, music therapy, yoga, meditation, recreational activities, and social-support programmes in reducing anxiety and depression.
- Comparative studies can be conducted between elderly people residing in old age homes and those living with their families.

5. Conclusion

Anxiety and depression are the two major challenges in all throughout the human life. The risk of mortality due to anxiety and depression disorder is higher in older adults. As the number of elderly people living in the old age home is increasing day by day due to abandonment by family members, lack of income source, no place to go, there is a rise in anxiety and depression among the old age population. This study was a small step towards establishing and recognizing the prominent role of familial support in later life. The study recommended to be conducted on larger sample to identify the associating factors for causing anxiety and depression and make comparison among geriatric population living in their own homes and old age home.

6. References

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