

Depression Among Elderly People Living with Family and Living in Old Age Home

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Abstract :-

Old age is closing period in the life span. Age sixty is usually considered the dividing line between middle and old age. The present study examined the Depression of elderly people in both living patterns. The main objective of the study a level of depression among elderly people living in old age home and living with their family and to assess the depression between male and female elderly people. The research samples consisted of 120 elderly people age varying from 60 to 75 years, were selected using purposive sampling methods. All the participants were assessed individually by Yesavage (1983) Geriatric depression scale (short form). Proper statistical treatment was applied in order to obtain the result. The study has shown that the depression was equal and has not differentiated in the people living with their family and living at old age home and the depression score more in female than male.

Key Words: Depression

Introduction :-

Old age is closing period in the life span. Age sixty is usually considered the dividing line between middle and old age. Ageing is an important part of all human societies, reflecting cultural and societal conventions. The aging process is of course a biological reality which has its own dynamic, largely beyond human control. However, it is also subject to the constructions by which each society makes sense of old age. The age of 60 or 65, roughly equivalent to retirement ages in most developed countries. In many parts of the developing world, chronological time has little or no importance in the meaning of old age.

Aging is a natural process. As age advances there is increased mortality and loss of functional efficiency, along with the decline of social support system causing loneli-

ness and isolation with the occurrence of varying life event such as being widowed or divorced, lack of close family ties, being retired which have a great being on one's psychological status making them more susceptible to discover characterised by sadness, loss of interest or pleasure, filling of guilt or self-esteem disturbed sleep and poor concentration. It can affect anyone, of any culture, age or background but older people are affected than any other age group.

Depression :-

“A mental condition characterized by severe felling of hopelessness and inadequacy, typically accompanied by a lack of energy and interest in life”, (Oxford dictionary 2008).

According to WHO factors increasing depression risk in older adults include genetic susceptibility, chronic disease and disability, pain, frustration with limitations in activities of daily living (ADL), personality traits adverse life events (divorce, separation, poverty, social isolation) and lack of adequate social support. Characterized by sadness, loss of interest, filling of guilt or low self-esteem, disturbed sleep, fatigue and poor concentration, depression is a common mental disorder that puts constraints on quality of life among older adult individuals.

Statement of the problem :-

To find out depression and life satisfaction of elderly people living in old age home and living with their family.

Objective of the Study :-

1. To measure level of depression among elderly people living in old age home and living with their family.
2. To assess the depression between male and female elderly people.

Hypothesis :-

1. There will be no significant difference in depression among living in old age home and living with their family.
2. There will be no significant difference between male and female in terms of depression.

Sample :-

The samples consisted of 120 elderly people age varying from 60 to 75 years (living with their family 30 male and 30 females, living in old age 30 male and 30 female),

were selected using purposive sampling methods. The sample was selected in various area and various old age home in Pune City.

Independent Variables :-

- a) Living with their family
- b) Living in old age home

Dependent variables :-

Depression

Tools Used :-

Following tools were used for the present investigation:

The data for present study was collected with help Yesavage (1983) Geriatric depression scale (short form).

Statistical Analysis :-

The purpose of the present of research, the researcher used statistically data Mean, S.D., and ANOVA.

Table No.1 Descriptive statistics of males and females who are staying with family and in old age home on Depression

Family type	Gender	Mean	SD	N
Staying with family	Male	5.35	1.98	30
	Female	6.08	1.61	30
	Total	5.71	1.84	60
Staying at old age home	Male	5.63	1.89	30
	Female	6.23	1.79	30
	Total	5.93	1.86	60

The above table shows descriptive statistics for variables life satisfaction.

The above table provides the cell mean scores and marginal mean scores, standard deviations and N for each subgroup of two independent variables and here depression is treated as dependent variable. Inspecting these values give us an indication of the impact of independent variable.

Mean differences on Depression :-

Table no.3 Summary of two-way ANOVA for Depression

Source	Type III sum of	df	Mean squares	F	sig
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	squares				
Living status	24.890	1	24.890	7.132	NS
Gender	46.547	1	46.547	13.910	0.01

Let the level of significance (alpha) be set at 0.01 and 0.05 level.

For the variable of depression, it shows that F value for the first main effect that is living status is 7.132. Thus, it shows the not statistically significant.

As the obtained $F=7.132$, $p=NS$, it is statistically not significance difference. This effect was related to family type represent the comparison between the means for the living with their family and living at old age home. The means for the depression of the people living with family ($M= 5.71$, $SD = 1.84$) is equal to the people living at old age home ($M= 5.93$, $SD= 1.86$). This obviously means that the depression is qual and it has not differentiated in the elderly people who lived with their family and who lived at old age home.

The F value for second main effect that is for gender effect is 13.910, $p<0.01$ is statistically significant. This effect related to gender is representer to comparison between the means for males and female's elderly people. The means for the male people ($M = 5.49$, $SD = 1.80$) is less than female ($M = 6.15$, $SD = 1.65$). This is shows that depression score was more in female than male.

In this study indicated that the depression was equal and it has not differentiated in the people living with their family and living at old age home, and the depression score was more in female than male elderly people.

Conclusions :-

Some of the conclusions drawn from the analysis of data are given below: In short, it is concluded that there is no significance difference found between elderly people who lived with their family and who lived at old age home in terms of depression. But there was significance difference found between male and female in elderly people in terms of depression.

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