



A COMPARATIVE STUDY TO ASSESS THE LEVEL OF DEPRESSION BETWEEN ELDERLY PEOPLE RESIDING IN SELECTED RURAL AREA AND IN URBAN AREA AT INDORE WITH A VIEW TO DEVELOP INFORMATION BOOKLET.

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ABSTRACT

A non-experimental comparative study was done to assess the level of depression between elderly people residing in selected rural area and in urban area at Indore with a view to develop information booklet. The main objectives of the study were: 1. To assess the depression level of elderly people residing in rural area. 2. To assess the depression level of elderly people in urban area. 3. To compare the depression level between the elderly people residing in rural and urban area. 4. To associate the depression level of elderly people with selected socio demographic variables. 5. To develop information booklet regarding level of depression among elderly people. The conceptual framework adopted for the study was based on modified conceptual model of martha.e.rogers "science of unitary human being" (1983). A descriptive approach with Non-experimental two group pre-test design was used for the study. The sample consists of 30 Urban and 30 rural elderly people were selected by using non probability convenient sampling technique was used to select the samples. The data collected was analyzed by using descriptive and inferential statistics. The Comparison of depression scores between rural and urban elderly people which reveal that there is highly significant difference in level of depression between rural when compared to urban area. The mean depression score of rural area was 12.63 with $SD \pm 4.657$ whereas urban area was 16.30 with $SD \pm 6.0249$, which clearly reveal that the level of depression was higher among elderly people living in urban area.

KEYWORDS :

OBJECTIVES OF THE STUDY

1. To assess the depression level of elderly people residing in rural area.
2. To assess the depression level of elderly people in urban area.
3. To compare the depression level between the elderly people residing in rural and urban area.
4. To associate the depression level of elderly people with selected socio demographic variables.
5. To develop information booklet regarding level of depression among elderly people.

HYPOTHESES

H₁: There will be significant difference between level of depression between elderly people living in rural area and urban area.

H₂: There will be significant association between level of depression among elderly people living in rural and urban area with their selected demographic variables.

METHODOLOGY

This chapter deals with the methodological approach adopted to assess the level of depression between elderly people residing in selected rural area and in urban area at Indore.

It includes description of research approach, research design, study setting, sampling technique, and description about the tool, data collection technique and plan for data analysis.

Quantitative research approach was considered appropriate to assess the level of depression between elderly people residing in selected rural and urban area at Indore.

FINDINGS AND DISCUSSION

Distribution of the subjects according to socio-demographic Variables

1. Distribution of subjects according to Age

Majority of the subjects 43.3% (rural), 50% (urban) were belongs to the age group of 60-70 years, followed by 30% (rural), 23.3% (urban) were belongs the age group of 70 - 80 years and 26.7% (both rural and urban) of subjects were belongs to 80 years and above.

2. Distribution of subjects according to Gender

Majority of the subjects 56.7% (rural), 60% (urban) were males followed by 43.3% (rural), 40% (urban) of subjects were females.

3. Distribution of subjects according to Religion

Majority of the subjects 53.3% (rural), 56.7% (urban) were Hindu, followed by 40% (rural), 26.7% (urban) of subjects were Christians and 6.7% (rural), 16.7% (urban) of subjects were Muslims.

4. Distribution of subjects according to marital status

Majority of the subjects 56.7% (rural), 53.3% (urban) were living with their spouse, followed by 40% (rural), 36.7% (urban) of subjects were widow/widower, 3.3% (both rural & urban) of subjects were divorced/separated and 6.7% (urban) of subjects were living single.

5. Distribution of subjects according to type of family

Data represented shows that in rural area 50% of subjects were living in joint family followed by 43.3% of subjects were living in nuclear family and minimum of 6.7% of extended family whereas in urban area 60% of subjects live in joint family followed by 33.3% of subject live in joint family and 6.7% of subject live in extended family

6. Distribution of subjects according to monthly family income

Data presented indicated that in rural area each 40% of subject had family income of Rs. 2000 or below, Rs. 2000-2500 respectively and each 10% of subject had family income Rs. 5000-10000 or Rs. 10000 and more. Whereas in urban area majority of 53.3% of subjects had family income of Rs. 2000 -5000 and minimum of 10% of subjects had family income of less than 2000.

7. Distribution of subjects according to source of income

In rural area majority, 60% of subjects depends on pension as their source of income, minimum of 40% of subjects were depends on their children. In urban area majority of 66.7% of people depends on pension as their source of income and minimum of 33.3% of subjects on their children.

8. Distribution of subjects according to performance of activities of daily living

In rural area majority of 56.7% of subjects were independently do their work and minimum of 3.3% of subjects with assistive devices whereas in urban area majority of 46.7% of subjects were independent and minimum of 10% of subjects live with assistive devices.

9. Distribution of subjects according to presence of severe chronic illness

In rural area 16.7% of subjects were suffering from severe chronic illness whereas in urban area 33.3% of subjects were suffering from

severe chronic illness.

Assess the depression level of elderly people residing in urban and rural area.

Variable	No of items	Rural group N=30			Urban group N=30		
		Mean score	SD	Mean %	Mean score	SD	Mean %
DEPRESSION	30	12.63	4.657	42.1	16.30	6.249	54.33

Compare the depression level between the elderly people residing in rural and urban area.

Variable	Rural group N=30		Urban group N=30		DIFFERENCE		INDEPENDENT GROUP t-TEST
	Mean	SD	Mean	SD	Mean	SE	
Depression	12.63	4.657	16.30	6.249	3.667	1.423	t-SCORE= 2.577 P=0.013

Comparison of depression scores between rural and urban elderly people which reveals that there is highly significant difference in level of depression between rural when compared to urban area. The mean depression score of rural area was 12.63 with SD±4.657 whereas urban area was 16.30 with SD±6.0249, which clearly reveal that the level of depression was higher among elderly people living in urban area.

Associate the depression level of elderly people with selected socio demographic variables

Table 8A-8C shows the association between level of depression and demographic variables of elderly people residing in rural area. Chi square test was used to associate the demographic variables. Significant association found between levels of depression among elderly people living in rural area with performance of activities of daily living. Table 9A-9C shows the association between level of depression and demographic variables of elderly people residing in urban area. Significant association was found between level of depression among elderly people living in urban area with age and type of family.

Recommendations

- _ Study could be replicated in a large sample to generalize the findings.
- _ A more comprehensive investigation can be under taken to ascertain the effect of depression on psychosocial health status and vice versa of the elderly.
- _ A comparative study can be conducted on elderly people residing in old age home.
- _ A follow up study with the same sample whether they are coping with the depression.

Experimental study can be conducted with wide variety of therapies

CONCLUSION

The present study compares the level of depression among elderly people residing in rural and urban area. The results revealed that 42.1% of rural elderly people had depression (53.3% of subject had moderate depression, 33.3% of subject had mild level of depression and least of 13.3% of subject had severe depression) whereas 53.3% of urban elderly people had depression (majority of 46.67% of people had severe depression, 40% of subject had moderate and minimum of 13.3% of subject had mild level of depression).

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