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A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF DEPRESSION AMONG MENOPAUSAL WOMEN RESIDING IN POONCHERI VILLAGE, KANCHIPURAM DISTRICT, TAMIL NADU, INDIA.

Nursing

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ABSTRACT

A descriptive study to assess the level of depression among menopausal women among residing in Pooncheri village, Kanchipuram district, Tamil Nadu. The objectives were to assess the level of depression among menopausal women and to find out the association between the level of depression with the selected demographic variables of menopausal women. A non-experimental, descriptive design was used. Non-probability, convenient sampling technique were used with the sample of 50 menopausal women and personal information data was collected and Beck Depression Inventory used to assess the level of depression. Data was analyzed by inferential statistics and presented through tables and figures. Findings revealed that 43 (82%) of the menopausal women were normal, 6 (12%) of the participants have mild mood disturbance and only 1(2%) participant experienced moderate depression. It also revealed that variables like age, religion, educational status, occupation, age at menopause, history of any health problem, leisure time activity were found to be non- significant.

KEYWORDS:

Level of depression, Menopausal women, inferential statistics.

INTRODUCTION

Menopause is a normal physiological process characterized by permanent cessation of menses in a result of reduced ovarian hormone secretion usually between the age of 40 and 55. During the depression period women can experience many symptoms including night sweats, sleep and mood disorders, impaired memory and lack of concentration, fatigue and anxiety. It means that most of the menopausal women experience symptoms of depression. But it should not be mistaken for anxiety or occasional bouts of sadness, low moods or mood swings as it is a mental disorder which can lead to further major depression disorder. Depression and the onset of menopause share many of the same symptoms including sleep problems, fatigue, irritability, anxiety and difficulty concentrating. Because of this depression can go undiagnosed and untreated in women who may think these problems are a natural part of aging.

Depression is one of the most common problem encountered by menopausal women large scale research studies have shown that most problems with depression begin when women are in their 40 years (or) younger. Depression, affects up to 25% women and some point in their lives, minor mood problems are common during peri-menopause. In some women these symptoms progress to a more severe mood disorder known as major depression.

Heejung Choi, Dongsuk Lee et.al 2004 conducted a study to develop and test a hypothetical model of predicting depression experienced by women during menopause. The subjects were menopausal women between 45 and 55 years of age, conveniently selected in two Korean cities. The instruments used in collecting data were scales of attitudes towards menopause. Data were collected from 305 subjects through self-reported questionnaires. The results of this study confirm that the important variables in the prediction of menopausal depression are educational and economic statuses and perceived health status, and the mediating variables are attitudes towards menopause and aging, social support, and social conflicts.

Researcher felt that there is a need to assess the level of depression among menopausal women, so that we nurses guide them to consult psychiatrist to get treated for depression and to prevent further complications.

TITLE

A descriptive study to assess the level of depression among menopausal women (40-60 Years) in a selected community area, Kanchipuram district, Tamilnadu.

OBJECTIVES OF THE STUDY

1. To assess the level of depression among menopausal women.
2. To find out the association between the level of depression with the selected demographic variables of menopausal women.

HYPOTHESIS

H_0 There will not be a significant association between the level of depression and the selected demographic variables of menopausal women.

METHODOLOGY

This study had used non experimental-descriptive design. With quantitative approach and was conducted among the menopausal women residing in Pooncheri village, who fulfills the given criteria. The sample size was 50 and the sampling technique used was convenient sampling.

Inclusion criteria
•   Women who were willing to participate in the study
•   Menopausal women who were present at the time of study.
•   Women, who can speak and understand Tamil and English

Exclusion criteria
•   Menopausal women who were below 40 years and above 60 years.
•   Not willing to participate in the study.

SELECTION AND DEVELOPMENT OF STUDY INSTRUMENT

The researcher constructed the demographic variable Proforma to collect personal information and Beck's Depression inventory was used to the level of depression among menopausal women.

SCORING AND INTERPRETATION:

Beck's depression inventory (BDI) in the form of inventory. It consists of 21 items each items has 4 statements and were scored as 0,1,2,3 respectively. The total attainable score was 63 and the score was interpreted as follows:

SCORE	PERCENTAGE	LEVEL OF DEPRESSION
1-10	0-16%	These ups and downs are considered normal
11-16	17-25%	Mild mood disturbance
17-20	26-32%	Borderline clinical depression
21-30	33-48%	Moderate depression
31-40	49-63%	Severe depression
Over 41	Above 64%	Extreme depression

DATA COLLECTION PROCEDURE

In this study, the researcher assessed the level of depression among the menopausal women by filling the demographic variables proforma and inventory schedule by conducting interview.

RESULTS

The study results stated that majority of the menopausal women were

in the age of 51 -55 years 17(34%), majority of the menopausal women belongs to Hindu religion 38(76%), majority of the menopausal women were illiterate 22(44%) majority of the menopausal women were housewives 40(80%), majority of the menopausal women attained menopause at the age of 40 - 45yrs 29(58%, majority of the menopausal women were not having history of health problem 40(80%) and majority of the menopausal women's leisure time activity was watching television 26(52%). Findings highlighted that 43(86%) of the menopausal women were normal in their level of depression, 6(12%) of the samples had mild mood disturbance and only 1(2%) of the sample had moderate depression. The mean was 2.1 and Standard Deviation was 1.97.

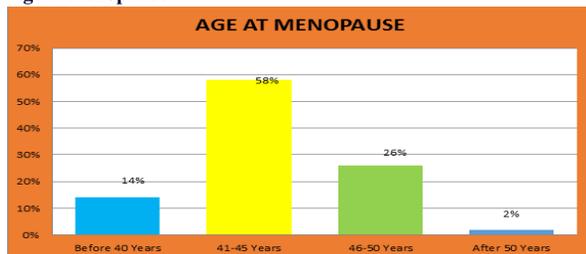**Figure: 1 Distribution of menopausal women according to their Age at menopause.**

Table 1: Mean and Standard deviation of the level of depression of the Menopausal women

S. No	Level of depression	Number of menopause women	Total number of items	Score Range	Total score	Mean	Mean%	SD	DEPRESSION % Individual	DEPRESSION % Total
1.	Normal			1-10	43				86%	
2.	Mild Mood Disturbance			11-16	6				12%	
3.	Borderlin Clinical Depression			17-20	0				0%	100
4.	Moderate Depression	50	21	21-30	1	105	2.1	4.2%	1.97	2%
5.	Severe Depression			31-40	0				0%	
6.	Extreme Depression			Above 41	0				0%	

Table: 1 shows that there were 50 samples and there were 21 questions and the total score was 105 among them 43 (86%) of menopausal women scored between 1-10, 6 (12%) of them were scored between 11-16 and only 1(2%) of them had scored between 21-30. The mean score is 2.1 and Standard Deviation is 1.97.

There was no association between the level of depression among menopausal women with demographic variables of women like age, religion, educational qualification, history of any health problem and leisure time activity. There was a significant association between the level of depression and the demographic variable occupation and age at menopause of the menopausal women, using chi-square test.

DISCUSSION

In assessing the level of depression among menopausal women 86% of the women score, their ups and down were considered as normal, 12% of them had mild mood disturbance and 2% had mild depression. From the above discussion, it showed that the aspect wise mean score of level of depression of menopausal women is 2.1 and the standard deviation is 1.97. It is evident from statistical chi-square test that the association found significant between depression aspects menopausal women with the selected demographic variables occupation and age at menopause regard to the hypothesis Ho stated was partially rejected $(p>0.05)$

CONCLUSION:

The mental health nurses working in the health service area should be equipped to assess the level of depression among menopausal women and should give health education regarding signs and symptoms of depression to menopausal women because this depression is now coming as a leading disease globally.

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