



A DESCRIPTIVE STUDY TO ASSESS THE PREVALENCE OF DEPRESSION AMONG RURAL ELDERLY AT SELECTED VILLAGES, TRICHY DISTRICT, TAMIL NADU.

Nursing

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ABSTRACT

The Indian elderly population is currently the second largest in the world. Mental disorders have got high prevalence and low priority among elderly in most of the countries around the world, of which depression being the most common treatable condition.

Objectives: (1) To assess the Socio demographic characteristics of rural elderly (2) To determine the prevalence of geriatric depression, **Methodology:** A descriptive study was conducted at on 200 elderly people by applying GDS-15 Tamil version to assess the prevalence of depression and information regarding the sociodemographic characteristics were collected.

Results: Level of depression in respondents was determined using the GDS-15 (shorter version) tool. Out of 200 Elderly 41.5 % of the respondents were Normal/ no depression, 21% of the respondents had mild severe depression, 35% had moderate and 2.5% had severe depression.

Conclusions: The current research has shown prevalence of depression according to GDS-15 (Tamil version) as 58.5%. So, the results endorse that there is a high prevalence of depression among the geriatric population and adequate measures should be taken to identify this psychiatric disorder in elderly at rural community.

KEYWORDS

Geriatric Depression, Rural Elderly, Prevalence, Socio demographic factors, and Geriatric Depression Scale-15.

INTRODUCTION

Depression in old age is a significant public health problem causing extensive morbidity and disability worldwide. In fact, the elderly in India face a multitude of psychological, social and physical health problem and these factors determine the level of mental health of a person at any point of time. Symptoms of depression in older adults are often over looked and untreated because they overlap with other late life problems. Depression is a serious mental illness that needs to be treated. If left untreated, it could lead to suicidal tendency.

In India, there is shortage of research on prevalence among elderly from rural poor locality by adopting a geriatric depression scale-15 (GDS-15) scale, which has been linguistically validated in Indian language. In this regard, the present study was undertaken to assess prevalence of depression among rural elderly.

STATEMENT OF THE PROBLEM

A descriptive study to assess prevalence of Geriatric depression among rural elderly at selected Villages of Trichy District, Tamil Nadu.

OBJECTIVES

1. To assess the Socio demographic characteristics of rural elderly.
2. To determine the prevalence of depression among rural elderly.

MATERIALS AND METHODS

Research Approach

In this study, Descriptive survey approach was adopted, aimed at assessing depression among rural elderly (age 60 years and above)

Research Design

The research design adopted for this study was descriptive survey design, to assess depression among rural elderly (age 60 years and above)

Setting of the study

The study was conducted in selected villages of Anbil Primary health center (PHC) at Trichy District, Tamil Nadu

Sample and Sampling technique Population

The target population for the study was elderly (60 years and above) in the rural villages. Accessible population for the present study was elderly (60 years and above) from selected rural villages were 600. The process selecting a portion of the population to represent the entire population the sample of the study comprised of 200 elderlies in selected villages. Probability Random sampling technique was used to select the samples.

Sample Size: The study comprised of 200 elderlies (60 years and above) in selected rural villages.

Sampling criteria

Inclusion criteria

Elderly who were:

- both males and females above 60 years of age.
- willing to participate in the study
- residing in selected villages
- available during the study.
- able to participate in the study.

Exclusion Criteria

Those who

1. are not willing to participate in the study.
2. have an unfortunate event during the past three months.
3. are suffering from cognitive disorder.

DATA COLLECTION INSTRUMENT

Data collection tools were the procedures or instruments used by the researcher to observe or measure the key variables in the research problem.

The following tools are used in this study to collect the data.

Tool: 1-Demographic Characteristics of Elderly.

Tool: 2-Geriatric Depression Scale (Tamil Version)

Descriptions of the tools

Tool 1- Socio Demographic Data

Socio Demographic Data Consists of Demographic variables of elderly such as age, sex, education, marital status, income and Present employment status.

Tool 2 - Geriatric depression scale-Short form (GDS) Tamil Version (Refer in Appendix-1)

Geriatric depression scale-Short form (GDS) is a Standardized scale Developed by Sheik & Yesavage 1986 to determine the degree of depression. GDS-15 was translated in to Tamil Language by the Investigator. Components in the scale are emotional symptoms, Cognitive symptoms and behavioral symptoms. Total of number of Items in the scale is 15 with 'Yes' or 'No' type. Technique used was Interview method. A score ranged from 0-15. Lowest score is 0 and the highest score is 15. The Score was divided as follows: from 0-4=Normal, 5-8= Mild Depression, 9-11= Moderate Depression and 12-15= Severe Depression

Validity and reliability

Content validity of the tool

Content validity refers to the degree to which an instrument measures what it is supposed to measure. Validity of the tools was ascertained by 11 experts from experts in the field of Psychiatry, Medical-surgical Nursing, Psychiatric Nursing, Community health Nursing, Psychology, Nutrition, Geriatrics and Statistics to get their opinion and suggestion regarding the relevance, adequacy and appropriateness of items in the tools. Language validity-Bilingual validity was obtained for the Tamil translation. The modifications were made in the tool as per the validators' suggestions.

Pre-testing and Reliability

Pre-testing is the trial administration of a newly developed instrument to identify flaws and assess the time requirements. Reliability of the research instrument is defined as the extent to which the instrument yields the same results on repeated measures. It is then concerned with consistency, accuracy, precision, stability, equivalence and homogeneity. Reliability of Tool was established using split half method. The following findings are obtained. Cronbach's α coefficient was obtained in order to provide an overall measure of the internal consistency of the Translated Tamil version Geriatric Depression Scale (GDS). The computed value of the alpha coefficient was 0.94 with a high degree of internal consistency for the GDS.

DATA COLLECTION PROCEDURE

After getting approval from Institutional Ethical Committee and Permission from Deputy Director of health service (DDHS), Tiruchirappalli. House to house survey was conducted to enumerate total number of elderly at Villages of Anbil Primary Health Centre Lagudi, Taluk, Trichy District. The elderly residing in the selected villages were 600, among them 240 were males and 360 were females. All the males and females were line listed in the table separately. Among them, 200 Elderly (80 males and 120 females were selected based on probability proportion to size) were randomly selected using a random table-number.

After getting informed consent, Elderly were interviewed separately in their residence and GDS- 15 Tamil version (Table-1) was applied to assess the prevalence of depression and information regarding the sociodemographic characteristics were collected using a pretested structured proforma.

DATA ANALYSIS

The collected data has been organized, tabulated and analyzed by using descriptive Statistics such as frequency and percentage.

RESULTS

Table.1 shows that distribution of elderly in relation to their age group reveals that 53 % of were in the age group of above 70 years. Distribution of elderly in relation to gender reveals that 40 % of the elderly were male and 60% of the elderly were female. Distribution of the elderly in relation to their Education reveals that 37 % of them were not having formal education, 32.5 % of the were having primary education and only 20.5 of them were having secondary and above higher-level education. Distribution of the elderly in relation to their marital status reveals that 84 % of the were married and 16 % were never married, widowed, divorced and separated. Distribution of the elderly in relation to their Income reveals that 84 % of their family income were having below Rs. 10,000. Distribution of the elderly in relation to their current employment status reveals that 6.5 % of them were employed, 93.5 % of the were not employed.

Table 3. Distribution of samples according to socio-demographic variables (n=200)

Demographic Variable	Characteristics	Frequency	%
Age	a) 60 – 69	94	47
	b) 70 – 79	77	38.5
	c) Above 80	29	14.5
Gender	a) Male	80	40
	b) Female	120	60
Education	a) No formal education	74	37
	b) Primary	65	32.5
	c) Secondary	25	12.5
	d) Higher Secondary	26	13
	e) Graduate	10	5
Marital Status	a) Never Married	2	1

	b) Married	168	84
	c) Widowed	13	6.5
	d) Divorced/Separated	17	8.5
Income (Total Family Income per month in Rupees.)	a) Below 5000		
	b) 5001 – 10,000	116	58
	c) 10,001 – 20,000	51	25.5
	d) Above 20,000	17	8.5
Current Employment Status	a) Employed	13	6.5
	b) Unemployed	187	93.5

Table 2: Distribution of elderly according to level of depression score. (n=200)

Level of Depression	Score	Frequency	Percentage %
Normal	0-4	83	41.5
Mild depression	5-8	42	21
Moderate depression	9-11	70	35
Severe Depression	12-15	5	2.5

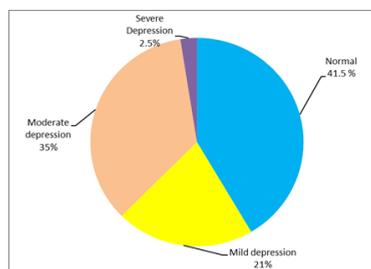


Figure:1 Prevalence of Depression among rural elderly Table-2 shows that the level of depression in respondents was determined using the GDS-15 (shorter version) tool. Out of 200 Elderly 83 % of the respondents were Normal/ no depression. 21 % of the respondents were Mild depression, 35 % of the respondents were Moderate depression 2.5 % were severe depression. The total prevalence of geriatric depression was 58.5% (Refer Figure-1).

DISCUSSION

The prevalence of geriatric depression found in this study was total of 58.5% in that 21% of the elderly had mild depression, 35% had moderate and 2.5% had severe depression. Similarly, Nandi PS, et al. found prevalence of depression among elderly was 55.2%. In the year 2015 D'Souza et al found prevalence of depression among geriatric population was 51.9% in Bengaluru, Karnataka, Naik PR et al found prevalence of geriatric depression was 59.6% in Mangalore, Karnataka, Sabitha RJ et al found prevalence of geriatric depression was 58.2% in Kozhikode, Kerala. In another study in 2010 by Barua A and Kar N. conducted in Udipi Karnataka the prevalence of depression was found to be 48% which is more or less near to the present findings. However, the prevalence of depressive disorder in older adults was found to be 31.7 % by Sundru MB and Goru KB in 2013 study conducted in Vishakapatnam, Andrapradesh and 31.4% by Kamble SV et al. in a study conducted in Ahmed Nagar, Maharashtra. These differences in the prevalence of depression compared with the present study might be due to different instruments used for measuring depression and also their larger sample size.

There were certain limitations in this study. The sample size was small and moreover no formal diagnosis of depression was made in the sample used in the study. Only self-reported GDS questionnaire was used to determine the level of depressive symptoms in the older adults. For determining gender difference, both male and female constituents of the sample should be equivalent in all respects. In future longitudinal studies on a larger group of elderly at rural elderly are needed.

ACKNOWLEDGMENT

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CONCLUSION

The present study had shown the prevalence of mild depression among elderly was 21% and moderate depression was 35% prevalence of severe depression was found to be 2.5%. Adequate measures should be taken to spot this psychiatric disorder in elderly. Already existing mental health services should emphasize more on depressive disorders in aged is the mandate of the present scenario in our country. With more studies like the present study in the elderly, it is expected that the truer picture of depression in the elderly in India will emerge out and the delivery of services can improve at periphery level.

Appendix-1: GERIATRIC DEPRESSION SCALE (GDS): SHORT FORM TAMILVERSION

மனோநிலை அளவிடு (குறுகிய வடிவம்)

முடிவுரை: கடந்த வாரத்தில் நீங்கள் எவ்வாறு உணர்ந்தீர்கள் என்பதை கீழே கொடுக்கப்பட்டுள்ள வினாக்களுக்கு மிகச்சிறந்த பதிலை Yes (ஆம்) அல்லது No (இல்லை) தெரிந்தெடுக்கவும். அனைத்து வினாக்களுக்கும் பதிலளிக்க முயற்சிக்கவும்.

எண்	கேள்விகள்	ஆம்	இல்லை
1	உங்களுடைய வாழ்க்கை அடிப்படையில் திருப்திகரமாக உள்ளதா?		
2	உங்கள் நடவடிக்கைகள் மற்றும் விருப்பங்கள் பலவற்றை கைவிட்டு விட்டீர்களா?		
3	உங்கள் வாழ்க்கை வெறுமையானது என்று உணர்கிறீர்களா?		
4	உங்களுக்கு அடிக்கடி சலிப்பு வருகிறதா?		
5	நீங்கள் அதிக நேரங்களில் நல்ல மனநிலையுடன் இருக்கிறீர்களா?		
6	நீங்கள் ஏதோ கெட்டது நடக்க போகிறதென்று பயப்படுகிறீர்களா?		
7	நீங்கள் பெரும்பாலான நேரம் சந்தோசமாக உணர்கிறீர்களா ?		
8	நீங்கள் அடிக்கடி ஆதர்வற்றவராக உணர்கிறீர்களா?		
9	நீங்கள் வெளியில் போவது மற்றும் புதியதை செய்வதைவிட வீட்டில் தங்குவதை விரும்புகிறீர்களா?		
10	நீங்கள் உங்களுக்கு அதிகமாக நினைவுகூர்ப்பு பிரச்சினைகள் இருக்கிறதென்று பெரும்பாலும் உணர்கிறீர்களா?		
11	நீங்கள் இப்போது உயிருடன் இருப்பது வியத்தகு வகையில் இருப்பதாக நினைக்கிறீர்களா?		
12	நீங்கள் இப்போது இருக்கும் வழிமுறை மிகவும் மதிப்பற்றதாக உணர்கிறீர்களா?		
13	நீங்கள் முழு ஆற்றலுடன் இருப்பதாக உணர்கிறீர்களா?		
14	உங்களுடைய நிலைமை நம்பிக்கையற்றதாக உணர்கிறீர்களா?		
15	பெரும்பாலான மக்கள் உங்களைவிட நன்றாக இருப்பதாக நீங்கள் நினைக்கிறீர்களா?		

மதிப்பெண் அளவிடு: கீழே குறிப்பிட்டபடி ஒவ்வொரு பதிலுக்கும் ஒரு மதிப்பெண் கொடுக்கவும்.

1- இல்லை	4- ஆம்	7- இல்லை	10- ஆம்	13- இல்லை
2- ஆம்	5- இல்லை	8- ஆம்	11- இல்லை	14- ஆம்
3- ஆம்	6- ஆம்	9- ஆம்	12- ஆம்	15- ஆம்

மனச்சோர்வு வகைப்படுத்தல்:

- 0 - 4 - இயல்பான நிலை
- 5 - 8 - இளநிலை மனச்சோர்வு
- 9 - 11 - மிதநிலை மனச்சோர்வு
- 12 - 15 - கடுமையான மனச்சோர்வு

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