



A STUDY TO ASSESS DEPRESSION ASSOCIATED WITH END OF LIFE AMONG ELDERLY PEOPLE IN SELECTED AREAS OF LUDHIANA, PUNJAB.

Nursing

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KEYWORDS

Depression, End of life, Elderly people

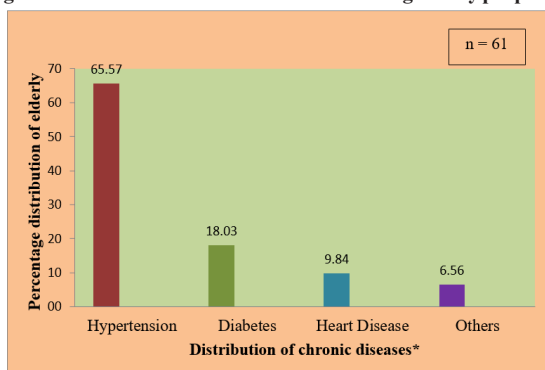
Introduction: Aging is a normal, universal and inevitable change which takes place even with the best of nutrition and health care. The rapid change in the social and cultural values had made a tremendous impact on mental well being of elderly people. This changing value makes them vulnerable for psychological disturbances such as depression associated with end of life.

Aim: To assess depression associated with end of life among elderly people with a view to develop an Information Education Communication (IEC) material on self management of depression associated with end of life.

Methodology: A Quantitative research approach and non-experimental descriptive survey research design was used including 100 elderly people as sample residing in urban areas (Shimlapuri and Model Town) of Ludhiana, Punjab. Data was collected by using non-probability convenience sampling technique. Socio demographic profile, standardized Death depression scale (1990) developed by Donald Templer was used to assess depression associated with end of life among elderly people. Quantitative data was obtained by using interview technique. Data was tabulated and analysis was done by using descriptive and inferential statistics.

Results: The study revealed that majority (60%) of the elderly were from 60-70 years, female, illiterate, homemaker, widow, Hindu, from joint family, vegetarian, had chronic disease, living alone, had 3 children and had source of income Rs.<5000 per month. The mean age was 70.62 years.

Figure 1: Distribution of chronic diseases among elderly people.



*Multiple responses of subjects

Figure 2: Distribution of elderly people as per their number of children.

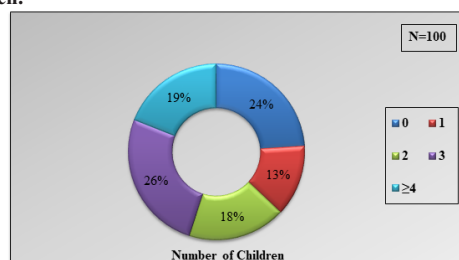


Table 1: Distribution of elderly people according to the level of depression.

Level of Depression	Score	f (%)
No	0	01(1)
Mild	1-5	30(30)
Moderate	6-10	39(39)
Severe	>11	30(30)

Mean $\pm$ SD = 7.73 $\pm$ 3.53

Maximum Score = 17

Maximum Score - Minimum Score = 17

Table 2: Association of depression associated with end of life among elderly people with their socio- demographic variables.

Socio-demographic variables	n	Mean $\pm$ SD	F/t value	p value	df
Age (in Years)			21.59	0.0001	99
60-70	60	9.26 $\pm$ 3.29		**	
70-80	29	5.93 $\pm$ 2.65			
80-90	11	4.09 $\pm$ 1.37			
Gender			2.47	0.01*	98
Male	41	6.71 $\pm$ 3.16			
Female	59	8.44 $\pm$ 3.63			
Education			0.43	0.82NS	99
Illiterate	28	7.21 $\pm$ 3.16			
Primary	24	7.62 $\pm$ 3.84			
Middle	17	7.53 $\pm$ 3.69			
Secondary	22	8.18 $\pm$ 3.50			
Senior Secondary	03	9.67 $\pm$ 4.93			
Graduate and above	06	8.5 $\pm$ 3.89			
Occupation			1.31	0.27NS	99
Govt Service	07	9.28 $\pm$ 4.27			
Private service	18	7.44 $\pm$ 3.24			
Business	01	12.00 $\pm$ 0.0			
Self Employed	32	6.90 $\pm$ 3.29			
Home Maker	42	8.12 $\pm$ 3.65			
Marital status			0.86	0.42NS	99
Unmarried	12	6.83 $\pm$ 3.73			
Married	32	8.31 $\pm$ 3.97			
Widow	56	7.58 $\pm$ 3.22			
Religion			0.33	0.71NS	99
Hindu	53	7.90 $\pm$ 3.55			
Sikh	45	7.60 $\pm$ 3.60			
Others (Muslim and Christian)	02	6.00 $\pm$ 1.41			
Type of Family			1.61	0.11NS	98
Nuclear	20	6.60 $\pm$ 3.59			
Joint	80	8.01 $\pm$ 3.49			
Dietary Habit			0.08	0.92NS	99
Vegetarian	69	7.65 $\pm$ 3.51			
Non-Vegetarian	29	7.86 $\pm$ 3.63			
Lacto Ova Vegetarian	02	8.50 $\pm$ 4.95			
History of Chronic Disease			1.48	0.13NS	98
Yes	61	7.31 $\pm$ 3.39			
No	39	8.38 $\pm$ 3.70			
Number Of Children			1.47	0.21NS	99
0	24	6.45 $\pm$ 3.42			
1	13	8.62 $\pm$ 3.68			
2	18	8.0 $\pm$ 3.91			
3	26	8.57 $\pm$ 3.13			
≥4	19	7.31 $\pm$ 3.54			

Type of Residence			0.16	0.87NS	98
Institution(Old age home)	50	7.24±3.45			
Non-Institution(Home)	50	8.22±3.59			
Living Status			0.47	0.75NS	99
Living alone					
Living With spouse only	51	7.33±3.32			
Living with children only	03	7.33±4.16			
Living with spouse and children	17	7.77±3.62			
Living With someone else other than spouse and children	27	8.44±3.93			
	02	9.00±0.00			
Monthly income in Rupees (n=69)			2.61	0.07NS	99
<5000	43	7.21±3.43			
5000-10000	18	7.93±3.06			
>10000	08	9.61±4.46			

Maximum Score = 17 *Significant p< 0.05, ** Highly Significant=
 Minimum Score = 0 0.0001
 NS (Non Significant)

CONCLUSION:

The present study concluded that all the elderly people had depression associated with end of life. Age and gender were found to be statistically highly significantly associated with depression. Depression was high among age group 60-70 years. Females were more depressed as compare to males

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