

A Study To Assess The Level of Knowledge Regarding Depression Among Old Age

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Abstract

Purpose: A study to assess the level of knowledge regarding Depression among old age in Government Head Quarters Hospital at kumbakonam, Thanjavur district.

Methods: A descriptive design was adopted for the study.50 old age were selected by using purposive sampling technique. Data were collected by survey method and instructed to complete questionnaire. Questions were related to baseline data of old age and structured questionnaire on depression among old age.

Result: The study results shown that knowledge of depression shows, that 20% of old age had inadequate knowledge, 32% of had old age moderately adequate knowledge, 48% of old age had adequate knowledge on depression.

Conclusion: The findings of the study revealed that depression education to be helpful to improve the knowledge and awareness among old age.

Keywords: Depression, Old age, knowledge

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I. INTRODUCTION

Depression as a disorder has always been a focus of attention of researchers in India. Over the last 50-60 years, large number of studies has been published from India addressing various aspects of this commonly prevalent disorder. Depression is a disorder of major public health importance, in terms of its prevalence and the suffering, dysfunction, morbidity, and economic burden.

Depression is more common in women than men. The report on Global Burden of Disease estimates the point prevalence of unipolar depressive episodes to be 1.9% for men and 3.2% for women, and the one-year prevalence has been estimated to be 5.8% for men and 9.5% for women. It is estimated that by the year 2020 if current trends for demographic and epidemiological transition continue, the burden of depression will increase to 5.7% of the total burden of disease and it would be the second leading cause of disability-adjusted life years (DALYs), second only to ischemic heart disease.

As per the World Health Organization Report “Depression and Other Common Mental Disorders – Global Health Estimates” released in 2017, the estimated prevalence of depressive disorders in India is 4.5% of the total population (WHO 2017). Geriatric depression is mostly not recognized by clinicians and often depressive symptoms are attributed to the aging process. Also elderly persons emphasize somatic symptoms and underreport depressed mood. Geriatric depression often occurs in the context of medical or neurological brain diseases whose symptoms are similar to the symptoms of depression

Depression is an important problem among old age globally as well as India. The majority of old age had less knowledge about depression. Thus the investigator has planned to conduct a study to assess the knowledge regarding the depression and also to find out the association between level knowledge on depression with their selected demographic variables.

1.1 Statement of Problem

A study to assess the level of knowledge regarding depression among old age in Government Head Quarters Hospital at kumbakonam, Thanjavur district.

1.2 Objective

- To assess the level of knowledge regarding depression among old age.
- To find out the association between the level of knowledge on depression among old age with their selected demographic variables.

1.3 Hypothesis

H₁ – There is a significant difference between the levels of knowledge regarding depression among the old age with their selected demographic variables.

1.4 Assumptions

- Old age may not have adequate knowledge about depression.
- Responses of old age to the questionnaire might be reveal their knowledge about depression

II. METHODOLOGY

2.1 Research Approach and Design

The research approach was quantitative research approach and focused non-experimental research descriptive research design

2.2 Setting and Participants

The study was conducted in Government Heal Quarters Hospital at Kumbakonam among 50 old age. Purposive sampling technique was used to collect data.

2.3 Instruments

A structured questionnaire was developed by the investigator according to the internal and external environment of the study settings. Five sub areas were determined to assess the knowledge regarding Depression: depression, causes of depression, symptoms, management and prevention of depression. The total number of questions was 25. Each correct answer was given a score of one and wrong answer zero. Level of knowledge was assessed as good (19-25), average (13-18) and poor (0-12).

2.4 Data collection

Data were collected by structured questionnaire includes demographic data, knowledge questions regarding depression. Written permission was obtained from the Hospital superintendent to conduct the study. Purpose of the study was explained and written informed consent was obtained from each participant before conducting the study. Personal information's maintain the privacy and confidentiality.

2.5 Data analysis

The collected data were analyzed according to the objective of the study by using descriptive statistics such as frequency, percentage, mean, standard deviation and inferential statistics such as paired “t” test and chi-square test.

III. Results

3.1 Socio-demographic characteristics

Among 50 old age majority of the participants (46%) were in the age group of 60-69 years. Majority of the participants (40%) had primary level education. Maximum proportion of the subject (62%) was cooli. Majority of the subject (46%) had monthly income of 5,000 – 7,000. Majority of subject (42%) were live in hut. (46%) had the source of information among friends. (44%) had no present illness. (64%) were satisfied their job, (42%) not settled, (30%) were below poverty line.

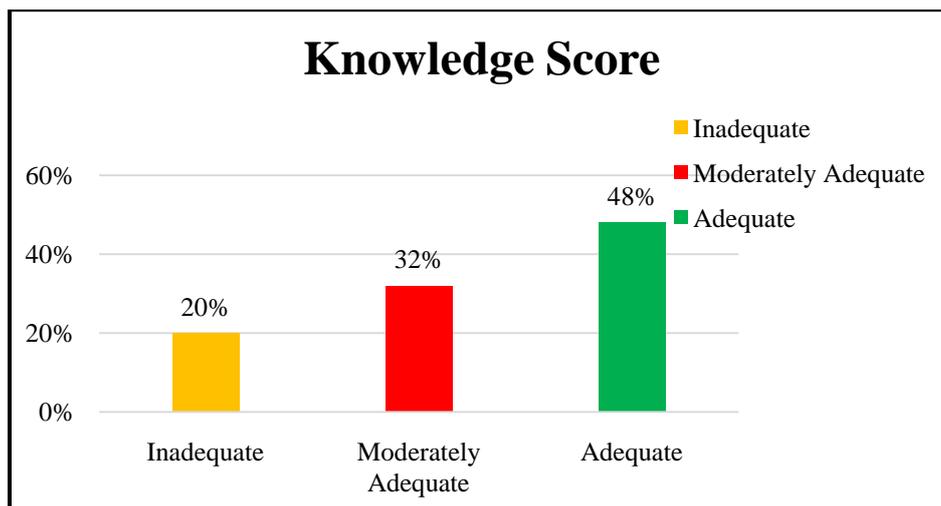
Table 1: Frequency and Percentage analysis of demographic variables of young adults
(n = 50)

S.No	Demographic Variable	No. of respondents	Percentage
1.	Age (in years)		
	60-69	23	46%
	70-79	12	24%
	80-89	15	30%
	Above 90	-	-

2.	Educational qualification		
	Illiterate	17	34%
	Primary level	20	40%
	HSC level	9	18%
	Degree level	4	8%
3.	Occupation		
	Cooly	31	62%
	Private employee	7	14%
	Govt. employee	9	18%
	House wife	3	6%
4.	Monthly Income (in Rs.)		
	Upto 4,000	20	40%
	5,000 – 7,000	23	46%
	8,000 – 10,000	5	10%
	Above 20,000	2	4%
5.	Types of House		
	Katcha	14	28%
	Pacca	7	14%
	Rented	8	16%
	Hut	21	42%
6.	Source of information		
	Television	16	32%
	Health person	7	14%
	Books	4	8%
	Friends	23	46%
7.	Present illness		
	Hereditary diseases	11	22%
	Communicable diseases	8	16%
	Congenital diseases	22	44%
	None	9	18%
8.	Job satisfaction level		
	Satisfied	32	64%
	Highly satisfied	18	36%
	Not satisfied	-	-
	Uncertain	-	-
9.	Life settlements		
	Settled life	16	32%
	Highly settled	5	10%
	Poorly settled	8	16%
	Not settled	21	42%
10.	Socio Economic		
	High	2	4%
	Middle	19	38%
	Low	14	28%
	Below poverty	15	30%

a. Level of knowledge on depression among old age

In the pre-test results shown that, 20% of the participants had inadequate knowledge of depression, as well as 48% of them shown adequate knowledge. However 32% of old age had moderate knowledge regarding depression; it might be because of source of information like mass media and health professional.



b. Association between the levels of knowledge with selected socio-demographic variables

The study reveals that there was significant association between pre-test level of knowledge and selected demographic variables Such as life settlements of old age ($p < 0.05$). In the other demographic variables there is no significant association between them and the pre-test level of knowledge ($P > 0.05$) like age, education, occupation, family income, house type, present illness, job satisfaction, socio economic status.

IV. CONCLUSION

The study concluded that knowledge regarding depression among old age knowledge was moderately adequate. Thus it is recommended to conduct such health education programme in large scale to increase the old age knowledge regarding depression.

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