



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 446-447

© 2019 Yoga

www.theyogicjournal.com

Received: 23-11-2018

Accepted: 28-12-2018

P Prakash

Ph.D. Scholar- Nursing (Part Time), Meenakshi University /Meenakshi Academy of Higher Education and Research (MAHER), Chennai & Asst. Professor at College of Nursing, Pondicherry Institute of Medical Sciences, Puducherry, India

Dr. Nappinai Seran

Research Guide & Clinical Psychologist, Meenakshi University & Hospital, Chennai, Tamil Nadu, India

Dr. Navaneetha

Research Guide & Professor, College of Nursing, PIMS, Puducherry, India

Dr. Malarvizhi

Research Guide & Asst. Registrar, College of Nursing, PIMS, Puducherry, India

Dr. Pradeep Thilakan

Research Guide & Professor Cum HOD of Psychiatry dept., Pondicherry Institute of Medical Sciences, Puducherry, India

A study to associate the selected socio-demographic variables with level of stress, depression and anxiety among elders at old age homes, Puducherry

P Prakash, Dr. Nappinai Seran, Dr. Navaneetha, Dr. Malarvizhi and Dr. Pradeep Thilakan

Abstract

A study was conducted to explore the association of selected socio-demographic variables with the level of depression, anxiety and stress among elders at Voluntrait, PONCARE (Pondicherry Society Care For the Aged), Clunny Home for aged and Anbu Nilayam in Puducherry. 211 samples in phase one and 90 sample was obtained in phase two was randomized into study and control group of 45 each. Tool used in this study was Depression Anxiety Stress Scale (DASS-21). Results reveals that, the pre-test level of depression, anxiety and stress in association with demographic variables was not significant i.e. the 'p' value was >0.01 level where as the visit by family members has strong association with the score of depression i.e. the 'p' value was <0.01 level.

Keywords: Elders, depression, anxiety, stress, demographic variables, old age homes

Introduction

All India Senior Citizens Confederation states that, life expectancy of those aged above 70 was increased by 18 percentage.

The Ministry of Statistics and Programme Implementation – 103.9 million elderly, people above age 60, about 8.5 per cent of the population as per 2016 report. Central Statistics Office has analyzed that the growth of elders more than the growth of general population as per 2001 to 2011 data ^[1]. The growth in general population was from 18% to 22% where as for elders, it was 25 to 36%.

Report from Help age India & United Nations Population Fund unitedly states that, 100 Million elders are there at present & by the year 2050, 325 million people, or 20 per cent of the population, will be elders ^[2] Report from Help age India states that, 1,018 Old age homes are present in india at 2009. According to the Census 2011 state wise data on elders, 10.4 percent of them from Tamil Nadu ^[3].

Objective

To associate the selected socio-demographic variables with level of stress, depression and anxiety.

Tool: Depression, Anxiety, Stress Scale (DASS-21)

Distribution of Socio-Demographic Variables

In study group, majority of them(35.5%) belongs to age group of 60-65 years old and in control group, majority (29%) were belongs to 66-70 years and 29% were belongs to above 75 years of age. In study group, majority (53%) were male and in control group, majority (55.5%) of them were female. In study group, majority (53%) were illeterate and in control group, majority (44.4%) were illeterate. In study group, majority (47%) were work in private sector job previously where as in control group, 46.6% were house wife and 46.6% were works in private stector. In study group, majority (84%) were widow and in control group, majority (82%) were widow. In study group, 18% has no son/daughter, 18% has one son/daughter and

Correspondence

P Prakash

Ph.D. Scholar- Nursing (Part Time), Meenakshi University /Meenakshi Academy of Higher Education and Research (MAHER), Chennai & Asst. Professor at College of Nursing, Pondicherry Institute of Medical Sciences, Puducherry, India

18% has more than two son or daughter where as in control group majority (47%) has more than two son/daughter. In study group (71%) majority of them diagnosed with physical illness where as in control group (51%) majority of them does not have physical illness. In study group, majority of them (75.5%) taking medication where as in control group majority of them (51%) was not on medications. Majority of participants said that, the reason for stay in old age home is

self-wish i.e. 53% in study group and 44.4% in control group. In Duration of stay in old age home, majority of them (23%) belongs to 1-5 years of duration in study group and (22%) belongs to 1-5 years of duration of stay in old age home in control group.

Results

Table 1: Association of Demographic variables with Depression, Anxiety and Stress score (n=90)

S. No	Variable	Depression		Anxiety		Stress	
		Chi Square	P Value	Chi Square	P Value	Chi Square	P Value
1.	Age	5.986	0.112	8.222	0.222	6.922	0.328
2.	Gender	0.634	0.426	1.327	0.515	0.039	0.981
2.	Education	5.918	0.205	12.770	0.120	2.656	0.954
3.	Marital status	2.404	0.493	5.228	0.515	5.403	0.493
4.	Previous occupation	0.989	0.804	3.776	0.707	4.300	0.636
5.	No. of son/daughter	0.510	0.917	1.893	0.929	8.651	0.194
6.	Physical Illness	1.523	0.217	4.197	0.123	1.962	0.375
7.	Medication	1.091	0.296	4.841	0.089	3.695	0.158
8.	Reason for stay in old age home	5.116	0.163	2.734	0.841	6.010	0.422
9.	Duration	9.397	0.052	6.426	0.600	11.577	0.171
10.	Old age Benefits/Pension	0.063	0.082	0.164	0.921	0.548	0.760
11.	Visit by Family Members	2.921	0.007*	0.751	0.687	0.164	0.921

Table 1 denotes association of Demographic variables such as age, gender, education, marital status, previous occupation, number of son/daughter, physical illness, medication, reason for stay in old age home, duration of stay in old age home, pension and visit by family members with Depression, Anxiety and Stress score. Results reveals that 'p' value of depression score with visit by family member is 0.007 which is statistically significant and other scores aren't statistically significant.

Conclusion

Hence, the Hypothesis: "There is a significant association exist between the selected demographic variables with level of stress, Depression and Anxiety" is rejected.

References

1. Ministry of Statistics and Program Implementation, Elderly In India Profiles And Programmes, 2016.
2. Unfpa, Caring Of Our Elders As Early Responses, India Aging Report, 2017
3. Helpage India, Elder Abuse In India – Changing Cultural Ethos And Impact Of Technology