



## A Study To Assess The Knowledge on Preventive Practices of Depression Among Older Adults Residing in Selected Old Age Homes At Vadodara City

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**ABSTRACT**

Background: Depression is a disorder of major public health importance, in terms of its prevalence and the suffering, dysfunction, morbidity, and economic burden. 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. Aims and Objectives: The main aim to conduct this study was to find out the level of knowledge on preventive practices of depression among older adults. Material and Method: In this research study an evaluative research approach with Descriptive design is used. Non probability convenience sampling technique was used to select the 100 older adults from selected old age home and data collection was done. Data was analysed by using descriptive and inferential statistics such as standard deviation, chi- test. Result: In this study 40 % were having inadequate knowledge, 47 % were having moderately adequate knowledge and only 13 % were having adequate knowledge. Here five demographic variable significant with the education, previous occupation, any family member working in H.C.S, Any history of psychiatric illness in family and any history of physical illness in family. Conclusion : In this research study findings revealed that the knowledge on preventive practices of depression is not adequate among older adults who are at high risk of developing depression.

**KEYWORDS**

**INTRODUCTION**

Depression is a disorder of major public health importance, in terms of its prevalence and the suffering, dysfunction, morbidity, and economic burden. 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. Old age people who are at high risk for depression because of so many risk factors. But we all know that 'Prevention is better than Cure'. So we must follow that all steps to prevent the depression and to improve the quality of life. Various research studies shows that various preventive practices are there which helps to prevent the depression.

**NEED FOR STUDY**

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. People with depressed mood can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, ashamed or restless. They may lose interest in activities that were once pleasurable, experience loss of appetite or over-eating, have problems concentrating, remembering details or making decisions, and may contemplate, attempt or commit suicide. Insomnia, excessive sleeping, fatigue, aches, pains, digestive problems or reduced energy may also be present.<sup>14</sup>

The reason why I have chosen this study because we all know that old age people are at high risk for depression and its our duty to help the people and make their life meaningful. This study will help to find out that weather the older adults are aware about various natural preventive practices and where they are lacking so this research will provide support for further research studies.

**STATEMENT OF THE STUDY**

"A study to assess the knowledge on preventive practices of depression among older adults residing in selected old age

homes at Vadodara city"

**OBJECTIVE**

1. To assess the existing level of knowledge on preventive practices of depression among the older adults residing in selected old age homes.
2. To find out the association between level of depression with selected demographic variables.

**HYPOTHESIS**

**H1:** There will be significant association between level of depression with selected demographic variables.

**OPERATIONAL DEFINITION:**

**Assess**

In this study assess means the measurement of the knowledge on practice regarding preventing measures of depression

**Depression**

In this study depression is a state of low [mood](#) and aversion to activity that can affect a person's thoughts, behavior, feelings and [sense of well-being](#)

**Old age home**

In this study old age home is where the older adults are living.

**Preventive practices**

In this study preventive practices are diet, sleep, exercises, sleep, sunlight, Hobbies, Spirituality, music therapy, laughter therapy, meditation and yoga. This should follow for reducing depression

**RESEARCH METHODOLOGY**

Methodology of research indicates the general pattern of organizing the procedure for the empirical study together with the method of obtaining valid and reliable data for problem under investigation.

**Research approach**

The quantitative approach was considered to assess the knowledge level about the preventive practices of depression.

### Research design

Descriptive design was used in this study.

### Variables:

A concept which can take on different qualitative values is called as variable. The variables under this study are the following,

#### a) Independent Variable:

In this study, no any independent variable available.

#### b) Dependent Variable:

In this study it refers to the knowledge level about preventive practices of depression among older adults.

#### c) Extraneous Variable:

In this study, it refers to the selected demographic variables such as age group, gender, education, previous occupation, mode of admission, any member working in H.C.S, any h/o psychiatric illness in family and any history of physical illness in family.

### Research setting

The study was conducted at Jalaram seva trust old age home, Fategunj and Goraj muni seva ashram, Vagodia at Vadodara city.

### Sample population

Target population

The target populations were older adults staying in old age home.

Accessible population

In this study accessible population were older adults in selected old age home.

### Sample

Samples were selected according to inclusive and exclusive criteria.

### Sampling technique:

In this study, non-probability convenient sampling technique was used.

The total numbers of samples were 100.

### Development of tool

Self-Structured Interview questionnaire will be used to assess the knowledge on preventive practices of depression among the older adults

### Description of tool

#### Section – a

It is designed to obtain general information of the respondents and it consists of seven items related to the demographic variables of the older adults receding in old age home

#### Section – b

This section consisting of 26 items regarding knowledge on preventive practices of depression is used. The questions asked were based on depression and preventive practices of depression.

### The score will be given as below:

#### Scoring

Inadequate : If score is between 1 - 9

Moderately adequate : If score is between 10 - 18

Adequate : If score is between 19 – 26

### Validity of the tool and independent variables

The content validity of the tool for the present study was established by obtaining from experts .The experts suggest some modification in the demographical variables and some of the Questions. Appropriate modification were made accordingly

the toll was finalized .

### Reliability of the tool

The reliability of the tool conducted on 09 /08 /15 at Swarg community care center for old age at Vadodara. The reliability of Self structured interview questionnaire was done by split half method . The reliability sum is 0.87.

### RESULT

OBJECTIVE – 1: To assess the existing level of knowledge on preventive practices of depression among the older adults residing in selected old age homes.

#### Distribution of older adults according to knowledge level

Result shows 40 % were having inadequate knowledge, 47 % were having moderately adequate knowledge and only 13 % were having adequate knowledge.

#### OBJECTIVE – 2: To find out the association between level of depression with selected demographic variables.

It revealed that the calculated  $X^2$  value was higher than the table value which indicates that there is significant association between the knowledge level and demographic variables among the older adults. I found four variables significant.

The calculated  $X^2$  value was lesser than the table value which indicates that there is no significant association between the mean pre-test knowledge level and their demographical variables ( $X^2_1$  value for age is 2.743 ;  $X^2_2$  value for gender is 2.398 ;  $X^2_3$  value for education is 80.732 ;  $X^2_4$  value for previous occupation is 9.921 ;  $X^2_5$  value for mode of admission is 4.871 ;  $X^2_6$  value for any family member working in H.C.S. is 15.394;  $X^2_7$  value for any h/o psychiatric illness in family is 7.446 and  $X^2_8$  value for any h/o physical illness in family is 8.090 respectively) at  $p < 0.05$  level.

### DISCUSSION & CONCLUSION

The purpose of this study was to assess the knowledge level on preventive practices of depression among older adults. The collected data were analyzed by descriptive and inferential statistics, interpreted in terms of objectives and hypotheses of the study. In this study researcher concluded that only 13% had adequate knowledge on preventive practices of depression in selected old age home at Vadodara. H1 is partially accepted as four variables were significant.

### REFERENCE

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