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## "TO ASSESS THE LEVELS OF DEPRESSION AND ANXIETY RELATED TO SEPARATION FROM HOME AND ADJUSTMENT WITH OLD AGE HOMES".

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### Abstract:

Elderly individual is susceptible to heightened rates of psychological distress, anxiety and loneliness. The worldwide residents aged 60 and over is predictable to spread over 2 billion by 2050. This demographic transition presents mental challenges for old age population. Depressive and anxiety disorders and adjustment problems are the most prevalent emotional disorders that develop in elderly age. Anxiety and depression are mood disorders marked by oscillations between feelings of hopelessness and unhappiness, low self-esteem, inactivity loss, panic attacks, and distress. Physical disease, functional disability, and cognitive impairment are variables that affect the incidence of increased sadness, anxiety, and adjustment among the aged.

**Keywords:** Elderly individual, Anxiety, depression, Sadness, cognitive impairment

### Introduction

The natural progression of life entails the process of aging, a phenomenon universal to all living being. Rapid demographic shifts worldwide indicate a significant rise in the elderly population, with projections suggesting a nearly doubled percentage from 12% to 22% between 2015 and 2050. This surge anticipates a staggering more from 900 million to 2 billion individuals aged less

60. Consequently, this demographic transition brings to light unique physical and mental health challenges among older individuals.<sup>1</sup>

The latest life expectancy data underscores the increasing longevity trend, with males The natural progression of life entails the process of aging, a phenomenon universal to all living being. Rapid demographic shifts worldwide indicate a significant rise in the elderly population, with projections suggesting a nearly doubled percentage from 12% to 22% between 2015 and 2050. This surge anticipates a staggering more from 900 million to 2 billion individuals aged less 60. Consequently, this demographic transition brings to light unique physical and mental health challenges among older individuals.

## **OBJECTIVES:**

1. To assess the levels of specific objectives among elderly people residing in old age homes.
2. To find the correlation between adjustment strategies with depression and anxiety among elderly people residing old age homes.
3. To find out the association between depression, anxiety and adjustment with selected demographical variables among elderly people residing in old age homes.

## **HYPOTHESIS**

H<sub>1</sub>- will be a higher level of depression, anxiety and adjustment strategies among elderly people existing in old age homes in Belagavi.

H<sub>2</sub>-there will be significant correlation between depression, anxiety and adjustment strategies.

H<sub>3</sub>-there will be significant association between the levels of depression, anxiety and adjustment strategies with chosen demographical variables.

## METHODOLOGY

The Survey research approach was used in this study. The investigator's selected non-experimental descriptive design to assess the level of the depression. Anxiety and adjustment strategies among the patients who residing in old age homes was considered as an appropriate one. Based on the geographic proximity, feasibility to conduct the study and familiarity with the setting, the investigator, selected old age homes, Belagavi. Sample of this study was Patient aged between 60-90 years who are residing in old age homes. Purposive sample technique sampling technique was used to select the sample of elderly patients. The sample size for the present study consists of 100. the elderly people who fulfilled sampling criteria. The investigators standardized DAAS -10 scale inventory consists of 10 items and old age home adjustment tool which consist of 22 questioners was used to collect the data from sample.

## RESULTS

### SECTION 1: FINDINGS RELATED TO DEMOGRAPHIC CHARACTERISTICS.

#### Frequency - percentage distribution of the socio-demographic variables of elder people.

N=100

Sl.no	S-D-V	(f)	(%)
1.	Age		
	a) 60 – 70 yrs.	31	31%
	b) 71 – 80 yrs.	40	40%
	c) 81 – 90 yrs.	16	16%
	d) above 90 yrs.	13	13%
2	Gender		
	Male	26	26%
	Female	74	74%
3.	Religion		

	a) Hindu	60	60%
	b) Muslim	24	24%
	c) Christian	14	14%
	d) If any other specify	2	2%
4.	Dietary pattern		
	a) Vegetarian	21	21%
	b) Mixed	41	41%
	c) Non-vegetarian	21	21%
5.	Marital status		
	a) Single	4	4%
	b) Married	24	24%
	c) Divorced	4	4%
	d) Widowed	68	68%
6.	Type of family		
	a) Nuclear family	52	52%
	b) Joint family	34	34%
	c) Extended family	14	14%
7.	Educational Qualification		
	a) Nill Formal Education	30	30%
	b) Primary Education	49	49%
	c) Secondary Education	13	13%
	d) Above Degree	8	08%
8.	EMPLOYMENT.		

	a) Dependent	47	47%
	b) Independent	21	21%
	c) Retired	32	32%
9	DURATION OF STAY.		
	a) Six months	45	45%
	b) 1- year	30	30%
	c) 2 - years	20	20%
	d)More than two years	5	5%
10	STAYING WITH		
	a) Spouse	0	0%
	b) Alone	100	100%
11	RELATIVES		
	a) Spouse (alive / not)	0	0%
	b) Children (alive / not)	100	100%
	c) others	0	0%
12	MEDICAL PROBLEMS		
	a) Hypertension	23	23%
	b) Diabetes	72	72%
	c) others	5	5%

## SECTION 2: FINDINGS RELATED TO LEVEL OF DEPRESSION AND ANXIETY.

<b>S.no</b>	<b>Level of depression and anxiety</b>	<b>frequency</b>	<b>Percentage</b>
<b>1</b>	<b>No depression and anxiety</b>	<b>0</b>	<b>0%</b>
<b>2</b>	<b>Mild depression and anxiety</b>	<b>17</b>	<b>17%</b>
<b>3</b>	<b>Moderate depression and anxiety</b>	<b>74</b>	<b>74%</b>
<b>4</b>	<b>Severe depression and anxiety</b>	<b>9</b>	<b>9%</b>

## **SECTION 2: FINDINGS RELATED TO LEVEL OF OLD AGE HOME ADJUSTMENT**

<b>SL NO</b>	<b>LEVEL OF OLD AGE HOME ADJUSTMENT</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
<b>1</b>	<b>Poor adjustment</b>	<b>5</b>	<b>5%</b>
<b>2</b>	<b>Average adjustment</b>	<b>72</b>	<b>72%</b>
<b>3</b>	<b>Good adjustment</b>	<b>23</b>	<b>23%</b>

## **Section 3: Findings related to relationship between depression anxiety &**

**adjustment.**

There will be a strong positive co-relation between depression anxiety & adjustment. .

Karl Pearson correlation coefficient test was used to calculate relationship between depression anxiety & adjustment.

**Significant co-relation between depression anxiety & adjustment.**

As the calculated 'r' value (0.003) for the Hypothesis: **H<sub>2</sub>: There will be a strong positive correlation between depression, anxiety and adjustment strategies.**

Hence its clear - there is a statistically positive co-relation between DA & adjustment. Indicating that there is no strong positive co-relation between DA & adjustment. Hence calculated "r" is (0.003) there is a weak positive correlation between depression anxiety & adjustment, **H<sub>2</sub>: is rejected.**

**Section 4: Findings related to association between depression anxiety with their selected socio-demographic variable.**

Chi-square and Yates correction was determined to find out the association between depression anxiety with their selected S-D variable by using contingency table.

Calculated Chi-square and Yates correction value is lesser than table value for socio demographic variables Age ( $\chi^2=3.005$ ,  $P=0.05$ ), Gender ( $\chi^2=1.112$ ,  $P=0.05$ ), Religion ( $\chi^2=0.404$ ,  $P=0.05$ ), diet ( $\chi^2=0.592$ ,  $P=0.05$ ), marital status ( $\chi^2= 0.243$ ,  $P=0.05$ ), type of family ( $\chi^2=0.445$ ,  $P=0.05$ ), educational status ( $\chi^2=0.042$ ,  $P=0.05$ ), employment, ( $\chi^2=1.813$ ,  $P=0.05$ ), duration of stay ( $\chi^2=1.943$ ,  $P=0.05$ ), staying with ( $\chi^2=0.266$ ,  $P=0.05$ ), staying with relatives ( $\chi^2=0.886$ ,  $P=0.05$ ),

medical problems. ( $\chi^2=0.040$ ,  $P=0.05$ ), in calculated Chi-square and Yates correction value is lesser than the table value for socio demographic variables, therefore  $H_3$ : is rejected for all S-D-V.

**H<sub>3</sub>**: There will be significant association between the levels of depression, anxiety and adjustment strategies with selected demographical variables. **H<sub>3</sub>: Is rejected.**

#### **Section 4: Findings related to association between adjust mental strategies with their selected S-D variable.**

Sl no	S-D variable	DF	Chi-square	Table value	P value
1	Age	1	0.961	3.841	0.05
2	Gender	1	0.154	3.841	0.05
3	Religion	1	0.003	3.841	0.05
4	Diet	1	0.705	3.841	0.05
5	Marital status	1	0.594	3.841	0.05
6	Type of family	1	0.394	3.841	0.05
7	Educational status	1	0.977	3.841	0.05
8	Employment	1	0.99	3.841	0.05
9	Duration of stay	1	2.61	3.841	0.05
10	Staying with	1	0.013	3.841	0.05

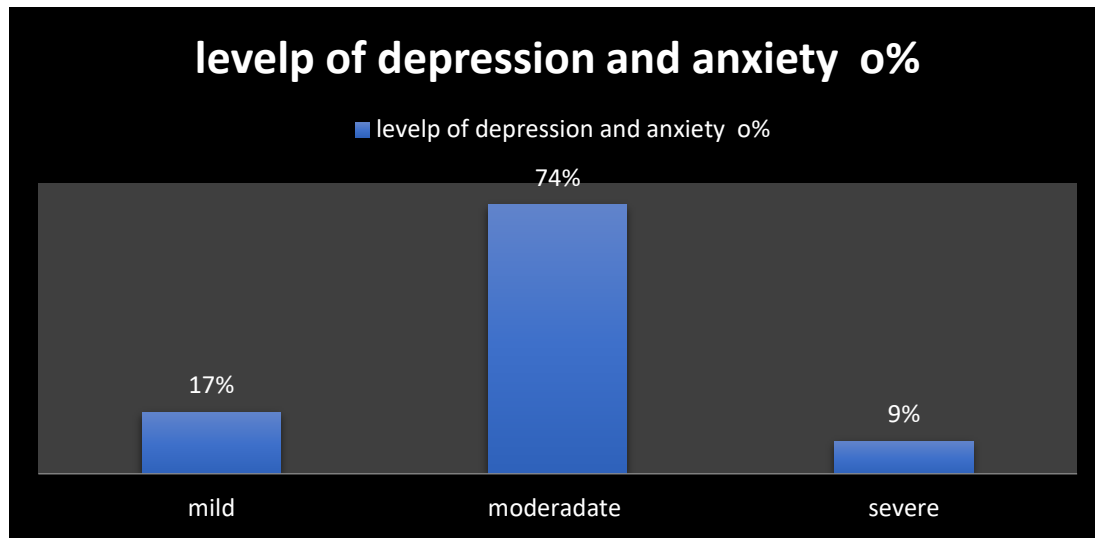
11	Staying with relatives	1	0.203	3.841	0.05
12	Medical problem	1	0.050	3.841	0.05

Chi-square and Yates correction was calculated to find out association between depression anxiety with their selected S-D variable by using contingency table.

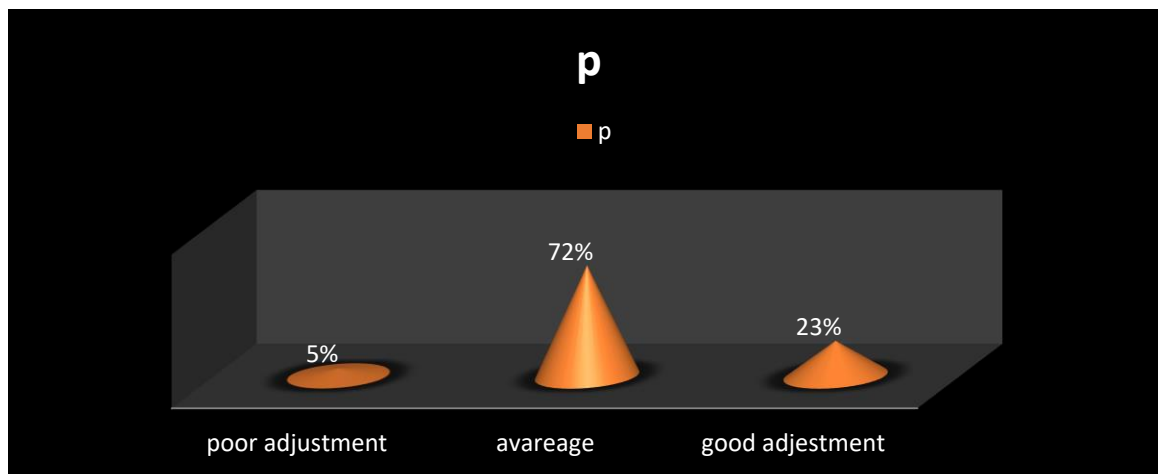
Calculated Chi-square and Yates correction value is lesser than table value for socio demographic variables Age ( $\chi^2=0.961$ ,  $P=0.05$ ), Gender ( $\chi^2=0.514$ ,  $P=0.05$ ), Religion ( $\chi^2=0.003$ ,  $P=0.05$ ), diet ( $\chi^2=0.705$ ,  $P=0.05$ ), marital status ( $\chi^2=0.594$ ,  $P=0.05$ ), type of family ( $\chi^2=0.394$ ,  $P=0.05$ ), educational status ( $\chi^2=0.977$ ,  $P=0.05$ ), employment, ( $\chi^2=0.99$ ,  $P=0.05$ ), duration of stay ( $\chi^2=2.61$ ,  $P=0.05$ ), staying with ( $\chi^2=0.001$ ,  $P=0.05$ ), staying with relatives ( $\chi^2=0.203$ ,  $P=0.05$ ), medical problems. ( $\chi^2=0.050$ ,  $P=0.05$ ), in calculated Chi-square and Yates correction value is lesser than the table value for S-D variables, therefore **H<sub>3</sub>**: is rejected for all S-D variables.

**H<sub>3</sub>**: There will be significant association between the levels of depression, anxiety and adjustment strategies with selected demographical variables. **H<sub>3</sub>: Is rejected**

## **LEVEL OF DEPRESSION AND ANXIETY**



## LEVEL OF OLD AGE HOME ADJUSTMEN



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