The effect of activities of daily living on depression among elderly people

Pradhiba S. P. M
pradhiba3@gmail.com
KMCH College of Nursing, Coimbatore, Tamil Nadu

ABSTRACT

Age is an important determinant of mental health. Depression creates the greatest burden among elderly when compared to other mental disorders. Depression decreases an individual's quality of life and increases dependence on others. A descriptive study to assess the effect of activities of daily living on depression among elderly people in selected community setting, Coimbatore. The study was conducted in the Vagarayanpalayam area of community in Coimbatore, The sample size consists of 50 elderly aged between 60-80 years. Non-probability convenience sampling technique was used. The level of depression, functional using modified geriatric depression scale assessed ability, modified Barthel ADL index. It was found that there is a significant association between depression and activities of daily living among elderly people at p<0.005. It was found that the calculated ANOVA test value for the study group,10.08 for the age group,25.88 for the gender,14.63 for the income were significantly associated with depression and activities of daily living at p<0.005 and not significant with other demographic variables. It was found that the calculated ANOVA test value for the study group, 8.29 for the age group,24.03 for the gender,13.58 for the income were significantly associated with depression and activities of daily living at p<0.005 and not significant with other demographic variables.

*Keywords***:** *Depression, Activities Of Daily Living, Elderly people*

1. INTRODUCTION
Depression is a common mental disorder characterized by sadness, loss of interest in activities of daily living, decreased energy. It is differentiated from normal mood changes by the extent of its severity, the symptoms and the duration of the disorder. Depressive symptoms and disorder are frequent cause of emotional and suffering and are associated with elevated risks of disability in diverse area of functioning and impaired quality of life leading to increased risk for death among older adults. Depression is the third leading cause of burden disease, and is an important public health issue since it is associated with suffering for the individual disability, increased mortality, and poorer outcomes from physical illness.

2. NEED FOR THE STUDY
The world's population is ageing rapidly. Between 2015 and 2050, the proportion of the world's older adults is estimated to almost double from about 12% to 22% Over 20% of adults aged 60 and over suffer from a mental or neurological disorder (excluding headache disorders) and 6.6% of all disability (disability adjusted life years-DALYs) among people over 60 years is attributed to mental and neurological disorders. These disorders in older people account for 17.4% of Years Lived with Disability (WHO 2017)

According to the Centres for Disease Control and Prevention (CDC) -MAY 2019, depression affects about 1%-5% of the general elderly population, 13.5% in elderly who require home healthcare, and 11.5% in older hospital patients. According to the WHO Global Burden of Disease report 2004, depression was the leading cause of burden of disease during 2000-2002, ranked as third worldwide.[7] It is projected to reach second place of the DALYs (disability adjusted life years) ranking worldwide by the year 2020 and first place by 2030.Hence, the investigator felt that there is a need for assessing level of depression in relationship with activities of daily living among elderly people. This experience illuminated to find out the actual situations of elderly people in the community.

3. OBJECTIVES OF THE STUDY
• To assess the level of depression and activities of daily living among elderly people.
• To associate the level of depression and activities of daily living among elderly people.
• To associate the level of depression among elderly people with selected demographic variables.
• To associate the level of activities of daily living among elderly people with selected demographic variables.

4. METHODOLOGY

A descriptive research design was used for this study. The sample size comprise of 50 elderly people. Non-probability Convenient sampling technique will be used to select the samples. The formal permission was obtained from medical officer of the sarkarsamakulam primary health centre. After getting the permission the researcher selected the sample by using convenient sampling technique. The older adults aged between 60-80 years were selected as the sample of the study. The study was conducted for a period of two days. Informed consent was obtained orally from the sample and their family. The level of depression, functional using modified geriatric depression scale assessed ability, modified Barthel ADL index. One hour was spending for each member and the procedure was continued for the subsequent days till the completion of collection of data from 50 older adults. Mean and standard deviation was used to determine the level of depression and impairment in activities of daily living among elderly people. Chi-square test was used to analyze the association between the level of depression and activities of daily living among elderly people. ANOVA Test was used to analyze the association of depression and activities of daily living among elderly people with their demographic variables.

5. RESULTS AND DISCUSSION

Table 1: Frequency and percentage distribution of the level of depression among elderly people

S no.	Beck Depression Inventory	Score	No. of older adults	Percentage
1	Not Depressed	>5	21	42%
2	Depressed	<5	29	58%

The above table shows that the frequency and percentage distribution of level of depression among elderly people, 21(42%) of them are not depressed and 29(58%) of them are depressed.

Table 2: Frequency and percentage distribution of activities of daily living among elderly people

Level of Activities of Daily Living	Score	No. of Older Adults	Percentage
Severe Impairment	<10	25	50%
Moderate Impairment	<15	25	50%

The above table shows that the frequency and percentage distribution of Activities of Daily Living among elderly people, 25(50%) of them had severe impairment and 25(50%) of them had moderate impairment

Table 3: Association between level of depression and activities of daily living among elderly people.

S no.	Characteristics	Moderate Impairment	Severe Impairment	Chi -square value
1	Not Depressed	17	4	$X^2 =13.8752$
2	Depressed	8	21	p= 0.000195(S)

***p<0.005, S-Significant, N.S- Not Significant

The above table reveals the association between depression and activities of daily living among elderly people by using chi square test. It was found that there is a significant association between depression and activities of daily living among elderly people.

6. DISCUSSION

The major objective was to identify the

- **Association between levels of depression among elderly people with selected demographic variables**

  It was found that the calculated ANOVA test value for the study group,10.08 for the age group,25.88 for the gender,14.63 for the income were significantly associated with depression and activities of daily living at p<0.005 and not significant with other demographic variables.

- **Association between activities of daily living among elderly people with selected demographic variables**

  It was found that the calculated ANOVA test value for the study group,8.29 for the age group,24.03 for the gender,13.58 for the income were significantly associated with depression and activities of daily living at p<0.005 and not significant with other demographic variables

7. CONCLUSION

The present study was to assess the effects of activities of daily living on depression among elderly people in community settings. The findings of this study shows that there was a significant association between level of depression and activities of daily living among elderly. The improved understanding of depression and activities of daily living helps in providing long term care and also to prevent further disabilities in activities of daily living in future.

8. REFERENCES

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