

# A Comparative Study on Trends of Depression among the Elderly Persons Living in Family and Old Age Home in an Area of Kolkata

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**Abstract:** *The present study aimed to explore the trends of depression among the elderly persons in an area of Kolkata. Accordingly, data had collected from purposively selected sample of 100 elderly (50 from Family/Home & 50 from Old age Home, male & female persons taken equally from Family & Oldage Home). The data has been collected through specially designed general information Schedule and 'Geriatric Depression Inventory' (by J.A. Yesavith, 1982), responses of respondents were gathered to analyze the trends of Depression. Both qualitative and quantitative techniques were used for treatment of data. Interpreted results highlighted that trend of depression is higher in Old age Homes than that of Family/Home environment. Besides, women respondents are prone to depression in family and Old age Home both.*

**Keywords:** Depression, Elderly persons, Family, Old age Home

## 1. Introduction/ Background of the Study

Though we are all living longer, people living with old age are in increasing trends. In each country, people are growing towards old age has a huge impact in population. By 2050 one in five people worldwide will be over 60 (American Association of Retired Persons-Articles / 2002-12). Asian nations have a larger proportion of elderly citizens dwelling in family as well as in old age home. Geriatric depression in increasing trends observed in old age population in Asian nations as well as all over the world. It has been revealed that notable percentages of geriatric population have been dwelling in old age Homes.

The present study will be an attempt to study whether elderly persons living in family and old age homes have any difference in their trends of depression.

Objectives:

- 1) To assess the difference between trends of depression among the elderly persons living in family and old age home.
- 2) To study the difference between trends of depression among the male and female old age population.

Hypotheses:

**H-I** There will be a significant difference among elderly persons living in family and old age home in relation to 'Depression'.

**H-II** There will be a significant difference between Male & Female elderly persons living in family and old age home in relation to 'Depression'.

**Tools / Measures used:**

- 1) A general information schedule incorporating relevant variables had been administered by the investigator. ii) 'Geriatric Depression Inventory' (by J. A. Yesavith, 1982) has been used.

## 2) Source and Technique:

Respondents are 100 elderly persons divided into two groups (50 respondents, out of them 25 are female & other 25 are male respondents in the both group) living in family and old age homes respectively to measure the depression level. Data has been collected individually following the sample selection criterion from different families and old age homes in an around Kolkata.

## 3) Statistical Treatment:

The collected data scored tabulated and treated with Mean, SD, t Test and Co relation for verification of proposed hypothesis.

**Table 1**

**Showing Mean scores about GDI among the Respondents:**

Total (N=100)	Mean of respondents of Family/ Home (%)	Mean of respondents of Old age Home (%)
Geriatric Depression	6.53	12.7

The above table shows that level of depression seems high among the respondents of old age home. Old age home respondents are very prone to depression. Level of depression shows low among the respondents of family. Data was collected from 100 individuals aged between 60-75 years equally from Family and Old age home.

Table 2

**Showing Mean, SD & t Scores about Geriatric Depression Inventory among the Respondents (elderly persons) of Family and Old age Home:**

N=100	Total Respondents of Family (N=50)		Total Respondents of Old age Home (N=50)		t-Test
	Mean	SD	Mean	SD	
GDS (Geriatric Depression Scale)	6.94	5.8358	12.42	6.181	0.000142

The above table shows that level of Depression (GDI) seems slight high among the respondents of old age home. Old age home respondents are very prone to depression. Level of depression shows low among the respondents of family. The

t Test result shows significance. So, the hypothesis of H-I is true.

**Table 3**

**Showing Mean, SD & T Scores** about depression (Geriatric Depression Inventory-GDI) among the Respondents (elderly persons) of Family and Old age Home:

N=50	Respondents of Family		Respondents of Old age Home		t-Test
	Mean	SD	Mean	SD	
GDI (Female)	7.04	6.00	12.64	6.58	0.0014
GDI (Male)	6.84	5.785	12.2	5.894	0.0010
GDI (Male-Female)	6.84	5.785	12.64	6.569	0.0008
GDI (Female-Male)	7.04	6.003	12.2	5.894	0.0017

The above table shows that level of depression (GDI) among the total respondents and male & female respondents of Family and Old age home. The all t Test result shows significance as results are <.001-.005. There are significant differences of level of depression shows among the two groups of total respondents as well as female groups and male groups and also among the male female and vice versa. So the hypothesis of H-II is true.

## 2. Conclusion

The study reveals that depression is higher among the persons living in Old age Homes. The female respondents are more prone to depression rather than male.

Finally it also has been reveals that several changes going on in our society and globalization play as change catalyst to develop quite a lot of institutions and old age homes but the residents of old age homes are not happy with their living.

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