



Prevalence Of Depression And Associated Factors Among Elderly People Residing In Old Age Homes And Retirement Homes- A Comparative Study.

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Abstract-

Background- Depression is a common psychiatric disorder found in elderly people. This study was conducted to compare the prevalence of depression and associated factors in elderly people residing in old age homes and retirement homes. **Aims-**This study aims to compare the prevalence of Depression in the elderly people in old age homes and in retirement homes and the association of the demographic variables and level of depression in the study population. **Materials and Methods-** This is a cross-sectional study conducted for a period of one month. The study participants were 120 elderly people from old age homes and 87 elderly people from retirement homes. GDS-15 short-form scale and semi-structured demographic questionnaire were administered to the participants. **Results-** Depression was found in 46.7% of participants in old age homes and 20% of participants in Retirement homes. There was a significant association between depression and age, gender, income, and self-perceived health status in participants from old age homes. Depression was associated with only gender in participants in retirement homes. **Conclusion-**Elderly people living in old age homes are more depressed than those living in retirement homes. Female participants are more depressed than male participants in old age homes whereas male participants are more depressed in retirement homes. More studies are needed to study the elderly people living in retirement homes.

Key words- Depression, Old age homes, Retirement homes, elderly people.

I. INTRODUCTION

An older person is defined by the United Nations as a person who is over 60 years of age¹. By 2030, 1 in 6 people in the world will be aged 60 years or over. By 2050, the world's population of people aged 60 years and older will double (2.1 billion). The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million². According to Census 2011, India has 104 million older people (60+ years), constituting 8.6% of the total population. Amongst the elderly (60+), females outnumber males. Over 20% of adults aged 60 and over suffer from a mental or neurological disorder and 6.6% of all disability (disability-adjusted life years-DALYs) among people over 60 years is attributed to mental and neurological

disorders. The most common mental and neurological disorders in this age group are dementia and depression, which affect approximately 5% and 7% of the world's older population, respectively. Depression can cause great suffering and leads to impaired functioning in daily life. Unipolar depression occurs in 7% of the general older population and it accounts for 5.7% of years of healthy life lost due to disability (YLDs) among those over 60 years old. Depression is a common illness characterized by persistent sadness and a loss of interest in activities that one normally enjoys, accompanied by an inability to carry out daily activities, for at least two weeks. Other symptoms include loss of energy; change in appetite; sleeping more/less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or even committing suicide. Globally, the total number of people with depression was estimated to exceed 300 million in 2015, equivalent to 4.3% of the world's population. Depression is both underdiagnosed and undertreated in primary care settings. Symptoms are often overlooked and untreated because they co-occur with other problems encountered by older adults ⁴.

Indian society is undergoing a rapid transformation under the impact of industrialization, urbanization, technical & technological change, education, and globalization. Consequently, the traditional values and institutions are in the process of erosion and adaptation, resulting in the weakening of intergenerational ties that were the hallmark of the traditional family ⁵.

Many are tilting towards a nuclear family concept and are eventually exploring the possibilities of escaping the responsibility of having to deal with their parents hands-on. While this is not the case everywhere, there are more grueling facts about children abandoning their elders for selfish reasons. The increasing cases of chronic diseases among the elderly are also expected to augment the growth of old age homes. Old age homes are residents with nursing and assisted living facilities for accommodating the elderly. Here the elderly are given continuing care and attention based on their needs and concerns. The conventional old-age homes (both government-operated and privately owned) are often seen as places of loneliness and gloom. Understaffed and no proper training for staff, lack of facilities, and spending one's retirement years in these institutions doesn't sound appealing ⁶. While the dependent and destitute senior citizens are catered by the Old-Age Homes, there is a growing number of senior citizens who belong to the 'urban upper and middle income' segment, who are currently relying on an unregulated and underdeveloped market for accommodation and services, broadly. Represented by a category of facility called the 'Retirement Home Or Paid Old age homes ⁷. Retirement communities or Paid retirement homes are increasing day by day in India. Because now India's senior citizens choose freedom and comradeship with their peers in their second innings. Paid retirement homes are specialized multi-residence housing facilities, especially for elderly people⁸.

Dipeshkumar D, et al.in 2017 conducted a study to compare the levels of depression and associated risk factors among elderly inmates of old age homes and communities of Rajkot Dist. They concluded that the elderly of OAHs were more depressed compared to those of the community⁹.

Another study conducted by Purna Singh, et al. in 2012, found out that the overall prevalence of Psychiatric disorders was more in the geriatric population in old age homes when compared to the geriatric population living in the Community. This study was done to provide a comparative scenario of depression and its associates among elderly residents of Paid Old age homes and unpaid old age home¹⁰.

Studies done on elderly people living in Old age homes, especially in Retirement homes are very minimal. Therefore this study was planned and conducted to compare the prevalence of depression and associated demographic variables among elderly people living in Old age homes and Retirement homes.

II.PROBLEM STATEMENT-

Prevalence of Depression and associated factors among elderly people residing in old age homes and retirement homes- a comparative study.

III.AIM-

To Study

1. The prevalence of Depression in the elderly people in old age homes compared with those living in Retirement homes.
2. The association of the demographic variables and level of depression in the study population

IV.MATERIALS AND METHODS-

This is a cross-sectional study conducted for a period of one month from May 1 to May 31, 2023. All the residents fulfilling the selection criteria were approached for the study. After the initial selection process, out of 242 residents, a total of 207 elderly people were selected for the study.120 elderly people were from ANNAI old age home and 87 from ANNAI retirement home, both located on the same campus of ANNAI Ashramam, Trichy Dt, Tamilnadu, India.

Participants were selected according to the selection criteria. The purpose of the study was explained and informed verbal consent was taken from the participants. Elderly couples living the retirement homes were also included in the study.

V.STUDY INSTRUMENTS-

1. A semi-structured proforma for Sociodemographic profile.
2. 15-item Geriatric Depression rating Scale Short form (GDS-15/GDS-SF)

GDS-SF has been shown to have good sensitivity in predicting depressive symptoms in elderly living in different settings such as family setup, old age homes, and community setups.

Study instruments were translated into Native language for better understanding. Participants who could read and write in the native language filled out the questionnaire themselves, others answered the questions from the form, and the response was recorded by the researcher.

VI.INCLUSION CRITERIA-

1. Elderly people willing to participate in the study
2. Age more than 60 years
3. Elderly people who could understand Native language.
4. Physically fit to answer the questions.

VII.EXCLUSION CRITERIA-

1. Elderly people who are not willing to participate in the study
2. Elderly people who do not understand native language
3. Elderly people who are not physically fit to answer the questions.

VIII.RESULTS-

Section A- Demographic and socioeconomic profile of Elderly people residing in Old age Home.

Table I- Distribution of Demographic Variables of Elderly People. (n=120)

S No	Demographic Variables	Frequency (n)	Percentage (%)
1	Age a)60-64 years b) 65-69 years c) 70 years and above	57 43 20	48 36 16
2	Sex a) Male b) Female	33 87	28 72
3	Educational status a) Illiterate b) Primary school c) Secondary school d) Others	53 23 17 27	44 20 14 22
4	Income a) No income b) Pension c) From children	58 29 33	48 24 28
5	Marital status a) Married b) Divorced or separated or spouse dead	55 65	46 54
6	Residential status a) Lives alone b) Lives with spouse	96 24	80 20
7	Self-perceived health status a) Very bad b)Bad c) Fair	19 72 29	16 60 24

Table 1 shows that the highest percentage (48%) of elderly people belongs to the age group of 60- 64 years followed by 65-69 years (36%) and 70 years and above was the lowest percentage (16%). It was found that the highest percentage of participants (72%) were female and the lowest percentage (28%) were male. Out of the 50 participants, most of them were illiterate (44%) whereas 20% of them have attended primary schooling and 14% attended secondary schooling. Out of the total participants 22% of them had undergone graduation or other courses. Regarding the income of the participants, 48% had no income, whereas 24% of them got pension and 28% of them got financial support from their children. It was found that the highest percentages of the participants (54%) were either separated/divorced or spouse dead and others (46%) were married. Regarding the residential status, most participants (80%) were residing alone and only a meager percentage (20%) were living with their spouse at old age homes. Out of the total participants highest percentage of participants (60%) were having self-perceived health status as very bad, the lowest percentage of participants (16%) as bad, and others (24%) as fair.

Table 2-Prevalence of Depression among elderly people living in old age home

Grades of Depression (GDS Score)	Frequency n%
No Depression (0-4)	64(53.3%)
Mild Depression (5-8)	34(28%)
Moderate Depression (9-11)	16(14%)
Severe Depression (12-15)	6(4.7%)
Total	120

Table 2 shows that 44.7% of the subjects reported depressive symptoms, of which 28% had only mild depression, 14% had moderate depression, and severe depression was observed in 6 % of the total sample.

Table 3-Prevalence of depression and Demographic Correlates of Elderly people living in old Age homes.

S No	Demographic variables		Depression Absent n (%)	Depression Present n (%)	Total	Chi-square value	P
1	Age	60-64 years	40(70)	17(30)	57	0.009	0.943
		65-69 years	11(49)	22(51)	43		
		70 years and above	7(35)	13(65)	20		
2	Sex	Male	20(61)	13(39)	33	14.032	0.0002*
		Female	44(50)	43(50)	87		
3	Educational status	Illiterate	25(47)	28(53)	53	3.945	0.086
		Primary education	13(56)	10(44)	23		
		Secondary education	10(59)	7(41)	17		
		Others	16(59)	11(41)	27		
4	Income	No income	20(34)	38(66)	58	1.086	0.0001*
		Pension	18(72)	11(38)	29		
		From children	26(79)	7(21)	33		
5	Marital status	Married	30(62)	21(38)	55	0.457	0.499
		Divorced/ separated/dead	30(46)	35(54)	65		
6	Residential status	Lives alone	48(50)	48(50)	96	1.55	0.788
		Lives with spouse	16(66)	8(34)	24		
7	Self-perceived health status	Very bad	1(6)	18(94)	19	0.489	0.0002*
		Bad	40(55)	32(45)	72		
		Fair	23(79)	6(21)	29		

Significant $P < 0.05$

As observed in Table 3, the oldest age group had higher prevalence of Depression (65%) followed by the middle age group (65-69 years) 51%. Whereas 50% of the female elderly population was more depressed than the males and Illiterate elderly people suffer from depression more (53%) when compared to others. Elderly people with no income (66%), those who are living alone (50%), and those who are divorced/spouse dead/unmarried (54%) had the highest prevalence of depression when compared to others.

Section B- Demographic and socioeconomic profile of Elderly people residing in Retirement Home.

Table 4- Distribution of Demographic variables of Elderly people (n=87)

S No	Demographic Variables	Frequency (n)	Percentage (%)
1	Age		
	a) 60-64 years	44	50
	b) 65-69 years	31	35
	c) 70 years and above	12	15
2	Sex		
	a) Male	53	61
	b) Female	34	39
3	Educational status		
	a) Illiterate	9	10
	b) Primary school	17	20
	c) Secondary school	21	24
	d) Others	40	46
4	Income		
	a) No income	-	-
	b) Pension	36	41
	c) From children	51	59
5	Marital status		
	a) Married	59	68
	b) Divorced or separated or spouse dead	28	32
6	Residential status		
	a) Lives alone	32	37
	b) Lives with spouse	55	63
7	Self-perceived health status		
	a) Very bad	12	14
	b) Bad	31	36
	c) Fair	44	50

Table 4 shows that the highest percentage (50%) of elderly people belong to the age group of 60- 64 years followed by 65-69 years (35%) and 70 years and above was the lowest percentage (15%). It was found that the highest percentage of participants (61%) were male and the lowest percentage (39%) were female. Out of the 87 participants, most of them were literate (40%) whereas 17% of them attended primary schooling and 21% attended secondary schooling. Regarding the income of the participants, most of them got financial support from their children (59%) and all inmates had financial support. It was found that the highest percentage of the participants (59%) were married. Regarding the residential status, most participants (55%) were residing with their spouse in their Retirement home. Out of the total participants highest percentage of participants (44%) had the perception of Fair health status

Table 5-Prevalence of Depression among elderly people living in Retirement Home.

Grades of Depression (GDS Score)	Frequency n%
No Depression (0-4)	69(80%)
Mild Depression (5-8)	12(14%)
Moderate Depression (9-11)	6(6%)
Severe Depression (12-15)	-
Total	87

Table 5 shows that only 18% of the subjects reported depressive symptoms, of which 12% had only mild depression, 6% had moderate depression, and severe depression was not observed in the total sample.

Table 6-Prevalence of depression and Demographic Correlates of Elderly people living in Retirement home.

S No	Demographic variables		Depression Absent n (%)	Depression Present n (%)	Total	Chi-square value	P
1	Age	60-64 years	37(84)	7(16)	44	1.339	0.960
		65-69 years	25(80)	6(20)	31		
		70 years and above	7(58)	5(42)	12		
2	Sex	Male	39(74)	14(26)	53	2.2	0.0002*
		Female	30(88)	4(12)	34		
3	Educational status	Illiterate	6(77)	3(33)	9	0.1	0.846
		Primary education	11(65)	6(35)	17		
		Secondary education	16(76)	5(24)	21		
		Others	36(90)	4(10)	40		
4	Income	No income	-	-	-	1.2	0.264
		Pension	32(89)	4(11)	36		
		From children	37(72)	14(28)	51		
5	Marital status	Married	52(88)	7(12)	59	23.8	0.060
		Divorced/ separated/dead	17(60)	11(40)	28		
6	Residential status	Lives alone	21(66)	11(34)	32	4.5	0.135
		Lives with spouse	48(87)	7(13)	55		
7	Self-perceived health status	Very bad	3(25)	9(75)	12	0.849	0.550
		Bad	24(78)	7(22)	31		
		Fair	42(96)	2(4)	44		

Significant P <0.05

As observed in Table 6, the oldest age group had a higher prevalence of Depression (42%) followed by the middle age group (65-69 years) 20%. Whereas 26% of the male elderly population were more depressed than the females. Illiterate elderly people and those with primary education suffer from depression more when compared to others. Elderly people in Retirement homes receive some form of financial support. Those who are dependent on their children for income are more depressed. Those who are living alone (34%) and those who are divorced/spouse dead/unmarried (40%) had the highest prevalence of depression when compared to others.

IX.DISCUSSION

As per the report titled SRS Based Life, 2013-17 published by the Office of the Registrar General & Census Commissioner, Government of India, the average life expectancy at birth has increased from 49.7 during 1970-75 to 69.0 in 2013-17, registering an increase of 19.3 years during this period¹¹.

Depression is a true and treatable medical condition, not a normal part of aging. However, older adults are at an increased risk of experiencing depression. Older adults are at increased risk. We know that about 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.

Older adults Depression is often misdiagnosed and undertreated. Healthcare providers may mistake an older adult's symptoms of depression as just a natural reaction to illness or the life changes that may occur as we age, and therefore not see the depression as something to be treated. Older adults themselves often share this

belief and do not seek help because they don't understand that they could feel better with appropriate treatment¹².

The first aim of the study was to find out the prevalence of Depression in the elderly people living in old age home compared with those living in Retirement home.

Table 2 shows that 44.7% of the subjects reported depressive symptoms, of which 28% had only mild depression, 14% had moderate depression, and severe depression was observed in 6 % of the total samples living in old age homes. Table 5 shows that only 18% of the subjects reported depressive symptoms, of which 12% had only mild depression, 6% had moderate depression, and severe depression was not observed in the total samples living in Retirement homes. This shows that a higher percentage of Elderly people living in old age home are more depressed than those living in retirement home. There were no Elderly people with severe depression living in Retirement home. This clearly proves that the Elderly living in old age home are more depressed when compared to those living in Retirement home.

A study conducted by Chia-Chun Wu, et al. in 2022 found that depressive symptoms were present in 58.3% of nursing home residents and depressive symptoms had an association with age and self-perceived health status¹³.

The second aim of the study was to find out the association between the demographic variables and the level of depression in the study population. Table 3 shows that the Level of depression in elderly people residing in Old age home has a significant association with increasing age, income status, and self-perceived health status. Whereas the scenario was totally different in the study population living in retirement homes. There was no significant association between demographic variables and level of depression except gender. There was a significant association between Gender and the level of depression in Female participants living in Retirement home.

A cross-sectional study conducted in, Hunan, China (2023), on the prevalence and factors associated with depression among community-dwelling older adults, showed that female elderly participants were more depressed than male participants and there was a strong association with being unemployed before retirement age, lacking physical activity, having physical pain, and having three or more comorbidities¹⁴.

X.CONCLUSION

This study was conducted to compare the level of depression among elderly people living in old age homes and retirement homes. Retirement homes are a new concept of elderly lifestyle which is due to rapid transition in Family norms and family settings mainly in the urban population. Retirement homes come with a wide array of facilities for the seniors to make sure that they live a good, healthy, and safe life. Whereas old age homes lack basic facilities and the level of care provided is low. Elderly people in retirement homes are mostly financially independent. However, most of the elderly people in old age homes are financially dependent on others. Our study came with a few interesting findings showing the vast difference between the mental status of elderly people living in retirement homes and old age homes. There are minimal studies on retirement homes as this concept of elderly living is new to society. This study emphasizes the need for Policies and regulations to be formed on old age home infrastructure, medical facilities, and quality care, which would help the elderly people living there to lead a healthy life.

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