



“A study to assess the effectiveness of mindfulness therapy on depression among elderly people residing in selected old age of Bhopal”

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Introduction: Old age is a period when people need physical, emotional, and psychological support. Depression is a major mental health problem, which is yet to be recognized as an important public health challenge. About 322 million people affected with depression worldwide. Depression is the single largest contributor to global disability (7.5%, 2015) and a major contributor to suicides (800,000 annually). In India, elderly persons (60 years and above) constitute 8.6% of the total population (India Census 2011), which is projected to reach 19% by 2050. Thus, depression among elderly population is likely to be a major cause of disease burden in the future. Early identification and management of depression can improve quality of life. However, healthcare systems in low and middle income countries like India are not resilient enough to deal with mental health problems including depressive disorders and it contributes to increase in medical morbidity and mortality, reduces quality of life and elevates health care costs. Mindfulness Therapy is a nurse initiated intervention that has the advantages of being cost-effective, therapeutic, social and recreational for the Institutionalized depressed elderly people. Objective of the study were to assess the pre-existing level of depression among elderly people evaluate the effectiveness of mindfulness therapy on depression among elderly people and find out the association between pretest level of depression among elderly people residing in old age home with selected demographic variables.

Keywords: Mindfulness Therapy, Elderly Peoples, Depression, BRINK ET.AL.

Need of the study: According to Population Census 2011 there are nearly 104 million elderly persons (aged 60 years or above) in India; 53 million females and 51 million males. A report released by the United Nations Population Fund and Help Age India suggests that the number of elderly persons is expected to grow to 173 million by 2026. The common psychological **problems** that most of the **senior citizens** experiences are: feeling of powerlessness, feeling of inferiority, depression, uselessness, isolation and reduced competence. With growing age, **senior citizens** experience various anatomical and psychological changes. Depression is the single largest contributor to global disability (7.5%, 2015) and a major contributor to suicides (800,000 annually) In India, elderly persons (60 years and above) constitute 8.6% of the total population (India Census 2011), which is projected to reach 19% by 2050. Thus, depression among elderly population is likely to be a major cause of disease burden in the future. Due to heavy financial burden of treatment and health care cost peoples specially the older peoples will not be able to adhere the treatment that increases the mortality and morbidity .Today Government initiated certain alternative modalities for the treatment of psychological as well as social problem Mindfulness Therapy is a nurse initiated intervention that has the advantages of being cost-effective, therapeutic, social and recreational for the Institutionalized depressed elderly people.

The Objective were to : Assess the pre-existing level of depression among elderly people evaluate the effectiveness of mindfulness therapy on depression among elderly people and find out the association between pretest level of depression among elderly people residing in old age home with selected demographic variables.

Hypothesis: All the hypotheses will be tested at the level of $p > 0.05$ significance.

H1: There will be significant difference between posttest and pretest level of depression among elderly people residing in old age home

H2: There will be significant association between pretest levels of depression among elderly people residing in old age homes with selected demographic variables

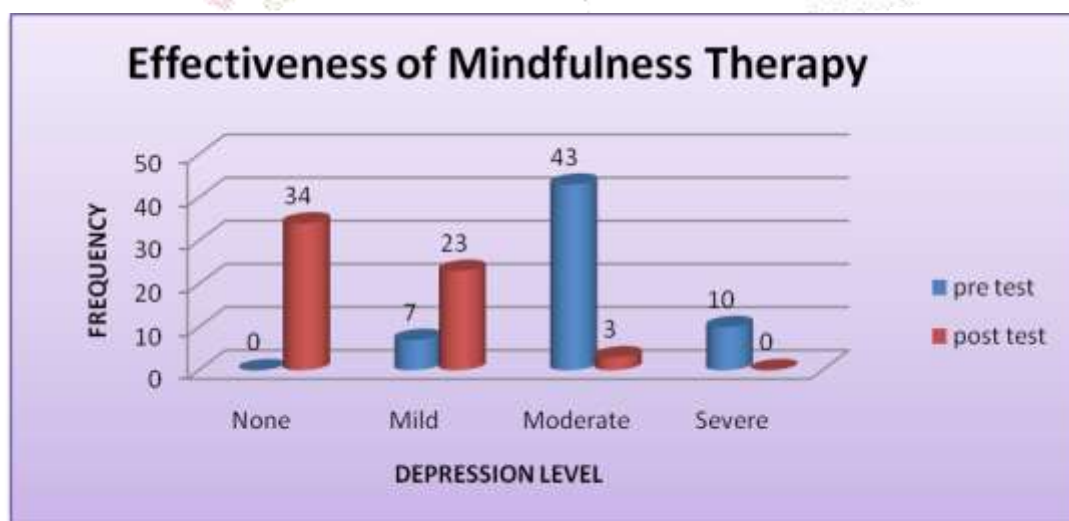
Methodology: The research approach adopted for the study was quantitative and research design was quasi experimental design. The study was conducted in ashra old age of Bhopal. The population comprised of all elderly people both male and female who are residing in old age home and having sign of symptoms of depression. The setting of the study was ashra old age home and total 60 participants were the sample size .and convenient sampling techniques were used to collect the data according to their sampling criteria.

The section 1: demographic data was collected by using structured interview questionnaire and Section 2 : The tool utilized for the study were Standarzid BRINK ET.AL Geriatric depression assessment scale. It consist of 30 items .Each item of the Geriatric Depression Scale was answered either "yes" or "No". There were 20 items which indicated depression when answered yes and 10 items which indicated depression when answered no (item 1,5,7,9,15,19,21,27,29,30) and grading of the depression (Normal : 0 – 9 ,Mild depression : 10 – 16, Moderate depression : 17 – 23, Severe depression : 24 – 30). Mindfulness therapy were administered by investigator and same followed by the participant daily for 15 min after 8 weeks post test was taken by using same scale.

Result: OBJECTIVE 1: To assess pretest and post the level of depression among elderly people residing in the ashra old age home.

FINDINGS 1: The level of depression among elderly people residing in old age home was assessed before the Application of Mindfulness therapy. The level of depression was assessed using Brink et al geriatric depression scale. Elderly people based on the level of depression in pretest assessment. **During pretest** it was evident that majority of elderly people 43(72%) had moderate level of depression, while 07 (12%) elderly people had mild level of depression, and a least of 10(17%) participants were identified with severe level of depression.

In Posttest (After Mindfulness Therapy) it was found that a majority of 34 (57%) elderly people were relieved depression, i.e., they were normal, while 23 (38.33%) had mild level of depression and a least of 3(5%) had moderate level of depression. The assessment reveals that Mindfulness Therapy was has influenced the change in level of depression among the elderly people.



OBJECTIVE 2: To find out the effectiveness of Mindfulness therapy on depression among the elderly people residing in ashra old age home.

FINDINGS 2: Mindfulness Therapy was given to the elderly people and comparativeness was done between pretest and posttest. The level of depression was assessed using Brink et al geriatric depression scale. Elderly people based on the level of depression in pretest assessment. **During pretest** it was evident that majority of elderly people 43(72%) had moderate level of depression, while 07 (12%) elderly people had mild level of depression, and a least of 10(17%) participants were identified with severe level of depression. **In Posttest** (After Mindfulness Therapy) it was found that a majority of 34 (57%) elderly people were relieved depression, i.e., they were normal, while 23 (38.33%) had mild level of depression and a least of 3(5%) had moderate level of depression. The assessment reveals that Mindfulness Therapy was has influenced the change in level of depression among the elderly people. The study findings concludes that the, pretest mean depression score was 18.64 and with a standard deviation of 3.41 and in posttest mean depression score was 9.32 with a standard deviation of 2.67. This proves that Mindfulness Therapy was effective in reducing depression level of elderly people. The standard error of mean are much lesser than the standard deviation, on comparison is evident that both pretest and post test scores are drawn from the same homogeneous population. Thus the mean difference for the depression score was 9.32. The significance in mean difference was analyzed using paired t" test. Since the calculated t" value is greater than the table value at 0.05 level of significance, it is inferred that the hypothesis "**H: There will be significant difference in pretest and post test score among the samples at P<0.05**" is accepted. **This proves that Mindfulness Therapy was effective in reducing depression level of elderly people.**

OBJECTIVE 3: To find out association between the pre- test level of depression with the selected Demographic variables.

FINDINGS 3: Association between the pretest depressions levels among elderly people with their demographic variables are assessed using χ^2 test. There were no association between pretest depression level with selected demographic variables of elderly people except **type of family and no of children. at 0.05 level of significance.**

Hence the hypotheses H2 made by the investigator was accepted.

The Finding has support from following studies:

Lane A.M. (2012), conducted a study on structured Mindfulness meditation: an intervention to decrease depression and increase self-transcendence in older women. Sample of 24 women between the ages of 72 and 96 years were randomly assigned to either a Mindfulness mediation (experimental) group or the activity (Control) group of the facility. This study found significant positive results. First, structured Mindfulness meditation decreases depression levels of women 60 years and older residing in assisted living facilities when offered twice weekly for 6-week duration to document significant improvement in depression scores. Thus study concluded a positive effect of structured Mindfulness mediation group interventions were effective.

Recommendations: On the basis of finding of the study the following recommendation was made for the future research study. A similar study can be replicated with border area. A comparative study can be done between institutionalized and non institutionalized elderly people. A similar study can be done by different modalities for reducing depression among elderly peoples. A similar study can be done with different sample or population. A co-relation study would be done to find out the factors that causes depression and their quality of life among elderly peoples.

Implication: Based on these findings, researchers have been able to develop ways of fostering more adaptive cognitive behavior patterns by manipulating factors will enhance the better outcome of the study. As Nurse Administrator developing cognitive skills activities like mindfulness reiki therapy it can be referred to as learning by thinking. It mainly covers the way by which elder peoples think, remember, and perceive information and how they perform problem solving. In addition to basic text book learning, it focuses on the values, attitudes, as well as social interaction. This type advanced therapy promotes use of mind to complete a task or solve a problem.

CONCLUSION: Mental health is very essential for every healthy person. Mindfulness Therapy is a simple, safe and easy to implement and most acceptable method for depressive clients. The findings of the study support this intervention to reduce the depression level of elderly people. The clinical and community health nurses should understand the importance of mental well-being of elderly peoples and management should emphasis to organize these types of natural treatment modalities.

Ethical Clearance; Prior permission was obtained from the Director of ashra old age home, informed consent was obtained from samples confidentially and privacy of the data was maintained.

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