



# **A Study To Assess The Effectiveness Of Creative Art On Reducing Level Of Depression Among Elderly Clients Living In Old Age Home In Selected Area Of Chhattisgarh**

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**Abstract:** This study aimed to evaluate the effectiveness of creative art on reducing level of depression among elderly client .there are older people today than ever before and their number is on the increase. The number of elderly clients is increasing in almost every country. It is expected that by 2030 elderly population will account for 21.8% of the total population. It is not surprising that the societal attitude continually nurtures the feelings of low self- esteem, helplessness, and hopelessness that become more pervasive and intense with advanced age."creative art's purpose is not to kill time, but to make time live; not to keep people occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life.the purpose of the study art therapies such as painting, making envelops and art from west to best is unique approach to depression treatment that helps elderly client to change the negative thoughts and emotion that are associate with depression.

**Keywords-** Assess, Effectiveness,, Creative Art, Old age Home.

## **I. INTRODUCTION**

There are two types of Old Age Homes in India. One is the "Free" type which cares for the destitute old people who have no one else to care for them. They are given shelter, food, clothing, and medical care. The second type is the "Paid" home where care is provided for a fee. Nowadays, such "Retirement" homes have become very popular in India and they are well worth considering. The number of elderly clients is increasing in almost every country. In last three decades, the elderly population has grown twice as fast as the rest of population. In India 3.8% of the population accounts for people above 65 years of age. It is expected that by 2030 elderly population will account for 21.8% of the total population. It is not surprising that the societal attitude continually nurtures the feelings of low self- esteem, helplessness, and hopelessness that become more pervasive and intense with advanced age.depression is a common mental health issue in india, according to recent studies the depression rate among elderly people residing in old age home is estimated to be around 34.4%. THE MAIN AIM TO THIS STUDY TO REDUCE THE LEVEL OF depression among elderly living in old age home by using creative art and to associate between level of depression among elderly client with selected demographic variables such as age , gender, educational status , religion, marital status , and type of family .

## II. RESEARCH METHODOLOGY

**2.1 Research approach** - Quantitative, pre-experimental approach will be considered appropriate for the present study.

**2.2 Research design-** For the present study pre-experimental one-group pre-test post-test design will be used.

### 2.3 Variables

#### Independent variables

In this present study the independent variable is creative art on reducing level of depressive feeling.

#### Dependent variable

In this present study the dependent variable is depressive feeling among elderly client

### 2.4 Setting of the study

The study will be conducted in old age home in selected area, of chhattisgarh.” This setting will be selected because of the easy availability of elderly client.

### 2.4 Population

In the present study population are elderly client in selected old age home in of Chhattisgarh.

### 2.5 Sample and Sampling Technique

In this study sample comprises of 200 elderly clients in selected old age home in , Chhattisgarh. In the present study Purposive sampling technique will be adopt.

### 2.6 Inclusion criteria

- Elderly client who are willing to participate in the study
- Elderly client who are available on the day of data collection
- Elderly client who can understand and speak Hindi

### 2.7 Exclusion criteria

- Elderly client who are clinically ill..
- Elderly client with mental illness.

### 2.8 Tools

The tools which will be used in the present study consist of standardized tools check list for assessing the level of depressive feeling among elderly clients..

### 2.9 Development of tool

The tools will be selected based on research problem. The following steps will be taken to prepare tool.

- Review of text books
- Discussion and consultation with research methodologist and statistician.
- The final tool will be prepared with guidance and suggestion of the guide

### 2.10 Description of the tool

The tools will be developed based on the research problem, objectives of the study, review of the related literature, guidance and suggestion of the subject experts in the field medical surgical nursing department, and one statistician. The final tool was prepared with the guidance and suggestions of the guide.

It consists of two sections. Section A and Section B.

Section A: Demographic variables of elderly clients including age group, gender, educational status, marital status, types of family, religion.

Section B: It consist of 30 items of standardized tools check list for assessing the level of depressive feeling among elderly clients.

### III. PILOT RESULT

#### DATA ANALYSIS AND INTERPRETATION

Section I: Description of demographic characteristics of the Sample by frequency percentage.

Section II: Compare the effect of intervention by descriptive statistics.

Section III: Compare the effect of intervention on the basis by inferential statistics..

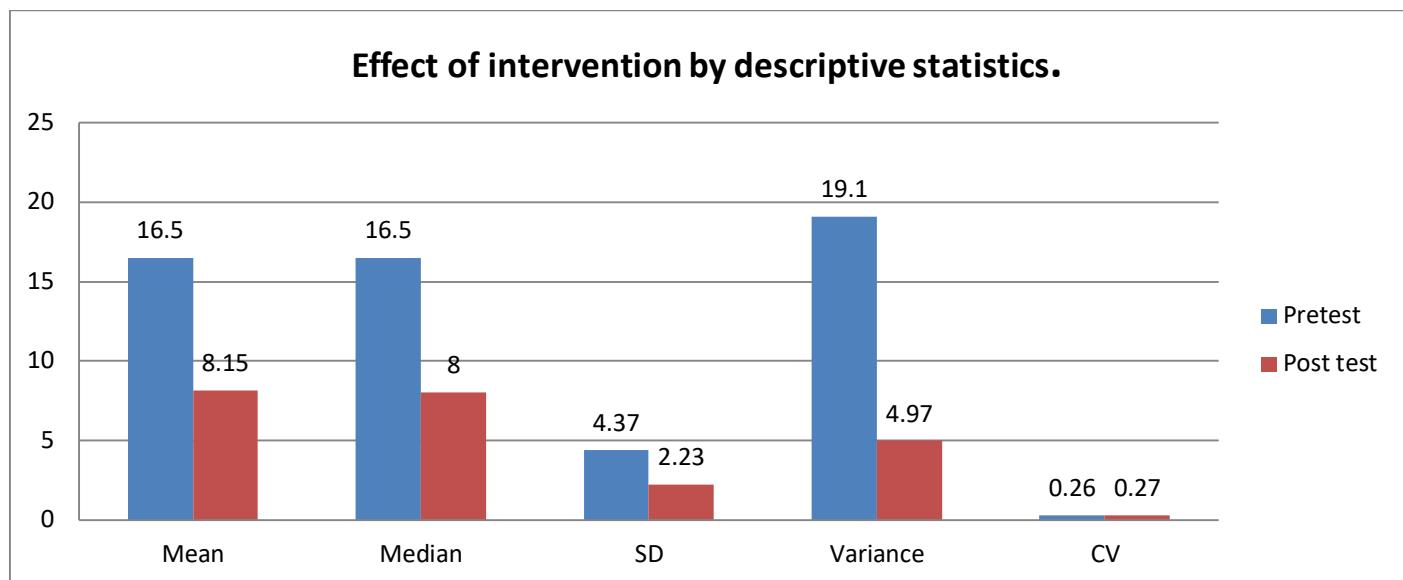
**Section I:** Description of demographic characteristics of the Sample by frequency percentage.

**Table -1: Frequency and Percentage distribution of Sample's Demographic characteristics**

DEMOGRAPHIC VARIABLE		
Category	Frequency	Percentage
<b>AGE</b>		
60-65	1	5%
66-70	8	40%
71-75	11	55%
<b>Gender</b>		
Male	12	60%
Female	8	40%
<b>Educational status</b>		
Primary	2	10%
Middle	8	40%
HIGH	9	45%
Illeterare	1	5%
<b>Religion</b>		
Hindu	17	85%
Christian	0	0%
Muslim	1	5%
Other	2	10%
<b>Marital Status</b>		
Married	16	80%
Unmarried	4	20%
<b>Type of Family</b>		
Nuclear	17	85%
Joint	3	15%

#### Section II: Compare the effect of intervention by descriptive statistics.

Group	Mean	Median	SD	Variance	CV
Pretest	16.5	16.5	4.37	19.1	0.26
Post test	8.15	8	2.23	4.97	0.27



Above diagram shows that the Mean knowledge of sample of pretest and posttest are 16.5 and 8.15, Median 16.5 and 8 and standard deviation are 4.37 and 2.23, variance are 19.1 and 4.97 and Coefficient of Variance are 0.26 and 0.27 respectively in pre and posttest. These results reflect that there is significant knowledge gain in posttest than pretest.

### Section III: Compare the effect of intervention on the basis by inferential statistics.

Group	Mean	Mean Difference	df	p value	Calculated value	Remarks
Pretest	16.5	8.35	19	1.32	4.14	Significant
Post test	8.15					

### IV. Conclusion

The study focused on evaluate the effectiveness of creative art on reducing level of depression among elderly client living in old age home .however following the implementation on the creative art on reducing depression was observed .

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