

## **Presence Of Depression In Inmates Of Old Age Home And Its Impact On Their Perception Towards The Care Given At Their Old Age Home**

<sup>1</sup>Dr. Vidya Bhagat, <sup>2</sup>Dr. S. B. Javali

<sup>1,2</sup>Dy Director Student Affairs, Associate Professor, Department of Behavioral Science, \*\*Associate Professor in Statistics, Department of Community Medicine  
USM-KLE International Medical Programme Belgaum Karnataka

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**ABSTRACT:** *The Presence of depression in inmates of old age home and its impact on their perception towards the care given at their old age home has been focused in the study. The Presence of depression significantly influences person's perception. The main objective of the study was therefore to ascertain the presence of depression in inmates of old age home and its impact on their perception towards the care given at their old age home and finding out the correlation between depression and persons perceptions regarding the care given in their old age home. Participants for this study were 90 inmates of Shantai and Karunalaya old age homes Belgaum Karnataka, India. They were selected by random sampling technique. Medico – Psychological questionnaire for general neuroticism was administered to find out the depression scores and interview schedule is used to assess the perception. To find the comparison between the two variables Chi-square method was carried out. The results reveal that there is significant correlation between depression in inmates of old age home and their perception towards the care given at their old age home (Chi-square = 0.9101,  $p > 0.05$ ) at 5% level of significance. The implication of this study was to develop insight and understanding among the care takers of old age home that the depression has influence on inmate's negative perception which keep them unhappy at their stay.*

**KEY WORDS:** *Depression, perception, and Old age home, care given*

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### **I. INTRODUCTION**

In an emerging culture, even where the younger generation is still influenced by traditional views, nursing home placement or old age home for elderly can be an acceptable option. The positive attitude of people can support this option. Here the inmates perception about their home care influence attitude of people in general regarding old age homes. Old age home is a place where old people live and are cared for also referred as retirement home. Sometimes called an old people's home, although this term can also refer to a nursing home – is a multi-residence housing facility intended for senior citizens. Elderly care, or simply eldercare is the fulfillment of the special needs and requirements that are unique to senior citizens. This broad term encompasses such services as assisted living, adult day care, long term care, nursing homes, hospice care, and home care. Elderly care emphasizes the social and personal requirements of senior citizens who need some assistance with daily activities and health care. World Health Organization (WHO) set 50 as the beginning of old age. At the same time, the WHO recognized that the developing world often defines old age, not by years, but by new roles, loss of previous roles, or inability to make active contribution to society. This inability may lead one into neurotic depression. Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. Depressed people feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details, or making decisions, and may contemplate, attempt, or commit suicide. Insomnia, excessive sleeping, fatigue, loss of energy, or aches, pains, or digestive problems may also be present. Perception is the organization, identification, and interpretation of sensory information in order to represent and understand the environment. Perception can influence by their emotionality. Thus in the this study depression and perception of the inmates of old age home regarding their home care has been studied,

### **II. ASSESSMENT TOOL**

Medico – Psychological Questionnaire for professionals: The fifty items of the questionnaire are awarded two scores for positive response, one score for doubtful response and no score for negative response. The scale measures stable, unstable and neurotic emotionality of an individual. The items of the questionnaire

were further statistically treated with sub scale are treated separately. Interview schedule which has 20 questions gives information on demographic data and data on perception of inmates of old age home regarding their home care.

### III. METHODOLOGY

#### Aim

Present study aim to find out the presence of depression and negative perception in the residence of old age home and further to assesses the relation between them. Further using this data to develop insight and understanding among the care givers of the old age home with regard to promotion of mental health and wellbeing of the inmates.

#### Objective:

- To assess the presence of depression among the inmates of old age home.
- To find out inmates perception towards the care given to them at their old age home.
- To find out the relation between negative perception of inmates and depression

Hypothesis: The perception towards care given at old age homes and the depression exist in the inmate and relation between them can further disturb the psychological wellbeing of the inmates.

Sample: The sample for the present study includes 90 inmates of old age home. Chosen from Shantai and Karunalya old age homes of Belgaum city Karnataka, India.

### IV. RESULTS

The data collected of 90 inmates of old age home have been statistically analyzed to find the relation between their perception of care given to them at their old age homes and depression.

Table 1: Showing score on Participant's depression and their perception about care at old age home

Depression	Perception				Total	%
	Positive	%	Negative	%		
Present	19	37.25	30	58.82	51	56.67
Absent	20	51.28	21	53.85	39	43.33
Table	39	43.33	51	56.67	90	100.00
Chi-square = 0.9101 P = 0.3402						

Study results that among the 90 participants 57 percent of them have depression and 59 percent of them showed negative perception towards care given to them at their old age homes. Further in the results of the above table it can be seen that, out of a total 90 samples in which depression is present in 56.67% of samples as compared to 43.33% are showing a presence of perception followed by others. It means that, there is no association is observed between depression and perception (Chi-square = 0.9101,  $p > 0.05$ ) at 5% level of significance. The results obtained from the statistical tests completed found insufficient evidence to conclude perception has an impact on their affection which has shown in depressive behavior. The results of this study add to the knowledge base used by care givers of old age home and the institution heads to have a better quality care at their old age home.

### V. CONCLUSION

In the present study the impact of inmate's perception of care given to them at their old age home and the depression present in them has been studied to find the relation between these two variables. It has been predicted that negative perception has an impact on their affection which has shown in depressive behavior. Thus which can affected inmate's psychological wellbeing? The result of present study nullifies the significance of association prediction.

### VI. SIGNIFICANCE OF THE STUDY

The purpose of the study is based on observed fact that inmate's perception has an impact on their emotionality which has been observed in resulted depression. Impact of perception to words care given at old age homes and the depression commonly exist in the inmate and relation between them further disturbs the mental health and wellbeing of the inmates. This research study may further help to develop an awareness and insight among the care givers to give focus towards psychological wellbeing as a part of general health care provided for the inmates. Which also help in changing the attitude of people in general regarding old age home?

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