

“Level of Depression among Middleage women in selected area of Thiruvallur, Tamil Nadu”

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ABSTRACT

Depression is one among the various mood disorder, which is a feeling of sadness, loss or anger that interrupts with a person's everyday activities. Depression is one of the vital complications in the public health in terms of its suffering, which is also an economic burden to the country. It is a leading cause of disability worldwide and is a contributor to the overall global burden of disease. The WHO theme 2017 was “Depression Let's Talk”. There was an article in “India today” which was on mental health Day 2018, which says that India was the most depressed country in the world. Hence there is a need to understand the level of depression among the beyond adulthood women so that it can be treated early and given proper attention. **Study Objectives:** 1. To determine the level of Depression in Middleage women in selected area of Thiruvallur, Tamil Nadu. 2. To associate the selected demographic variables with the level of depression in middle age women in selected area of Thiruvallur, Tamilnadu. **Methodology:** Quantitative research approach was taken into consideration to achieve the objectives of the study. Non-experimental Descriptive survey design was used in this study. The investigator conducted the study in urban areas of Thiruvallur, Tamilnadu. The samples were the one who came in the inclusive criteria. Who fulfilled the inclusive criteria were the samples. The sample size was 125. **Result:** With the study analysis, the following conclusion was drawn that majority 66.4% are in the moderate level of depression, and 33.6 % are in the Mild level of depression.

Keywords

Level of Depression, Middleage Women, BDI

INTRODUCTION

Depression is classified as a one of the mood disorder which can be described as feelings of sadness, loss or anger that interfere with a person's everyday activities. Depression is one of the major complications in the public health, in terms of its suffering, which is also an economic burden to the country. It is a leading cause of disability worldwide and is a contributor to the overall global burden of disease. The WHO theme 2017 was “Depression Let's Talk”. There was an article in “India today” which was on mental health Day 2018, which says that India was the most depressed country in the world. There was an article published by Harvard University on women and depression, which says that there is no clarity on what underlines the gender gap in depressive mood disorder. It says that the most important gender gaps is mood disorder-Depression that can also take the joy of all the pleasurable activities and make someone leave with a feeling of burden. It is still unclear that why there is a gender gap in depression. Some of the experts say that both gender are equally affected by depression but some say that females are more likely to develop and diagnosis with depression may be because men are less likely to share their feelings of depression.

The mood changes and depressed feelings can occur with the normal hormonal changes. The cause of depression is not only hormonal changes.

Various Dramatic expressions are occurring during the period of pregnancy, which can effect on the mood. Various other factors may increase the risk to develop depression during pregnancy.

Other various stages and factors in women's life are postpartum depression Perimenopause and menopause Life circumstances and culture.

Hence, the researcher decided to conduct the current study to identify the level of depression in the middle age women. This study data can be utilized to give the care and attention to these women to overcome the depression and lead a happy life.

PROBLEM STATEMENT

A study to assess the level of Depression among Middle age women in selected are as of Thiruvallur, Tamilnadu.

Objectives

- To assess the level of Depression among Middleage women in selected areas of Thiruvallur
- Tamilnadu.
- To associate the selected demographic variables with the level of depression among middleage women in selected area of Thiruvallur, Tamilnadu.

METHODOLOGY

The Research Approach

In the current study there research approach taken by the researcher was Quantitative research approach.

The Research Design of the Study

The research design used for the current research study was Non-experimental Descriptive survey design.

Variables of the Study

Independent Variable

Middleage Women

Dependent Variable

Level of Depression as measured by Modified Beck Depression Inventory (m BDI)

Study Setting

Urban areas of Thiruvallur, Tamilnadu.

Population of the Study

SAMPLE AND SAMPLE SIZE

Middle age women residing in urban areas of Thiruvallur, Tamilnadu.

Size of samples included was 125.

SAMLING TECHNIQUES

The sampling technique used in the current study was Non-probability convenience

TOOL DESCRIPTION

Data was collected with the questionnaire based on modified Beck Depression Inventory.

Section A: Assessment of selected demo graphic variables of the Middleage Women

Section B: Questionnaire Based on Modified Beck Depression Inventory (mBDI) to assess the Level of Depression among Middleage Women in selected area of Thiruvallur, Tamilnadu.

The Levels of Depression was classified based on the score obtained as mentioned below,

No Depression(0)
Mild Depression(1– 9)
Moderate Depression(10– 16)
Severe Depression(17– 29)
Very Severe Depression(30– 63)

RELIABILITY

Reliability was measured using Karl's Pearson coefficient of correlation with test retest method for Structured **Question on mBDI** to assess the level of depression among Middle age women. The reliability r-value analyzed was 0.78. Hence, the tool was considered reliable.

DATA ANALYSIS AND INTERPRETATION

Demographic Variables of Middle Age Women

Table 1: Distribution of Selected Demographic Variables among Middleage Women
n-125

Demographic Variables	n.	%
1. Age(in years)		
a.40 – 45	81	64.8
b.46 – 50	34	27.2
c.51 – 55	10	8.0
2. Religion		
a. Hindu	114	91.2
b. Christian	11	8.8
c. Muslim	0	0.0
3. Marital Status		
a. Married & staying with spouse	90	72.0
b. Married & staying without spouse	5	4.0
c. Widow	29	23.2
d. Not married	1	0.8
4. Type of Family		
a. Nuclear	94	75.2
b. Joint	31	24.8
5. Number of Living Children		
a. Noissues	0	0.0
b. One	4	3.2
c. Two	9	7.2
d. Three	43	34.4
e. Four & above	69	55.2
6(I). Have Male Children		
a. Yes	106	84.8
b. No	19	15.2
6(II). Number of Male Children		
a. One	57	53.8

b. Two & above	49	46.2
7. Family Size		
a. One	24	19.2
b. Two	21	16.8
c. Three	26	20.8
d. Four	54	43.2
8. Education of the Women		
a. Primary school	73	58.4
b. Middle school	20	16.0
c. High school	28	22.4
d. Hr. Secondary	4	3.2
e. College & above	0	0.0
9. Occupation of the Women		
a. Housewife	116	92.8
b. Unskilled labour	9	7.2
c. Skilled labor	0	0.0
d. Professional	0	0.0
10. Family Income (per year)		
a. Low income	88	70.4
b. Lower middle income	26	20.8
c. Middle income	6	4.8
d. Upper income	5	4.0
e. High income	0.0	0.0

Table 2: Depression with m BDI Scores

(n=125)		
Level of Depression Inventory Score (mBDI)	N	%
No Depression (0)	0	0
Mild Depression (1–9)	42	33.6
Moderate Depression (10–16)	83	66.4
Severe Depression (17–29)	-	-
Very Severe Depression (30–63)	-	-

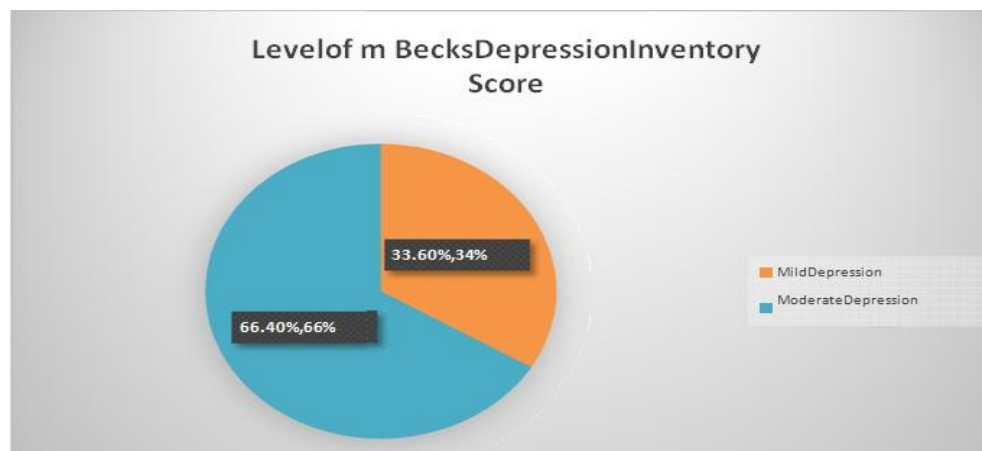


Figure 1

Table no 2 and Figure 1 depicts that majority 66.4% women were in the moderate level of depression, and 33.6 % were in the Mildlevel of depression

Table3: Association

Demographic Variables	n	%	Chi Square Test Value
1. Age (in years)			$c^2 = 26.57$
a. 45 – 50	81	64.8	D.F = 2
b. 51 – 55	34	27.2	P < 0.001
c. 56 – 60	10	8	(Significant)
2. Religion			$c^2 = 2.24$
a. Hindu	114	91.2	D.F = 2
b. Christian	11	8.8	P = 0.327
c. Muslim	0	0	(Not Significant)
3. Marital Status			$c^2 = 6.26$
a. Married staying with family	90	72	D.F = 3
b. Married staying without family	5	4	P = 0.099
c. Widow	29	23.2	(Not Significant)
d. Unmarried	1	0.8	
4. Family Type			$c^2 = 0.084$
a. Nuclear family	94	75.2	D.F = 1, P = 0.772
b. Joint family	31	24.8	(Not Significant)
5. Number of Living Children			$c^2 = 5.37$
a. No children	0	0	D.F = 5
b. 01	4	3.2	P = 0.372
c. 02	9	7.2	(Not Significant)
d. 03	43	34.4	
e. 04 or more	69	55.2	
6 (I). Have Male Children			$c^2 =$
a. Yes	106	84.8	D.F = 1, P = 0.523
b. no	19	15.2	(Not Significant)
6 (II). Number of Male Children			$c^2 =$
a. One	57	53.8	D.F = 1, P = 0.880
b. Two & above	49	46.2	(Not Significant)
7. Family Size			$c^2 =$
a. One	24	19.2	D.F = 3
b. Two	21	16.8	P = 0.880
c. Three	26	20.8	(Not Significant)
d. Four	54	43.2	
8. Education of the Women			$c^2 = 11.58$
a. Primary school	73	58.4	D.F = 4
b. Middle level school	20	16	P < 0.05
c. Higher level school	28	22.4	(Significant)
d. Hr. Secondary	4	3.2	
e. university & above	0	0	
9. Occupation of the Women			$c^2 = 12.81$
a. Home maker	116	92.8	D.F = 3
b. Unprofessional labor	9	7.2	P < 0.01
c. Professionally skilled labor	0	0	(Significant)
d. employed	0	0	
10. Family Income (per year)			$c^2 = 5.52$
a. Low income	88	70.4	D.F = 3
b. Lower middle income	26	20.8	P = 0.138
c. Middle income	6	4.8	(Not Significant)
d. Upper income	5	4	
e. High income	0	0	

DISCUSSION AND CONCLUSION

The current study was conducted to assess the level of depression in middle age women of sub urban areas. The study analysis depicts that majority 66.4% were in the moderate level of depression, and 33.6 % were in the mild level of depression.

Conflict of Interest – Nil

Source of Funding-

Authors have no financial support to this project. The study was fully funded by authors.

Ethical Clearance

Ethical approval of the study was taken from Symbiosis College of nursing ethical committee. Informed consent was taken from the women who were involved in the study. Informed the responders regarding the data collection procedure. The collected data was used only for research purpose and was kept confidential.

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