

# **A comparative study to assess the level of anxiety and depression among senior citizens living in urban area and rural area of Sangli district**

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**ABSTRACT:** A Cross-sectional comparative descriptive research design was adopted for this study. The study was conducted in community setting of Sangli district. Reliability was done using split half method of statistics. Reliability of questionnaire done by using split-half method. “r” were calculated by an Karl Pearson’s correlation formula and the Geriatric Anxiety scale was 0.8 and reliability of Geriatric Depression scale was 0.7 which is more than 0.7, hence it was found to be reliable. Data collected from 200 individual samples regarding the level of Anxiety and Depression among Senior citizens living in Urban and rural areas. The data was collected by using the Geriatric Anxiety Scale and Geriatric Depression Scale for assessing the level of Anxiety and Depression. The study was conducted in selected urban and rural areas of Sangli district. The data analysis was done by descriptive and inferential statistics. In comparison of anxiety level The Unpaired t test value of was 1.83 with the p value 0.069. Here, it shows no significant difference in the anxiety scores of the urban and rural. In comparison of Depression level value of the unpaired t test value of the t test was 2.53 with the p value 0.012. Here, it shows significant difference in the depression scores of the urban and rural.

**Keywords-** Assess, Anxiety, Depression, Senior citizen, comparative descriptive design.

## **INTRODUCTION**

Ageing is a universal process that is associated with deteriorating health status. Elderly or old age consists of ages close to or exceeding the average life span of human beings. Old age refers to ages nearing or surpassing the life expectancy of human beings, and is thus the end of the human life cycle. The limit of old age cannot be defined precisely because it does not have the same meaning in all societies. Previous studies have documented that approximately over 20% of senior citizens in world suffering from mental illness in which most common psychiatric disorders are anxiety and depression.

It has been documented that elderly are more prone to psychological problems and depression is the commonest geriatric psychiatric disorders. In fact the elderly in India face a multitude of psychological, social, and physical health problems. As age advances there is increased morbidity and functional loss, also presence of a variety of depressive factors and occurrence of varying life events, greatly impact on one’s psychological status, making them more prone to depression.

**Statement:** “A comparative study to assess the level of anxiety and depression among senior citizens living in urban area and rural area of Sangli district.”

### **Objectives:**

- To assess the level of anxiety among senior citizens.
- To assess the level of depression among senior citizens.
- To compare level of Anxiety among senior citizens living in urban and rural area.
- To compare level of Depression among senior citizens living in urban and rural area.

### **Procedure and methodology:**

The study was done using a quantitative research approach using cross-sectional comparative descriptive research design. This study was conducted in selected urban and rural areas of Sangli district. The sample for the study includes of 200 senior citizens living in Urban and Rural area of Sangli district. Probability Cluster sampling technique is chosen. Sampling criteria includes Senior citizens those who are above 60 years of age and Senior citizens with any pre-existing mental disorder.

To achieve the objectives of the study and to gather the information, Geriatric Anxiety scale and Geriatric Depression scale used for collecting data related to level of anxiety and Depression among Senior citizens. The tool has three sections. The first section contain Demographic variables of Senior citizens. The second section contain Geriatric anxiety scale and third contain

Geriatric Depression scale. The tool validity was done for internal consistency of the tool. Total 17 experts in the field of nursing validated the tool.

A formal permission was taken from three major local authorities regarding the study and given the brief description about the study. The researcher himself personally approached the senior citizens and informed consent was taken after verbal explanation about the study.

**Result**

**Demographic data of the senior citizens living in urban area and rural area.**

In the urban group according to age in the study, 50% were in the age group 60-70 years, 45% in the 71-80 years and 5% in the 81 and above years of age. In the rural group 50% were in the age group 60-70 years, 45% in the 71-80 years and 5% in the 81 and above years of age.

In the urban group according to gender in the study, 55% were males and 45% were females. In the rural group 55% were males and 45% were females.

In the urban group according to education in the study, 11% were illiterate, 22% were educated up to primary, 33% up to secondary, 13% up to higher secondary and 21% were graduates. In the rural group 16% were illiterate, 35% were educated up to primary, 25% up to secondary, 13% up to higher secondary and 11% were graduates.

In the urban group according to occupation in the study, 28% were housewives, 46% retired, 9% were farmers, 17% were doing business. In the rural group 33% were housewives, 34% retired, 14% were farmers, 16% were doing business and 3% were doing job.

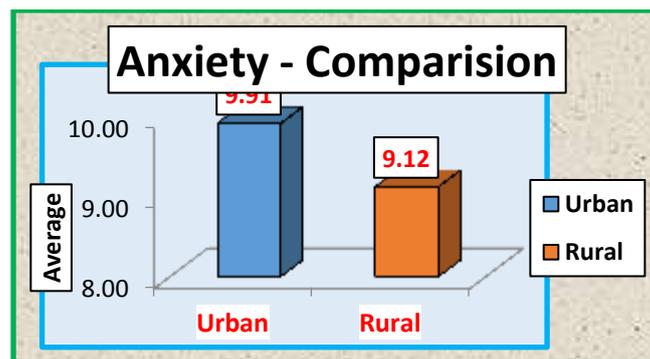
In urban group according to type of family, 65% were from the joint families and 35% were from the nuclear families. In the rural group 73% were from the joint families and 27% were from the nuclear families.

In urban group according to spouse alive or expired, 64% answered alive and 36% answered expired. In the rural group 61% answered alive and 39% answered expired.

In urban group according to financial support, 48% answered dependent, 22% doing business and 30% had pension. In the rural group 40% answered dependent, 30% doing business, 28% had pension and 2% doing job.

**Comparison of the level of Geriatric Anxiety:**

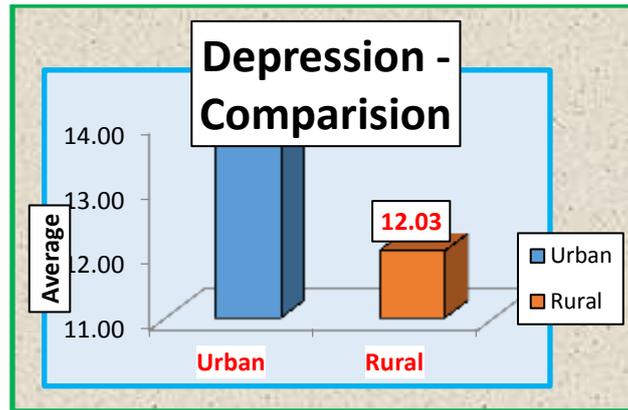
The comparison of the level of Anxiety among Senior citizens living in Urban and Rural area was done by the unpaired t test. The anxiety average score of urban group was 9.91 with the standard deviation of 2.95. The anxiety average score of rural group was 9.12 with the standard deviation of 3.15. The Unpaired t test value of the t test was 1.83 with the p value 0.069. Here, p value more than 0.05, shows no significant difference in the anxiety scores of the urban and rural.



*Comparison of the level of Anxiety among Senior citizens*

**Comparison of the level of Geriatric Depression:**

The comparison of the level of Depression among Senior citizens living in Urban and Rural area was done by the unpaired t test. The Depression average score of urban group was 13.73 with the standard deviation of 4.61. The Depression average score of rural group was 12.03 with the standard deviation of 4.88. The test statistics value of the unpaired t test value of the t test was 2.53 with the p value 0.012. Here, p value less than 0.05, shows significant difference in the depression scores of the urban and rural.



*Comparison of the level of Depression among Senior citizens*

A study supported by similar study was conducted by **Rashmi Katyal, et all in year 2018**. A cross-sectional comparative study was conducted to study the psychological morbidities in geriatric population of rural and urban Dwellers of Bareilly in Uttar Pradesh. For study 245 sample were obtained by using simple random sampling technique. Depression anxiety and stress (DASS) was used to determine the psychological morbidities. The collected data were analyzed by using SPSS version 22.0. The result revealed that, out of total population, maximum 45.7% belonged to age group of 60 – 64 years of age. It was determined that 93.9 % of geriatric people in study suffered from one or more form of psychological morbidities. The analysis of the study concluded that the psychological morbidities in form of depression, stress and anxiety, apart from that depression and stress were more prevalent in urban population and anxiety was more in rural population.<sup>26</sup>

**CONCLUSION:**

In comparison of level of anxiety in Urban and rural area, the anxiety average score of urban group was 9.91 with the standard deviation of 2.95. The anxiety average score of rural group was 9.12 with the standard deviation of 3.15. The Unpaired t test value of was 1.83 with the p value 0.069. Here, it shows no significant difference in the anxiety scores of the urban and rural. In comparison of level of depression, The Depression average score of urban group was 13.73 with the standard deviation of 4.61. The Depression average score of rural group was 12.03 with the standard deviation of 4.88. The test statistics value of the unpaired t test value of the t test was 2.53 with the p value 0.012. Here, it shows significant difference in the depression scores of the urban and rural.

**RECOMMENDATION:**

1. An interventional research on reduction of level of anxiety of senior citizens.
2. A similar study on larger population with control and experimental for better generalization of findings.
3. A comprehensive investigation can be taken to ascertain the effect of anxiety and depression on psychological health status.
4. A comparative study can be conducted on senior citizens living with family and residing in old age home.

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