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A descriptive study to assess the common mental health problems (depression and anxiety) encountered by the elderly and facilities provided by the family members in selected urban areas of Delhi, India

Rekha Anil Kumar
CCS University, India

Introduction: Depression was noticed more in the age group (71-75) years, women were more prone to sufferer than men. Education wise graduates and above showed a higher score in depression. Findings showed that elderly, still working, having sources of income, living with a life partner, having good health were having less depression. While assessing the level of anxiety it was noticed that same age group (71-75) years, females, illiterate and highly qualified, non-working, low-income groups, having children more than two, widow/widowers and having poor health, were more sufferer with anxiety. When assessing the relationship between mental health with the facilities (physical, psychological social and economical) provided by the family members at different levels, it was found that psychological support was highly lacking. The purpose of this study was to interact with the elderly and explore their feelings at their home settings by using an interview questionnaire and assess their mental health problems. It has been assumed that those living with families were free from depression and anxiety. Researchers also want to assess the relationship between mental health and facilities provided by the family members

Methodology & Theoretical Orientation: The research approach for the study was Descriptive Survey Approach; the study design was Descriptive Co-relational Design. The conceptual framework developed for the study was based on the "Dorthea E Orem's Self Care Deficit Model". Purposive sampling technique was used for 100 elderly people residing with their family members in the urban areas of Delhi, India. It was intended to identify, describe and interpret the existing real-life situation after establishing IPR, with the detailed interview.

Findings: The elderly in this study living with families were suffered from a common mental health problem (depression and anxiety). There was an association between mental health and facilities given to them by their family members.

Conclusion & Significance: Mental health problems (depression and anxiety) were less where facilities (physical, psychological, social and economic) were adequate.

rekhakano@gmail.com