

Mindfulness Among Depressive Older Adults

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Abstract: This paper presents a study on mindfulness among depressive older adults.

Keywords: depressive older adults

1. Introduction

Ageing is associated with poor mental health especially high level of geropsychiatric disorders are major obstructer to health and quality of life in these elderly people can be promoted through prompt problem recognition and prevention. Elderly patient presents an enormous challenge to the mental health care system. Statistics have shown a high rate of mental disorders, especially depression among the population group. Although depression is not necessarily associated with ageing and old age, a significant number of seniors do experience clinical level of depression. There is a higher rate of depression among patient with serious medical problems (25%) further among older adults living in nursing homes and residential settings. The rate of depression is even higher (between 30%-50%).

2. Materials and methods

The present study is an effort to evaluate the effectiveness of Mindfulness meditation in reduction of depression among older adults in a selected old age home at Kannur. In order to achieve the objectives, evaluative approach was adopted and convenience sampling technique was used to select the samples. The data was collected from 38 residents by using structured interview schedule. This study was conducted over a period of one month in in Kannur Dist. Research design used for the study was one group pretest, posttest design. The study was conducted at selected old age home at Coimbatore. The sample size was 38 older adults. Purposive sampling technique was used to select the samples. Data collection instrument consists of demographic variables and Brink et al Geriatric Depression Scale (GDS) was used to categorize the level of depression of older adults.

3. Results

The older adults age range from 60 to 89 years. Among which majority of 26 (42%) older adults are between 70 – 79 years of age, 21 (34%) were between 60 – 69 years of age and a least of 15 (24%) members age was between 80-89 years.

- Gender distribution reveals that they are approximately equally distributed as 30 (48%) male inmates and 32 (52%) female inmates at the old age home.
- Based on the religion it shows that majority of 40 (65%) of the older adults were Hindu, 18 (29%) were Christian and only 4(6%) were Muslims.
- Educational status of the senior citizens states that majority of 46 (74%) older adults had no formal education, while 15 (23%) had primary level education and a least of 1 (2%) members had higher education.
- Occupational status states the past history that majority 27 (43%) were unemployed, 31 (50%) were coolie workers, 3 (5%) were government employees and only one person was running a business.
- Marital status of the senior citizens says that majority of 42 (67%) were married, 10 (16%) were either divorced or separated, 9 (15%) were Widow or Widower and only one person was unmarried.
- Information on previous type of family shows that majority of 36 (58%) were living in Joint family type while the remaining 26 (42%) were in Nuclear family.

Monthly income earned range between Rs. 500 to Rs. 3000 per month. Majority of 55 (89%) were earning upto Rs. 1000, 6 (10%) senior citizens were earning between Rs.1001 – Rs. 2000, and only one person had an income of Rs. 3000 i.e., above Rs.2000 per month. • The source in which the income is incurred is 41 (66%) from other sources like self-employed from home, 18 (29%) had family support and a least of 3 (5%) participants earned pension. • Period of stay in the old age home states that majority of 42 68(%) inmates had been there for the past 5 years period, 18 (29%) members had been into the home for between 6 to 10 years period and 2 of them were there since more than 10years.

- Mode of entry into the old age home says that majority i.e., 35 (57%) came in voluntarily and 27 (43%) were brought in by others.
- Around 28 (45%) inmates said they had only one single child, 25 (40%) members had two children each, 5 (9%) older adults had more than three children each and 4 (6%) members had three children each.
- It was uniformly stated that none of them had any previous knowledge on Mindfulness therapy and so

they had not practiced before. Major findings related to significant difference between the mean pretest geriatric assessment score and mean posttest geriatric assessment score of Mindfulness meditation on depression among older adults in selected old age home.

In this study, it was found that there is a significant difference between the mean pretest geriatric assessment score and mean post test geriatric assessment score of Mindfulness meditation on depression among older adults in selected old age home at 0.05 level of significance. The obtained "t" values for mild (10.589), moderate depression (28.500) and severe (11.667) were statistically significant at 0.05 level.

This illustrates that the mean difference of pre test geriatric assessment and post test geriatric assessment score of mild and moderate depression, is a true difference and has not occurred by chance. So the investigator accepts the research hypothesis. Major findings related to association between the post test score of Mindfulness meditation on depression among older adults with their selected demographic variables.

The findings revealed that there is no significant association between the post test score of Mindfulness meditation and level of depression among the older adults with selected demographic variables such as age, gender, religion, education, occupational status, marital status, type of family and income, source of income, period of stay in old age home, mode of entry in old age homes, no of children. However, there was a statistical significant association between the post test score of Mindfulness meditation and level of depression among the older adults with selected demographic variables such as the source of income and period of stay in alone with a p value < 0.05 level.

4. Discussion

The level of depression among older adults was assessed before and after the application of Mindfulness therapy. The level of depression was assessed using Brink et al geriatric depression scale. older adults based on the level of depression in pretest and post test assessment. During pretest it was evident that majority of older adults i.e., 47(76%) had moderate level of depression, while 13 (21%) older adults had mild level of depression, and a least of 2 (3%) participants were identified with severe level of depression. After Mindfulness Therapy it was found that a majority of 36 (58%) older adults were relieved depression, i.e., they were normal, while 24 (39%) had mild level of depression and a least of 2 (3%) had moderate level of depression. The assessment reveals that Mindfulness Therapy was has influenced the change in level of depression among the older adults.

Mindfulness meditation was given to the older adults and comparativeness was done between pre-test and post- test. The result revealed that, in pre-test 21% of senior citizen found to be mildly depressed, 76% found to be moderately depressed and 3% senior citizens found to be severely depressed. In contrast

to this post test scores revealed 58% older adults found to be relieved depression and 39% had mild level meditation and 3% had moderate depression.

The study findings concludes that the, pre-test mean depression score was 18.6452 with a standard deviation of 3.4169 and post-test mean depression score was 9.323 with a standard deviation of 2.6782. The standard error of mean are much lesser than the standard deviation, on comparison is evident that both pre-test and post test scores are drawn from the same homogeneous population. Thus the mean difference for the depression score was 22.814. The significance in mean difference was analyzed using paired „t" test. Since the calculated „t" value is greater than the table value at 0.05 level of significance, it is inferred that the hypothesis "H: There will be significant difference in pre-test and post test score among the samples at P<0.05" is accepted. This proves that Mindfulness Therapy was effective in reducing depression level of older adults.

Association between the post test depression level among older adults with their demographic variables are assessed using χ^2 test. The association between post test depression level with selected demographic variables of older adults as Age, Gender, Religion, Education, Occupational Status, Marital Status, Previous type of Family, Monthly income, Source of Income, Period of stay in old age home, Mode of entry in old age home and Number of children were analysed using Chi-square (χ^2) test. The post test depression level on association with type of family and no of children at 0.05 level of sign.

5. Conclusion

Mental health is very essential for every healthy person. Mindfulness meditation is a simple, safe and easy to implement and most acceptable method for depressive clients. The findings of the study support this intervention to reduce the depression level of older adults. The clinical and community health nurses should understand the importance of mental well-being of senior citizens and attend the senior citizens with these types of natural treatment modalities.

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