ABSTRACT

This research entitled, “Psychosocial Risk Factors as related to Perceived Health Status and Depression in Elderly Population”, comprised of 280 aging adults, 140 in each category i.e. institutionalized (residing in old age homes) and non-institutionalized (residing in home settings), from Hanumangarh, Sangaria, Sriganganagar, Bikaner, Jaipur and Ajmer, Jodhpur districts of Rajasthan.

The two screening measurement used were the Short Form 36 Health Survey (SF-36) by Rand Research and Development Corporation as a Medical Outcomes Study (2001) and the Short Portable Mental Status Questionnaire (SPMSQ) by Pfeiffer E. (1975). The short form 36 health survey measured the general health status of an individual. The other tools used for the study was the Geriatric Depression Scale by Leonowicz and General Well-being Inventory by Verma and Verma. Psychosodial Risk factors Scale was constructed by the researcher herself. The gathered data was analysed using the statistical package for social sciences, version 21. The various methods applied for the analysis of tablet data were mean, SD, Z test, coefficient correlation, analysis of variance, Tukeys post hoc and Mann Whitney test.

Pearson’s correlation coefficients were computed among the four variables i.e. Well being, depression, psychosocial risk factors and perceived health status. There was observed a significant negative correlation between psycho social risk factors and Perceived Health Status in aging adult.

A z-test for means of psychosocial risk factors of institutionalized aging adults (M = 61.3, SD = 34.4) to the non-institutionalized aging adults (M = 73.9, SD = 36.7) was conducted. The two samples had statistically significant difference (z = -2.9638, p < 0.003, two-tailed).

A z-test was conducted comparing the General Health mean scores of the institutionalized aging adults (M = 463.26, SD = 163.88) to the non-institutionalized aging adults (M = 422.40, SD = 145.98). The two samples had a statistically significant difference (z = 2.029,
A z-test was conducted comparing the mean scores of perceived health of the institutionalized aging adults (M =10.36, SD = 3.948) to the non-institutionalized aging adults (M =14.86, SD = 3.593). The two samples had statistically significant difference (z = -9.9743, p < 0.0001, two-tailed).

A z-test for means of depression was conducted comparing the institutionalized aging adults (M =7.89, SD = 4.707) to the non-institutionalized aging adults (M =3.17, SD =2.070) in the gender and category with age groups 61-70 years and 71-80 years. The samples had statistically significant difference (z = -9.2502, p < 0.0001, two-tailed), and the non-institutionalized aging adults were found to have a better mental health as compared to their counterparts.

A Wilcoxon Mann Whitney test indicated that perceived health status was better and depression was low in married persons. The test also indicates that persons with good education (graduates and above) had better well being and depression was low as compared to the lesser educated persons. No significant difference was observed in the general health and psycho-social risk factors. It can be concluded employed and self-sufficient persons had better well being and depression was low as compared to the dependent persons. Studying the sample in context to geographical area, the result concludes that persons living in urban area had better well being and depression was low.