

EFFECT OF THERAPEUTIC TOUCH ON DEPRESSION AMONG ELDERLY AT SELECTED OLD AGE HOME, COIMBATORE

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ABSTRACT

Aim and Objective

To assess the Effect of therapeutic touch on depression among elderly.

Methodology

Quasi experimental one group pre test and post test design was adopted for the present study conducted at St. Joseph old age home, Coimbatore. Using purposive sampling technique 28 subjects, who had mild and moderate depression were selected by using Geriatric depression scale. Therapeutic Touch procedure was administered for each elderly over a month period. After the intervention, the level of depression was reassessed using same scale. Pre and post-test on level of depression was assessed and Paired 't' test was used to find out the effect of Therapeutic Touch on depression among elderly.

Results

The analysis of the study findings revealed before intervention it was found that 54% of them had mild depression and 46% had moderate level of depression. After administering Therapeutic Touch, 79% of elderly were moved to normal, 18% of elderly had mild depression and 3% had moderate depression. The difference in the scores revealed that their level of depression reduced after intervention. The mean score on the level of depression among elderly before and after Therapeutic Touch was 8.7 and 4.03 with the standard deviation of 1.66 and 1.63 respectively. The mean difference was 4.67. The calculated 't' value (17.84) was compared with the table value at 0.05 level of significance. The calculated 't' value was greater than the table value.*

Conclusion

Hence there is a significant difference in the level of depression before and after implementation of Therapeutic Touch. The result shows that there exists a significant effect of Therapeutic Touch on depression among elderly.

KEYWORDS: *Level of Depression, Therapeutic Touch, Effect, Elderly*