

**“A STUDY TO ASSESS THE EFFECTIVENESS OF BIBLIOTHERAPY ON  
DEPRESSION AMONG THE ELDERLY RESIDING IN SELECTED  
OLD AGE HOMES, KANCHEEPURAM DISTRICT”**

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**ABSTRACT**

Aging is a universal phenomenon, which is experienced by every human being across various cultures. The experience of ageing is unique to every individual because of the individual differences in personalities, varying social support networks differing according to the culture to which one belongs. Also aging involves many major life changes which leads to psychological disturbances and disorders such as Depression, Anxiety and many other.

**KEYWORDS:** Human Being Across Various Cultures, Psychological Disturbances and Disorders, Depression, Anxiety, Quasi Experimental-Pretest-Post Test Control