

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

**ARTHY. P<sup>1</sup>, VIJAYALAKSHMI<sup>2</sup> & JUDIE<sup>3</sup>**

<sup>1</sup>M.sc Nursing, SRM College of Nursing, Kancheepuram District, Tamil Nadu, India

<sup>2</sup>Professor, SRM College of Nursing, Kancheepuram District, Tamil Nadu, India

<sup>3</sup>Dean, SRM College of Nursing, Kancheepuram District, Tamil Nadu, India

### **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

### **INTRODUCTION**

#### **OBJECTIVES OF THE STUDY**

- To Assess and compare the pre and post- test level of depression among elderly between study and control group.
- To determine the effectiveness of Bibliotherapy on depression among elderly in study group.
- To associate the post–test level of depression among elderly with their demographic, personal and clinical variables in study and control group.

#### **METHODS AND MATERIALS**

The quantitative research approach was adopted in assessing the effectiveness of Bibliotherapy on depression among elderly residing in selected old age homes, Kancheepuram District. Quasi experimental-Pretest-post test control group research design was adopted for the study. The target population for this study was the elderly with mild depression residing in selected old age homes, Kancheepuram District and Sample of the study was elderly who fulfill the Inclusion Criteria of the study like elderly people with mild depression and elderly in the age group of 60-70 years, elderly people who can read and write in Tamil or English. Exclusion Criteria for the study was elderly people who were not willing to participate and elderly who were having visual problems and unable to read and elderly who were already on anti-depressant drugs and elderly who were suffering from brain disorders. The investigator had collected data for four weeks from 1.08.2013 to 31.08.2013. Prior to data collection permission was obtained from the concerned authorities. The ethical guidelines were followed throughout the study. The data collection period was 1 month.

The tool used for data collection was, Geriatric depression scale (GDS) is a standardized 30-item questionnaire

used to identify depression in the elderly. The questions are answered 'yes' or 'no'. One point is assigned to each answer and the cumulative score is rated on a scoring grid. It is a standardized tool for assessing the depression among geriatrics. The scoring sets a range of the following: 0-9 as "normal", 10-19 as "mildly depressed", 20-30 as "severely depressed". By this 60 mild depressive elders were selected for the study.

## **BIBLIOTHERAPY**

Bibliotherapy refers to psychotherapeutic technique used to manage the depression among the elderly by providing reading material and motivating them to read. The intervention programme comprises of 12 sessions, each of 1 hour duration spread over a period of 4 weeks.

The Bibliotherapy books which has been used for study was based on content validity and guidance from various experts in mental health and psychiatric department and also with the interest of elderly were.

- **Robin Sharma's, "WHO WILL CRY WHEN YOU DIE"**-Robin Sharma offers 101 simple solutions to life's most complex problems, ranging from a little known method for beating depression and worry to a powerful way to enjoy the journey of life.
- **Gobinath's, "PLEASE DON'T BUY THIS BOOK"**-This is a good self help book. Written in simple language, citing day to day incidents and how we react, makes it attractive and one can easily relate to one's day to day incidents. These books will help the elders in improving the coping skills, self confidence and positive attitude.

## **DISCUSSIONS**

Bibliotherapy refers to psychotherapeutic technique used to manage the depression among the elderly by providing reading material and motivating them to read. Intervention programme comprises of 12 sessions, each of 1 hour duration spread over a period of 4 weeks. The present study assessed the effectiveness of Bibliotherapy on depression among elderly residing in selected old age homes, Kancheepuram District. The result of the study concluded that Bibliotherapy has reduced the depression among elderly. The mean and standard deviation of pre test level of depression among elderly in study and control group revealed that, the mean value 50.555 with SD 6.841 and the mean value of 48.6663 with SD 7.611 projects 't' value as 1.011 which is statistically not significant. Whereas in post test level of depression among elderly in study group and control group depicted that, the mean value of 30.1117 with SD 3.96190 and the mean value of 48.6663 with SD 7.61149 projects 't' value as 11.844 which is statistically significant at p=0.000 level.

## **REFERENCES**

1. World Health Organization report Geneva: Prevalence of depression; 2013 Feb.24p. <http://www.who.org>.
2. Marry Anne Basilio. Prevalence of depressive disorder among elderly. Journal of Annals of Saudi Medicine. 2013; 31(6): 620-624.
3. Ankur Barua, Nilamadhab Kar. Screening for depression in elderly Indian population. Indian Journal of Psychiatry. 2013; 52( 2): 150-153.
4. Linda L etal. A study to assess the effectiveness of a cognitive behavioral Bibliotherapy self-help package on depressive patients. Behavior Modification. 2009; 4(4): 481-494.
5. Floyd, M., Rohen, N., Shackelford, J. A. M., Hubbard, K. L., Parnell, Marsha B; Scogin, F., & Coates, A. Two-

year follow-up of Bibliotherapy and individual cognitive therapy for depressed older adults. Behavior Modification. 2010; 30(3): 281-294.

