



“ A STUDY TO ASSESS THE KNOWLEDGE REGARDING DEPRESSION AMONG THE ADULTS(AGE 25-45) IN GANDHINAGAR DISTRICT GUJARAT.”

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Abstract

Background

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living. Although depression may occur only once during your life, people typically have multiple episodes.

Objective

The main aim and objective of the survey study were to evaluate the knowledge regarding Depression among the adults (25-45).

Materials and methods

A descriptive design was adopted. 100 adults (age 25-45) were selected by using convenient sampling technique on the basis of inclusion criteria to assess the knowledge regarding Depression among adults (age 25-45). The data was collected from who fulfilled inclusive criteria, Consent was taken from them by explaining the purpose of the study. A self- structured questionnaires was used to assess knowledge regarding depression in adults.

Conclusion:

The study highlights the need to organize the health education campaigns on depression to enhance their knowledge.

Key Words:

Knowledge, Depression, Adult

INTRODUCTION

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home. Symptoms must last at least two weeks and must represent a change in your previous level of functioning for a diagnosis of depression.

Also, medical conditions (e.g., thyroid problems, a brain tumor or vitamin deficiency) can mimic symptoms of depression so it is important to rule out general medical causes. Depression affects an estimated one in 15 adults (6.7%) in any given year. And one in six people (16.6%) will experience depression at some time in their life. Depression can occur at any time, but on average, first appears during the late teens to mid-20s. Women are more likely than men to experience depression. Some studies show that one-third of women will experience a major depressive episode in their lifetime. There is a high degree of heritability (approximately 40%) when first-degree relatives (parents/children/siblings) have depression.

An estimated 3.8% of the population experience depression, including 5% of adults (4% among men and 6% among women), and 5.7% of adults older than 60 years. Approximately 280 million people in the world have depression (1). Depression is about 50% more common among women than among men. Worldwide, more than 10% of pregnant women and women who have just given birth experience depression (2). More than 700 000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15–29-year-olds.

Materials and Methods

The study was carried out in the Gujarat state. Quantitative research approach was used to assess knowledge regarding depression among Adults. A descriptive design was chosen for the investigation. A non-probability convenient sampling method was used to collect 100 samples of Adults who met the inclusion criteria. Researcher administrated self structured questionnaires to assess the knowledge regarding depression among Adults. Research tool comprises of following: PART 1- Selected Socio demographic variables. PART 2- Self structured questionnaires to assess knowledge regarding Depression among Adults. The questionnaires consists of 20 statements after that tabulate the data and statistical analysis was done by researcher, results show that it is feasible and practicable. Chi-Square was used to identify the association between knowledge regarding Depression among Adults with their selected socio demographic variables.

Ethical consideration

Informed Consent obtained from study sample after discussing with each of them the purpose of the study and all related matters for the research purpose. Study participants were informed that obtained data is confidential and will be used only for research purpose.

Inclusion criteria:

- Adults who are willing to participate in this study.
- Adults who can read and understand English
- Adults who are not willing to participate in the study?

Data collection method:

A self-structured questionnaire was used to assess knowledge regarding depression in Adults (age 25-50).

Data analysis

Polite and Hungler (1999) described analysis as “a process of organizing and synthesizing data in such a way that research question can be answered and hypothesis tested. Interpretation is refers to process of making sense of the results and of examining the implication of the finding within a broader context. This chapter deals with the analysis and interpretation of data collected from health care personnel to evaluate the knowledge regarding Depression among Adults. Researcher used descriptive and inferential statistics (Manual) to calculate the analysis from the data.

Result:

Frequency and percentage distribution of samples based on level of knowledge regarding Depression among Adults.

Level of knowledge	Frequency	Percentage
	(N ₁)	%
Inadequate knowledge	40	40%
Moderate knowledge	35	35%
Adequate knowledge	25	25%

Table shows that, majority of adults 40 (40%) had Inadequate knowledge, 35 (35%) had Moderate knowledge, 25 (25%) had Adequate knowledge regarding Depression among Adults.

Evaluate the Knowledge score on Depression among Adults.

S. No	Variables	Mean	SD
1	Level of knowledge,	33.33	7.63

Table shows that the mean core of knowledge was 33.33 and SD was 7.63.

Association between selected demographic variables and the knowledge score of Depression among Adults.

Sr. No	Variable	Category	Frequency	Level of knowledge			Chi square test χ^2
				Poor	Average	Good	
1	Age	25-30	30	18	7	5	2.47
		31-35	32	15	10	7	
		36-40	20	8	8	4	
		41-45	18	9	6	3	
2	Marital status	Married	70	30	21	19	3.55
		Unmarried	23	15	7	3	
		Divorce	04	2	1	1	
		widow	3	1	1	1	
3	Education	Uneducated	8	5	2	1	5.77
		Under graduate	19	8	9	2	
		graduate	40	22	9	9	
		Post graduate	33	14	10	8	
4	Family Income (Annually)	1000-10,000	4	2	1	1	5.31
		11000-20000	25	10	8	7	
		21000-30000	30	15	7	6	
		31000 or Above	41	14	13	12	
5	Sex	Male	58	29	18	11	0.84
		female	42	18	13	11	
6	Occupation	Basis of wages	8	5	2	1	3.29
		Private job	19	9	8	2	
		Government job	40	21	10	9	
		business	33	15	10	8	

Discussion:

The discussion of the findings is much more subjective section of a research report than presentation of the findings. The purpose of the study was “A SURVEY STUDY TO ASSESS THE KNOWLEDGE REGARDING DEPRESSION AMONG ADULTS IN GUJARAT.”

The first objective of the study was “To assess the knowledge regarding Depression.” Out of 100 adults majority 35 (35%) had moderate knowledge, 25 (25%) had inadequate knowledge and followed by 40(40%) had adequate knowledge regarding self-care. The mean score of knowledge regarding Depression was 33.33 and standard deviation was 7.63.

The second objective of the study was to find the association between knowledge regarding Depression among Adults with their selected socio demographic variables.