A study to evaluate the “Effectiveness of Yoga therapy on depression among the older adult residing in selected old age home at karaikal, Puducherry”.

**ABSTRACT**

Old people have limited regenerative abilities and are more prone to disease, syndromes, and sickness than younger [adults](http://en.wikipedia.org/wiki/Adult). Some late-life problems that can result in depression include anxiety and coping with physical health problems, caring for a spouse with dementia or a physical disability, grieving the death of loved ones, and managing conflict with family members. **Research Methodology**:The Research design adopted for the study was Quasi experimental control group pretest and post-test design. The research approach selected for the study was quantitative approach. The study was conducted in three selected old age homes at karaikal, Puducherry among the older adults’ of age group 60-85 years. The data was collected by structured interview schedule using Geriatric depression scale. The collected data was analyzed using both descriptive and inferential statistics. **Results:** The findings of the pre-test mean score of Depression was 9.00 and the post test mean score after Yoga therapy was reduced to 8.07 and the ‘t’ value of 3.823 showed that Statistically there was a highly significant difference at p<0.001 level which clearly signifies the effectiveness of Yoga therapy on depression among older adults residing in old age homes. **Conclusion:** The study revealed that Yoga therapy can be used effective & easy technique to control depression among the older adults without side effects.

**INTRODUCTION**

Old age consists of ages nearing or surpassing the [average life span](http://en.wikipedia.org/wiki/Average_life_span) of [human beings](http://en.wikipedia.org/wiki/Human_being), and thus the end of the human [life cycle](http://en.wikipedia.org/wiki/Biological_life_cycle).  Ageing is a universal process. In the word of Seneca “old age is an incurable disease”, however as Sir James sterling commented “you do not heal old age, you protect it, you promote it and you extend it.” In fact the elderly in India face a multitude of psychological, social, and physical health problems.

According to [Erik Erikson](http://en.wikipedia.org/wiki/Erik_Erikson)’s "Eight Stages of Life" theory, the human personality is developed in a series of eight stages that take place from the time of [birth](http://en.wikipedia.org/wiki/Birth) and continue on throughout an individual’s complete life. He characterizes old age as a period of "Integrity vs. Despair", during which a person focuses on reflecting back on their life. Those who are unsuccessful during this phase will feel that their life has been wasted and will experience many regrets.

Old people have limited regenerative abilities and are more prone to disease, syndromes, and sickness than younger [adults](http://en.wikipedia.org/wiki/Adult), the number of older adults with mental and behavioral health problems will almost quadruple, from 4 million in 1970 to 15 million in 2030. Mental health disorders, including anxiety and depression, adversely affect physical health and ability to function, especially in older adults. Some late-life problems that can result in depression and anxiety include coping with physical health problems, caring for a spouse with dementia or a physical disability, grieving the death of loved ones, and managing conflict with family members.

Increased stress, depression and anxiety are the features of aging. Due to the adverse effects of drugs in the treatment of anxiety and depression, and in some cases their lack of effectiveness, researchers seek non pharmacological and noninvasive treatment for these disorders. Yoga exercises was improved the variables of self-description, psychological status, and the quality of life. Researchers suggest that yoga as an intellectual and mental exercise, improves health feeling. Furthermore, yoga can improve the psychological conditions for monitoring and managing stress and negative emotions, increase positive emotions, and help mental balance.

**METHOD**

This Quasi experimental study is based on a randomized, controlled intervention study, The study was conducted in three selected old age homes at karaikal, Puducherry among the older adults’ of age group 60-85 years. The data was collected by structured interview schedule using Geriatric depression scale. The inclusion criteria were presence of depression , , and working knowledge of Tamil language. Eligible older adults were briefed both personally and by an information sheet before they gave written consent to participate in the study. Yoga therapy consisted of daily classes of 60 minutes each over a period of 4 weeks. During these 4 weeks, participants of the control group did not receive any yoga therapy but were offered yoga therapy thereafter. Every participant completed questionnaires at baseline, before and after yoga therapy.

**INTERVENTION**

 Yoga treatment was conducted in groups of 10 to 15 older aduls. Yoga classes started with a relaxation and a short conversation about the participants’ mental and physical condition. Afterward, several exercises of gentle Hatha Yoga, were carried out. This was always done in the same sequence, under supervision, and with correction, if necessary. The exercises were then followed by a meditation at the end of the session. Each participant also received a printed manual to motivate training at home.

**Tool constructed in this study was divided as follows**

Part I : ICD 10 Symptom check list.

Part II: a) Demographic data of the older adult

b) General information data

Part II: Geriatric Depression Scale (15 Items)

**RESULT**

 **Table 1,Comparison of pretest and post test level of depression in the control group**

|  |  |  |  |
| --- | --- | --- | --- |
| **Depression** | **Mean** | **S.D** | **Paired ‘t’ Value** |
| Existing | 10.73 | 1.01 | t = 0.177p = 0.861, (N.S) |
| Post Test | 10.7 | 0.91 |

***N.S – Not Significant***

The above table shows that the paired ‘t’ test has been applied to assess the effectiveness of yoga therapy in controlling depression among older adults. The pretest mean score of depression in control group was 10.73 with S.D 1.01 and the post test mean score of depression was 10.7 with S.D 0.91. The calculated‘t’ value of 0.177 shows that it was statistically not significant at p=0.861 level.

 **Figure 1.Comparison of pretest and post test level of depression of the older adults in the control group**

**Table 2 Comparison of level of depression in Study group and control group**

|  |  |  |  |
| --- | --- | --- | --- |
| **Post Test** | **Mean** | **S.D** | **Unpaired ‘t’ Value** |
| Study Group | 8.07 | 1.82 | t = -7.086p = 0.000, (S) |
| Control Group | 10.7 | 0.91 |

***\*\*\*p<0.001, S – Significant***

 The table shows that in the mean value of study group is 8.07 with a standard deviation of 1.82. The control group mean value is 10.7 with a standard deviation of 0.91.

The paired‘t’ test has been applied to assess the effectiveness of yoga therapy in controlling depression among older adults. The calculated‘t’ value of -7.086 shows that it was statistically significant at p=0.000 level which clearly shows the effectiveness of yoga therapy in controlling depression among older adults.

**Figure: 2 Comparison of level of depression in experimental group and control group older adults**

**DISCUSSION, SUMMARY**

The study was conducted using quasi experimental study and control group pre-test and post test design among older adult residing at selected old age home in Karaikal, in the age group of 60years and above. The sample size was 60. The level of Depression of the older adult was assessed using a Standardized Geriatric Depression Scale.

The effectiveness was analyzed using descriptive statistics (frequency, mean, standard deviation) and inferential statistics (t test and chi-square test). The data was analyzed based on the objectives of the study.

The discussion of the present study is based on the findings obtained from statistical analysis of assessment of the subjects, that is pretest and post test.

From the results of the present study, the effectiveness of yoga therapy produced a statistically significant difference in reducing the level of depression among older adults residing in a selected old age homes at correlation of p=0.001 level. The pretest mean score of depression in study group was9.00 with S.D 1.93 and the post test mean score of depression was 8.07 with S.D 1.82 with the ‘t’ value of 3.823 producing a significant correlation regarding yoga therapy in reducing level of depression. Hence the hypothesis is rejected.

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**CONCLUSION**

A substantial evidence base testifies to the efficacy and cost-effectiveness of treatments for depression. There is now a growing evidence base from developing countries, including in South Asia. Based on these reviews, evidence based package of area combination of treatments aimed at improving the recognition and management of depression to achieve optimal outcomes has been proposed for low and high resourced settings.

 Yoga therapy is used in psychiatric treatment of severe psychiatric conditions such as depression and personality disorder. So the investigator undertook the study to assess the effectiveness of yoga therapy on depression in older adults residing in selected old age homes at karaikal, Puducherry.

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