Effectiveness of aerobic exercises on depression: An experimental study on old age at Mangalore

Authors
Sooraj K, Vinish V*
Email: vinish.v@manipal.edu

Sooraj K, Jr Health Officer, Tristar Engineering and Construction, UAE
Vinish V, Lecturer, Manipal College of Nursing Manipal, Manipal University, Manipal

*Corresponding Author

Abstract

Introduction: Old age homes have taken up the traditional role of family for the security of elderly people. Studies have proved that prevalence rate of depression were high among institutionalized elderly. Objective: The aim of this study is to determine the depression status among the inmates, evaluate the effectiveness of aerobic exercises on depression among elderly and to find association between depression score among elderly with selected demographic variables. Methodology: Quantitative evaluative approach with quasi-experimental one group pre-test post-test design was used. Convenience-sampling technique was used to select 50 people above the age of 60 years, residing at a selected old age home in Mangalore. The information of 50 elderly collected, was by using a customized geriatric depression scale followed by administration of aerobic exercise. The post-test was conducted on the eighth day, with the same modified geriatric depression scale. Results: Assessment of the level of depression of elderly shows that, majority of the respondents 28 (56%) had moderate level of depression, 14 (28%) respondents had severe depression followed by 8 (16%) respondents who had mild levels of depression. The total mean percentage of the elderly on depression was 48.29%, with mean and standard deviation of 29.94 and 13.79, respectively. The overall mean post-test depression score (16.68±13.86) was significantly lower than the overall mean pre-test score ((29.94±13.79). It was also found that the obtained t’ value was 8.71, which was higher than the table value. The study findings also revealed that there was a significant relationship between age (χ²=9.43), gender (χ²=12.97), family history of depression (χ²=17.80) with the depression score, as the computed chi square value was greater than the table value at the .05 level of significance. The findings of the study revealed that the depression level among the institutionalized elderly was high. Conclusion: The study concluded that some effective adjuvant intervention for depression among elderly residing at old age homes was necessary.

Key words: Effectiveness, depression, geriatric, old age home