







**Table 2: Frequency and percentage distribution of old age people based on the demographic variables.**

S.No	Demographic variables	N	(%)
1	Age in years		
	60-70	47	58.75%
	71-80	26	32.50%
	81-90	7	8.75%
	91 yrs and above	0	0%
2	Sex		
	Male	40	50%
3	Educational status		
	Illiterate	39	48.75%
	primary	17	21.25%
	Higher secondary	12	15%
	Diploma	2	2.50%
	Graduate	10	12.50%
4	Previous Occupation		
	Private job	48	60%
	Government job	14	17.50%
	If any other	18	22.50%
5	Pension in rupees		
	Below Rs.3000	32	40%
	Rs.3001-5000/-	37	46.25%
	Rs.5001-10000/-	3	3.75%
	Rs 10001- 15000	6	7.50%
6	Rs. 15001 and above		
	2	2.50%	
	Religion		
	Hindu	57	71.25%
	Christian	13	16.25%
7	Muslim		
	7	8.75%	
	Others		
	3	3.75%	
	Marital status		
8	Married		
	57	71.25%	
	Un married		
	10	12%	
	Widow/widower		
9	11		
	13.75%		
	Separated		
	2	2.50%	
	Areas of residence		
9	Rural		
	12	15%	
	rban		
	68	85%	
	Duration of stay in old age home in years		
9	Below 1 year		
	20	25%	
	1-4 year		
	36	45%	
9	5-8 year		
	20	25%	
	9 yrs and above		
4	5%		

**Table 3: Frequency and percentage of distribution based on level of depression among old age people.**

Sl. NO	Level of depression	Pre test		Post test	
		N	%	N	%
1	Normal	0	0%	73	91.25%
2	Mild depressive	43	53.75%	7	8.75%
3	Severe depressive	37	46.25%	0	0%

## DISCUSSION

All the elders chosen in the present study were either severely or mildly depressed. This is a serious condition which shouldn't be ignored but needs the attention of the caregivers. Although in the 80 elders chosen, male and female were in equal ratio, an international study says that females outlive males in general and thus undergo more challenges than their counterparts [11].

In terms of education, most of them were illiterate. Those who are illiterate will not be able to do other relaxing activities, such as reading books or writing a journal, which are healthy hobbies which helps curb depression [12]. In the job front, apart from people who worked in government and private jobs, 18 of them did not have proper jobs or were unemployed. This may lead to a sense of failure in their lives, which in turn may have caused depression [13]. Out of 80 people 69 had monthly pensions less than 5000 rupees. This would result in them depending on their families for financial needs. This kind of financial dependency may also be one of the reasons for depression.

Majority of elders were from urban areas. One of the reasons for this may be that many people migrate to the city in search of jobs and relocate their families with them [14]. But since they may not be able to take care of them due to various issues, they may end up admitting their elders in an old age home. Living in an old age home may also be one of the causes for depression [15]. Separation from their family members and being forced to live a life in loneliness amidst strangers could have affected their emotional stability.

Reminiscent therapy seems to have worked very well in the elders with zero people in severe depression category post therapy. Reminding people of their accomplishments or forgotten sweet memories will bring a sense of gratitude to them. This may decrease the depression and increase a positive attitude towards life.

## CONCLUSION

Form the present study it can be concluded that Reminiscent therapy has worked appreciably well in decreasing the depression level of elderly in the old age home irrespective of the reasons for depression. Hence reminiscent therapy is highly recommended as a first measure of treating depression in the elderly subjecting them to any drug interventions.

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