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## Effectiveness of Guided Imagery on Depression among the Elderly

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**ABSTRACT:** A comfortable old age is the reward of a well-spent youth. Instead of its bringing sad and melancholy prospects of decay, it would give us hopes of eternal youth in a better world (Chevalier, 2010). Ageing is a universal process. In the word of Seneca "Old Age is an Incurable Disease". Ageing is a natural process that begins at birth, a process that progresses throughout one's life and ends at death (Prakash, 2004).

### I. INTRODUCTION

A comfortable old age is the reward of a well-spent youth. Instead of its bringing sad and melancholy prospects of decay, it would give us hopes of eternal youth in a better world (Chevalier, 2010).

Ageing is a universal process. In the word of Seneca "Old Age is an Incurable Disease". Ageing is a natural process that begins at birth, a process that progresses throughout one's life and ends at death (Prakash, 2004).

The majority of old people are self-sufficient human beings who can carry on normal lives. Old age consists of age nearing the average life span of human beings, and thus the end of the human life cycle.

#### STATEMENT OF PROBLEM

EFFECTIVENESS OF GUIDED IMAGERY ON DEPRESSION AMONG THE ELDERLY IN SELECTED OLD AGE HOME.

#### OBJECTIVES

- To assess the level of depression among the elderly.
- To implement guided imagery to the elderly.
- To assess the level of depression after guided imagery among the elderly.

#### ASSUMPTION

- Elderly those who are residing in old age home have depression.
- Items in the questionnaire would be sufficient to assess the depression of the elderly.
- Responses of the elderly will be their true measures of depression.
- Guided imagery will reduce the depression level of the elderly.

### II. OPERATIONAL DEFINITION

**Effectiveness :** It refers to the change in the level of depression after implementation of guided imagery among the elderly.

**Depression :** It refers to any change in an individual life that causes alteration in the physical, mental or emotional states which is assessed through the geriatric depression scale.

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**Elderly** : Refers to elderly men and women with depression residing at old age home between 60-80 years of age and above.

**Old Age Home** :An institution providing professional care to the elderly like their residential setting.

## **Guided Imagery**

A client is guided in imagining a relaxing scene or series of experiences in duration of 30 minutes for the study period of 10 sessions

## **LIMITATION**

1. The study was limited to St. Joseph old age home, Coimbatore.
2. Size of the sample was small and duration was shorter period which limits generalization.

## **III. METHODOLOGY**

**RESEARCH APPROACH** : quantitative research approach

**RESEARCH DESIGN** : Quasi Experimental One Group Pretest and Posttest Design

## **VARIABLES OF THE STUDY**

**Independent variable** Guided imagery

**Dependent Variable** : Level of depression

## **SETTING**

St. Joseph old age home of Coimbatore

## **POPULATION**

old age people with depression (above 60 years)

**SAMPLING** : Purposive sampling technique

## **CRITERIA FOR SAMPLE SELECTION**

### **.Inclusion Criteria :**

Elderly in the age group of above 60 years with depression

### **Exclusion Criteria:**

1. Elderly with sensory impairment.
2. Bedridden clients.
3. Elderly with paralysis.
4. Elderly with Rheumatoid arthritis.

## **MATERIALS**

The tool consists of three sections.

Section A: Demographic data.

Section B: Geriatric Depression Scale (Yesavage, 1983)

Section C: Guided imagery

Guided imagery is an effective procedure to reduce the anxiety among cancer patients. The procedure is scheduled in one time in a day with the duration of 30 minutes.

Procedure:

- (i) This procedure should be done in a calm and quiet environment.
- (ii) Patient should lie in the supine position.
- (iii) Start the procedure with deep breathing exercise for 5mts.
- (iv) Next to breathing exercise muscle relaxation of whole body to be done.
- (v) Create image by verbal instructions.
- (vi) Enable the client return to the previous stage.

**Demographic data** : Demographic data of the elderly include age, gender, educational status, marital status, nature of admission, physical illness, number of children and visit by the family members.

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**Geriatric Depression Scale** : The Geriatric depression scale was formulated by Yesavage in 1983. It is a 30 Items questionnaire with simple 'yes' or 'No' answers to rate the level of depression in elderly. It takes 20 minutes to administer the geriatric depression scale.

**Scoring** : The questionnaire consists of both negative scoring and positive scoring items. For questions with positive scores, score is 1 if the respondent answered 'yes' and 0 if answer is 'No' whereas, for negative scoring questions the score is 1 when the respondent answers 'No' and 0 when answered 'yes'. The total score is calculated by adding score of each answer. **Interpretation** :

Total score -30  
Score of 0-9 - No depression.  
Score of 10 -19 - Mild depression.  
Score of 20-30 - Moderate and Severe depression..

## DATA ANALYSIS AND INTERPRETATION

A frequency table was formulated for all significant information. Paired 't' test was used to find the significance of intervention. Karl Pearson's coefficient of correlation and chi-square test was used to determine the degree of relationship between selected variables and the level of depression among the elderly.

## IV. RESULTS AND DISCUSSION

The study was conducted in a selected old age home with the aim of examining the effect of guided imagery on depression among the elderly. The depression level of the elderly was assessed before and after guided imagery using geriatric depression Scale.

### ANALYSIS OF THE PRETEST DEPRESSION SCORE OF THE ELDERLY

The pretest depression score of the elderly was determined by

- 1) Assessing the level of depression of the elderly
- 2) Analysis of mean, standard deviation, mean percentage and mean difference of the stress scores.

### Assessing the level of depression of the elderly

The findings of the present study showed that 36 % of the elderly had mild depression and 74 % of them had moderate and severe depression before implementation of guided imagery. After analyzing these findings, it was found that majority of the elderly had moderate and severe depression. The total mean percentage of the depression scores of the elderly in the pretest was 71.80 % with total mean 21.54 and standard deviation of 4.35.

### ANALYSIS OF EFFECTIVENESS OF GUIDED IMAGERY AMONG THE ELDERLY

The mean pre test score was 21.54 and the mean posttest score was 16.08. In the pre-test 36 % of the elderly had mild depression and 64 % of the elderly had moderate and severe depression. In the post test, 12 % of the elderly had no depression, 62 % of them had mild depression and 26 % of them had moderate and severe depression. This shows that there is a significant reduction in the depression score of the elderly after implementing guided imagery.

### RELATIONSHIP BETWEEN SELECTED BASELINE DATA AND BEFORE GUIDED IMAGERY SCORE

Age and educational status of the elderly was positively correlated with the depression of the elderly.

The present result is in line with the supportive studies conducted by Vishal and Ather (2007) which depict that advancing age and educational status has positive relationship with the depression of the elderly.

Study conducted by Vishal reported that elderly with advanced age had more depression (P=0.08). Ather and Ahmed conducted a study which showed positive correlation with educational status (P=0.003) and depression of the elderly.

### TESTING OF HYPOTHESIS

Paired 't' test was used to identify the significance of difference between the pretest and the posttest depression score of the elderly. A high significant difference of 't'=27.54 (P<0.001) was observed between the pretest and post test stress scores. Hence, the research hypothesis which states "There is a significant decrease in the level of depression

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among the elderly after guided imagery” was accepted. It revealed that guided imagery was effective in reducing the level of depression of the elderly.

## V. CONCLUSION

This study was done to identify the effect of guided imagery on depression among the elderly. The study was conducted in a selected old age home, Coimbatore.

## RECOMMENDATIONS

1. The study can be replicated with a larger size for wider generalization of findings.
2. A longitudinal study can be undertaken to see the long term effect of guided imagery on depression.
3. A comparative study can be conducted to assess the effectiveness of guided imagery and other complimentary therapies on the level of depression.

## NURSING IMPLICATIONS

The importance of guided imagery as a best alternative and complementary therapy should be illustrated to the students. This can be done by retrieving adequate information about the physical and psychological benefits of guided imagery by the students in the library.

The nurse administrator can organize guided imagery sessions among the staff nurses regularly and providing adequate learning materials to reiterate the importance of guided imagery among the nurses while taking care of their patients.

The nurses can implement guided imagery to the patients which serves as a best therapeutic intervention in relieving the psychological worriness of the patients.

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