

A STUDY ON ASSESSMENT OF KNOWLEDGE REGARDING CAUSES AND EARLY SYMPTOMS OF DEPRESSION AMONG RURAL WOMEN IN A SELECTED COMMUNITY AT ERODE

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ABSTRACT

The estimation of the global burden of disease predicts that depression will be the second-leading cause of disability worldwide by 2020. Depression is widely prevalent in women in all age groups especially in India which is home to 1.2 billion people. In the current scenario of under diagnosed, untreated cases of females suffering from depression, the hurdles faced by Indian women include inadequate number of mental health professionals, lack of awareness, social stigma about mental illness, disadvantaged position of women, multiple roles played by them, increased levels of stress and domestic violence. Lack of awareness about mental illness prevents patients from getting appropriate mental health care. These factors highlight the importance of conducting research to assess public knowledge and attitudes toward mental illness. Hence, the aim of the present study was to assess the prevailing concept of depression in the community.

Key Words: Depression, female, India, Community, depression, concept, rural.

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INTRODUCTION

Depression is a serious condition that can impact every area of a women's life. It affects social life, family relationships, career, and one's sense of self-worth and purpose. Major depressive disorder (MDD) is the most common psychiatric disorder. Unipolar depressive disorder (another name of MDD) is the fourth most common cause of disability in females in all ages, as per the Global Burden of Disease, 2000. The lifetime prevalence of MDD is 10–25% for women, and 5–12% for men. According to the World Health Organization (WHO), it is also the most important precursor of suicide and will be the second cause of Global Disease Burden by the year 2020. WHO states that the burden of depression is 50% higher for females than males and Indians are reported to be among the world's most depressed. The prevalence of depression is 9%, that of major depressive episode is 36%, and the average age of onset of depression is 31.9 years, in India.

Depressive disorders affect almost 10% of the United States population with 2–3 times more females than males affected. The higher rates of depression have been reported in the rural compared to the urban population.

Up to 20% of those attending primary health care in developing countries suffer from the often linked disorders of anxiety and depression, but the symptoms of these conditions are often not recognised. The preponderance of female cases of depressive disorder is a consistent finding from India. Women have the greatest risk for developing depressive disorders during their child-bearing years. Psychosocial events such as role stress, victimisation, sex-specific socialisation, internalisation, coping style, disadvantaged social status, and perceived stigma of mental illness, more in females, have all been considered to contribute to the increased vulnerability of women towards depression. The prevalence of mental morbidity in married women from Mumbai was found out to be 27.2% using a self-reported questionnaire from WHO with higher reporting of somatic symptoms than emotional symptoms.

NEED FOR THE STUDY

Depression is a widespread mental health problem affecting many people. The WHO in 2001 estimated that there are 121 million people worldwide suffering from depression. The life time risk of depression in males is 8 to 12 percent and in females is 20 to 26 percent. Depression occurs twice as frequently in women as in men, and it is currently felt to affect one in four adults to some degree. Depression is a significant contributor to the global burden of disease and affects people in all communities across the world. Today, depression is estimated to affect 350 million people. The World Mental Health Survey conducted in 2012, 17 Countries found that on an average about 1 in 20 people reported having an episode of Depression.

STATEMENT OF THE PROBLEM

'A study on assessment of knowledge regarding causes and early symptoms of depression among rural women in a selected community at Erode'

OBJECTIVES

1. To study the existing level of knowledge of women in the rural areas on causes and early symptoms of depression in a selected community at Erode in Tamil Nadu.
2. To find out the association between the level of knowledge and selected socio demographic variables regarding causes and early symptoms of depression among rural women in a selected community at Erode.

RESEARCH METHODOLOGY

Research approach: Descriptive Survey Approach was used in this study.

Research design: Non Experimental Research design

Variables: Knowledge on causes and early symptoms of depression is the research variable

Setting of the study: Erode Rural, in the Indian state of Tamil Nadu.

Sample: 100 Samples were selected for this study.

Sampling Technique: Non Probability – Purposive Sampling Technique was used for this Study.

Tool: Structured Interview Questionnaire

RESULTS

Among 100 subjects, 56% had poor knowledge regarding causes and early symptoms of depression, 31% had good knowledge regarding causes and early symptoms of depression and remaining 13% had excellent knowledge. There was a significant relationship between level of knowledge among rural women and their selected socio-demographic variables such as age, education, occupation, income, information of depression and source of information received regarding depression.

CONCLUSION

Depression represents one of the most profound human problems currently facing the global health care system. It is a prevalent clinical condition and is estimated to rival virtually every other known medical illness, in burden of disease morbidity, early in this millennium. Hence, this study has been conducted to assess the knowledge on causes and early symptoms of depression among women of a selected rural community.

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