

# Mental health issues in Geriatric population in selected of villages (Mahula, Bindhagiri , Malipada and Shyampur) in Bhubaneswar, Odisha

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Old age is the last and the most difficult developmental stage in life. The daunting tasks of this stage along with the physical and cognitive decline make these senior citizens prone to sadness. According to the 2001 census, 6.1% of Indian populations belong to this age group and it is estimated that by 2025 this number will increase to 12%. The present study was undertaken to assess Mental health issues in Geriatric population in selected of villages Mahula, Bindhagiri, Malipada and Shyampur in Bhubaneswar Odisha. The objectives of the study were to assess the mental status, depression, confusion and level of alcoholism among geriatric population, to compare the poor mental health, depression, confusion and alcoholism between the male and female geriatric population, and to find the association between poor mental health, depression, confusion and alcoholism with the selected demographic variables A descriptive approach with non-experimental survey research design and purposive sampling was used to select 80 geriatric participants aged between 60-90 years. The data was collected using MMSE, Geriatric Depression scale, Short Michigan Alcoholism Screening Test geriatric Version, Confusion Assessment method. The findings revealed that 56% in females and 60% in males were having moderate mental health whereas suggestive depression was found in 80% of the female and 83% in males. Confusion was found in most (58%) of the female and majority (86%) males participants. In this survey 30%

male participant was associated with alcoholism. This study also reveals that gender and age are significantly associated with depression, confusion and mental status ( $p = 0.0001$ ). In this survey we found that the geriatric populations were having increased frequency of mental health problems. These findings have implication in nursing practice and research.

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