



MENTAL ILLNESS IN ELDERLY POPULATION

Andleeb Nabi¹, Dr. Ashu Panwar²

Department of Psychology

^{1,2}Shri Venkateshwara University, Gajraula (Uttar Pradesh)

Abstract

Background: Mental health problems among the elderly are prevalent, and the prevalence is expected to increase as the world's population continues to age. The World Health Organisation reports that clinical depression is the single most prevalent mental health issue among seniors, affecting approximately 7% of the elderly population worldwide. The research attempts to study the same.

Method: A Likert scale questionnaire comprising of 5 questions were used to gather data from 50 older participants.

Findings: The findings of the survey underscore the significance of acknowledging the correlation between mental health and the process of aging, as well as the possible influence of routine activities and tailored therapies on mental health results for elderly individuals.

Keywords: *Mental Health, Aging, Psychology, Abnormality, Psychotherapy*

Introduction

As the world's population continues to age, mental health issues among the elderly are becoming more common. Aging is a natural process, and with it comes a gradual decline in physical and mental abilities. Mental health issues including anxiety and sadness, dementia, and cognitive impairment, are common among the elderly population. Understanding the role of aging in the development of mental illness and its treatment is critical to improving the quality of life for elderly individuals (Birren, J. E., et al, 2013).

Aging is a complex process that has an impact on an individual's psychological wellness as well as additional facets of their everyday lives. As people age, their brains undergo structural and functional changes, which can lead to a decline in cognitive function, memory loss, and a higher risk of developing mental health problems (Segal, D. L., et al, 2018). Some of the factors that contribute to these changes include genetics, lifestyle, and environmental factors.

The treatment of mental health problems in the elderly can be challenging, as many elderly individuals have multiple health conditions and are taking multiple medications. Moreover, the stigma surrounding mental health issues in the elderly often leads to underdiagnosis and undertreatment of these problems. Therefore, it is essential to understand the role of aging in the development of mental illness and its treatment to provide better care to the elderly population (Shogren, K. A., et al 2017).

Literature Review

(Newman, M. G., & Zainal, N. H. 2020) emphasises the need of preserving social relationships for elderly people's mental health. According to the scientists, social estrangement and isolation are important indicators of risk for older persons' poor mental wellness consequences. They emphasize the need for interventions and policies that promote social connectedness to improve mental health outcomes in this population. The article provides a concise and well-supported



argument, drawing on relevant research studies and data to support their claims. The authors highlight the negative consequences of social isolation and loneliness on mental health, including increased risk for depression, anxiety, and cognitive decline. They also note that social support can buffer against these negative effects, promoting resilience and better mental health outcomes

(Kiely, K. M., et al 2019) article explores the complex relationship between gender, mental health, and aging. The writers provide a thorough analysis of the available literature on this subject, emphasising the special problems with psychological well-being that elderly men and women experience. This article's thorough analysis of the research on gender, emotional wellness, and ageing is one of its strongest points. To examine the gender variations in older persons' behavioural consequences, the writers consult a broad variety of publications. They show that men who are older have a greater probability prone to engage in drug addiction and commit suicide, but older women are inclined to feel despair and anxiousness. The essay also emphasises how social and cultural variables affect older persons' mental health results.

(Odgers, C. L., & Jensen, M. R. 2020) article is an annual research review that examines the impact of digital technology on adolescent mental health. The authors provide a comprehensive analysis of the available evidence on this topic, highlighting both the potential benefits and risks of digital technology for adolescent mental health. One of the strengths of this article is the authors' balanced and nuanced approach to the topic. They acknowledge that digital technology can have positive effects on adolescent mental health, such as providing access to mental health resources and social support. At the same time, they also recognize the potential negative effects of digital technology, such as cyberbullying and social media addiction.

Objectives

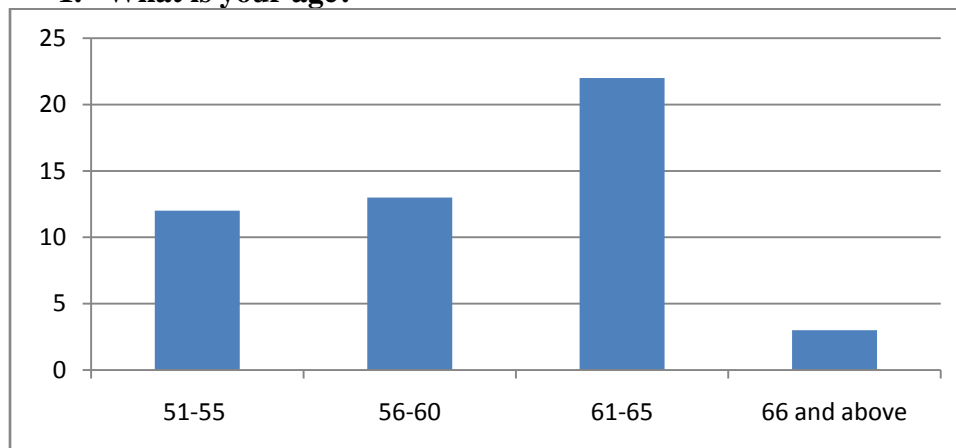
- To determine the influence of aging process on mental illness.
- To examine the influence of psychological treatment on mental illness of older individuals.

Research Methodology

The study employed a descriptive research design to explore the association between aging and mental illness. A quantitative methodology was utilized, and the study recruited older adults as participants to gather primary data. The primary objective of the research was to evaluate how mental health affects the daily functioning of older adults. The study used a five-point Likert scale to collect data from a sample of 50 older adults who were selected through random sampling methods.

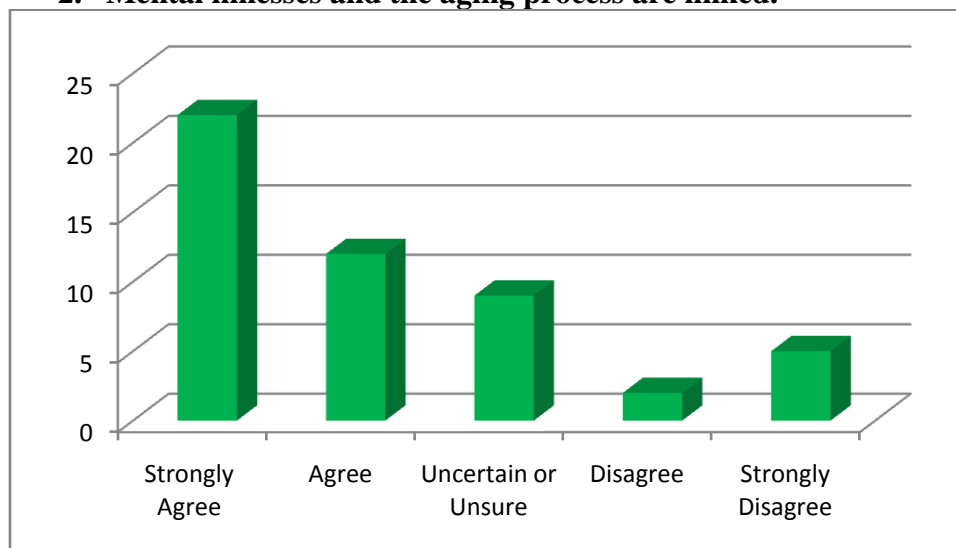
Data Analysis

1. What is your age?



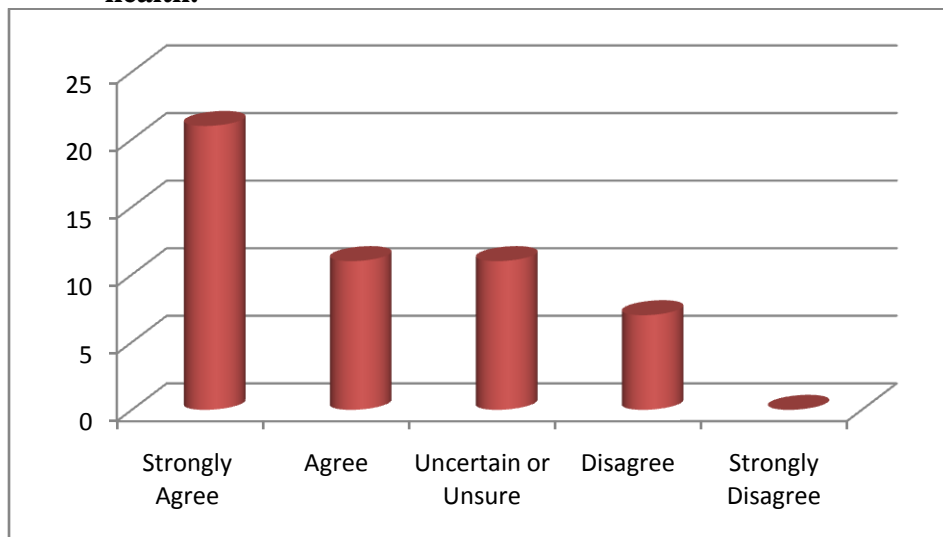
The responses indicate the number of people who participated in a survey or questionnaire and provided their age within certain age ranges. Specifically, 12 people were aged between 51 and 55, 13 people were between 56 and 60 years old, 22 people were aged between 61 and 65, and only 3 people were 66 years old and above.

2. Mental illnesses and the aging process are linked.



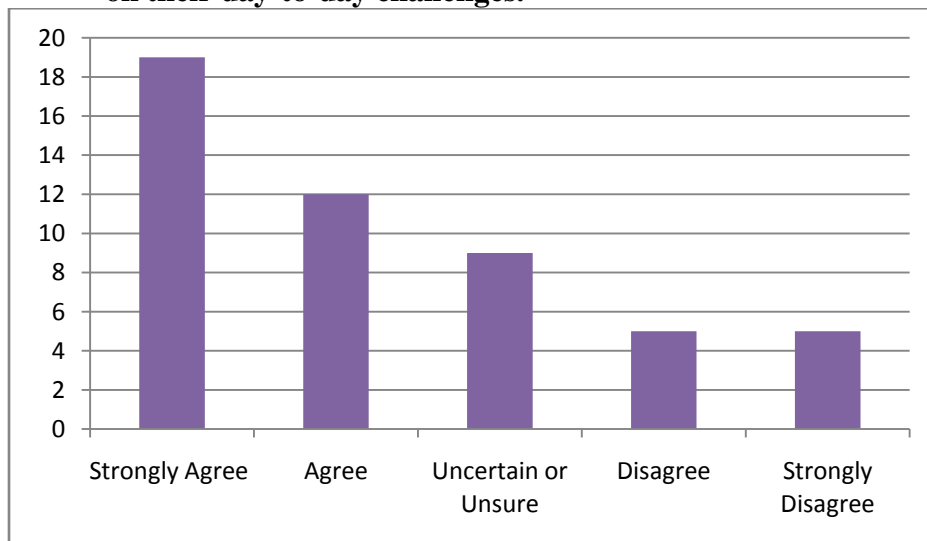
These responses suggest that a majority of people (34 out of 50) believe or strongly believe that mental illnesses and the aging process are linked. Additionally, 9 people were uncertain or unsure, while only 2 people disagreed and 5 people strongly disagreed with the statement. This indicates that there is a general consensus that there is a relationship between mental illnesses and the aging process.

3. The ability and everyday activities of older adults have an impact on their mental health.



These responses suggest that a majority of people (32 out of 50) believe or strongly believe that the ability and everyday activities of older adults have an impact on their mental health. However, 11 people were uncertain or unsure about the statement, and 7 people disagreed with it. No one strongly disagreed with the statement.

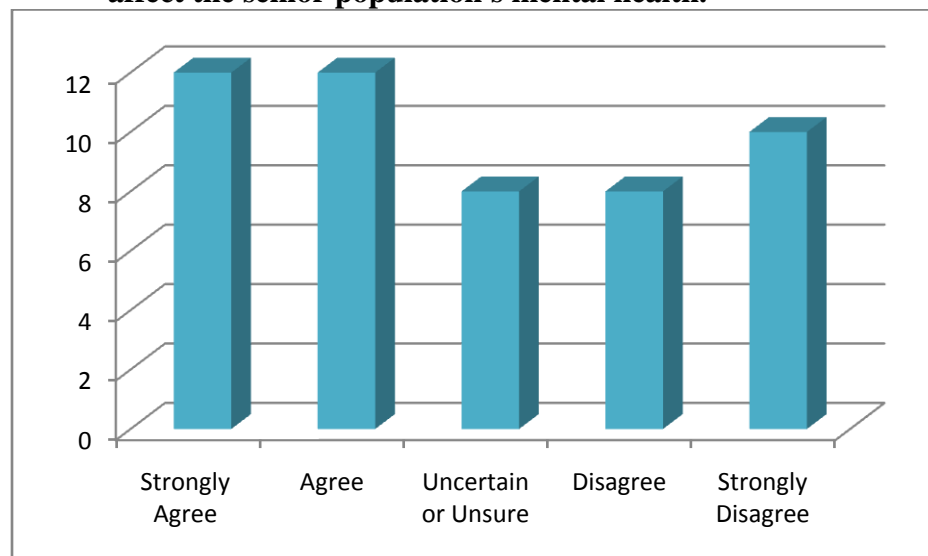
4. For older patients with mental illness, psychological therapy has a positive impact on their day-to-day challenges.



These responses suggest that the majority of people (31 out of 50) agree or strongly agree that psychological therapy has a positive impact on the day-to-day challenges of older patients with mental illness. However, there were also a considerable number of respondents (14 out of 50)

who were uncertain, disagreed or strongly disagreed with the statement.

5. Any doctor or psychologist should have in-depth knowledge of the illnesses that affect the senior population's mental health.



These responses suggest that the opinions are quite divided on this statement. There were equal numbers of respondents who strongly agreed and strongly disagreed with the statement (12 people each), while an equal number of respondents (8 people each) were uncertain or disagreed with the statement.

Conclusion

The survey responses suggest that the majority of people believe or strongly believe that mental illnesses and the aging process are linked, and that the ability and everyday activities of older adults have an impact on their mental health. However, there was some uncertainty and disagreement about the positive impact of psychological therapy on the day-to-day challenges of older patients with mental illness. Additionally, the opinions were quite divided on the statement that any doctor or psychologist should have in-depth knowledge of the illnesses that affect the senior population's mental health. Overall, the results of the survey highlight the importance of recognizing the link between mental health and the aging process, and the potential impact of everyday activities and specialized therapies on mental health outcomes for older adults. However, the responses also suggest that there is some uncertainty and disagreement about the specific approaches and knowledge required to effectively treat mental illnesses in older adults.

Therefore, it is important for healthcare professionals to continue to educate themselves on the unique needs and challenges facing older adults with mental illnesses and to work collaboratively with patients, families, and other healthcare providers to provide comprehensive, effective care.



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