

Psychological problems among elderly people at geriatric homes in the Middle Euphrates Governorates

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Abstract : Background: Anxiety and depression are more psychological problems afflicting the elderly which adversely affect the quality of their lives.

Objective: To assess the psychological problems among elderly people at geriatric homes in the Middle Euphrates Governorates.

Methodology: A descriptive correlation analytical study included a purposive (non – probability) sample of (82) elderly was selected for the present study. The data had been a collection from 17th February 2016 to 3rd April 2016. Data were collected through the use of the constructed questionnaire and the process of interviewing to elderly people. Data were analyzed through the application of descriptive statistical analysis (percentage, frequency and inferential data analysis) (Chi-square) with (SPSS, Version 20).

Results: The findings of the study indicate that most of the samples (43.9%) have moderate anxiety level, (37.8 %) have severe anxiety level and (18.3%) of the samples have mild anxiety. There is a high significant relationship in anxiety level with socio-demographic data (age, age at admission, residence years in geriatric homes, previous professions, educational level, social status, financial resources, smoking, and chronic diseases), there was a significant relationship in anxiety level with socio-demographic data (economic status, financial support by family). The findings of the study indicate that most of the samples (37.8%) have moderate depression, (32.9%) of the samples have severe depression level and (29.3%) have mild depression level. There is a high significant relationship in depression level with socio-demographic data (age, age at admission, residence years in geriatric homes, social status, financial resources, smoking, and chronic diseases), there was a significant relationship in depression level with socio-demographic data (educational level).

Conclusion: All elderly people affected with the psychological problems in different levels and there are a weak relationship between males and females in gender group with psychological problems.

Recommendations: The study recommends that give an psycho educational program for elderly people to increase their knowledge toward the psychological problems such as (anxiety, depression) and provide psychological support to improve their psychological status.

Keywords : elderly, anxiety, depression.