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IMPACT OF DEPRESSION AMONG ELDERLY PEOPLE

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ABSTRACT

In terms of population health, depression is more common in the elderly. Functional deficits and disabilities are exacerbated by depression in the elderly because of the common association between the two. Feelings of helplessness, hopelessness, and worthlessness are a direct outcome of the decline in health and quality of life brought on by these circumstances. An "increased rate of suicide, increased use of health care services and costs, and perhaps premature mortality and disruption of overall wellbeing" may arise from this. For many seniors, isolation is a serious problem that contributes to a worse quality of life and overall sense of well-being. Due to the disruptions in their social life, they are more likely to feel alone. Many adult children abandon their elderly parents by moving to a new city or country for work or an assignment, leaving the elderly to fend for themselves. They suffer from a form of "empty nest syndrome" characterized by feelings of isolation, helplessness, and depression. Even in retirement, people's social networks shrink as they spend less time visiting with friends and family. It's tough for people to uproot themselves from the places they've called home for the most of their lives. It's hard for them to get about since they often have to downsize their living quarters, giving up amenities and space that they've become accustomed to. Oftentimes, the elderly face a financial crisis after retirement, forcing them to rely on and even beg from their offspring for the resources they need to get by. They may be unable to take part in typical social activities due to a physical or mental handicap. This leads to a decline in autonomy, which is essential for maintaining relationships to one's support network.