

DEPRESSION AMONG COMMUNITY MIDDLE ADULTHOOD AGE GROUPS

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ABSTRACT

The second peak in the incidence of depression occurs in the middle adulthood age groups. Depression has a more chronic course and poorer prognosis in older adults than in younger and the effect caused impaired well-being. Research on depression in the middle adult group has not been widely carried out and is mostly done in early adulthood and elderly groups Purpose of the research to identify the level of depression in the middle adulthood age groups. Research method using quantitative research with a descriptive design. The research instrument used depression inventory from Beck Depression Inventory (BDI-II). The sample was selected using a total sampling technique, amounting to 170 respondents. The results showed respondents were studied, 48.8% are men and 51.2% are women. There are 20% of respondents at the level of mild depression, 56.5% of respondents at the level of moderate depression and 4.7% of respondents at the level of major depression. The research results can become basic data that can be developed for mental health services in the community at the primary health level.

Keywords: beck depression inventory-II; depression; middle adulthood age

INTRODUCTION

Midlife age is an important developmental period. Many middle-aged adults have responsibilities with family and work when the physical and cognitive condition declines (Galambos, Johnson, & Krahn, 2018). Middle-aged adults are facing many societal challenges. Middle-aged adults are confronted with changes in relationships with their parents, adult children, and grandchildren. Besides that, they have vulnerabilities from the economic, labour market and health care (Infurna, Gerstorf, & Lachman, 2020). The middle adulthood age groups susceptible to depression due to work issues related to the economy, stress, conflict role and status in the family, social pressures and the emergence of various diseases. The disease effects of depression for adults middle age is the loss power of life, no longer respect their self, felt there was no meaning of life, they no longer needed in the family, wants to end the life and attitude isolated themselves.

Increasing age leads to depression in the middle adult group. The quality of life of

the middle adult group is influenced by their understanding of themselves. Depression is a factor that influences their quality of life. Changes in body image, sexual problems and impaired quality of life are the causes of depression in the middle adult group (Kim, & Kang, 2015). Most mental health problems in middle adulthood are anxiety, depression and stress, which are mostly experienced particularly among women and lower socioeconomic status individuals (Infurna, Gerstorf, & Lachman, 2020).

Depressive disorders are a public health concern both on a national and international level and are posing an ever-increasing burden on the health and economy of many countries. More than 350 million people of all ages suffer from depression and there is an average of one million deaths from suicide per year on a global scale (Maher, et al. 2016). Depression can trigger a disability condition worldwide and presents a community health problems concern. Many depressed people do not get treatment. Around 50% of individuals

with depression receive no treatment at all, and only 20% receive adequate treatment (English, & Campbell, 2019).

The amount of depression about 6.1% in Indonesia and the prevalence base on the group 45-54 age at 6.1% . But, the prevalence of depression in West Java, one of Indonesia province higher than the national rate. The proportion of depression at 7.8 % in West Java (Riskesdas, 2018).The depression can exacerbate, around half of the individuals have recurrent depression and will spend about 20% of their life with depression (Owens, et al. 2020).

The 20s into the 40s is a period of “maximal developmental change” in hostility, a predisposition to feeling angry and mistrusting of others, which may lead to expressions of anger and midlife depression (Galambos, Johnson, & Krahn, 2018).Symptoms of depression are usually associated with helpless behaviour in social because of achievement failure and physical disability (Steiger, Fend, & Allemand, 2015). Depression is among the most common psychiatric conditions in the population and The main originator of the declining quality of life (Estabrook, Sadler, & McGue, 2015).

The middle adulthood age groups much make adjust radically the role and lifestyle changes. These groups have a variety of physical changes, as well as the amount of adjustment to be done at home, work and various social aspects of an individual's life. The individual in this phase is very susceptible to the problem of mental health disorders. Based on the description of the above phenomenon, identification of the incidence of depression is needed in middle adulthood in society so the researcher interested in the identification of depression in middle adulthood age groups. In addition, the results of research

on depression in the middle adult age group can become the basis for implementing preventive and promotive nursing actions so that the middle adult group can maintain a healthy mental state according to the stage of their growth and development.

METHOD

This study uses quantitative research with a descriptive design. The research was carried out in February 2019. The population in this study were people of middle adult ages who live in West Bandung district many as 170 respondent with non-probability sampling.

The ages of the respondent from 40 until 60 years old. The Instrument used Beck Depression Inventory with 21 questions. The BDI is a self-report measure that measures the level of depression symptoms. The items are measured in a 4-point Likert scale, with amount scores ranging from 0 to 63 (De Miranda Azevedo, et al. 2016). The result validity test BDI-II was 0.87 and the reliability test using Cronbach's Alpha was 0.9. Data collection socio-demographical characteristics, such as age, education level and type of job were collected through face-to-face interviews by the researcher. Data analysis was done by using frequency distribution. This study was approved by the Institutional Review Board with number 1651/STIK-SB/BAAK/pem/XI/2019.

HASIL

Table 1 shows the respondents were female as much as 87 respondents (51.2%). Table 2 shows the respondents had elementary education as much as 59 respondents (34.7%). Table 3 shows that the respondents had a job as farmers and factory workers 106 respondents (62.4%). Table 4 shows that 56.5% respondents had moderate depression.

Table 1.
 Frequency of middle adulthood age by gender (n=170)

Gender	f	%
Men	83	48.8
Women	87	51.2

Table 2.
 Frequency of Respondents Based on education background (n=170)

Education	f	%
No school	26	15.3
SD	59	34.7
SMP	38	22.4
High School	25	14.7
College	22	12.9

Table 3.
 Frequency Respondents by job (n=170)

Type of Job	f	%
Does Not Work	38	22.4
Farmer	53	31.2
Factory Workers	53	31.2
Trader	13	7.6
Government Employees	13	7.6

Table 4.
 The level of depression (n=170)

The level of depression	f	%
Not Depression	32	18.8
Mild Depression	34	20.0
Moderate Depression	96	56.5
Severe Depression	8	4.7

DISCUSSION

Middle adulthood a period that began at the age of 40 to 60 years. For some person, middle-aged is a period where a decline in physical, In the middle adulthood age, physical changes such as reduced bone density, have a disease and menopause. In midlife, bone density will decrease progressively. Figures bone loss was a slow start but increased at the age of fifty. Middle-aged adults use their time and energy educating the younger generations and making items that will last their lifetime. Doing the stage of growth and development by becoming a parent and grandfather, work and professional

activities, religious or political organization participation (Infurna, Gerstorf, & Lachman, 2020). Compared with younger or older age groups, middle adults are significantly more likely to depression (Al-Maharbi, et al. 2018).

We found the level of depression is highly associated with gender, education level and work kind. Base on the study, the largest depressed middle-aged in West Bandung district is women gender (51.2%). Based on the study to women respondents, they have depression symptoms associated, such as worrying, sleeping and relaxing difficulty. Women who felt their health

was poor and limited ability to physical activities increase the risk of depression. Women were depressed, also related to the biological condition in women such as menopause. Menopause cause psychological changes, this happens because the estrogen hormone production in the ovaries suddenly stopped. In this case, menopausal women often experience depression so that the older women will be more can be depressed. Women with low self-acceptance at menopause. They will suffer from insomnia, sad, irritable and easily upset about something previously considered not interfere.

The situation arises because of the concerns in the face of a situation feared. Women are usually very sensitive to the emotional impact of the decrease in estrogen production. They are concerned and saddened by the end of the reproductive period, which means the cessation of sexual desire, much less realized that she would be old and beauty would fade, This will eliminate the pride as a woman, and this situation feared would affect her social relationship. This condition can precipitate depression. Risk factors for depression include female sex, death of a spouse, being divorced or separated and lower socioeconomic status (Maurer, Raymond, & Davis, 2018). In the other literature written Base on gender, women are twice as likely to have depression as men (Park, & Zarate, 2019)

Across the majority of education the background of respondent elementary school (34.7%). The level of individual education will have an impact on the income earned because one of the determining factors for the size of the salary is the level of education. Depression associated with risk indicators, such as lower levels of education. People with higher education levels had fewer depressive symptoms. Depression was correlated with educational background. At

less education reported significantly lower depression knowledge (Lopez, et al. 2018)

Across the type of work, 22.4% of respondents unwork. Employment status has a link with depression. The type of work from the respondent can be associated with probable depression. 31.2% of respondents work as a farmer and the same percentage as a factory worker. Middle-aged who are dissatisfying jobs may feel they cannot more satisfying financial families. Work environment and lack of satisfaction with the job was related to depressive symptoms among the middle-aged adults. Depression is associated with individual suffering; occupational, social, and family role impairment; and is a leading cause of disability and mortality. By the year 2030, it is estimated that depression will be the leading cause of illness globally. Depression is also the single strongest risk for suicide behaviour (Weinberger, et al. 2018).

The most of level depression in this study was moderate depression (56.5%). Based on the study some respondents criticize himself for all mistakes ,feel a loss of some interest to make friends with others because the majority of their time spent on the job and fear losing a partner. Depression is a serious emotional disorder that causes feelings of sadness and a loss of interest in activities. It can lead to a variety of emotional and physical problems and decrease a person's ability to function at work and home (Qiao, et al. 2019). People who suffer from depression have characterized by loss of energy, anhedonia, poor concentration, decreased libido, and feelings of sadness and hopelessness (Nanthakumar, Bucks, & Skinner, 2016). Depression has been strongly associated with suicide. Severe depressive symptoms were more strongly associated with suicide compared moderate depressive symptoms. Depressive symptoms are a strong

independent predictor of suicide. (Sang-Wook, & Jae-Seok, 2015). Depression has become a major public health and ranked by the World Health Organization (WHO) as the single largest contributor to global disability and a major contributor to suicidal behaviour. Depression is enormously detrimental economically (Owens, et al. 2020). The findings are consistent with prior research about women and lower education in midlife 40-60 years old is the highest as an antidepressant user and looking for a mental health antidepressant use and seeing a mental health professional (Infurna, Gerstorf, & Lachman, 2020).

CONCLUSION

We conducted a cross-sectional study to the identification of depression in west Bandung district residents between the ages of 40 and 60 years. We found a 56.5 % sample of moderate depression. Preventive measures for depression must therefore take by public health centres on primary services. Research limitations this study only describes depression based on the scoring results. Further tests are needed to diagnose depression. The value of the research results can become basic data that can be developed for public mental health care at the Primary health centre.

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