

Thesis Title                    The effects of Group Process on the Reduction of  
                                  Depression at Wasanawes home for the Aged  
                                  PhraNakorn Si Ayutthaya Province

Name                            Srivunna Tunsiri

Degree                         Master of Science (Public Health)  
                                  major in Public Health Nursing

Thesis Supervisory Committee

                                  Charuvan Hemathorn, B.Sc.,M.A., M.P.H.  
                                  Nirat Iamee, B.Sc., M.P.H., Ph.D.  
                                  Thanomwong Kritpet, B.Ed.,M.Ed.,Ph.D.

Date of Graduation         18 June B.E. 2535 (1992)

### Abstract

One of the most significant problems among elders is depression, especially the elders who live in the institutionalized elders. Group process techniques may help them to decrease their depression. Thus, this experimental research was mainly aimed at studying the effects of group process activities on the reduction of the elders' depression. The degree of depression of the elders as well as it's level accroding to their sex, age, marital status, present diseases, and social support recieved were also investigated. The population of the study were 71 male and female elders, aged 60-74, at Wasanawesa Home For The Aged. Thirty two of them were selected through a set of criteria, particularly the criterion of having depression. These elders were requested to attend the group process program, designed by the researcher, for three days. Data were collected through a structured questionnaire. Percentage, arithmetic mean, standard deviation, and

samples paired t-test were used to analyse the data. The main results of the study were as follows:-

About seventy-seven percent of the elders had depression.

Among these, 47.2 and 45.5 percent were in the mild and moderate degree of depression respectively. It was also found that, the female elders had more depression than the males. This pattern of having the depression was found when the following characteristics of the elders were compared widow or divorce or living separately with single or married, having diseases with without diseases, and receiving higher social support with having lower social support. However, this pattern was not found when the elder age groups were taking into account.

After the experimentation the depression of the elders was statistically decrease from before the experimentation ( $p < 0.001$ ). But it was not significantly difference from their depression which was measured 30 days after the experimentation, except for the emotional aspect ( $p = 0.03$ ). The later depression was also significantly lower than before the experimental ( $p < 0.001$ ). When the average depression scores were considered, it was showed that the pretest mean score (28.2), at the mild degree of depression, was decreased to the level of not having depression both at the first ( $\bar{x} = 10.9$ ) and the second posttest ( $\bar{x} = 11.3$ ).

The results of this study indicated that the group process program used in the study can be applied to decrease the depression of the elders who are either living in the home for the aged or in the community.