

# Prevalence and pattern of psychiatric disorder in retired people in north Indian population

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## Abstract

**Background:** Retirement from the work can be the major source of anxiety and depression. As they lose social status, esteem or self – satisfaction and develop abnormal behavior, that is, pattern of psychiatric disorder. **Method:** Total 100 retired patients aged between 62 to 75 years old having various pattern of psychiatric disorders were studied. **Results:** 46- had dementia, 26 had depression, 12 were manic 11- had anxiety 5- had paranoid reaction. Associated diseases were 25- Diabetic mellitus (DM) 32- osteoarthritis, 12- had vertigo, 13- had visual problems, 15- had constipation. The social or family problems were- 31 had family conflicts, 21- had history of death of life partner or close relative, 19- had sudden loss in business, 29- were alone (loneliness) among these 100 patients 64- had suicidal ideation, 36- had suicidal attempt. **Conclusion:** Depression anxiety and dementia are the common psychiatric illness in post- retired elderly patients. Hence they must be treated accordingly with love and affection, because these patients develop, insecurity and loneliness due to psychotic illness

**Key Words:** Dementia, anxiety, paranoid, depression, suicidal ideation.

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in elderly patients. Due to retirement from job. There would be aggravation in depression and irritability. These qualities make them to be discarded from the family or social group.<sup>3</sup> Hence attempt was made to evaluate the clinical manifestations. Various causes, Psychiatric disorders in retired elderly population.

## MATERIAL AND METHODS

One hundred retired patients aged between 62 to 76 years old were regularly visiting psychiatric OPD, Rajashree Medical Research Institute (RMRI) Near Toll Plaza, Rampur Road, Bareilly (Uttar Pradesh)- 243122. were selected for study

**Inclusion criteria-** Patients having depressive illness, suicidal ideation, paranoid reaction, anxiety were selected for study.

**Exclusion criteria** The patients having severe malnutrition. Pre and post- surgical depression, malignancy cardio vascular diseases Immuno-compromised were excluded from the study.

**Method-** Majority of the patients referred by General Medicine department. Each patient was council led in

## INTRODUCTION

Retirement from the work can be the source of anxiety. Especially those who have derived, particular satisfaction, Status or esteem from working with others. Depressive illness is a sense of worthiness or apathy is a real burden for some at post retirement stage of life<sup>2</sup>. Soon after retirement it would be problems for them to cope with domestic and surrounding atmosphere, moreover due to old age they develop dementia which is a evidence of organic etiology of mental of organic etiology of mental disorder<sup>2</sup>. Depression is the one of the common problem

details history by psychiatrist, medico-social workers and evaluated the duration diagnosed and treated accordingly. The duration of study was January 2007 to June 2017.

**Statistical analysis-** Study of different psychiatric illness, Diseases associated with psychiatric illness, study of

social tendencies due to major depression were classified with percentage. The statistical analysis was done in SPSS soft ware computer, 2007 the ratio of male and females was 2:1.

## OBSERVATION AND RESULTS

**Table-1** – Study of different psychiatric illness in retired (elderly) patients- 46- Dementia, 26 depression, 12, Manic, 11 Anxiety, 5 paranoid.

**Table 1:** Study of different psychiatric illness in Retired patients (No of patients 100)

Sl.No	Particular	No of the patients	Percentage (%)
1	Dementia	46	46
2	Depression	26	26
3	Manic	12	12
4	Anxiety	11	11
5	Paranoid	05	02

**Table 2** – Diseases associated with psychiatric illness in retired (elderly) patients 28- D.M, 32 Osteoarthritis, 12 vertigo, 13 visual problems, 15 had constipation

**Table 2:** Diseases associated with psychiatric illness in retired patients (No of patients 100)

Sl.No	Particular	No of the patients	Percentage (%)
1	Diabetic mellitus	28	28
2	Osteoarthritis	32	32
3	Vertigo	12	12
4	Visual problems	13	13
5	Constipations	15	15

**Table 3-** Social or family problems associated with psychiatric illness in retired (elderly) patients-31 family conflicts, 21 had death of life partner or close relative, 19-had sudden loss in business, 29- had loneliness.

**Table 3:** Social or family problems associated with psychotic illness in Retired (elderly) patients (No. of patients 100)

Sl.No	Particular	No of the patients	Percentage (%)
1	Family conflicts	31	31
2	Death of life partner or close relative	21	31
3	Sudden loss in business	19	19
4	loneliness	29	29

**Table 4-** Study of suicidal ideation or attempt for suicide in psychiatric illness of retired (elderly) patients 64-had suicidal ideation, 36-attempted for suicide.

**Table 4:** Study of suicidal ideation or attempt in psychiatric illness of Retired (elderly) patients (No of patients 100)

Sl.No	Particular	No of the patients	Percentage (%)
1	Suicidal ideation	64	64
2	Suicidal attempt	36	36

## DISCUSSION

In the present study of prevalence and pattern of psychiatric disorders in retired people in north Indian population. 46-had dementia 26- had depression 12-had manic disorders, 11- had anxiety, 5- had paranoid reaction (Table-1).The associated diseases were- 28 had D.M, 32 had Osteoarthritis, 12-had vertigo, 13 visual problems, 15-had constipation (Table-2) Social or family problems were-31had family conflicts, 21 had death of life partner or close relative, 19-had sudden loss in business, 29- had loneliness (Table-3) 64-had suicidal

ideation, 36\_ -attempted for suicide(Tabe-4). These findings were more or less in agreement with previous studies <sup>4,5,6</sup>. It was observed during the psychiatric counseling that, majority of the retired patients were exposed to public and honored, respected, appreciated, pleased by the public at their working sectors i.e education, defense, judiciary, law and order departments, when there would be sudden retirement from these status naturally, they develop anxiety, depression and irritability<sup>7,8</sup>. After retirement they could not accept the present and real scenario and develop major depression

followed by anxiety, paranoid, manic disorders.<sup>9</sup> In post-retired life there would be onset of devastating life because they are ignored, neglected by the society and family members itself. It leads to increase in morbidity, as a degenerative change occurs in old age<sup>10</sup>. Such problems are usually not observed in youngsters because they have sound health to overcome such negligence or ignorance by society or family members. Hence least cause of depression was reported in youngster<sup>11</sup>. In addition to this loneliness or death of partner close relative will aggravate the psychiatric illness, moreover migration of children from the family due to employment will also leads loneliness in post-retired life. Moreover such patients develop cardiac arrest, stroke along with psychiatric illness. Due to loneliness most of the elderly patients were kept in old-age homes, were they are un-treated and ignored

### SUMMARY AND CONCLUSION

The present study, the Pattern of psychiatric disorders, in retired people of North Indian population. The psychiatric disorders were multi factorial etiologies. The depression illness including paranoid could be inherent genetic disorders, senile neuropathic diseases, as dementia, reduction in sleep are the common factors in elderly patients. Apart from treating these patients with low-dosage of anti depressant, anti anxiety and nootropics. They must be engaged in social and religious activities. Above all old age patients need love affection and personal attention which play role in treating such patients.

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