Conference Paper

Depression in Indonesian Elderly Inmates: A Preliminary Study

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Abstract

Background: Physical and social environments in prisons cause mental disorders, the prevalence of depression is higher in correctional settings than in general population. Depression is one of mental disorders among older adult including elderly prisoners, however the incidence is uncertain particularly in Indonesia.**Objectives**: This study aims to describe the prevalence of depression among elderly inmates in Indonesia. **Methods**: A survey study design was employed on 21 elderly inmates selected by total sampling method in a prison in Indonesia. Data was collected by a face to face interview using Depression Anxiety Stress Scale and statistical analysis used descriptive statistics**. Results**: The study revealed that 4.76% elderly had extremely severe depression, 4.76% elderly had severe depression, 9.52% elderly had medium depression, 23.81% elderly had mild depression, and 57.14% elderly had no depression. **Conclusions**: Prevalence of depression among elderly inmates was relatively high. Thus, providing counseling to elderly to cope with prison environment will increase problem solving.

Keywords: Depression, Elderly, Inmates

1. Introduction

Elderly populations has raised from 9.2% in 1990 to 11.7% in 2013 and is estimated to achieve 21.1% by 2050 [1]. The number of this population in jails also increase. In U.S. the rate of older adults in jails increased from 278% which is five times greater that whole jail population (53%) and predicted 500,000 elderly are jailed each year [2].

Depression is the most common mental disorders among elderly [3], particularly in prisons whereas risks for physical, psychological, and economical abuses are high in this group of age [4]. The negative mental health are affected by several conditions involving several types of violence, obligatiory isolation or conversely, insufficiency of privacy and meaningful activity, uncertainty about future potential, and inadequate healtcare services, particularly mental health services [5]

There are a differing range of elderly depression prevalence particularly in elderly and limited study revealed about it. Thus, this study aimed to describe the prevalence of depression among elderly inmates in Indonesia.

2. Method

Data were collected by direct interview in surveying the respondents in total 21 elderly prisoners (aged 60 or more) in a male prison in Indonesia. Depression levels were measured using the Depression Anxiety Stress Scale and being analyzed descriptively by presenting the percentage of the incidence of depression levels including normal (0-9), mild (10-13), moderate (14-20), severe (21-27)m and extremely severe (more than 28)

3. Results

TABLE 1: Elderly Inmates Depression April 2019 (n= 21).

Level of depression	Frequency (f)	Percentage (%)
Normal	12	57.14
Mild	5	23.81
Moderate	2	9.53
Severe	1	4.76
Extremely severe	1	4.76
Total	21	100

4. Discussion

The result shows that there were 42.86% of inmate elderly experienced depression in various levels. This study is relevant with several studies in some countries explain that around three forth inmates prisoners have mental health problems including 39-50% with depression [6]

Several factors are associated with depression in elderly inmates. Distressed due to lack of preventive healthcare [7] and stressors related to prison daily life such as efforts to prevent conflicts with staff and younger prisoners who are more heartless; self-protection from drug abuse; lack of healthcare access; eating, bathing, and sleeping in the determined time for years create institutional dependency and lost of identity; and

inevitable boredom and monotony in the prison environment [8]. Increase interpersonal violence levels and other traumatic events effect on health conditions [9], [8, 10].

Furthermore, several studies reports comorbid physical disorders also being predisposing factors of depression. Generally, patients with physical problems particularly elderly with severe diseases such as cancer, stroke, and acute coronary sindroms are depressed [11], [12], [13]. [14] noted that prisoners with genetic illnesses, depression history, and disability are vurnerable groups to experience depression compared with other inmates. Depressions in elderly imates cause negative impacts on quality of life and increase mortality.

5. Conclusion

Prevalence of depression among elderly inmates was relatively high. Thus, mental health programs in prisons are crucial sucah as providing counseling to elderly to cope with prison environment will increase problem solving.

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Conflict of Interest

The authors have no conflict of interest to declare.

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