

## Assessment and Comparison of Emotional Health of Institutionalized and Non-institutionalized Elderly of Uttarakhand

Ritu Singh<sup>1\*</sup>, Pooja Lohia<sup>2</sup> and Hemlata Chand<sup>3</sup>

<sup>1\*,2</sup>*Department of Human Development and Family Studies, G.B.P.U. A. and T., Pantnagar 263 145, Distt. U.S. Nagar, Uttarakhand, India*

<sup>3</sup>*Department of Home Science, Dayalbagh Educational Institute (Deemed University), Agra, Uttar Pradesh, India*

*E-mail: <sup>1</sup><ritu.singh07@gmail.com>, <sup>3</sup><hemlatachand@yahoo.co.in>*

**KEYWORDS** Anxiety. Depression. Old Age Homes. Stress

**ABSTRACT** The present study was undertaken to assess and compare the levels of stress, anxiety and depression among institutionalized and non-institutionalized elderly of Uttarakhand. The sample for the study comprised of two groups of the elderly population, that is, institutionalized elderly ( $n_1=100$ ) and non-institutionalized elderly ( $n_2=100$ ). Sample of institutionalized elderly was drawn from the Society Registration Act recognized old age homes of Uttarakhand and equivalent sample of non-institutionalized elderly was drawn from the nearby localities adjacent to the old age homes through lottery method. The Anxiety, Depression and Stress Scale was employed to assess stress, anxiety and depression among institutionalized and non-institutionalized elderly. It was observed that comparatively a large proportion of institutionalized elderly were severely stressed, anxious and depressed whereas, those residing with their biological families were near normal. Thus, findings of the study revealed that institutionalized elderly were significantly more stressed, anxious and depressed than non-institutionalized elderly.