

**COGNITIVE BASE MENTAL HEALTH STATUS
AMONG A SELECTED INDIAN ELDERLY POPULATION**

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Abstract: *The population ageing phenomenon is a prominent global demographic issue in the 21st century and elders face various mental, physical and social difficulties due to ageing. Cognitive decline is a common condition that occurs as part of the normal ageing process. The objective of the study is to assess the status of cognitive base mental health among elderly population. The study used primary data drawn from a purposive sample of 200 individuals aged between 55 and 65 years. The study adopted a community based descriptive cross sectional survey through an interviewer-administered questionnaire. The research data revealed that majority of respondents were females who were in the ages of 59-62 years. It was observed that 59.5 per cent were having senile memory impairment and 39 percent having lower cognitive performance. Furthermore, correlation between the total score of the cognitive performance with educational, socio- economic and occupational status was found positive. It was also noted that fear, anger, worries, excessive thoughts and anxiety showed as prominent psychological factors attributed to mental ill health while majority of elders had sleep disturbances. The study suggests for the policy makers of mental health care that adequate social security and supportive family care are essential for elders.*

Key words: Ageing, Senile memory impairment, Psychological factors.