

## Abstracts

Vol. XVIII, No. 1, 2004

### **Shift in Consumption Pattern: The Scenario of Kerala, India**

KC Baiju, Lecturer in Economics, Sree Narayana College , Kollam, Kerala , India (Email: baiju\_pettah@yahoo.com), presents his analysis of consumption pattern in Kerala using the widely-used but reliable data gathered by the National Sample Survey Organisation. In particular, changes in the consumption pattern of the people across various sections have been witnessed in Kerala since the 1970s. Looking at the microlevel consumption of non-food items, specifically consumer durables and luxury goods, there is a noticeable upward trend. The manifested pattern in the absence of corresponding economic growth remains a perplexing issue in Kerala specifically against the backdrop of the 'Kerala Model' of development. Focusing on the consumption data covering the period of 1972-2000, the author looks at the changes in various income groups. Obviously the study brings out the structural changes in the consumption basket of the people from cereals to non-cereals (meat, egg, fish, milk, and milk products) and from food items to non-food items. The author also finds that the shift is conspicuous among the middle and upper income groups of Kerala.

### **Why Stress 'Stress'?**

C.S. Rangarajan, former Reader in Sociology, University of Madras, India (M 43/4-7 th Cross Street, Besant Nagar PO, Chennai-600 090, (Email: rajrev@vsnl.com), S. Jaishree , Lecturer in Sociology, Sri Kannika Parameswari Arts and Science College (1-Andiappan Naicken St., Chennai – 600 001), and R. Rekha, Department of Molecular and Cell Biology, University of Connecticut, 205 Vermont Avenue, # 214, Connecticut 06066, USA. (Email: rrekha\_10@hotmail.com), present their insights on stress that has become an unavoidable part of human life in a modern society. The authors identify some variables that seem to be related to stress and are a response to the changing environments of the individuals. The sources of stress are noted from socio-environmental conditions as well. As stress is correlated to the pace of change, the authors look at it in the industrial scenario and in the specific context of Indian women. Managing stress, for the authors, requires certain mechanisms that could be experimented within the very self of the individuals. While distinguishing between stress arising from domestic and occupational overloads, the paper also looks at the relationship between role overloads and stress.

### **Depression among Rural Elders in Haryana , India**

Madhu, Ph.D scholar, Savita Vermani, Associate Professor, and Salilesh Darshan, Scientist at the Department of Sociology, CCS Haryana Agriculture University , Hisar-125 004,Haryana , India , present the findings of a study on depression among the elders in a state in India . The study was carried out among 450 elders chosen from six villages in the two agro-climatic zones of dry and wet regions of the state Haryana. As is clear from the data, depression among the respondents is significantly associated with certain key variables such as income, caste status, landlessness, loss of regular work, low salaried jobs and health status. Gender and age are other factors that tend to influence the level of depression. Women respondents, particularly those in the age group of 70-80 years, suffer from high levels of depression as compared to the men respondents. In the light of this analysis the study advances suggestions that could be implemented for the benefit of the elders who are destined to be otherwise neglected.

### **Counselling in Higher Secondary Schools in Thiruvananthapuram District, Kerala**

Susha J, Anita S and M.K. George, Loyola College of Social Sciences, Sreekaryam P.O. Thiruvananthapuram – 695017, Kerala, India, present the report of a study on counselling in selected schools in the capital district of Kerala, a state known for a high degree of literacy among the population. The underlying premise of this study is that, in the complex modern school and family environments of the school children in Kerala, there have not been any serious attempts to deal with students' counselling needs in a professional manner as is evident from the lack of such professional services in the majority of the schools. Being a pioneering attempt to take stock of the situation, the researchers interview students, teachers, representatives of the management, parents and counsellors in order to establish the prevailing realities. Revealing the tip of the iceberg, the study points out the immediate need for professional counselling services to meet the challenges offered by the modern school structures in the changing socioeconomic and cultural milieu of Kerala.