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Family Resourcing for Sustainable Living

Aparajita Chowdhury

Department of Home Science, Berhampur University, Berhampur, Orissa, India

E-mail: jitabpur@sancharnet.in / aparajitabpur@yahoo.co.in

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ABSTRACT It is becoming increasingly apparent that the future of any society depends on the ability of its citizens to develop their full potential and have the opportunity to lead productive and meaningful lives. The family no doubt plays a critical role in this endeavor. However, contemporary Indian families are encountering complex and disturbing problems of varied nature both internal and external having far reaching consequences. Families of today faces crises such as – marital strain and dissolution, increased parent-child conflicts, various forms of family violence, substance abuse, juvenile delinquency, school drop outs or low school attainment among the lower class, and excessive pressures in many middle class families for children and adolescents to achieve academically. Given these conditions and difficulties, the future well-being of the Indian family seems to be uncertain. Family resourcing thus would benefit from having resources available at times of increased stress and strains. Assistance in resourcing can allow families facing crises or stresses to take advantage of their family and social network, as well as free or low cost social services. It encourages in identifying family strengths, building collaboration within and outside the family and highlights the interdependence of systems. Present paper discusses about the various elements and areas of family resourcing for sustainable living in contemporary Indian society. Most of the Indian families being resource-limited can well be helped through family resourcing to enable its members to lead healthy, happy and resilient family life.