

view portrayed of the role of the church in AIDS-related activities. Diversity of practices abound even in the Catholic Church and one fundamental Christian organisation has recently gone so far as to say that distributing condoms to people at risk of getting HIV is an important component of a Christian-based HIV prevention programme (MAP, 1993). Major paradigm changes concerning AIDS are taking place amongst church groups; as the epidemic unfolds over the next decade, we are likely to see large numbers of church volunteers involved in prevention, homecare and orphan support activities.

In the chapter on HIV avoidance, a large section is devoted to condom use and non-penetrative sexual activities, which latter are acknowledged to be rarely practised in Zimbabwe; by contrast, the practices of pre-marital abstinence and marital faithfulness get short shrift from Jackson. This is surprising, given the fact that the latter strategy is advocated by most agencies in Zimbabwe. A more balanced discussion of abstinence-faithfulness strategies and description of peer education methods which have led to partner-reduction behaviour change by individuals and communities would be more helpful.

This book is meant especially for professionals who are being affected directly or indirectly by AIDS. It is almost certain that even the most well-informed AIDS worker will learn something useful from this superb single-author overview of AIDS and AIDS action. Will the book lead to "AIDS Action Now" as its title suggests? Certainly it will. The book represents an excellent introduction to anyone contemplating involvement in AIDS activity in sub-Saharan Africa.

Reference

MAP International and Christian Health Association of Kenya (1993) "Learning about AIDS in Kenya: a Guide for community trainers", in *Facts and feelings about AIDS*, Volume 1, MAP, Nairobi, Kenya.

Reviewed by Dr Geoff Foster, Director, Family AIDS Caring Trust (FACT), Mutare, Zimbabwe.

Møller, Valerie *Quality of Life in Unemployment*, HSRC/University of Natal, Pretoria, 1993, ISBN 0-7969-1352-8, xiv+ 248pp, (p/b). No price listed.

Valerie Møller combines qualitative and quantitative data which was gathered in areas of chronic unemployment in South Africa. The outcome is an easily accessible analysis which will have immediate relevance to readers in countries with developing or developed economies. Social development workers, planners and social workers all have good reason for welcoming this study. They will be encouraged by the essentially optimistic tone of the findings, but they may also be discomforted to find themselves put on the spot by its conclusions.

The study sets out to test Marie Jahoda's 1982 'Deprivation' model where the victim of unemployment not only experiences the material loss of income, but additionally suffers from the loss of 'Access to Categories of Experiences' (ACE). These ACE categories are: time structure; social contact beyond the family; participation in collective purpose; status and identity; and the enforcement of regular activity. The model shows how ACE provides an essential contact with reality. The loss of employment undermines our grip on it and this study explores the effects of this deprivation. Møller accepts refinements and criticisms of the Jahoda thesis, but she constructs her study such that the people's subjective reactions will be the test of the theory. The outcome is a detailed analysis of the quality of life of the unemployed.

The unemployed experience severe loss in their own perception of life's satisfactions. Despite their overwhelming desire to seek and get back into employment, after some time without work they begin to assume that they lack some of the essential qualities that would enable them to resume a productive life. Those with luck, education, or a desperate dependence on employment, are those thought most likely to stave off unemployment. Those lacking sufficient of these qualities may, in the last resort, be driven to crime or other non-sanctioned activities in order to survive. Essentially, the unemployed see themselves as victims of economic misfortune and they strive to make the most of their situation.

Contrary to the central thesis of deprivation, these subjects did not experience extreme negativity such as despair. They recognised many of the qualities of loss within their new situation. Aspects of life such as status, friendships, opportunity and direction were all diminished and missed. Nevertheless, many do not believe that all is lost. 'Busy work' (activities: exercise routines, work-seeking activities, domestic chores and maintaining friendship networks) keep the forces of social disintegration at bay. Despite extreme poverty as the consequence of prolonged unemployment and the absence of relief payments, the majority contrive to get by without recourse to ruthless behaviour. Their sense of belonging to society is powerful and their acknowledgement of dependence on family and friends is both a source of hope and embarrassment to them. Material deprivation and social stigma puts pressure on them to sink into criminality or veniality, but there are few services to whom they can turn for guidance or support.

Work, of any nature is seen as being preferable to unemployment. The instrumental benefit of income outweighs all else. Few see the benefits of being freed by unemployment from the constraints of paid work. Many feel that self-employment is just an increase in the risk factor. Poorly paid work, if steady, is preferable.

At the beginning of this book, Møller discusses theoretical models of unemployment and the relative merits of programmes which might alleviate it. She cites van der Merwe's studies (1982/3) which classify various forms of institutional re-

sponse to unemployment. Møller appraises their effectiveness and alerts the reader to the desire of the unemployed to play a full economic role. She highlights their resourcefulness and their resilience under extreme pressure. Successful intervention must enhance and uplift their spirits as well as improve their economic prospects. Dead-end prospects will be quickly exposed and discredited. Unless the cooperation of the unemployed can be enlisted, there is little prospect of intervention programmes being successful.

Møller lists, in conclusion, four measures which would improve the quality of life of the unemployed. For those hoping to offer real support to the unemployed, this list will prove instructive:

- (1) Poverty must be relieved and the social situation of the person must be strengthened to reduce the severity of social-psychological deprivation.
- (2) The unemployed need to be re-educated to undo the ill-effects of shame and the alienation of stigmatisation.
- (3) The family provides the greatest social and moral support for the person while unemployed. It helps to sustain the normality of community networks and the full social integration of the individual. Charitable hand-outs and other distortions to pride and status should be avoided.
- (4) The efforts of the unemployed to resist personal blame for this situation must be supported. Mutual support and solidarity mechanisms which reduce isolation and reinforce positive images are vital for sustaining personal morale.

It is the young unemployed that need special attention. Their social identity is less established and they often lack the attributes which the experience of work and its routine brings to assist them in structuring their lives out of work. They are vulnerable to falling behind as the labour market changes. Frustration, coupled with high energy and fewer ties to convention, places this group in the high risk category.

Regrettably, social planners and social workers lack the institutional power to influence the direction of economic investment. But, too often, when they have access to influence, they demonstrate lack of resolve when it comes to taking a lead. They are often the only agents who have the insights into community life which would give credibility to meaningful strategies. Møller provides the evidence to strengthen their hand.

Møller's study is timely for a newly democratic South Africa. It is also pertinent and relevant for these other economies in the North as well as in the South, which are beset with mass unemployment and a poverty of strategies to attack it. The unemployed deserve that the insights which this study provides are put to work for the common good.

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