

Volunteering and its Benefits

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Volunteering is an activity where an individual or a group of people spend their time helping others. Everyone knows that volunteering is a good thing, what some people don't know is that it doesn't just have a positive effect on the community it can also have a positive effect on the person who is volunteering. Volunteering has a positive effect on the community and the volunteers. It helps people with mental problems and it allows people to improve their social skills. Volunteering lets you meet new people and form new friendships. Overall volunteering is a great thing for the community and the volunteers.

As the modern world continues to evolve and become more reliant on technology, people become more self-absorbed (especially teens). Social media and games are distracting teenagers from what's happening around them. They start to live in this virtual world where everything revolves around them. This makes them more vulnerable, once they are exposed to the real world, they are more likely to become unstable and lead them mental health problems. Justin Kruger, the founder of Project Helping, an organization that helps people with mental health problems because he himself had mental health problems and what helped him was volunteering. A statistics from United Healthcare Study stated that, "80% of people volunteered in the past 12 months say that volunteering has control of their mental health and depression."(United Healthcare Study, n.d.) Project Helping is not the only organization who has done studies on this topic, the government and private companies have done studies yielding the same result. The effect of volunteering is more prevalent as the older you are, "The association between volunteering and well-being did not emerge during early adulthood to mid-adulthood, instead becoming apparent above the age of 40 years and continuing up to old age."(Kim, J., & Morgül,

K., 2017) Although they found that the connection between volunteering and mental well-being isn't that prominent during early adulthood and middle-adulthood, it does state that the effect of volunteering is more apparent on older people. It's because older people can't hide their mental illness as well as younger people.

Volunteering can have a positive effect, not only on the people who they are helping but it has a positive effect on the people who helped too. A statistic from Project Helping, an organization that was founded by Justin Kruger, stated that, "About a quarter of people who volunteer say that volunteering has helped them manage a chronic illness such as depression." (Project Helping, n.d.) Justin himself was suffering from depression and he founded this organization because he found that volunteering helped him deal with depression and he wanted to help people who were dealing with depression as well. There is no age limit to volunteering, research shows that volunteering is good for everyone, even elderly people. According to the Corporation for National and Community Service, "18.7 million older adults - more than a quarter of those 55 and older contributed on average more than three billion hours of service in their community per year between 2008 and 2010." (Corp. for National & Community Service, 2012) This research shows that there is really no age limit when it comes to helping out and volunteering. At least a quarter of 18.7 million of adults who volunteer are at least 55 years old and older. Volunteering has a really good effect on the people who help out. It has been shown to help people with mental health problems, like depression. It is also good for

In this modern society, people have become more reliant on technology. With the invention of mobile phones, televisions, and computers, people are more self-indulging. With texting and calling each other on phones, people no longer talk to each other face to face as

often. Emoji now express our feelings instead of our own faces. With the help of these technologies hiding oneself have become easier, people can pretend to be other people. As a result we are losing more social skills and our true self, technology makes it easier to mask ourselves. According to research done by Mohammed M. Elsobeihi and Samy S. Abu Naser from Al-Azhar University, “The use of the Internet has substantially reduced the desire of teenagers for face to face communication with their family members and friends. Since they spend more time on the internet and hardly have time for face to face communication with the family due to the time spent engaging others on the internet.” (Elosbeihi, M. M., & Abu-Naser, 2017) This research reveals that teenagers are losing their socializing skill. They spend more time indulging in what they are interested in, while being isolated from the world around them. This is a major problem, socialization is an important skill in life. Good socialization skills are important for work as well as relationships, especially in this modern society. “Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it’s easier to branch out and make more friends and contacts.”(2) (WCSU, n.d.) Volunteering not only improves a person's socializing skill it also exposes them to the outside world, apart from their electronics. It helps build character and they gain experience with helping and being a part of a community. Volunteering helps with people’s social life, it guarantees that you will meet new people and make new friends.

A great way to help out your community is by volunteering. Since the 1930s, the United States has been a big supporter of large scale civic service programs. They are the leading leaders in developing and implementing rules and regulations that promote volunteering

programs. Not only does it affect the community but it also affects the volunteer as well. Many other countries have been implementing volunteering into their society as well. (American Academy, 2017) The labor market for youth had been non-existent since child labor was banned. The traditional pathway for children to manhood has been taken away. The after effect caused, "2.6 million youth aged 16 to 24 [to be] unemployed in the United States in 2016." (American Academy, 2017) Although it's a good thing that child labor ended, the side effect is teenagers have lost the way to gain experience and familiarity with jobs, they've lost the opportunity to learn important skills such as communication, teamwork and grow their character in a profound way. Volunteering is not just a feel good activity, it influences a person to be more active and have a better moral. It helps broaden your connection as well as provide a pathway to employment. Although volunteering would look good on your resume, it extends far beyond that for those who do it because they want to help. (American Academy, 2017) It is more beneficial to those who enjoy volunteering because they are doing what they like, instead of just doing it as a requirement. According to American Academy research, volunteering and donating your time to help someone else has a greater effect on volunteers' personal life than people might think. Studies have also shown that people who volunteer are exposed to the problems of society and they are more likely to help. (American Academy, 2017)

There are a lot of benefits of volunteering. It can help people (especially teenagers) be exposed to the outside world and be out of their comfort zone. It is a pathway for people, young or old, to be more emerge in their community. Studies have shown that teenagers who volunteer tend to have a career in helping their community. "Past research has shown that participation in volunteer and community service activities can raise social and political awareness among

adolescents, foster their commitment to moral principles, cultivate their civic skills, improve their sense of political efficacy, and inculcate in them a durable disposition to serve their communities and engage in political processes.” (Kim, J., & Morgül, K. ,2017) Adolescents are more prone to be involved with their community in the future. Volunteering has great benefits. It has helped adolescents find a pathway to jobs that help communities. It also teaches and improves their social skills and greatly improves their morale. A 2017 Deloitte Volunteerism Survey concluded that, “ 70 percent [of employees] believe that volunteer opportunities boost morale more than company mixers.” (3) Overall volunteering is a great thing. People, especially young people, should volunteer more. It will be more beneficial for them and they can make a big impact on other people’s lives.

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