

Volunteering works and the role of medical professionals in serving the community

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221 Professionalism, Session 1

KSU 2018



How can we help those in needs?



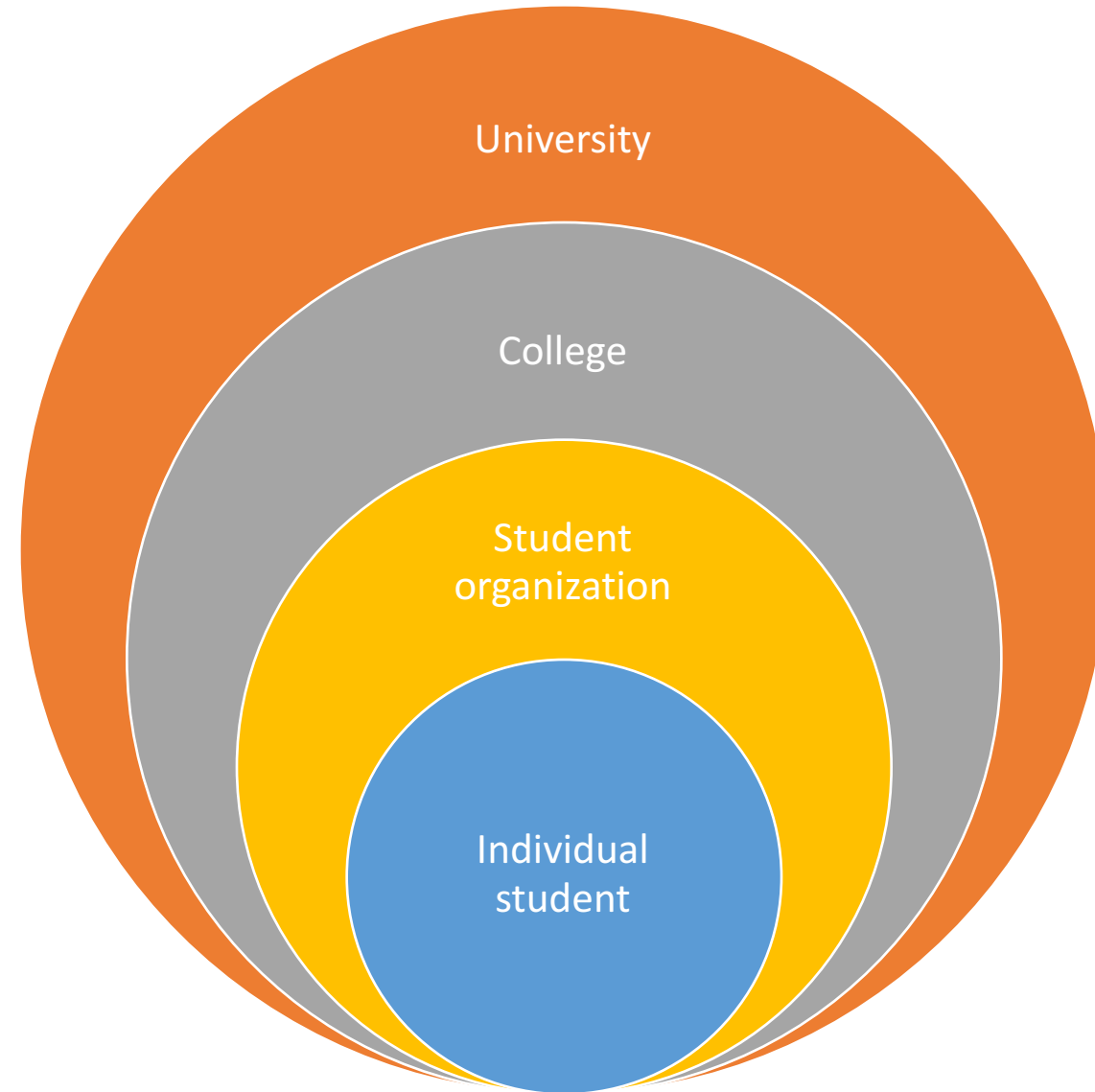
OBJECTIVES

1. Describe the spectrum of volunteering works.
2. Discover the aims of volunteering works
3. Describe the steps of preparation of volunteers.
4. Identify the expectations of volunteers.
5. Demonstrate how to act along the social, public and community responsibilities as a professional.
6. Recognize opportunities in the volunteering.
7. Apply the ethics of volunteering.
8. Practice as a volunteer.



- Volunteering is promoted as a way of **enhancing students' career prospects**, at the same time as **getting involved in community activities**
- Students are increasingly exalted to **build up their CV** profiles in the pursuit of **enhancing employability**

Volunteering work



Volunteering work

1. What is volunteering
2. Who is the volunteer
3. Why do you want to be a volunteer (benefits)
4. What difficulties stop you becoming a volunteer.
5. How to be a volunteer
6. How to start an awareness campaign
7. Report writing and presentation of volunteering work.



What is volunteering?

Volunteering is defined as

“any activity which involves spending time, unpaid, doing something which aims to benefit someone (individuals or groups) other than or in addition to close relatives, or to benefit the environment.”



Volunteering as an education activity

- **Non-formal Education (NFE)** is any organized **educational** activity that takes place outside the **formal educational** system. Usually it is flexible, learner-centered, contextualized and uses a participatory approach. There is no specific target group for NFE; it could be kids, youth or adults.

Volunteering as an education activity

Informal education, can be defined as

- “a process **throughout life**, by which every person **acquires** and **accumulates** knowledge, abilities, attitudes” through **everyday experiences, at work or during leisure** activities.

Volunteering as an education activity

- In some universities and colleges, volunteer activities **are part of the curriculum**. These activities are often **organized like other curricular programmes**; students are given a set number of hours' work to complete, followed by assessments.
- Volunteering can be a part of non-formal and informal learning.

Volunteer motivation

A. Expectancy Motivation Theory

this theory suggests that behavior is caused by a belief that it will result in a desired reward or goal.

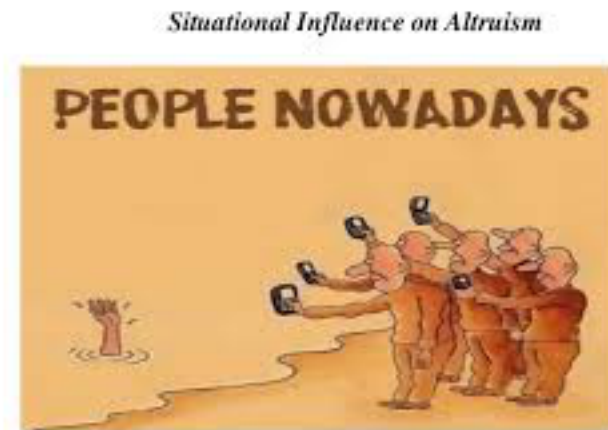
Three factors affect behavior:

1. The need for **achievement**, which is defined as the capacity for taking pride in accomplishment
2. The need for **affiliation**, defined as the concern for one's relationships with others
3. The need for **power**, or wanting to have an influence or impact on others.

Volunteer motivation

B. Altruistic Motivation

altruism is an aspect of human motivation that is present to the degree that the individual derives **intrinsic** satisfaction or psychic rewards for attempting to **optimize the intrinsic satisfaction** of one or more other persons without the conscious **expectation of participating in an exchange relationship.**



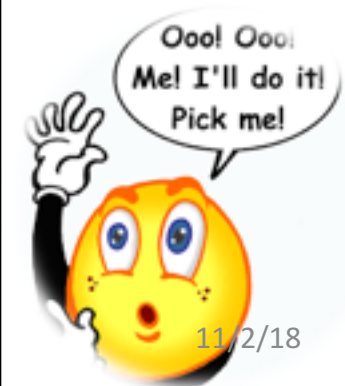
Factors favor volunteering

Internal

- Self esteem
- Generosity
- Social responsibility
- Personal satisfaction
- Social status
- Family traditions
- Identification with organization/college
- Personal obligation

External

- Professional image
- Recognition from society
- Organizational/college image
- Organizational/college reputation
- Holidays
- Natural disasters
- Being invited
- C.Vs differentiation
- Identification with other volunteers (friend/family)



Principles of Volunteering

- Is mutually beneficial (to individual and organisation)
- Is independently chosen and freely given
- Is enabling and flexible wherever possible
- Has a community or social benefit
- Offered to not-for-profit activities

Ethics of volunteering

- Respect
- Responsibility
- Compassion and generosity
- Justice and fairness
- Trustworthiness

Who is the volunteer?

- is someone who does work **without** being paid for it, because they want to do it.
- is someone who offers to do a particular task or job **without** being **forced** to do it.



Why do you want to be a volunteer (benefits)?

There are numerous reasons you should consider making volunteering a part of your every day life

1. Volunteers live longer and are healthier. during later life, volunteering is even more beneficial for one's health than exercising and eating well.
2. Volunteering establishes strong relationships. study reported that prevalence of loneliness is at an all time high, with about one in three adults age 45 or older categorized as lonely. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.
3. Volunteering is good for your career. Volunteering has long been viewed as a way to create new “weak tie” connections that lead to career opportunities

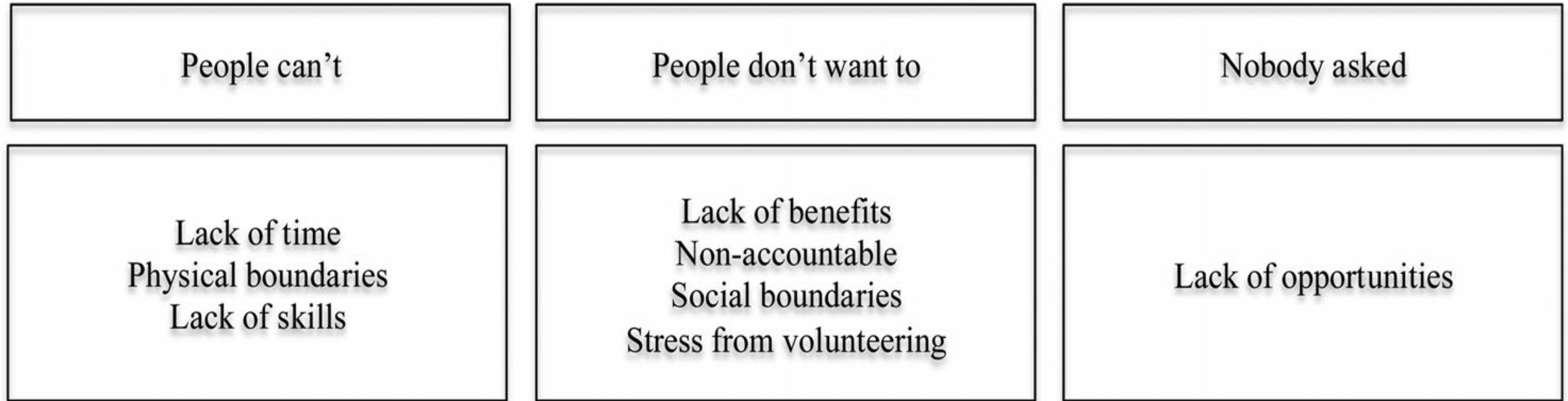
Why do you want to be a volunteer (benefits)?

4- Volunteering is good for society.

5. Volunteering gives you a sense of purpose. Although it is not well-understood why volunteering provides such a profound health benefit, a key factor is assumed to be that volunteering serves to express and facilitate opportunities to carry out one's sense of purpose.

- Volunteering helps counteract the effects of stress, anger, and anxiety.
- Volunteering combats depression.
- Volunteering increases self-confidence.
- Volunteering helps you stay physically healthy.

What difficulties/obstacles stop you becoming a volunteer?



Conceptual model on reasons not to volunteer, based on three-fold classification of Brady et al. (1995).

What difficulties/obstacles stop you becoming a volunteer?

- *Preconceptions and attitudes* within your organization/ college
- *Inadequate community communication*
- *Limited experience*
- *History of being ignored*
- *Resistant leaders*
- *Sense of powerlessness*
- *Lack of time*
- *Lack of transportation*
- *Lack of child care*
- *Overcommitted leaders or citizens*
- *Too many involved*
- *Poor organization of existing action groups*
- *History of unproductive meetings*

How to be a volunteer



24 صفر 1440 هـ الجمعة | 2 تواصل معنا (ar/ContactUs/) الاسئلة المتكررة (ar/FAQ/) نوفمبر 2018 م

ابحث الآن

(https://www.snapchat.com/add/mediasrca)

(https://www.instagram.com/mediasrca)

(https://www.youtube.com/user/997SRCA)

(https://twitter.com/mediasrca)

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رؤية 2030
الهيئة العامة للغذاء والدواء
(http://vision2030.gov.sa/ar)

هيئة الهلال الأحمر السعودي
SAUDI RED CRESCENT AUTHORITY



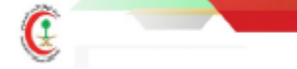
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تابعونا على :

(/AR) الرئيسية
عن الهيئة
الاعلام والتوعية
إحصائيات وتقارير
الخدمات الإلكترونية
التدريب والمحاضرات التوعوية
روابط هامة

الاعلانات

الرئيسية (/ar) < التطوع



إعلان حركة التكثيف الداخلي وتوزيع المنقولين والمعينين



(/ar/Announcement/AnnounceDetail/52)

فيديو الهيئة

تعرف على أنشطة وخدمات هيئة الهلال الأحمر السعودي



(https://www.youtube.com/watch?v=4uUSFrCFzc7

&width=900&height=500)

استطلاع رأي

إذا سبق وأن طلبت الخدمة الاسعافية كم استغرق
سيارة الاسعاف حتى الوصول اليك

3-5 دقائق

5-10 دقائق

أكثر من 15 دقيقة

عرض النتائج

تصويت

التطوع

مقدمة القواعد المنظمة لأعمال التطوع في الهيئة مسئولية التطوع التسجيل والدخول

أولاً مقدمة :

قال تعالى : (وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ) الآية 158 من سورة البقرة

كما صح عن رسول الله صلى الله عليه وسلم :

(مثل المؤمن في توادهم وتراحمهم وتعاطفهم كمثل الجسد الواحد إذا اشتكى منه عضو تداعى له سائر الجسد بالسهر والحمى) .

الجمعيات التي تم انشاءها في المملكة العربية السعودية تلك الجمعية التطوعية التي انشأها الملك عبدالعزيز بن عبدالرحمن آل سعود طيب الله ثراه في عام 1353هـ والتي تحمل اسم (جمعية الإسعاف الخيري) وتعنى هذه بأسعاف الحجاج والمعتمرين ، واستمر عملها حتى عام 1383هـ . حيث تحولت بعدها الى مؤسسة حكومية باسم جمعية الهلال الأحمر السعودي ومن ثم تحول مساهما الى هيئة الهلال الأحمر السعودي .

ثانياً) حقائق وارقام :

وقد حظي العمل التطوعي في عصرنا هذا باهتمام خاص من قبل مجتمعات العالم المعاصر واحتل حيزا كبيرا فيها لما له من أهمية خاصة في مجالات تنمية المجتمع . وقد نجحت هيئة الهلال الأحمر السعودي في استقطاب أكثر من متطوعا ومتطوعة في مختلف المجالات وهي :

- ✓ المجال الطبي الإسعافي
- ✓ المجال الإنساني والإغاثي والكوارث والأزمات
- ✓ المجال الوطني الإجتماعي
- ✓ مجال التدريب والتثقيف

حيث تم استحداث ادارات التطوع عدد (13) ادارة في الفروع الرئيسية في مناطق المملكة وتم وضع نظام وسياسات العمل التطوعي في الهيئة توضح كل ما للمتطوع وما عليه وقد تم انشاء صفحة الكترونية في موقع الهيئة خاصة بالمتطوع يوضح فيها الأعمال التطوعية التي تقوم بها الهيئة ، ووصل عدد المتطوعين من الجنسين ومن جنسيات اخرى غير سعودية حيث بلغ عدد المتطوعين المسجلين لدينا (4018) اربعة الاف وثمانية عشر ما بين متطوع ومتطوعة كما عملت على الاستفادة من التجارب العالمية في هذا المجال فقامت بعقد دورات تدريبية لإيضاح مسئوليات المتطوع والمتطوعة والعمل المطلوب منه في كل فترة ، كما تستفيد هيئة الهلال الأحمر السعودي من مشاركة عدد من المتطوعين وهي تخصصات متعددة خلال مواسم الحج والعمرة من كل عام ومن خلال الحقائق والصور فهي جسد ما تم انجازه في مجالات الأعمال التطوعية .

Tips for getting started

First, ask yourself if there is something specific you want to do.

For example, do I want...

...to make it better around where I live

...to meet people who are different from me

...to try something new

...to do something with my spare time

...to see a different way of life and new places

...to have a go at the type of work I might want to do as a full-time job

...to do more with my interests and hobbies

...to do something I'm good at

The best way to volunteer is to match your personality and interests.

Having answers to these questions will help you narrow down your search.



How to find the right volunteer opportunity

Ask yourself the following:

- Would you like to work with adults, children, animals, or remotely from home?
- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing to commit?
- What skills can you bring to a volunteer job?
- What causes are important to you?



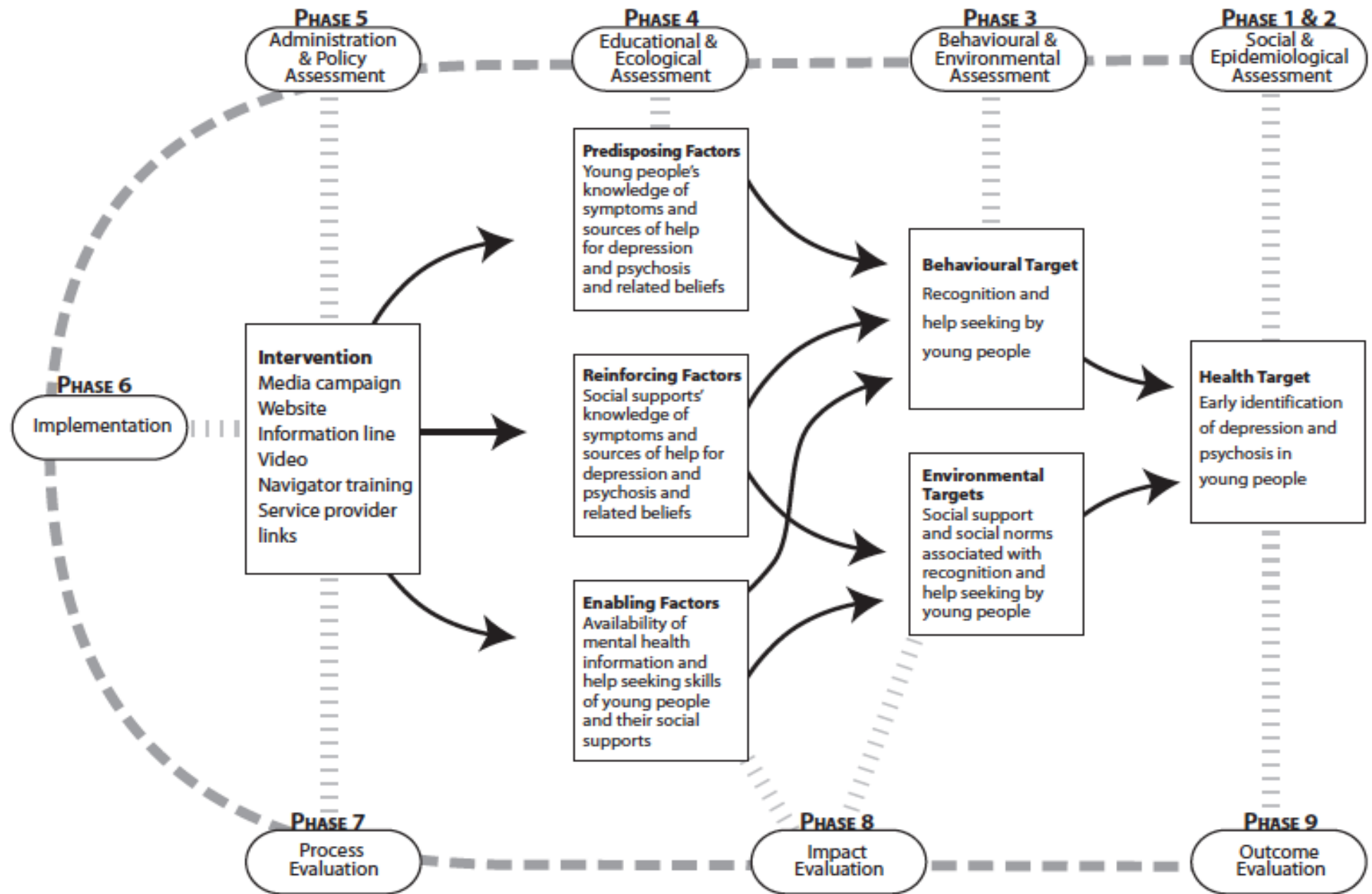
How to start an awareness campaign

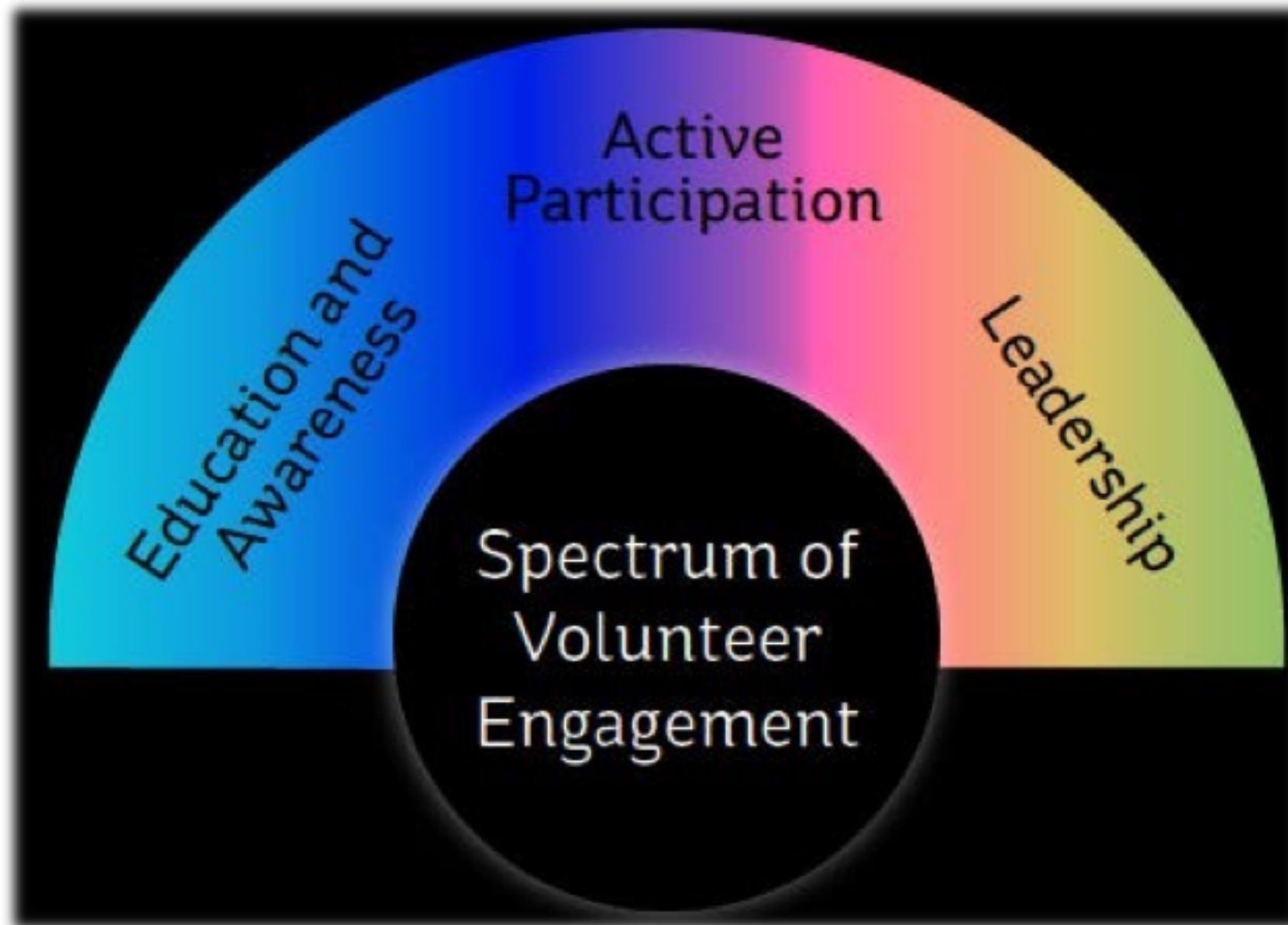
The Precede-Proceed Model

- The model involves *nine* phases is **based** on the premise that a thorough **assessment (Precede)** should be made **before planning** a *health promotion intervention*, and *evaluation (Proceed)* is built in to the process to **enable measurement** of the effectiveness of interventions.
- Priority **targets** for intervention are established through each phase of the assessment process (**phases 1–5**) on the basis of causal importance in the chain of health determinants, their prevalence and their changeability.

The Precede-Proceed Model

- The **results** of *this assessment* process **guide** the **development** of the intervention (phase 6)
- The evaluation (phases 7–9) then **tracks the impact** of the intervention on **factors identified as important targets** in the assessment process.





Report writing and presentation of volunteering work.



1. Awareness campaign topic
2. Why did you choice this topic? (importance)
3. How did you plan for the community awareness campaign ? (phases 1-5)
4. How did you do in the day of the community awareness campaign day? (phase6)
5. What did you learn during this activity? (phases 7,8,9)
6. What difficulties did you have during this activity? (phases 7,8,9)
7. How will you improve same/another community awareness campaign activity?
8. Attach photos and working schedules of the community awareness campaign (details name and task of each participants).

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