

Voluntary activities and their relation to self-esteem among Mansoura University students

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Research Summary

The researcher conducted this study with the aim of identifying voluntary activities and their relationship to self-esteem among Mansoura University students the researcher used the descriptive approach, and the volunteer activities scale and the students' self-esteem scale were applied by the researcher to collect data. The research was applied to a sample of (1175) students for the Field study and (50) for the pilot study, The most important results were the awareness of most university students of the concept and importance of voluntary activities through the practice of its various activities. Volunteer activities in the social, environmental and health fields are of interest to most students, as it came to the fore in the order of the types of voluntary activities that students accept to practice. The use of modern technology in Publicity and announcement of volunteer activities At the forefront of students' opinions on the role of the university in promoting participation in volunteer activities, and the existence of a positive correlation between the practice of volunteer activities and self-esteem for Mansoura University students.

Introduction and Research Problem:

Education in the current era has become an urgent human necessity imposed by many social changes and developments as well as new horizons and ideas in all areas that societies have been exposed to, and education is the main force upon which any development or reform of society is built, and global interest in education has increased as it has become seen as The best national investment.

Muhammad Al Hamahmy and Aida Abdel Aziz (2006), indicate that the primary responsibility of educational institutions is to establish many values and work to direct students towards many directions that lead to creating opportunities to invest

their leisure time and that the main and important function of educational institutions should not be limited to developing aspects of science And knowledge only, but it should be concerned with developing skills and abilities to benefit from them in the exploitation and investment of leisure time

(13: 182).

The university is one of the most prominent educational institutions concerned with activities and working to activate them in order to modify students' behavior and social upbringing due to the national conviction of the importance of undergraduate students and their role

in society, as they are the ones who depend on them in production, community development and advancement, as students need to satisfy some psychological and social needs from Through the participation available to them in all activities.

Recreational activities within the university are part of the educational process. Through the participation of students in various programs and activities, they acquire many experiences and skills, both kinesthetic, psychological and social, necessary for the use of leisure time in a meaningful and positive manner and helps to achieve personal balance and societal adjustment for students (13: 198).

Volunteer activities are one of the most important means and methods used to enhance the role of students in social life and participate in the advancement of society and deepen positive attitudes towards it, which works to improve the conditions of students and their sense of appreciating the value of volunteer work as well as achieving social solidarity in various aspects of human life.

Hossam Gouda (2012) indicates that recreational volunteer activities are an integrated system for students' participation in various activities, and this requires a sense of responsibility towards the surrounding community, as well as a human feeling motivated by a sense of others and closeness to them and responsibility towards them, which makes them allocate part of their personal effort and free time in trying to help others voluntarily and bring happiness and pleasure to them without

the desire and need to achieve a material motive in return (7:11).

University students are the slice that constantly seeks renewal and modernization in society and that accepts everything that is new, so they are the community's tool for change and development thanks to what they possess of creative energies, creative forces and intellectual abilities that qualify them to make development, development and advancement of society. The university student comes to the university with basic needs, desires and motives, which are common needs and motives among most students and require satisfaction from one stage to another. The most important of these motives and needs is his feeling of ability to achieve, belonging to the university, compatibility with society, facing all problems, as well as the need for self-esteem (15:13).

Self-esteem is one of the topics that are of great importance in the current era as an expression of self-worth or self-confidence. It has become a strong pillar and a basic pillar for the personality of students at the level of its existential entity in life, its behavioral activity and the cognitive framework. Self-esteem is related to the negative thoughts and beliefs that students hold. Therefore, positive or negative self-esteem affects his present and future, his academic performance, his cultural and cognitive activity, and his communicative and social behavior with others in society. (16:81)

The concept of self-esteem for university students is one of the most important and distinctive dimensions

of personality, and scientists consider it one of the most valuable and influential dimensions in personal behavior, as it has achieved a clear understanding of the dimensions of personality, and self-esteem is included in all personality traits and aspects, and that the university student's evaluation and self-esteem plays a major role in determining His behavior and behavior and that the main motive of the student is self-esteem (8:3).

Self-esteem largely depends on some students' view of themselves in a way that is different from their colleagues. Some of them see themselves as less than others and do not act with enthusiasm towards them, and some appreciate themselves as much as they are, which is reflected in their behavior and behavior, and we find that they act better than others. Within the student, which serves as an incentive and a desire that drives some students to perform certain behaviors to reach a goal and depends on his competence and special abilities. Positive self-esteem is one of the constants that distinguishes each student from another student according to the surrounding environmental conditions as well as the social and psychological conditions in which he grew up. The student with an ambitious outlook is more knowledgeable about himself and his ability to face the situations facing him in achieving his goals and more confident about his future in life (1:3). Since voluntary activities and participation in them are carried out by personal decision, self-motivation and internal desire without any incentive or

material benefit, and since voluntary activities create opportunities and attitudes that contribute to the wider interaction between students and the surrounding environment, thereby forming social relationships with others, feeling social acceptance and promoting acceptable behavioral patterns, In addition to satisfying the desire to help and assist other needy people, in addition to creating opportunities to raise students and teach them new ways of life based on responsibility towards society, in addition to participating in voluntary activities can absorb the energies of students and employ their abilities and thus the student volunteer feels happy to help others and participate in the provision of services to the community and the surrounding environment and contribute to the development and renaissance of the community and thus feel proud pride and self-confidence which may lead to students' self-esteem and positive perception of the same Respect and a sense of its value in society and life and given that self-esteem is directly related to the relationships of the individual and his dealings with those around him, which led the researcher to study voluntary activities and their relationship to self-esteem among students of Mansoura University.

Research purpose and questions:

The research aims to identify the relationship between voluntary activities and self-esteem among Mansoura University students by answering the following questions:

1. What is the level of volunteer activities for Mansoura University students?
2. What is the level of self-esteem among Mansoura University students?
3. What is the correlation between volunteer activities and self-esteem among Mansoura University students?
4. What is the significance of the differences in voluntary activities and self-esteem among Mansoura University students that are attributable to (type, college, place of practice)?

Research Purpose:

The researcher used the descriptive approach in the survey method due to its relevance to the nature of the research, as well as the statistical approach that is consistent with the treatment of his study data collected through the scale of voluntary activities and the scale of self-esteem.

Research Community and Sample:

The research community is represented by students of Mansoura University. The researcher selected the research sample in a random manner and consisted of (1,175) students from Mansoura University practicing voluntary activities of the basic sample and (50) for the reconnaissance sample of Mansoura University students practicing voluntary activities and outside the basic sample.

Data collection tools:

1. Basic Data" form for the research sample. Appendix (1).
2. The volunteer activities scale consists of (91) items distributed over (5) dimensions - prepared by the researcher - Appendix (2).

3. The self-esteem scale consists of (54) items distributed into (4) dimensions - prepared by the researcher Appendix (3).

4. To identify the relationship between voluntary activities and self-esteem among Mansoura University students.

Validity test of the scale of r Voluntary Activities and Self-Esteem for Mansoura University students.

To verify the a suitability of the scale of the Voluntary Activities Scale and the Self-Esteem Scale for Mansoura University students, the researcher applied the two scales to an pilot study of (50) Mansoura University students from within the community and from outside the research sample in the period from (1/4/2021AD to 10/4/2021 AD).

The researcher used the internal consistency validity to calculate the validity of the vocabulary and vocabulary dimensions of the Voluntary Activities Scale and the Self-Esteem Scale among Mansoura University students by finding the simple correlation coefficient of Pearson Person between the vocabulary belonging to each dimension by finding the correlation coefficient between each item and the total degree of the dimension as well as between the total score for each dimension and total scale scores.

Reliability of the scale Voluntary Activities and Self-Esteem for Mansoura University students.

The reliability values of the volunteer activities scale range (0.76 - 0.85), while the values of the self-esteem scale range (0.78 - 0.82), which

indicates the reliability of the two scales.

Field study:

After reassuring the validity and reliability transactions, the researcher applied the scale vocabulary of volunteer activities scale and the self-esteem scale for Mansoura University students on the Field study sample of (1175) of Mansoura University students practicing voluntary activities in the period from (15/4/ 2021 AD) to (17/6/2021 AD), and after completing the application of the two scales, the data has been emptied in preparation for the appropriate statistical treatments.

Steps for designing a scale of volunteer activities and self-esteem among Mansoura University students:

Through theoretical readings, reference studies and a survey of the opinions of (7) experts in recreation and psychology Annex (A) The researcher prepared the scale of voluntary activities and the scale contained (5) dimensions, namely: the concept of voluntary activities, the importance of voluntary activities, types of voluntary activities, challenges of practicing Volunteer activities, the role of the university in promoting participation in volunteer activities. The self-esteem scale contained (4) dimensions: (self-confidence, self-efficacy, self-satisfaction, and responsibility).

The initial image of the proposed scale was presented to the experts to ensure the appropriateness of the dimensions, and (5) dimensions

were reached for the scale of volunteer activities.

In light of the experts' approval on the dimensions of the voluntary activities scale consisting of (117) items and on the items belonging to each dimension, after excluding them for (1) items in the first dimension, and (2) item. In the second dimension, and the number (3) singles in the third dimension, and the number (2) singles in the fourth dimension, and the number (2) singles in the fifth dimension, because those vocabulary did not get (75%) of the opinions of experts, and thus the scale consisted of (107) Items The internal consistency validity was carried out, so (16) items were deleted from the scale and they are (1) single in the first dimension, (4) single in the second dimension, (7) single in the third dimension, and (2) single in the dimension The fourth, and the number (2) items in the fifth dimension, and thus the number of items of the scale in its final form became (91) items distributed over (5) dimensions and the illusion of the concept of voluntary activities (12), the importance of voluntary activities (19), types of voluntary activities (27) Challenges of practicing voluntary activities (18), the role of the university in promoting participation in voluntary activities (15). Appendix (2).

In light of the experts' approval on the dimensions of the self-esteem scale consisting of (63) items and on the items belonging to each dimension, after excluding them for (1) items in the first dimension, and (1) items. In the second dimension, and the number (1) single in the third dimension, and

the number (1) single in the fourth dimension, because those vocabulary did not obtain (75%) of the experts' opinions, and thus the scale consisted of (59) items. The internal consistency validity was carried out. Deleting (5) singles from the scale and they are (2) singles in the first dimension, (1) singles in the second dimension, (1) singles in the third dimension, and (1) singles in the fourth dimension, thus bringing the number of scale items in its form Final (54) singles distributed over (4) dimensions of illusion of self-confidence (14), self-efficacy (13), self-satisfaction (13), taking responsibility (14) Appendix (3).

A score was determined for each of the dimensions separately and the total score was determined according to a triple scale (yes = 3 degrees - to some extent = 2 degrees - no = 1 degree), then the total score for the scale was calculated.

The scientific coefficients of the scale of voluntary activities and the scale of self-esteem among Mansoura University students were found.

Presenting and discussing the results:

What is the level of volunteer activities for Mansoura University students?

From table (1), shows that the level of volunteer activities according to the opinions of most of the students in the study sample came at a medium level, where the relative weight of the axes ranged between (72.00% to 76.56%) and this may be due to the awareness and realization of most students that volunteer activities are one of the most important means Educational used to

enhance the role of individuals in social life and contribute to the advancement of the position of society in various aspects of life, In addition, voluntary activity is an integrated system for students' participation in various activities and requires a sense and a sense of responsibility towards society, as well as a human feeling of being close to others in society and responsibility towards them, which makes them allocate part of their free time or physical effort in helping others and providing support, help and support without Desire to have any material motives. Appendix (4).

This is consistent with the study of Evans H, Other, (2019)(4), Hind Khamis (2017)(6), Mohammad Al-Dhahabi and Hussam Gouda (2013) (12), Mohammad Al-Samanoudi and others (2011)(14), Hustin L (2010)(8), Atef Khalifa (2008)(3), which indicated the students' awareness of the importance of recreational activities and their effects on their educational and personal lives.

What is the level of self-esteem among Mansoura University students?

From table (2), that the level of self-esteem according to the opinions of most of the students in the study sample came at a high level, where the relative weight of the axes ranged between (75% to 81.6%), This may be due to the role of voluntary activities and their importance in promoting the sense of belonging to the volunteer and those who offer him voluntary activities of belonging and loyalty to the community where students develop a sense and social sense among

members of the community and increase the bonds and familiarity that achieves community cohesion, In addition, it contributes greatly to the promotion of moral responsibility, social participation, and the university student's sense of his value and his beneficial, positive and influential role, which makes students look at themselves positively, and thus increase their appreciation for themselves, which is reflected in their behavior and they act better in various situations as a result of their sense of responsibility towards society and participation Active in its renaissance, development and cohesion Appendix (5).

This is consistent with the study of Yukyong J, Michikzu H, Kun Q (2021) (21), Mohammed A (2019) (11), Turki Abul-Ela (2017) (20) , Milad Abdel Qader (2017) (10) Ramadan w (2017) (17), Hag M (2016) (5), Amr Ramadan (2015) (2), which referred to The high level of self-esteem of students, as well as volunteer activities are of great importance in acquiring some qualities and improving personal abilities of university students, including self-confidence, a sense of personal satisfaction and self-efficacy.

What is the relation between volunteer activities and self-esteem among Mansoura University students?

It is clear from table (3) , it is clear that there is a statistically significant correlation between voluntary activities and self-esteem among Mansoura University students, as the calculated “t” value is less than

its tabular value at a significant level (0.05). This may be due to the fact that volunteer activities represent a source of personal satisfaction as they are practiced by students with internal motives and without coercion or pressure, and volunteer activities are considered a fertile field as they provide many opportunities for students to develop self-confidence and the ability to take responsibility and develop the qualities of leadership, dependency and cooperation Colleagues in order to achieve success and completion of work and activities and thus increase the sense of self-efficacy in various aspects of personality, Thus, increasing the sense of self-importance as a useful member of society, which increases the feeling of the volunteer student and practitioner of the aspects of voluntary activities of happiness and appreciation from others, and consequently increasing and raising the self-esteem of students participating in voluntary activities. Appendix (6).

This is consistent with the study of Yukyong J, Michikzu H, Kun Q (2021) (21), Turki Abul-Ela (2017) (20), Milad Abdul Qadir (2017) (10), Ramadan w (2017) (17), Hind Khamis (2017) (6), Hag M (2016) (5), Amr Ramadan (2015) (2), Mohammad Al-Samanoudi and others (2011) (14), Atef Khalifa (2008) (3), which indicated the positive role of voluntary activities in acquiring some personal qualities, skills and abilities among university students, in addition to that voluntary activities contribute to satisfying the desire to help and assist others in need. , in addition to creating

opportunities to raise students and teach them new ways of life based on responsibility towards society and thus a sense of pride and self-confidence as a result of the ability to participate in society and the ability to achieve achievement and the ability to prove oneself, which generates in students a sense of self-esteem.

What is the significance of the differences in voluntary activities and self-esteem among Mansoura University students, which are attributed to (gender)?

It is clear from table (4) that there are no statistically significant differences in the scale of volunteer activities and the scale of self-esteem among university students according to the gender variable, as the calculated (T) value is less than its tabular value at the level of significance (0.05), This may be due to the interest of most students to participate in voluntary activities and their belief in its importance and role in achieving community development, students' desire to help others and meet their basic needs, and their urgent desire to perform duty towards society and participate in voluntary social services, which increases the strength of cohesion and social cohesion among members of society. Appendix (7).

This is consistent with the study of Mohammed A (2019) (11), Hustin L (2010) (8), Atef Khalifa (2008) (3), which indicated that there are non-statistical differences according to the gender variable (males, females) and it differs with Sanghyun, Doyeonwon, Hyejin (2020) (19), Mohammed Al-Dhahabi and Husam Judah (2013) (12).

What is the significance of the differences in voluntary activities and self-esteem among Mansoura University students, which are attributed to (forms of participation)?

It is clear from table (5) that there are no statistically significant differences in the scale of volunteer activities and the scale of self-esteem among university students according to the variable nature of participation, as the calculated value of (T) is less than its tabular value at the level of significance (0.05), this may be due to this To the desire of most students to participate in various fields and activities of volunteering, which may be in response to emergency circumstances or to ethical and humanitarian situations such as aiding the injured in cases of danger and accidents, in addition to the desire of most students to practice volunteer activities that are characterized by continuity and the belief of the students in the importance and necessity of volunteer activities Without getting any financial profit. Appendix (8).

This is consistent with the study of Mohammed A (2019) (11), Turki Abul-Ela (2017) (20), Hind Khamis (2017) (6), Hag M (2016)(5), Hustin L (2010) (8). , There are differences that are not statistically significant in terms of the nature of voluntary participation, with or without supervision.

What is the significance of the differences in voluntary activities and self-esteem among Mansoura University students, which are attributed to (nature of participation)?

It is clear from table (6) that there are no statistically significant differences in the scale of volunteer

activities and the scale of self-esteem among university students according to the variable forms of participation, as the calculated value of (T) is less than its tabular value at the level of significance (0.05), This may be due to the keenness of most students to participate in voluntary activities of all kinds, patterns and forms, because they are motivated by humanitarian and voluntary motives, and students practice it on their own and willingly without waiting for any financial return for the purpose of working on the renaissance and advancement of society. Appendix (9).

This is consistent with the study of Turki Abul-Ela (2017) (20), Hind Khamis (2017) (6), Hag M (2016) (5), Hustin L (2010) (8), There are differences that are not statistically significant in terms of the forms of voluntary participation, whether individual or group.

What is the significance of the differences in voluntary activities and self-esteem among Mansoura University students, which are attributed to (types of participation)?

It is clear from table (7), that there are no statistically significant differences in the scale of volunteer activities and the scale of self-esteem among university students according to the variable types of participation, as the calculated value of (T) is less than its tabular value at the level of significance (0.05), This may be due to the keenness of most students to participate in voluntary activities of all kinds and to contribute as much as possible from all possible personal

energies, efforts and capabilities, especially since the community is in urgent need to practice voluntary activities to serve the community. Appendix (10).

This is consistent with the study of Mohammed A (2019)(11), Hag M (2016)(5), Hustin L (2010)(8). , There are differences that are not statistically significant in terms of the types of voluntary participation, whether they are with effort, experience, material capabilities, or all of them.

Research conclusion:

Based on the results of this research and in light of the method used and within the limits of the sample and data collection tools, the researcher reached the following conclusions:

1. The awareness of most university students of the concept and importance of voluntary activities, through the practice of its various activities.
2. Volunteer activities in the social, environmental and health fields are of interest to most students, as it came to the fore in the order of the types of volunteer activities that students accept to practice.
3. There is an medium level of volunteer activities and a high level of self-esteem among Mansoura University students.
4. There is a positive correlation between the practice of volunteer activities and self-esteem for Mansoura University students.
5. There are non-statistical differences according to the gender variable (males, females), the nature of participation in voluntary activities and

self-esteem for Mansoura University students.

6. There are non-statistical differences according to the variable forms of participation, types of participation in the practice of voluntary activities and self-esteem for Mansoura University students.

Research recommendations:

1. The necessity for officials to pay attention to the participation of students when planning volunteer programs and activities to activate the spirit of student cooperation and increase their motivation and self-esteem.

2. The necessity of paying attention to holding meetings and seminars for officials of student activities and administrative leaders to clarify the role of student voluntary activity in achieving the university's mission and its role towards society.

3. The need for the university to adopt media campaigns to educate students about the importance of voluntary participation in contemporary life and to maximize the role of students in the development of society in a way that enhances the status and value of students and raises their self-esteem.

4. The necessity of preparing qualified cadres that are commensurate with the students participating in voluntary activities by organizing training courses and programs for supervisors in charge of implementing all voluntary activities.

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