
Abstract

The Influence of Volunteering on Sense of Self-Esteem of the Students:
Findings from the Questionnaire Survey
for the University Students Doing Volunteer Work

Torao Kawata
Masanori Shizuka

The purpose of the research is to discover if volunteering can foster a student's self-esteem and to reveal the influential factors.

According to White Paper on Children and Young People, Heisei 26th (2014) edition, issued by the Cabinet Office last year, it's too obvious that the young generation of Japanese has extremely low self-esteem compared to other foreign countries and now how much self-esteem can affect school education is in the middle of being researched. In the meantime, the research referring to how much it can affect social education, such as volunteering, is lacking; we performed a questionnaire survey for 20 students, 10 students per college, who currently volunteer at 2 different colleges.

According to the survey, we discovered that they enhanced self-esteem by volunteering and confirmed it's based on: 1) self-recognition, 2) recognition from others, and 3) mutual recognition. Also, we discovered that enhancing self-esteem encouraged them to continue volunteering and motivated them to experience other volunteer opportunities.