

Well being and its relation with Time Perspective and Volunteerism

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Abstract

Volunteerism is the principle of donating time and energy for the benefit of other people in the community as a social responsibility rather than for any financial reward. It has positively influenced in the development of society, economy and human resources. Particularly focussing on the development of the human resources which is the highlight of our study, it benefits the volunteers by increasing one's self confidence, combating depression and contributes in one's physical and mental wellbeing. Research studies show that most people do in fact hold the belief that helping others is a good way to gain fulfilment for yourself . In this present research we intend to identify the effect of volunteerism on well-being and how it is related with the concept of time perspective. The present study was aimed at identifying the role of time perspective and volunteerism on well-being. The total sample size was (N=200) and the respondents were of three different age group segments like adolescence, middle age and senior citizens. It was found that individuals belonging to past hedonistic tendency of time perspective are more involved in voluntary activities and also have a high level of well-being. And most of the volunteers belong to 30-55 years of age group having middle socio-economic status. Future time perspective was significantly predicting the career for voluntary activities and determining individual well being.

Keywords: Volunteerism, time-perspective and well-being among volunteers.

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